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The nation's biggest supporter

Participation in Sport in England: 2002

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Introduction

This fact sheet is part of a series reporting on sports participation by adults in England using data from the 2002 General Household Survey. The other fact sheets currently in the series are:

Participation in Sport in England: Trends 1987-2002

Participation in Sport in England: Sport and the Family 2002

Participation in Sport in England: Sports Equity Index 2002

Copies of these fact sheets can be obtained from Sport England's website.

The General Household Survey

The General Household Survey (GHS) is a continuous survey carried out each year by the Office for National Statistics (ONS). The survey is based on a representative sample of the general population and provides a wide range of information about adults and households in Great Britain, from health and education to jobs and leisure activities.

Households are selected at random each year to take part in the survey and each adult in the household takes part in a face-to-face interview using a standard questionnaire. The most recent survey was carried out between April 2002 and March 2003 and involved 17,463 people aged 16 and over in 12,159 households.

Between 1987 and 2002, at three-year intervals (except 1999), a number of sports questions are included in the survey to establish national participation rates. Since 1987 these have taken a standard form that has enabled comparisons to be made over time. In 1996, new questions on the use of leisure facilities and competitive participation were introduced, thus enabling a broader analysis of participation in sport. Additional questions were included in 2002, respondents were asked about volunteering in sports and the arts, and the length of time spent volunteering in both types of activity in the last four weeks. There was also a question asking whether there were any sports or leisure activities that the respondent

would like to do but were not doing at present. In previous surveys walking in the past 12 months had been asked as a separate question. In the 2002 survey, walking was included as part of a list of sports, games and physical activities. The order of some of the questions changed and there were also differences in the questions asking about leisure activities as some were replaced by questions asking about cultural activity. The change to the ordering of the questions and the context in which they were asked, in particular, walking, may have had an effect on the results.

This fact sheet examines the results of the 2002 survey for England in relation to:

- overall participation
- participation by men and women
- participation by age
- participation by socio-economic classification
- participation by ethnic group
- participation by region
- participation by long-standing illness
- location of participation
- sports tuition
- participation in sports competitions
- volunteering

Headline Findings

Only three fifths of adults (58%) surveyed take part in sport or physical activity on a regular basis. Walking is the most popular activity with one third of adults (34%) walking a minimum of two miles for pleasure at least once a month.

Activities that can be undertaken on an individual basis (such as walking, swimming, keep-fit/yoga, cycling and weight training) show higher participation rates than team sports in the previous twelve months, with cycling and keep-fit/yoga also showing the highest average frequency of participation.

As found in previous General Household Surveys, a greater proportion of men take part in sport than women. Two out of three men (65%) take part at least once a month compared with just over one in two women (53%). Walking is the most popular activity with both sexes with very little difference in participation rates between the two sexes in the previous four weeks. Swimming, cycling and cue sports are the three most popular activities among men whilst swimming, keep/fit, and cycling are popular with women. The next most popular sports for men were soccer (including both indoor and outdoor participation), golf, weight training and running (including jogging). For women they were cue sports, weight training and running.

Over three times as many men as women participate in competitive sport (20% compared to 5%) and men are almost twice as likely to be a member of a sports club than women (22% compared to 12%).

Younger people are more likely to participate in sport than older people with participation rates decreasing as age increases. The only activities that show similar rates of participation across the younger age groups are swimming, keep fit and golf, with participation dropping off significantly after the age of 45.

Participation varies greatly between socio-economic groups with adults from the higher socio-economic groupings more likely to take part than those from the lower groups. For example, those from NSSEC groups 1 and 2 (Larger employers, higher/lower managerial and professional occupations) are almost three times as likely to participate as those from NSSEC groups 6, 7 and 8 (semi-routine, routine, never worked and long-term unemployed).

Ethnic origin shows variance in participation rates. People who identify themselves as White are much more likely to take part in sport and walking than any other ethnic group.

Nearly twice as many respondents with no long-standing illness (LI) participated in sport and physical activities (excluding walking – 51%) than those with a limiting LI (26%) during the 4 weeks before interview. After walking, the most popular activity for those with a limiting LI was swimming.

The South West region has the highest rate of participation for sport and physical activities both including and excluding walking in the previous 4 weeks (66% and 50% respectively). The lowest rate of participation in the previous 4 weeks including walking was in the West Midlands (54%) and excluding walking was in the North East (37%).

Adults are most likely to take part in sport at an indoor sports facility (such as a leisure centre or swimming pool) although many participate out of doors either on dedicated pitches and courts or in a natural setting such as the countryside.

One sixth of adults (17%) were a member of a club for an activity they took part in the four weeks before interview. Overall, health and fitness clubs and sports clubs were equally popular amongst adults but there was a large gender difference with almost four times as many men being a member of a sports club than women. These gender differences also appeared when looking at the percentage of people competitively taking part in sport and physical activity. There were no significant differences between men and women in rates of tuition but there was a large decrease as age increases.

Over a third of men and women (37%) want to do a sport or physical activity that they don't currently do. The two most popular activities people would like to do are swimming (13%) and keep fit/yoga (12%).

Overall Participation

Adults were asked about their participation in sporting activities over two reference periods: the previous 12 months (denoting occasional participation); and the previous four weeks (denoting regular participation).

Table 1

In 2002, 75% of adults in Britain took part in at least one sport or physical activity during the 12 months leading up to the survey. The most popular activity was walking, defined as a walk or hike of 2 miles or more, in which over two fifths of adults (45%) had participated. Excluding walking, swimming (35%), keep fit/yoga (22%) and cycling (19%) were the next most popular activities.

Looking at more regular participation, just under three fifths of adults (58%) participated in some sport or physical activity during the four weeks before interview. Walking, again, had the highest participation rate (34%) of all activities, followed by swimming (14%), keep fit/yoga (12%), cycling (9%) and cue sports (snooker/billiards/pool – 9%).

Seven of the top eight activities showing the highest participation rates in the previous twelve months can be undertaken on an individual basis (walking, swimming, keep

fit/yoga, cycling, weight training, running and golf). Team sports tended to attract lower participation rates. Soccer had the highest participation rate of the team sports with 5% of adults participating in the four weeks prior to interview.

Five activities had average frequencies of participation of seven times or more per participant in the four week period (keep fit/yoga, cycling, weight training, weight lifting, horse riding and gymnastics). Activities showing the lowest average frequency of participation were ice skating and ten pin bowling which each had an average frequency of participation of two times or less in the previous four weeks.

Over the 12 month period activities showing the highest average frequency of participation per adult were cycling, keep fit/yoga and swimming. The average frequency for keep fit/yoga and swimming was over 11 times and for cycling it was nearly 10 times.

Overall and Sports Specific Participation by Gender

TABLE 1 SPORTS, GAMES AND PHYSICAL ACTIVITIES

(a) participation rates in the 4 weeks before interview (% of respondents)
 (b) participation rates in the 12 months before interview (% of respondents)

Adults aged 16+	England 2002			
Active sports, games and physical activities	(a)	(b)	(c)	(d)
Walking*	34.1	45.1		
Any swimming	13.9	34.8	5.2	11.2
Swimming: indoor	12.1	30.4	4.5	8.7
Swimming: outdoor	2.9	12.6	6.3	3.3
Keep fit/yoga	12.2	21.6	7.0	11.4
Cycling	9.0	19.2	7.8	9.9
Snooker/pool/billiards	9.2	16.9	4.4	5.8
Weight training	5.9	9.7	7.9	6.0
Running (jogging etc)	5.0	8.9	7.1	4.5
Golf	4.5	11.7	4.1	3.1
Any soccer	4.8	9.1	4.7	3.2
Soccer: outdoor	3.9	7.5	4.1	2.4
Soccer: indoor	1.8	4.7	3.5	1.2
Tenpin bowling/skittles	3.3	15.5	1.6	2.1
Tennis	1.9	7.2	3.4	1.4
Badminton	1.8	6.3	2.9	1.2
Fishing	1.6	5.4	3.5	1.1
Any bowls	1.2	3.8	6.3	1.2
Carpet bowls	0.8	2.4	5.4	0.7
Lawn bowls	0.5	1.8	6.7	0.5
Weight lifting	1.3	2.4	8.8	1.6
Table tennis	1.2	4.7	3.8	1.0

(c) average frequency of participation per participant in 4 weeks before interview

(d) average frequency of participation per adult per year

Adults aged 16+	England 2002			
Active sports, games and physical activities	(a)	(b)	(c)	(d)
Squash	1.2	3.7	3.6	0.8
Horse riding	1.1	3.5	8.4	1.4
Martial arts (inc self defence)	0.9	2.1	6.0	0.8
Shooting	0.8	2.5	3.7	0.5
Basketball	0.7	2.3	4.2	0.5
Sailing	0.5	2.4	3.8	0.5
Cricket	0.6	2.5	2.8	0.4
Climbing	0.5	2.0	2.7	0.4
Motor sports	0.6	2.0	3.1	0.4
Ice skating	0.5	3.1	1.4	0.4
Skiing	0.4	3.1	4.6	0.5
Rugby	0.4	1.1	4.8	0.3
Netball	0.3	1.0	3.7	0.2
Hockey	0.3	1.0	4.0	0.2
Canoeing	0.3	1.8	2.7	0.3
Volleyball	0.2	1.0	2.5	0.2
Athletics-track and field	0.2	0.9	4.2	0.1
Windsurfing, boardsailing	0.2	0.9	2.9	0.3
Gymnastics	0.3	0.9	6.9	0.3
At least one activity (exc.walking)	43.4	65.6		
At least one activity	58.3	74.9		
Base (all adults)	12841	12841	12841	12841

*Walking was included in the list of sports but respondents were not asked how often they went for a walk

Table 2

Men were more likely to participate in a sport or physical activity than women. In total, 80% of men compared with 70% of women had taken part in at least one activity during the previous 12 months. For both genders, walking was the most popular activity with 45% of men and women having walked at least two miles in the previous year. Excluding walking, the top three activities for men were swimming (33%), cue sports (28%) and cycling (24%). For women it was swimming (37%), keep fit/yoga (30%) and cycling (15%).

The gap between male and female participation was more pronounced for regular sporting activity. Over six out of ten men (65%) compared with five out of ten women (53%) had participated in at least one activity in the four weeks before interview.

Activities (excluding walking) achieving the highest participation rates for men in the four weeks before interview were cue sports (15%), cycling (13%) and swimming (12%). For women the top activities were keep fit/yoga (17%), swimming (15%) and cycling (6%). Men reported higher participation rates than women in all activities with the exception of swimming, keep fit/yoga, horse riding and netball. There was a large difference in the rate of participation between women and men in keep fit/yoga (17% compared with 7%). The greatest differences in the rate of participation between men and women were found for cue sports (15% of men compared with 4% of women), golf (8% compared with 1%), soccer (10% compared with 1%) and cycling (13% compared with 6%).

**TABLE 2 SPORTS, GAMES AND PHYSICAL ACTIVITIES
– PARTICIPATION RATES BY SEX**

(a) participation rates in the 4 weeks before interview (% of respondents) (b) participation rates in the 12 months before interview (% of respondents)

Adults aged 16+

England 2002

Active sports, games and physical activities	(a) Percentage participating in 4 weeks before interview			(b) Percentage participating in 12 months before interview		
	Men	Women	England	Men	Women	England
Walking	34.6	33.7	34.1	45.4	45.0	45.1
Any swimming	12.3	15.2	13.9	32.9	37.0	34.8
Swimming: indoor	10.3	13.6	12.1	27.6	32.8	30.4
Swimming: outdoor	3.1	2.6	2.9	14.1	11.5	12.6
Keep fit/yoga	7.1	16.5	12.2	12.4	29.6	21.6
Cycling	12.5	5.9	9.0	24.4	14.6	19.2
Snooker/pool/billiards	15.4	3.8	9.2	27.9	7.4	16.9
Weight training	8.6	3.5	5.9	13.8	6.1	9.7
Running (jogging etc)	7.1	3.1	5.0	12.2	6.1	8.9
Golf	8.3	1.3	4.5	20.3	4.3	11.7
Any soccer	9.8	0.5	4.8	18.0	1.0	9.1
Soccer: outdoor	8.1	0.3	3.9	15.3	0.8	7.5
Soccer: indoor	3.6	0.2	1.8	9.5	0.5	4.7
Tenpin bowling/skittles	4.1	2.7	3.3	18.3	13.2	15.5
Tennis	2.2	1.6	1.9	8.9	5.6	7.2
Badminton	2.2	1.5	1.8	7.1	5.6	6.3
Fishing	3.1	0.2	1.6	9.8	1.4	5.4
Any bowls	1.6	0.9	1.2	4.5	2.8	3.8
Carpet bowls	1.0	0.7	0.8	3.0	2.0	2.4
Lawn bowls	0.7	0.3	0.5	2.4	1.2	1.8
Weight lifting	2.4	0.6	1.3	4.0	1.1	2.4
Table tennis	1.8	0.7	1.2	6.4	3.3	4.7
Squash	2.2	0.4	1.2	6.0	1.6	3.7
Horse riding	0.4	1.6	1.1	2.1	4.7	3.5
Martial arts (inc self defence)	1.2	0.6	0.9	2.5	1.7	2.1
Shooting	1.5	0.1	0.8	4.6	0.5	2.5
Basketball	1.1	0.3	0.7	3.5	1.2	2.3
Sailing	0.8	0.3	0.5	3.5	1.6	2.4
Cricket	1.2	0.1	0.6	4.9	0.4	2.5
Climbing	0.7	0.3	0.5	2.8	1.4	2.0
Motor sports	1.1	0.2	0.6	3.8	0.5	2.0
Ice skating	1.3	0.6	0.5	2.4	3.7	3.1
Skiing	0.5	0.3	0.4	4.0	2.4	3.1
Rugby	0.8	*	0.4	2.1	0.1	1.1
Netball	0.0	0.5	0.3	0.1	1.7	1.0
Hockey	0.4	0.3	0.3	1.1	1.0	1.0
Canoeing	0.4	0.1	0.3	2.3	1.3	1.8
Volleyball	0.4	0.1	0.2	1.3	0.8	1.0
Athletics-track and field	0.3	0.1	0.2	1.4	0.5	0.9
Windsurfing, boardsailing	0.2	0.1	0.2	1.3	0.5	0.9
Gymnastics	0.2	0.3	0.3	0.7	1.0	0.9
At least one activity (exc.walking)	51.1	36.6	43.4	72.2	59.9	65.6
At least one activity	64.6	52.7	58.3	80.4	70.0	74.9
Base (all adults)	7186	8510	12841	7186	8510	12841

* Less than 1%

Overall Participation by Age

Tables 3 and 4

Participation rates in sporting activity during the previous 12 months before interview showed several differences between different age groups. The percentage of people doing at least one activity (both including and excluding walking) decreased as age increases. In total, 90% of 16-19 year-olds did at least one activity in the past 12 months including walking, the decline is fairly steady dropping to 64% of 60-69. The 70 plus age group shows a sharper drop in participation with only 39% of adults doing at least one activity. The same trends in participation for different age groups can be seen with reference to the previous four weeks, with 77% of 16-19 year olds, 50% of 60-69 year olds and 29% of 70 plus year olds doing at least one activity.

TABLE 3 SPORTS, GAMES AND PHYSICAL ACTIVITIES

Participation rates in the 12 months before interview by age (% of respondents)

Active sports, games and physical activities	Age							England
	16-19	20-24	25-29	30-44	45-59	60-69	70+	
Walking	40.7	41.1	42.3	50.5	52.0	46.1	26.8	45.1
Any swimming	46.2	46.3	47.6	48.2	33.3	19.8	8.1	34.8
Swimming: indoor	42.0	41.3	41.0	43.2	27.3	15.6	6.7	30.4
Swimming: outdoor	14.5	13.6	17.2	17.3	14.6	7.8	2.3	12.6
Keep fit/yoga	29.8	33.2	33.3	27.9	19.8	10.7	6.4	21.6
Cycling	33.4	22.7	26.5	28.0	17.4	8.2	3.0	19.2
Snooker/pool/billiards	42.5	41.3	30.3	19.4	10.7	6.2	3.5	16.9
Weight training	18.6	19.8	20.4	12.3	5.6	1.4	0.5	9.7
Running (jogging etc)	19.7	18.1	18.0	13.9	4.6	1.0	0.2	8.9
Golf	14.6	17.4	17.1	14.5	10.9	8.1	4.0	11.7
Any soccer	33.5	26.1	20.2	10.9	2.1	0.3	0.1	9.1
Soccer: outdoor	30.8	23.2	17.7	8.8	1.4	0.1	0.1	7.5
Soccer: indoor	17.3	15.2	10.0	5.8	1.1	0.3	0.0	4.7
Tenpin bowling/skittles	32.8	34.6	23.2	20.7	12.5	3.3	1.0	15.5
Tennis	24.0	14.7	10.1	8.7	4.8	2.1	0.5	7.2
Badminton	24.5	12.8	11.0	6.6	4.8	1.3	0.5	6.3
Fishing	8.1	5.2	5.2	6.1	6.3	4.9	1.6	5.4
Any bowls	3.7	2.9	2.1	2.5	3.2	6.6	4.8	3.8
Carpet bowls	2.7	2.1	1.6	1.7	2.0	4.7	3.4	2.4
Lawn bowls	1.4	0.8	0.7	0.9	1.8	4.1	2.8	1.8
Weight lifting	10.7	6.8	6.1	2.3	0.6	0.4	0.1	2.4
Table tennis	18.7	7.9	6.0	5.3	3.7	2.0	0.8	4.7
Squash	9.5	7.3	8.1	5.7	1.7	0.2	0.0	3.7
Horse riding	6.5	6.3	6.4	5.0	2.5	0.9	0.2	3.5
Martial arts (inc self defence)	6.8	5.4	3.9	2.4	1.0	0.6	0.1	2.1
Shooting	5.1	2.1	2.9	3.6	2.1	1.5	0.2	2.5
Basketball	20.8	5.5	4.3	1.2	0.3	0.0	0.0	2.3
Sailing	2.9	2.7	2.6	2.9	3.1	0.2	0.6	2.4
Cricket	9.5	4.0	4.4	3.1	1.5	0.6	0.0	2.5
Climbing	5.8	3.2	4.1	2.8	1.4	0.6	0.1	2.0
Motor sports	3.9	3.4	4.0	3.0	1.3	0.4	0.0	2.0
Ice skating	14.6	8.1	5.1	3.5	1.1	0.2	0.1	3.1
Skiing	5.3	4.4	7.2	4.3	2.5	0.1	0.2	3.1
Rugby	7.1	2.4	1.4	1.1	0.3	0.0	0.0	1.1
Netball	8.9	1.9	0.9	0.8	0.3	0.1	0.1	1.0
Hockey	10.1	2.0	1.4	0.5	0.2	0.0	0.0	1.0
Canoeing	5.7	3.5	2.5	2.2	1.2	0.4	0.1	1.8
Volleyball	6.5	2.7	0.9	1.0	0.5	0.0	0.0	1.0
Athletics-track and field	9.4	1.4	0.7	0.6	0.3	0.1	0.0	0.9
Windsurfing, boardsailing	1.0	2.2	1.7	1.3	0.5	0.1	0.0	0.9
Gymnastics	3.3	1.4	1.9	1.0	0.6	0.1	0.1	0.9
At least one activity (exc.walking)	88.4	86.2	85.0	80.2	65.2	46.4	23.9	65.6
At least one activity	90.1	88.3	88.3	85.1	77.2	64.4	39.4	74.9
Base (all adults)	668	797	878	3622	3337	1662	1877	12841

Sports Specific Participation by Age

Tables 3 and 4

There was an increase in participation in walking at least 2 miles or more with age up to the 45-59 years old age group, 28% of 16-19 year olds walking in the last 4 weeks compared to 40% of 45-59 year olds. The rate of participation of 60-69 year olds was slightly lower, 37%, and just over one fifth of the 70 plus age group, 22%, did any walking in the previous four weeks.

Swimming and keep fit had fairly stable levels of participation for age groups 16-44, with rates decreasing after the age of 45. Golf participation was between 5-6% for those aged from 20 to 59, going down to 4% of 60-69 year olds and 2% of those 70 years old and over.

Participation rates for the majority of team sports, such as soccer, rugby, netball, hockey, basketball and volleyball fell significantly from those aged 16-19 as age increased. For example, 23% of 16-19 year olds played soccer in the last 4 weeks compared to 13% of 20-24 year olds, 12% of 25-29 year olds, 5% of 30-44 year olds and less than 1% of over 45 year olds.

Only bowls has higher activity levels amongst the older age groups. The percentage of people playing bowls in the previous 4 weeks is under 1% for 16-59 year olds but rises to 4% of 60-69 year olds and 3% of 70 plus year olds.

The highest rates of participation in the previous four weeks (excluding walking) in the 60-69 and 70+ age groups were found in swimming (7% and 3% of adults respectively), keep fit/yoga (8% and 4% respectively), golf (4% and 2% respectively) and cycling (4% and 2% respectively). At the other end of the scale the highest rates of participation (excluding walking) in the 16-19 age group were found in cue sports (31%), soccer (23%), swimming (19%) and cycling (17%).

Participation rates for sports, games and physical activities in the 12 months previous to interview follow very similar patterns to the rates of participation in the four weeks previous to interview with the differences between age groups often more pronounced.

TABLE 4 SPORTS, GAMES AND PHYSICAL ACTIVITIES

Participation rates in the 4 weeks before interview by age (% of respondents)

Active sports, games and physical activities	England 2002							
	Age 16-19	20-24	25-29	30-44	45-59	60-69	70+	England
Walking	28.3	29.0	30.7	38.0	39.5	36.5	21.5	34.1
Any swimming	19.3	17.5	17.2	20.1	12.1	7.4	3.1	13.9
Swimming: indoor	17.9	14.7	15.1	18.0	10.6	6.0	2.6	12.1
Swimming: outdoor	3.4	3.7	3.3	3.7	3.1	1.7	0.7	2.8
Keep fit/yoga	14.1	15.8	18.7	15.5	11.5	7.5	4.1	12.1
Cycling	17.3	11.5	11.8	12.7	7.8	4.4	1.7	9.0
Snooker/pool/billiards	31.3	26.1	16.5	9.2	4.7	2.9	2.0	9.2
Weight training	11.4	13.3	11.5	8.2	3.6	1.1	0.4	5.9
Running (jogging etc)	11.1	9.1	10.8	7.6	2.7	0.7	0.1	5.0
Golf	4.5	4.8	6.0	5.3	4.8	4.0	2.2	4.5
Any soccer	23.2	12.5	11.8	5.4	0.8	0.1	0.0	4.8
Soccer: outdoor	20.3	11.1	9.4	4.2	0.5	0.0	0.0	3.9
Soccer: indoor	8.6	4.3	4.2	2.1	0.4	0.1	0.0	1.8
Tenpin bowling/skittles	11.6	8.4	4.5	4.2	2.1	0.2	0.2	3.3
Tennis	5.8	3.9	1.7	2.4	1.5	0.7	0.3	1.9
Badminton	6.1	2.5	2.6	2.0	1.8	0.6	0.2	...
Fishing	2.6	1.3	1.8	1.9	1.5	1.7	0.5	1.8
Any bowls	0.7	0.3	0.1	0.4	0.9	3.6	2.6	1.6
Carpet bowls	0.5	0.2	0.0	0.2	0.6	2.6	1.9	1.2
Lawn bowls	0.2	0.1	0.1	0.2	0.4	1.4	0.9	0.8
Weight lifting	6.0	4.2	3.2	1.5	0.4	0.2	0.0	0.5
Table tennis	4.8	2.4	1.3	1.3	0.9	0.4	0.4	1.4
Squash	2.9	1.8	2.8	2.0	0.7	0.1	0.0	1.2
Horse riding	3.1	2.1	1.5	1.2	1.0	0.2	0.0	1.2
Martial arts (inc self defence)	2.6	1.9	1.6	1.2	0.4	0.4	0.1	1.1
Shooting	1.0	0.4	0.6	1.1	0.9	0.7	0.0	0.9
Basketball	6.6	1.3	0.9	0.4	0.1	0.0	0.0	0.8
Sailing	0.7	0.6	0.5	0.5	0.8	0.6	0.1	0.7
Cricket	2.2	0.9	2.0	0.8	0.3	0.0	0.0	0.5
Climbing	0.7	1.0	0.9	0.7	0.5	0.2	0.1	0.6
Motor sports	1.5	1.1	1.1	0.7	0.4	0.2	0.0	0.5
Ice skating	3.2	1.2	0.8	0.5	0.1	0.0	0.0	0.6
Skiing	0.9	0.5	0.9	0.4	0.5	0.2	0.0	0.5
Rugby	2.9	0.6	0.6	0.4	0.1	0.0	0.0	0.4
Netball	2.9	0.5	0.2	0.3	0.0	0.0	0.0	0.4
Hockey	2.8	0.7	0.5	0.2	0.0	0.0	0.0	0.3
Canoeing	0.7	1.1	0.4	0.2	0.1	0.1	0.0	0.3
Volleyball	1.2	0.6	0.2	0.3	0.1	0.0	0.0	0.3
Athletics-track and field	1.6	0.4	0.2	0.2	0.1	0.0	0.0	0.2
Windsurfing, boardsailing	0.1	0.4	0.3	0.2	0.1	0.1	0.0	0.2
Gymnastics	0.7	0.9	0.5	0.3	0.1	0.1	0.0	0.2
At least one activity (exc.walking)	72.7	61.0	60.9	54.1	38.5	27.4	13.9	43.4
At least one activity	76.9	69.0	69.4	66.5	58.7	50.2	29.3	58.3
Base (all adults)	668	797	878	3622	3337	1662	1877	12841

Overall Participation by Socio-economic Classification

Tables 5 and 6

Participation varies greatly between National Statistics Social Economic Classification (NSSEC) groups. Although the classification of NSSEC groups are not based on a numerical scale, the rate of participation in any sports, games or physical activities appears to decrease along the classification set. In 2002, the higher managerial and professional working adults were over twice as likely to participate in an activity (including walking) at least once in the previous four weeks (76% and 74% respectively) than adults who had never worked or are long-term unemployed (37%). Although not as large, there were significant differences between NSSEC groups for occasional participation. 89% of adults in large employers or higher managerial and professional occupations participated in at least one activity in the last 12 months compared to 60% of routine workers and 54% of people who have never worked or are long-term unemployed.

Sports Specific Participation by Socio-economic Classification

Tables 5 and 6

Walking was the activity with the highest rate of participation across all socio-economic classification groups but there was still a large difference between those at the top end of the social scale and those at the bottom (47% of higher managerial and professionals had walked at least two miles in the previous four weeks compared with 20% of adults who had never worked or are long-term unemployed).

Excluding walking, swimming was the most popular activity among all the groups except for those in the intermediate and the never work or long-term unemployed NSSEC group, whose most popular activities were keep fit/yoga and cycling, respectively.

Participation in cue sports was highest among the intermediate occupations (10%) and participation in table-tennis was highest for lower managerial and professional occupations (2%). Fishing/angling attracted its highest participation rates amongst small employers and own account workers (3%) whilst basketball showed its highest participation by adults that have never worked or are long-term unemployed (2%).

TABLE 5 SPORTS, GAMES AND PHYSICAL ACTIVITIES

Participation rates in the 4 weeks before interview by National Statistics Socio-economic Classification (% of respondents)

Adults aged 16+										England 2002
Active sports, games and physical activities	National Statistics Socio-economic classification									England
	1.1 Large employers & higher managerial	1.2 Higher professional	2 Lower managerial & professional	3 Intermediate	4 Small employers & own account workers	5 Lower supervisory & technical	6 Semi-routine	7 Routine	8 Never worked & long-term unemployed	
Walking	47.1	46.2	41.7	32.7	30.0	29.4	28.5	23.5	19.5	34.1
Any swimming	24.0	19.9	17.7	13.7	11.9	11.2	8.8	7.8	7.4	13.9
Swimming: indoor	20.6	17.2	15.8	11.5	10.5	9.2	7.8	6.8	6.4	12.1
Swimming: outdoor	5.3	4.7	3.4	2.7	2.8	2.7	1.4	1.3	1.0	2.9
Keep fit/yoga	20.8	18.3	15.3	14.8	11.1	9.4	7.1	6.3	4.6	12.2
Cycling	13.0	12.0	11.5	6.5	8.1	7.2	6.3	6.8	7.5	9.0
Snooker/pool/billiards	9.9	9.2	9.6	10.2	9.4	9.1	8.5	7.0	5.5	9.2
Weight training	11.4	8.5	7.3	6.9	5.1	4.0	4.0	2.5	2.0	5.9
Running (jogging etc)	10.3	8.1	6.6	5.2	3.3	3.4	2.2	2.3	3.2	5.0
Golf	9.5	8.4	6.1	4.2	4.9	3.6	1.8	1.7	0.0	4.5
Any soccer	6.1	5.4	5.5	4.2	4.8	4.7	3.3	3.8	4.2	4.8
Soccer: outdoor	5.0	4.2	4.4	3.1	4.3	4.0	2.7	3.1	4.2	3.9
Soccer: indoor	2.7	2.3	2.6	1.5	1.2	1.7	1.2	1.3	1.0	1.8
Tenpin bowling/skittles	4.8	4.0	3.9	4.2	3.2	3.1	2.9	2.0	0.3	3.3
Tennis	3.1	4.0	2.7	1.8	1.7	0.5	0.8	0.5	1.0	1.9
Badminton	2.8	3.6	2.4	1.5	1.4	1.6	1.3	0.7	0.9	1.8
Fishing	1.1	1.1	1.2	1.5	2.5	2.3	1.6	1.5	0.8	1.6
Any bowls	1.8	1.0	1.1	1.1	1.3	1.6	1.1	1.4	0.0	1.2
Carpet bowls	1.1	1.0	0.6	1.0	1.0	1.3	0.5	0.9	0.0	0.8
Lawn bowls	0.9	0.1	0.5	0.2	0.4	0.5	0.7	0.6	0.0	0.5
Weight lifting	2.0	0.9	1.9	1.7	1.2	1.0	1.1	1.1	0.5	1.3
Table tennis	1.8	1.8	2.0	1.2	1.1	0.9	1.5	0.2	1.1	1.2
Squash	2.1	3.5	1.5	1.1	0.8	1.0	0.2	0.4	0.3	1.2
Horse riding	1.7	0.9	1.2	1.0	1.8	0.8	0.7	0.5	0.9	1.1
Martial arts (inc self defence)	1.3	1.0	1.3	1.2	1.7	0.5	0.5	0.9	0.9	0.9
Shooting	0.9	0.6	0.9	0.9	0.9	1.1	0.7	0.6	0.0	0.8
Basketball	0.9	1.0	0.7	0.5	0.8	0.4	0.3	0.1	1.6	0.7
Sailing	1.2	1.5	0.7	0.2	0.8	0.3	0.1	0.3	0.4	0.5
Cricket	0.7	1.7	0.9	0.3	0.2	0.5	0.4	0.2	0.0	0.6
Climbing	0.6	1.2	0.6	0.7	0.4	0.3	0.3	0.1	0.0	0.5
Motor sports	1.0	1.3	0.7	0.3	0.7	0.5	0.4	0.3	0.2	0.6
Ice skating	0.9	0.2	0.4	0.5	0.7	0.5	0.6	0.3	0.6	0.5
Skiing	1.5	0.9	0.5	0.5	0.0	0.2	0.0	0.1	0.0	0.4
Rugby	0.8	0.7	0.5	0.2	0.1	0.3	0.2	0.3	0.3	0.4
Netball	0.4	0.3	0.4	0.2	0.5	0.4	0.1	0.2	0.0	0.3
Hockey	0.5	0.8	0.3	0.5	0.1	0.2	0.1	0.3	0.0	0.3
Canoeing	0.4	0.5	0.4	0.3	0.2	0.1	0.1	0.2	0.0	0.3
Volleyball	0.3	0.2	0.4	0.5	0.1	0.3	0.1	0.0	0.0	0.2
Athletics-track and field	0.2	0.4	0.1	0.2	0.3	0.0	0.1	0.1	0.0	0.2
Windsurfing, boardsailing	0.1	0.2	0.2	0.1	0.3	0.1	0.1	0.1	0.0	0.2
Gymnastics	0.4	0.3	0.2	0.5	0.2	0.4	0.0	0.2	0.0	0.3
At least one activity (exc.walking)	60.5	58.4	51.2	42.9	43.1	38.8	31.0	29.4	26.1	43.4
At least one activity	76.1	73.9	67.3	57.3	56.6	54.0	46.6	42.7	36.7	58.3
Base (all adults)	858	1131	3068	1051	1266	1607	1646	1628	317	12841

TABLE 6 SPORTS, GAMES AND PHYSICAL ACTIVITIES

Participation rates in the 12 months before interview by National Statistics Socio-economic Classification (% of respondents)

Adults aged 16+										England 2002
Active sports, games and physical activities	National Statistics Socio-economic classification									England
	1.1 Large employers & higher managerial	1.2 Higher professional	2 Lower managerial & professional	3 Intermediate	4 Small employers & own account workers	5 Lower supervisory & technical	6 Semi-routine	7 Routine	8 Never worked & long-term unemployed	
At least one activity (exc.walking)	82.5	80.6	75.5	63.1	65.1	62.6	53.4	48.8	45.3	65.6
At least one activity	89.1	88.9	84.2	72.7	74.0	72.0	64.6	59.9	53.5	74.9
<i>Base (all adults)</i>	<i>858</i>	<i>1131</i>	<i>3068</i>	<i>1051</i>	<i>1266</i>	<i>1607</i>	<i>1646</i>	<i>1628</i>	<i>317</i>	<i>12841</i>

Overall Participation by Ethnic Group

Tables 7 and 8

Adults who had described themselves as White were more likely to participate in sport than adults of any other group. In 2002, 44% of White adults had participated in at least one activity (excluding walking) in the previous four weeks compared with 33% of Black (Caribbean, African or other) adults, 30% of Indians and 22% of Pakistanis and Bangladeshis.

The participation rates over the 12 months before interview showed the same trend in participation with 67% of adults describing themselves as White and 54% of Black adults participating in at least one activity (excluding walking). Participation rates for adults of Indian and Pakistani/Bangladeshi ethnic origin were 51% and 42%, respectively.

Analysis of sports specific participation by ethnicity is not possible due to the small sample sizes.

TABLE 7 Participation rates in the 12 months before interview by National Statistics Socio-economic Classification (% of respondents)

Ethnic group	Percentage participating in the 4 weeks before interview		
	Excluding walking	Including Walking	Base (all adults)
White	44.1	59.4	11482
Any ethnic minority group	34.6	45.5	1326
Indian	30.4	46.3	202
Pakistani/Bangladeshi	21.7	25.9	160
Black (Caribbean, African, Other)	33.2	43.7	418
Other (Chinese, none of the above)	45.1	56.5	546
England	43.4	58.3	12841

TABLE 8 Participation in at least one sport and/or physical activity by ethnic group in the 12 months before interview (% of respondents)

Ethnic group	Percentage participating in the 12 months before interview		
	Excluding walking	Including Walking	Base (all adults)
White	66.5	75.9	11482
Any ethnic minority group	55.5	62.8	1326
Indian	51.0	62.7	202
Pakistani/Bangladeshi	42.1	46.1	160
Black (Caribbean, African, Other)	54.3	60.9	418
Other (Chinese, none of the above)	66.1	73.1	546
England	65.6	74.9	12841

Overall Participation by Health

Table 9

Two fifths of adults, 40%, with a limiting long-standing illness (LI) participated in any sport in the previous four weeks compared to over three fifths of adults, 61%, with a non-limiting LI and no LI, 65%. The differences between these groups are greater when excluding walking with one in four adults with a limiting LI (26%), two in five with a non-limiting LI (42%) and 1 in two with no LI (51%) doing at least one sporting activity in the previous four weeks (excluding walking).

Sports Specific Participation by Health

Table 9

The most popular activities (excluding walking) for adults with a limiting LI are swimming (9%), keep fit/yoga (7%), cue sports (6%) and cycling (5%). These were also the most popular activities for adults with a non-limiting LI as well as weight training and golf.

TABLE 9 SPORTS, GAMES AND PHYSICAL ACTIVITIES

- participation rates by health in the 4 weeks before interview (% of respondents):

(a) Limiting long-standing illness (b) Non-limiting long-standing illness
(c) No long-standing illness (d) England

Adults aged 16+	England 2002			
Active sports, games and physical activities	(a)	(b)	(c)	(d)
Walking*	25.6	38.8	36.4	34.1
Any swimming	9.0	13.3	16.0	13.9
Swimming: indoor	7.9	11.8	13.8	12.1
Swimming: outdoor	1.7	2.3	3.4	2.8
Keep fit/yoga	7.4	12.8	13.9	12.1
Cycling	5.0	7.4	11.0	9.0
Snooker/pool/billiards	5.7	8.8	10.8	9.2
Weight training	2.8	4.8	7.4	5.9
Running (jogging etc)	1.6	3.8	6.7	5.0
Golf	2.2	5.2	5.3	4.5
Any soccer	1.3	3.2	6.6	4.8
Soccer: outdoor	1.0	2.7	5.4	3.9
Soccer: indoor	0.4	1.4	2.5	1.8
Tenpin bowling/skittles	1.6	3.0	4.1	3.3
Tennis	0.6	1.1	2.6	1.9
Badminton	0.7	1.5	2.4	1.8
Fishing	1.4	1.7	1.6	1.6
Any bowls	1.3	2.1	0.9	1.2
Carpet bowls	1.1	1.3	0.6	0.8
Lawn bowls	0.4	1.1	0.4	0.5
Weight lifting	0.4	1.0	1.9	1.3
Table tennis	0.6	1.2	1.5	1.2
Squash	0.3	0.8	1.7	1.2
Horse riding	0.6	1.0	1.3	1.1
Martial arts (inc self defence)	0.6	0.7	1.1	0.9
Shooting	0.5	1.0	0.8	0.8
Basketball	0.3	0.7	0.8	0.7
Sailing	0.2	0.6	0.7	0.5
Cricket	0.3	0.6	0.8	0.6
Climbing	0.3	0.4	0.6	0.5
Motor sports	0.4	0.6	0.6	0.6
Ice skating	0.3	0.4	0.6	0.5
Skiing	0.2	0.4	0.5	0.4
Rugby	0.1	0.4	0.5	0.4
Netball	0.0	0.3	0.4	0.3
Hockey	0.1	0.1	0.5	0.3
Canoeing	0.0	0.3	0.3	0.3
Volleyball	0.1	0.2	0.3	0.2
Athletics-track and field	0.0	0.0	0.3	0.2
Windsurfing, boardsailing	0.0	0.1	0.2	0.2
Gymnastics	0.2	0.1	0.3	0.3
At least one activity (exc.walking)	26.3	41.6	50.7	43.4
At least one activity	40.3	60.5	64.9	58.3
Base (all adults)	3177	1963	7690	12841

Overall Participation by English Regions

Tables 10 and 11

The South West and South East regions had the highest participation rates of the Sport England regions in the four weeks before interview with 50% and 46%, respectively, of the adult population participating in at least one activity in the previous four weeks, excluding walking. Adults living in the North East were the least likely to have participated in some sport or physical activity during the four weeks before interview (37%).

Differences between men and women's rates of participation were most marked in the London region with 53% of men participating in at least one physical activity (excluding walking) in the four weeks before interview

compared with 37% of women. The smallest difference was found in the South East where male participation was only eleven percentage points greater than that for females (52% compared with 41%).

When looking at less frequent participation, at least once in the last 12 months before interview, the South East and South West had the highest rates of participation excluding walking at 71% and the North West had the lowest rate at 61%.

TABLE 10 Participation in at least one sport and/or physical activity in the four weeks before interview by Sport England region (% of respondents)

Adults aged 16+	England 2002								
Region	Percentage participating in the 4 weeks before interview								
	Male			Female			England		
	Excluding walking	Including walking	Base (all male)	Excluding walking	Including walking	Base (all female)	Excluding walking	Including walking	Base (all adult)
North East	46.4	62.6	295	30.2	49.7	400	37.1	55.2	695
North West	49.5	64.6	797	33.4	49.1	973	40.7	56.1	1770
Yorkshire	50.0	63.9	596	33.9	49.2	696	41.4	56.0	1292
East Mids	49.0	63.6	513	35.6	52.0	593	41.9	57.5	1106
West Mids	45.7	58.2	611	33.8	49.8	706	39.4	53.7	1317
East	52.6	65.5	664	37.5	54.7	732	44.8	59.9	1396
London	53.2	62.9	751	36.8	48.0	889	44.4	55.0	1640
South East	52.2	67.3	1056	41.1	59.0	1192	46.4	62.9	2249
South West	56.9	70.4	648	43.0	61.0	728	49.6	65.5	1376
England	51.1	64.6	5931	36.6	52.7	6909	43.4	58.3	12841

TABLE 11 Participation in at least one sport and/or physical activity in the 12 months before interview by Sport England region by gender (% of respondents)

Adults aged 16+ England 2002

Region	Percentage participating in the 12 months before interview								
	Male			Female			England		
	Excluding walking	Including walking	Base (all male)	Excluding walking	Including walking	Base (all female)	Excluding walking	Including walking	Base (all adult)
North East	73.0	80.6	295	56.6	68.5	400	63.6	73.7	695
North West	67.8	78.4	797	55.0	66.2	973	60.8	71.5	1770
Yorkshire	68.3	77.9	596	55.9	67.7	696	61.7	71.9	1292
East Mids	69.4	80.8	513	60.3	70.1	593	64.6	74.7	1106
West Mids	68.5	75.8	611	55.4	64.8	706	61.5	69.9	1317
East	75.6	83.8	664	61.4	74.2	732	68.3	78.8	1396
London	74.3	79.8	751	59.8	65.1	889	65.6	72.0	1640
South East	75.3	82.2	1056	66.6	76.5	1192	70.7	79.2	2249
South West	75.5	83.7	648	67.0	77.2	728	71.1	80.3	1376
England	72.2	80.4	5931	59.9	70.0	6909	65.6	74.9	12841

Frequency of Participation

Tables 12

Two fifths of adults (43%) participate in sporting activities (excluding walking) on a monthly basis. Three out of ten adults (31%) participate on a weekly basis and one in seven adults (15%) participate in sport (excluding walking) three times in a week.

There are large differences in regular participation between men and women. Nearly twice the percentage of men regularly participated in sport (excluding walking) compared to women when comparing participation in sport 3 times or more a week (19% of men compared to 11% of women).

Differences between the age of participants and the regularity of participation are very noticeable. Around five times as many 16-19 year olds participated in sport (excluding walking) on a monthly and weekly basis than the 70 plus year olds. When comparing more frequent participation in sport (excluding walking) 33% of 16-19 year olds participated 3 times a week compared to 3% of 70 plus year olds, this is over 8 times greater.

The percentage of people frequently participating in sport and physical activity was much higher for those at the top end of the NSSEC scale.

Three fifths of larger employers (61%), higher managerial and professional occupations participated in sport (excluding walking) monthly compared to a quarter of people who have never worked or are long-term unemployed (26%).

Regular participation in sport (excluding walking) was just over average for people who ethnically identified themselves as White (44% monthly, 32% weekly and 15% 3 times a week). The percentage of people that regularly participated in sport identifying themselves as being from non-White ethnic backgrounds was below the national average rate of participation (35% monthly, 25% weekly and 13% 3 times a week).

Those living in the South West of England participated more regularly in sport (excluding walking) than any region with 50% on a monthly basis, 36% on a weekly basis and 16% 3 times a week. The region with the lowest monthly participation was the North East (37%) but the West Midlands has the lowest participation rates for weekly and 3 times a week participation (28% and 11%, respectively).

When looking at regular participation in sport (excluding walking) with reference to health indicators there is great variance between people with a limiting long-standing illness (LI) a non-limiting LI and no LI. Those with a no LI have rates of participation above the national average whereas those with a limiting LI show rates of participation approximately half of those with no LI (26% once a month compared to 51%, 18% once a week compared to 37% and 8% three times a week compared to 18%).

TABLE 12 Participation in at least one sport and/or physical activity (excluding walking, % of respondents)

Adults aged 16+

England 2002

Sex	Once a month	Once a week	Three times a week
Male	51.1	37.6	19.2
Female	36.6	25.7	10.8
Age			
16-19	72.7	58.1	32.9
20-24	61.0	45.7	25.0
25-29	60.9	44.3	24.0
30-44	54.1	38.4	17.9
45-59	38.8	27.0	11.1
60-69	27.4	18.9	7.5
70+	13.9	10.5	3.7
Socio-economic group			
Larger employers & managerial	60.5	44.9	22.2
Professional	58.4	42.2	19.9
Lower managerial & professional	51.2	37.3	17.9
Intermediate	42.9	32.7	15.6
Small employers & own account workers	43.1	30.4	14.1
Lower supervisory & technical	38.8	26.3	11.1
Semi-routine	31.0	22.4	9.4
Routine	29.4	21.2	10.8
Never worked & long-term unemployed	26.1	16.2	8.5
Ethnicity			
White	44.1	31.9	14.9
Any ethnic minority group	34.6	24.7	12.8
Indian	30.4	21.7	11.4
Pakistani/Bangladeshi	21.7	16.5	3.7
Black (Caribbean, African, Other)	33.2	22.8	13.1
Other (Chinese, none of the above)	45.1	32.5	17.8
Region			
North East	37.1	28.8	14.0
North West	40.7	29.2	14.4
Yorkshire & Humberside	41.4	31.2	15.3
East Midlands	41.9	30.3	13.7
West Midlands	39.4	28.1	11.1
Eastern	44.8	32.2	15.9
London	44.4	31.6	14.7
South East	46.4	32.8	15.8
South West	49.6	35.7	16.4
Health			
Limiting LI or disability	26.3	17.9	7.7
Non-limiting LI or disability	41.6	30.6	13.7
No LI or disability	50.7	36.9	17.8
England			
Base (all adults)	43.4	31.3	14.7

Overall Location of Participation

Tables 13, 14, 15 and 16

Respondents were asked about the location of participation for all the activities (except walking) that they took part in during the four weeks before interview. The most popular location for participation was an indoor sports facility where 23% of adults had participated in the four weeks before interview. In total, 12% of adults took part in a sport or physical activity in an other indoor facility not mainly used for sport, such as a church hall, community centre or village hall, during the previous four weeks and 11% did so on an outdoor pitch or court. The second most popular setting for adults who took part in a sport or physical activity in the previous four weeks was in a natural setting (16%) such as the countryside, rivers, lakes or seaside. The least popular venue for doing sport and/or physical activity was in an 'other' location such as roads and pathways in towns and cities with 2% of adults doing activity in the previous four weeks. Finally, 4% of adults took part in sport in the previous four weeks at home and 5% took part in a school or college.

Men showed slightly higher participation rates than women at indoor sports facilities, with 25% of men participating in comparison to 22% of women. Males were also more likely

than females to participate at an 'other indoor' venue (15% compared with 9%). The greatest difference shown between men and women in sports participation location were for outdoor pitches/courts (18% and 5%, respectively) and natural settings (22% and 11%, respectively).

Participation rates for all sports facility locations declined with age. All age groups reported higher participation rates for indoor sports facilities than for any other location. Highest participation figures at indoor sports facilities were found in the 16-19 years old age group where 48% of adults had participated in the four weeks before interview, double the national average.

Use of indoor sports facilities was highest amongst larger employers and higher managerial (37%) and higher professional (34%) occupations whilst adults who had never worked or were long-term unemployed made the least use of them (11%).

TABLE 13 Percentage of all adults using different types of facility - by sex

Location of participation	All Adults 16+		
	Female	Male	England
Indoor Sport Facility	21.8	24.7	23.1
Other Indoor Facility	8.8	14.6	11.5
At home	4.0	4.7	4.3
Outdoor pitch/court	5.1	18.2	11.2
Natural setting	10.3	22.1	15.8
Other place	1.6	2.8	2.2
School/college	4.6	6.2	5.3
Base (all adults)	8510	7186	12841

TABLE 14 Percentage of all adults using different types of facility - by age

Location of participation	All Adults 16+							
	Age							England
	16-19	20-24	25-29	30-44	45-59	60-69	70+	
Indoor Sport Facility	47.8	35.1	33.8	30.5	18.2	11.5	5.6	23.1
Other Indoor Facility	27.6	24.7	17.6	12.7	8.3	5.8	3.7	11.5
At home	9.9	8.0	6.7	5.2	3.2	1.8	1.2	4.3
Outdoor pitch/court	30.4	17.5	17.8	13.3	7.9	6.2	3.3	11.7
Natural setting	28.2	20.8	22.6	21.7	13.8	8.2	2.9	15.8
Other place	5.7	4.7	3.6	2.6	1.4	0.9	0.3	2.2
School/college	27.8	10.5	7.2	5.3	2.9	1.7	0.6	5.3
Base (all adults)	668	797	878	3622	3337	1662	1877	12841

Sport Specific Location of Participation

The activities that people were most likely to have participated in at an indoor sports facility were swimming (44% of indoor sports facility participants having taken part in this activity) and keep fit/yoga (32%).

Of those who participated in other indoor facilities cue sports were the most popular activity (54%) followed by keep fit/yoga (22%). The most popular activities undertaken at home were keep fit/yoga (46% of those using the home as a location) and weight training (24%). The most frequently cited activities undertaken

outdoors were golf and soccer. Golf was played by 35% of those using outdoor facilities whilst soccer was played by 29% of participants. Activities that took place within a natural setting included outdoor swimming, cycling, outdoor soccer, golf, running/jogging, fishing, horse riding, climbing, shooting and sailing. Of these activities participation was highest in cycling (51% of those taking part in a natural setting) and running/jogging (26%). The most popular activities in other settings were cue sports, 34%, cycling, 23% and keep fit/yoga, 17%.

TABLE 15 Percentage of all adults using different types of facility - by National Statistic - socio-economic classification

Location of participation	All Adults 16+									
	NS-SEC									England
	Large employers & higher managerial	Higher professional	Lower managerial & professional	Intermediate	Small employers & own account workers	Lower supervisory & technical	Semi-routine	Routine	Never worked & long-term unemployed	
Indoor Sport Facility	37.4	33.7	28.8	25.0	22.0	17.8	14.5	13.5	10.7	23.1
Other Indoor Facility	15.0	11.8	12.9	13.7	11.6	11.1	9.3	8.1	7.0	11.5
At home	5.2	5.7	5.2	3.4	4.5	4.0	3.8	2.6	2.4	4.3
Outdoor pitch/court	19.2	16.5	14.3	9.8	11.0	9.2	6.4	6.5	5.6	11.2
Natural setting	22.3	22.8	18.8	13.9	15.7	13.6	10.4	10.7	10.6	15.8
Other place	2.3	3.6	2.6	2.5	1.7	1.5	1.8	1.2	1.8	2.2
School/college	8.1	7.9	6.2	4.7	6.1	3.7	3.2	2.8	3.8	5.3
Base (all adults)	695	1770	1292	1106	1317	1396	1640	2249	1376	12841

TABLE 16 Sports, games and physical activities: top ten activities taken part in during last 4 weeks among those that participated at each location.

Adults aged 16+

England 2002

Active sports, games and physical activities	Location of participation					
	Indoor Sport Facility	Other Indoor Facility	At home	Outdoor pitch/court	Natural Setting	Other place
Swimming: indoor	44.2	10.8	5.0			2.5
Swimming: outdoor			2.5	10.5	8.4	
Keep fit/yoga	31.7	22.0	46.4			17.2
Cycling			2.7	1.6	51.2	22.7
Snooker/pool/billiards	8.8	54.1	12.0			33.8
Weight training	19.0	4.0	24.4			4.1
Running (jogging etc)				3.0	26.3	6.6
Golf				35.1	3.8	1.8
Soccer: outdoor				28.9	3.9	1.6
Soccer: indoor	6.3	1.6				
Tenpin bowling/skittles	10.5	7.2				4.1
Tennis				12.4		
Badminton	5.6	2.5	2.2			
Fishing					9.6	
Carpet bowls	2.5	2.1				
Lawn bowls				4.0		
Weight lifting	4.2		7.6			
Table tennis		3.9	4.4			2.9
Squash	4.9					
Horse riding					6.2	
Martial arts (inc self defence)		2.1	2.4			
Shooting					3.2	
Basketball		4.6				
Sailing					3.2	
Cricket	...			4.3		
Climbing	...				2.4	
Motor sports	...					
Ice skating	...			1.6		
Skiing	...					
Rugby	...			3.3		
Netball	...					
Hockey	...			2.6		
Canoeing	...					
Volleyball	...					
Athletics-track and field	...					
Windsurfing, boardsailing	...					
Gymnastics	...					
Base (adults participating in each location in the previous four weeks)	2948	1440	548	1419	1999	266

Club Membership

Tables 7, 18, 19 and 20

For each activity (excluding walking) participated in during the previous four weeks respondents were asked if they took part as a member of a club. One sixth of adults, 17%, had been a member of a club during the previous four weeks so that they could play or participate in their sports activity. Breaking down membership by club type showed 6% of adults had been a member of a sports club, 7% of a health/fitness club, 2% of a social club and 3% a member of a different type of club.

Men were almost twice as likely to be a member of a club than women (22% compared to 12%). Looking in more detail at the type of club membership there are a slightly higher percentage of women as members of a health club than men, 7% compared to 6%.

Participation in a sports club declined with both age and NSSEC group so that those aged between 16 and 29 years old and/or were in a higher socio-economic classification group (large employers, and higher/lower managerial and higher/lower professional) were most likely to be members of a sports club to take part in sport whilst those who

were older and from lower socio-economic classification groups were less likely to be members.

The activities with the largest percentage of people undertaking the chosen activity as a member of any type of club were bowls, 81% outdoor and 72% indoor, and rugby, 73%. Participation rates of people as a member of a sports club were highest for rugby (64%), hockey (50%), cricket (43%), indoor bowls and outdoor bowls (41%). Weight training, keep fit/yoga and weight lifting had the biggest percentage of participants taking part in the activity as a member of a health/fitness club in the previous four weeks with 41%, 34%, and 29 % of regular participants were members, respectively.

TABLE 17 Percentage of all adults who were members of a club for an activity in the 4 weeks before interview - by sex

Adults aged 16+ England 2002

Club Membership	All Adults 16+		
	Male	Female	England
Health/fitness club	5.8	7.1	6.5
Social club	3.2	0.8	2.0
Sports club	10.6	2.6	6.4
Other club	5.5	1.6	3.4
Any club	22.1	11.5	16.5
Base (all adults)	5931	6910	12841

TABLE 18 Percentage of all adults who were members of a club for an activity in the 4 weeks before interview - by age

Adults aged 16+ England 2002

Club Membership	All Adults 16+							
	Age							England
	16-19	20-24	25-29	30-44	45-59	60-69	70+	
Health/fitness club	6.1	8.2	10.0	9.5	6.1	3.0	1.2	6.5
Social club	5.1	3.1	3.3	2.0	1.2	1.5	1.1	2.0
Sports club	10.4	8.5	9.6	7.0	5.7	5.5	2.9	6.4
Other club	6.6	3.0	2.9	3.7	3.2	3.8	2.1	3.4
Any club	23.9	19.5	23.4	20.1	15.1	13.0	6.9	16.5
Base (all adults)	668	797	878	3622	3337	1662	1877	12841

TABLE 19 Percentage of all adults who were members of a club for an activity in the 4 weeks before interview - by socio-economic group

Adults aged 16+ England 2002

Club Membership	All Adults 16+									
	NS-SEC									England
	Large employers & higher managerial	Higher professional	Lower managerial & professional	Intermediate	Small employers & own account workers	Lower supervisory & technical	Semi-routine	Routine	Never worked & long-term unemployed	
Health/fitness club	13.4	9.9	9.7	7.1	5.9	3.2	3.1	2.4	1.9	6.5
Social club	2.4	1.7	2.5	1.8	2.5	1.9	1.4	1.5	0.3	2.0
Sports club	10.9	11.1	8.1	5.2	6.7	5.3	2.9	3.5	1.8	6.4
Other club	4.3	5.0	4.0	3.8	3.7	3.2	2.7	2.2	0.9	3.4
Any club	27.7	24.9	21.9	16.2	17.3	12.2	9.4	9.0	4.6	16.5
Base (all adults)	858	1131	3068	1051	1266	1607	1646	1628	317	12841

TABLE 20 Sports, games and physical activities: proportion of those taking part in previous 4 weeks who took part as a member of different types of club

Adults aged 16+ England 2002

	Any	Health/fitness	Social	Sports	Other
Swimming: indoor	21.4	16.9	0.5	2.5	1.5
Swimming: outdoor	6.6	4.3	0.4	1.8	0.0
Keep fit/yoga	40.9	33.8	1.5	3.4	2.3
Cycling	3.2	1.2	0.3	1.2	0.5
Snooker/pool/billiards	21.0	0.6	9.0	5.3	6.1
Weight training	47.6	41.0	1.8	3.8	1.1
Running (jogging etc)	12.7	7.3	0.6	4.2	0.6
Golf	46.3	0.3	0.6	29.7	15.8
Soccer: outdoor	35.0	0.2	5.0	21.2	8.6
Soccer: indoor	20.6	1.5	3.2	11.4	4.5
Tenpin bowling/skittles	6.3	0.4	2.1	2.2	1.6
Tennis	33.7	4.0	1.8	23.1	4.7
Badminton	22.5	1.7	4.2	14.6	1.9
Fishing	33.4	0.0	2.5	10.7	20.2
Carpet bowls	72.3	0.0	15.6	40.9	15.8
Lawn bowls	80.6	0.0	13.6	40.7	26.3
Weight lifting	37.9	28.9	1.1	6.8	1.1
Table tennis	10.5	0.6	2.3	4.2	3.4
Squash	37.2	14.4	4.2	17.1	1.4
Horse riding	15.3	0.0	1.7	3.8	9.8
Martial arts (inc self defence)	56.2	17.5	4.5	18.7	15.4
Shooting	26.4	0.0	0.0	17.1	9.3
Basketball	8.4	1.2	1.9	5.3	0.0
Sailing	42.9	0.0	0.0	25.1	17.8
Cricket	56.8	0.0	7.7	43.2	5.8
Climbing	19.9	0.0	1.6	8.9	9.4
Motor sports	26.7	0.0	0.0	9.0	17.7
Ice skating	0.0	0.0	0.0	0.0	0.0
Skiing	2.6	0.0	0.0	2.6	0.0
Rugby	73.4	0.0	1.8	64.4	7.1
Netball	35.0	0.0	5.0	25.3	4.7
Hockey	56.9	0.0	2.6	50.1	4.3
Canoeing	24.4	0.0	3.6	15.4	5.4
Volleyball	14.3	0.0	0.0	14.3	0.0
Athletics-track and field	22.7	0.0	0.0	18.5	4.1
Windsurfing, boardsailing	31.2	0.0	0.0	21.9	9.3
Gymnastics	39.7	30.2	3.1	6.4	0.0
At least one activity (exc.walking)	38.1	14.9	4.5	14.7	7.9
Base (adults participating in each activity in the previous four weeks)					

Participation in Competitive Sport and Tuition

Tables 21 and 22

Those adults who had taken part in sports or physical activity during the four weeks prior to the survey were also asked whether they had taken part in the sport competitively during the previous 12 months or had received tuition during the year. Twelve per cent of regular participants had taken part in competition and 16% had received tuition.

Almost four times as many males as females participated competitively in the 12 months before interview (20% of regular male participants in comparison to 5% of regular female participants). Women were slightly more likely than men to have received tuition (17% compared with 16% of regular participants).

The percentage of adults participating in competitions decreased with age. There was a sharp drop in participation in competitive sport from the 16-19 years old age group (30%) to the 20-24 years old age group (18%) and a more steady decrease thereafter.

The percentage of regular participants receiving tuition in any sport, game or physical activity also decreased with age. Again, there was a sharp drop in those receiving tuition from the 16-19 years old age group (40%) to the 20-24 years old age group (25%).

In general, activities with a high club membership also had a higher than average proportion of participants who took part in organised competition. For example, 78% of rugby players, 72% of those who had taken part in outdoor bowls and 57% of indoor bowlers had participated competitively in their activity in the 12 months before interview. Regular participants in martial arts (inc self defence) (81%), rugby (70%), netball (60%), hockey (55%) and keep fit/yoga (51%) were the most likely to have received tuition to improve their performance in the twelve months before interview.

TABLE 21 Percentage of those who participated in the previous 4 weeks:
(a) who participated competitively in that activity in the 12 months before interview
(b) who received tuition in that activity in the 12 months before interview

	(a) Competition	(b) Tuition
<i>Adults aged 16+</i>		
<i>England 2002</i>		
Sex		
Male	19.8	15.6
Female	4.9	16.7
Age		
16-19	30.1	39.8
20-24	18.2	25.2
25-29	17.2	23.7
30-44	13.9	19.9
45-59	9.1	13.0
60-69	7.2	8.0
70+	3.5	3.7
England		
Base (adults participating in the previous four weeks)	11.9	16.2

TABLE 22 Sports, games and physical activities: (% of those who participated in previous 4 weeks in each activity):
 (a) who participated competitively in that activity in the 12 months before interview
 (b) who received tuition in that activity in the 12 months before interview

Adults aged 16+ England 2002

Active sports, games and physical activities	Proportion of those participating in past 4 weeks who took part in past 12 months	
	(a) Competition	(b) Tuition
Any swimming	2.3	5.2
Swimming: indoor	2.1	4.9
Swimming: outdoor	3.7	3.6
Keep fit/yoga	1.8	51.2
Snooker/pool/billiards	11.9	2.1
Cycling	2.6	0.0
Weight training	0.9	31.3
Any soccer	45.3	20.4
Soccer: outdoor	45.3	20.4
Soccer: indoor	34.0	14.1
Golf	38.7	26.4
Running (jogging etc)	12.1	5.8
Tenpin bowling/skittles	9.0	1.6
Badminton	6.8	10.8
Tennis	18.0	17.7
Any bowls	61.8	7.7
Carpet bowls	56.6	6.9
Lawn bowls	71.5	6.1
Fishing	22.7	4.1
Table tennis	8.6	7.6
Squash	16.7	8.8
Weight lifting	0.5	28.7
Horse riding	22.4	39.2
Cricket	49.8	19.1
Shooting	22.5	23.2
Martial arts (inc self defence)	9.8	81.3
Climbing	4.6	27.6
Basketball	10.4	22.5
Rugby	78.1	70.3
Ice skating	0.0	1.4
Netball	43.7	60.1
Sailing	21.3	26.2
Motor sports	36.7	18.6
Canoeing	10.2	33.2
Hockey	61.9	54.8
Skiing	0.0	29.5
Athletics-track and field	28.4	47.4
Volleyball	25.1	19.7
Gymnastics	0.0	48.6
Windsurfing, boardsailing	0.0	21.9
At least one activity (exc.walking)	27.4	37.4
Base (adults participating in each activity in the previous four weeks)		

Sports, Games and Physical Activities people do not take part in, but would like to do

Tables 23 and 24

Over one third of adults (37%) said they would like to take up a sport or recreational activity that they don't currently do at the moment, there was no difference between the percentage of men and women.

The top ten activities were swimming (13%), keep fit/yoga (12%), golf (5%), skiing/snow boarding (5%), horse riding (5%), tennis (4%), badminton (4%), martial arts (4%), walking (4%), and football (4%).

TABLE 23 Any sport or recreational activity people would like to do but don't already

Adults aged 16+ England 2002

	Men	Women	England
Yes	37.0	37.3	37.0
Base (All adults)	5931	6910	12841

TABLE 24 Sports and recreational activities: people would like to do

Sports and recreational activities	England
Swimming	12.6
Keep fit/aerobics/yoga/dance	11.7
Golf/pitch & putt/putting	5.1
Skiing/snowboarding	4.8
Horse riding	4.7
Tennis	4.0
Badminton	3.8
Martial arts/martial arts (inc self defence)/boxing	3.8
Walking	3.5
Football	3.5
Cycling	2.9
Sailing/yachting/dingy sailing/boating	2.8
Motor sports	2.8
Bowls	2.6
Angling	2.0
Gym activities (not specified)	1.9
Squash	1.8
All types of flying/gliding	1.7
Climbing/mountaineering/caving	1.7
Jogging/cross country/road running	1.4
Ice skating	1.3
Cricket	1.2
Shooting	1.1
Canoeing	1.1
Weight training/body building	1.0
Netball	0.8
Wind surfing/board sailing	0.8
Rugby	0.8
Hockey	0.8
Table tennis	0.7
Archery	0.7
Tenpin bowling	0.5
Snooker	0.5
Basketball	0.4
Volleyball	0.4
Track & field athletics	0.3
Gymnastics	0.3
Darts	0.3
Art work/painting/sculpture	0.2
Weight lifting	0.2
Curling	0.2
Sing/Play musical instrument	0.2
American football	0.1
Other water sports	3.2
Other sport	1.7
Other recreational	0.7
Base (adults who would like to do additional activities)	4754

Volunteering

Table 25

Only 4% of adults surveyed volunteered in sports in the previous 4 weeks but the majority of those volunteers spent over 2 hours a week volunteering (3% of respondents spent two or more hours volunteering in sport in the last weeks). There was a large gender difference, with twice the percentage of men volunteering compared to women (6% compared to 2%). The percentage of people volunteering in sports did not vary greatly with age, although there was a more noticeable decrease in the over sixties. 6% of the youngest age group (16-19 year olds) volunteered in sport in the previous 4 weeks compared to 3% in the 60-69 year olds and 1% in the 70 plus year olds age groups.

The percentage of volunteers was higher in the higher end of the socio-economic classification groups with 6% of those in larger employer, managerial and professional occupations volunteering in sport in the previous four weeks compared to under 1% of those who have never worked or are long-term unemployed.

There was no large variation between the rates of volunteering between the English regions except for the South West region, which had the highest percentage of volunteers, 6% and the South East, with 5% of adults volunteering on a regular basis. The London region had the lowest percentage of volunteers, 3%.

Adults who identified themselves as White were almost twice as likely to volunteer on a regular basis compared to those from Black and Ethnic minorities, 4% compared to 2% volunteered in the previous four weeks.

TABLE 25 Percentage of those who volunteered in sport in the previous 4 weeks

Adults aged 16+

England 2002

Sex	Volunteer in sport	0 < 1 hours	1 < 2 hours	2 < 5 hours	5 or more hours
Male	5.6	0.4	1.1	1.7	2.5
Female	2.2	0.3	0.4	0.8	0.9
Age					
16-19	6.1	1.3	1.7	1.9	1.3
20-24	4.9	0.6	1.2	1.5	1.7
25-29	4.2	0.2	1.4	1.1	1.5
30-44	4.8	0.2	0.8	1.4	2.3
45-59	4.1	0.3	0.6	1.4	1.8
60-69	3.2	0.2	0.4	1.3	1.4
70+	1.0	0.0	0.1	0.5	0.5
Socio-economic group					
Larger employers & managerial	6.0	0.5	1.4	1.2	2.8
Professional	5.4	0.2	0.5	2.8	1.9
Lower managerial & professional	5.7	0.4	1.2	1.7	2.4
Intermediate	2.8	0.3	0.5	0.5	1.5
Small employers & own account workers	4.7	0.4	0.8	1.6	1.9
Lower supervisory & technical	2.4	0.2	0.2	0.8	1.2
Semi-routine	2.7	0.2	0.3	1.1	1.0
Routine	2.1	0.2	0.5	0.4	1.0
Never worked & long-term unemployed	0.7	0.4	0.4	0.0	0.0
Ethnicity					
White	4.1	0.3	0.7	1.3	1.7
Any ethnic minority group	2.2	0.2	0.5	0.5	0.9
Indian	2.1	0.5	1.2	0.0	0.4
Pakistani/Bangladeshi	1.2	0.0	0.0	0.0	1.2
Black (Caribbean, African, Other)	2.5	0.0	0.4	0.4	1.7
Other (Chinese, none of the above)	2.4	0.3	0.7	1.1	0.4
Region					
North East	3.2	0.1	0.7	1.6	0.8
North West	4.1	0.5	0.5	1.1	2.0
Yorkshire & Humberside	3.6	0.4	0.8	1.3	1.2
East Midlands	3.6	0.3	0.5	0.8	2.1
West Midlands	3.1	0.1	0.7	0.8	1.4
Eastern	3.3	0.4	0.5	1.1	1.4
London	2.9	0.3	0.7	0.9	0.9
South East	4.7	0.2	0.9	1.4	2.3
South West	6.4	0.6	1.1	2.3	2.4
Health					
Limiting LI	2.5	0.3	0.4	0.7	1.1
Non-limiting LI	4.6	0.3	1.1	1.6	1.6
No LI	4.4	0.3	0.8	1.4	1.9
England					
Base (all adults)	3.9	0.3	0.7	1.2	1.7