

Sports Participation in Scotland 2001

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INTRODUCTION

Since 1987, **sportscotland** has collected data on adult (aged 16 and over) sports participation. The data has been collected by NFO System Three as part of their omnibus household survey, the Scottish Opinion Survey. This research digest presents the data collected during 1999, 2000 and 2001, with trend data providing a picture of change over time. Since 1997, data has also been collected from young people (aged 8-18) and the 1999-2001 data is included here.

The sample size is 6,000 adults and 1,450 young people per annum and the analysis uses three year averages to improve the consistency and reliability of the data. The analysis of aggregate participation patterns is based on data from the most popular two months for each activity to ensure seasonal activity is adequately represented. When looking at the participants in a particular sport all year data is used. Participation is defined as having taken part within the last four weeks. The definition of sport used is fairly broad and includes casual participation in physical activities as well as more organised sports.

This year the young people's data has been analysed on the same basis as the adult data (ie most popular two months rather than all year data for the main participation figures). This means that the figures for young people are not directly comparable with those in last year's digest but are comparable with the data presented here for adults. Full details of the methodology are provided later in this report (p27). It is recommended that this section should be read for a full understanding of the data and its use.

The next section provides key findings in bullet point format followed by tables which provide national aggregate patterns, differences in participation between categories of gender and age and social class, the frequency of participation and the extent of club membership. The young people's data also includes information on involvement in organised competition.

SUMMARY OF MAIN FINDINGS

Aggregate levels of participation

- In 1999-2001, 64% of the adult population of Scotland (aged 16 and over) participated in some type of sport or physical recreation in the four weeks prior to interview. The equivalent figure for young people is 99% (Table 1).
- In the Selected Sports category (which excludes walking (2+ miles), dancing, snooker/billiards/pool), the percentage of the adult population participating is 52%. The equivalent figure for young people is 98% (Table 1).
- Both the All Sports and Selected Sports categories show, for adults, a fairly steady increase in participation over the last ten years, levelling off in the last few years (Table 3). The young people's data is not available over this time period.

Participation in individual sports

Adults

- The two most popular activities for adults are walking (2+ miles) (32%) and swimming (22%), each participated in by more than one in five adults. The next most popular sports are cycling, football, golf, dance, and keep fit/aerobics, each with approximately one in ten adults participating (Table 2).
- Swimming, walking and cycling are the sports which have increased most in popularity over the last thirteen years, with swimming increasing from 18% to 22% per cent, walking from 25% to 32% and cycling from 6% to 10% over that time. Other increases include football (from 8% to 11%), golf (8% to 10%) and multigym/weight training (4% to 7%). Most other sports have maintained their popularity with the exception of snooker/billiards/pool and squash which have declined over the period (Table 3).

Young people (aged 8-15)

- The most popular sports among young people are football (62%), swimming (53%), cycling (43%), running/jogging (38%) and basketball/netball/volleyball (37%) (Table 2).
- There is no difference in overall participation (ie having taken part in a sport or physical recreation in the last 4 weeks) between boys and girls but there are substantial differences in the most popular sports for each (Tables 4 and 5).

Male/female differences

- There are significant differences in sports participation by gender, particularly in the adult population but differences are also evident among young people.

Adults

- Women's participation is dominated by four activities – walking (34%), swimming (25%) keep fit/aerobics (13%) and dancing (12%) (Figure 1).
- Men participate in a wider range of sports, with 12 sports having participation rates of above five per cent (compared with six such sports for women). The most popular sports for men are: walking (31%), football (20%), swimming (18%), golf (17%), snooker/billiards/pool (13%) and cycling (13%) (Figure 2).

- Over the last twelve years, participation rates among men have increased slightly (from 67 per cent to 69 per cent). However, women's participation has risen over the same period from 50 to 60 per cent (Table 6).

Young people

- The top 5 sports are the same for girls and boys aged 8-15: swimming, football, cycling, basketball/netball/volleyball, and running. Among boys football leads all other sports with 84% participation; for girls swimming (57%) is the most popular. After the top five, golf, tennis and rugby are significant for the boys whereas for the girls dance and gymnastics stand out (Tables 4 and 5).

Age

Adults

- Participation in sport is strongly age-related, with a steady decline in participation among older age groups. Nearly all school-aged children participate in some type of sport, as do more than four out of five (84%) of those between 16 and 24 years of age (Figure 3).
- Participation rates have risen over the last twelve years in all age groups for which we have data available (16+) (Table 6).

Young people

- For girls, swimming is the most common sport for the younger age group (8-11) with 66% participation. Basketball/netball/volleyball is the most common for the older girls (age 12-15) with 51% participation). For boys of both age groups, football is the most common with participation of over 80% (Tables 4 and 5).
- There is substantial variation between sports some of which, such as athletics and badminton, show increased participation in the older age group while others such as cycling and swimming show a decline.

Frequency of participation

Adults

- Among adults, 52% participate in some form of sport or physical recreation at least once a week. If we exclude walking, dancing and snooker/billiards/pool the proportion drops to 37% (Figure 5).
- The sports which are participated in most frequently are walking (2+ miles), bowls, cycling, running/jogging, multigym/weight training and martial arts (Figure 7). The least frequent sports are tenpin bowling, skiing, ice skating/ice hockey, sailing/water sports, table tennis and hillwalking/ mountaineering/climbing (Figure 8).

Young people

- Among those aged 8 – 15 years, 91% participate in sport more than once a week, dropping to 88% if we exclude walking, dancing and snooker/billiards/pool (Figure 6).
- The most frequent sports for young people are football, cycling, and running/jogging each with more than half of participants taking part more than once a week (Table 8).

Social Class

- There is higher participation in AB and C1 than C2 and DE among adults.
- There has been an increase in participation in all groups over the last 13 years; the greatest increase has been in C1 and C2.

Club Membership

Adults

- The sports which have the highest proportion of participation in clubs are bowls, curling, rugby and martial arts, each with more than seven out of ten participants being club members (Figure 9).

Young People

- Activities with a high club membership include martial arts (91%), horse riding (42%), golf and rugby (both 31%) (Table 10).

Competition

Young People

- Boys show a much higher level of participation in organised competition than girls.
- The sports with high involvement in competition are rugby, football, athletics and martial arts (Table 11).

Further Information

Any queries on the interpretation of this data should be directed to the research staff at **sportscotland**.

Table 1: Total Sports Participation in Scotland 1999-01

	All sports	Selected sports	Scottish population
	%	%	Thousands
Adults (16+)	64	52	4,077
Young people(8-15)	99	98	518
Sex			
Males (16+)	69	59	1,925
Females (16+)	60	46	2,152
Age			
8-11	99	99	257
12-15	99	98	261
16-24	84	77	561
25-34	77	68	714
35-54	68	55	1,454
55+	45	29	1,348
Social class			
AB	74	65	
C1	72	59	
C2	67	54	
DE	50	38	

Base number: Adults 6,166; Young people 996

Notes: Selected Sports are All Sports excluding Walking (2+ miles), Dancing and Snooker/billiards/pool.

Population figures are from the General Register Office for Scotland 2000 mid-year population estimates provisionally revised using the 2001 Census.

Table 2: Most Popular Sports 1999-01

Percentage of population participating in the four weeks prior to interview
(Most popular two months for each sport)

Adults (16+)		Young People (8-15)	
Walking (2+ miles)	32	Football	62
Swimming	22	Swimming	52
Football	11	Cycling	43
Cycling	10	Running/jogging	38
Golf	10	Basketball/netball/volleyball	37
Keep fit/aerobics	9	Badminton	22
Dance	9	Athletics	22
Snooker/billiards/pool	8	Walking (2+ miles)	21
Multigym/weight training	7	Dance	19
Tenpin bowling	6	Tennis	18
Running/jogging	6	Hockey	18
Hillwalking/climbing/	5	Gymnastics	17
Mountaineering			
Bowls	4	Golf	15
Fishing/angling	3	Snooker/billiards/pool	15
Badminton	3	Rugby	11
Tennis	2	Keep fit/aerobics	11
Yoga	2	Ten pin bowling	10
Sailing/water sports	2	Ice skating/ice hockey	10
Martial arts	2	Table tennis	8
Basketball/netball/	1	Martial arts	6
volleyball			
Ice skating/ice hockey	1	Fishing/angling	6
Horse riding	1	Hillwalking/climbing/	5
		mountaineering	
Athletics	1	Horse riding	5
Table tennis	1	Multigym	4
Rugby	1	Cricket	4
Squash	1	Squash	3
Skiing	1	Skiing/snowboarding	2
Gymnastics	1	Sailing/other water sports	2
Curling	1	Bowling	2
Hockey	1	Judo	1
Cricket	*	Curling	1
Judo	*	Yoga	1

Base number: Adults 6,166; Young people 996

Notes: * less than 0.5%; any figures in the range 0.5 to under 1.5% are rounded to 1%

Table 3: Trends in Adult Participation in Each Sport 1987-89 to 1999-01

Percentage of adult population participating in the four weeks prior to interview (Most popular two months for each sport)

	1987-89	1988-90	1989-91	1990-92	1991-93	1992-94	1993-95	1994-96	1995-97	1996-98	1997-99	1998-00	1999-01
	%	%	%	%	%	%	%	%	%	%	%	%	%
Athletics	1	1	1	1	1	1	1	1	1	1	1	1	1
Badminton	4	4	4	3	3	3	4	4	3	3	3	3	3
Basketball/netball/Volleyball	1	1	1	1	1	1	2	2	1	2	2	2	1
Bowls	6	5	N/A	5	5	5	5	4	4	4	5	4	4
Cricket	1	1	1	*	1	*	1	*	1	*	*	*	*
Curling	N/A	N/A	1	*	*	1	*	*	*	*	1	*	1
Cycling	6	6	6	6	6	7	7	8	8	9	10	11	10
Dancing	10	9	9	8	7	7	7	7	8	8	9	9	9
Fishing/angling	3	3	3	3	3	3	3	3	3	3	4	4	3
Football	8	8	8	7	8	9	10	10	9	10	10	10	11
Golf	8	9	9	8	8	8	8	8	9	9	9	10	10
Gymnastics	1	1	1	1	1	1	1	1	*	1	1	1	1
Hillwalk'g/climb'g	4	4	4	4	4	5	5	5	5	5	5	6	5
Mountaineering													
Hockey	1	1	1	1	*	*	1	1	1	1	1	1	1
Horse riding	1	1	1	1	1	1	1	1	1	1	1	1	1
Ice skating/hockey	1	1	1	2	1	1	1	2	2	2	2	2	1
Judo	N/A	N/A	N/A	N/A	*	*	*	*	*	*	*	*	*
Keep fit/aerobics	9	8	9	9	9	10	10	10	10	9	9	9	9
Martial arts	1	1	1	1	1	1	1	1	1	1	1	1	2
Multigym/weight training	4	4	4	4	4	5	5	6	6	7	7	7	7
Rugby	1	1	1	1	1	1	1	1	1	1	1	1	1
Running/Jogging	6	5	5	5	5	6	6	6	5	5	6	6	6

Table 3 continued

	1987-89	1988-90	1989-91	1990-92	1991-93	1992-94	1993-95	1994-96	1995-97	1996-98	1997-99	1998-00	1999-01
	%	%	%	%	%	%	%	%	%	%	%	%	%
Sailing & other water sports	N/A	N/A	1	2	2	1	1	1	1	1	1	1	2
Skiing	2	1	1	1	1	1	1	1	1	1	1	1	1
Snooker/billiards/pool	13	11	10	9	9	8	8	8	8	8	8	8	8
Squash	3	3	2	2	2	2	2	2	1	1	1	1	1
Swimming	18	18	19	19	20	22	22	22	21	22	23	23	22
Table tennis	2	2	2	1	1	1	1	1	1	1	1	1	1
Tennis	3	2	2	2	2	2	2	2	2	2	2	2	2
Tenpin bowling	N/A	N/A	N/A	N/A	N/A	N/A	N/A	7	7	7	7	7	6
Walking (2+miles)	25	22	21	19	21	22	24	24	25	26	28	31	32
Yoga	N/A	1	1	1	1	1	1	1	1	1	1	1	2
Other	2	2	2	2	2	1	1	1	2	1	1	1	2
All Sports	58	58	56	54	56	59	61	60	60	61	63	65	64
Selected Sports	N/A	43	44	43	47	46	46	43	47	49	51	52	52
None	42	42	44	46	44	41	39	40	40	39	37	35	36

Notes: * less than 0.5

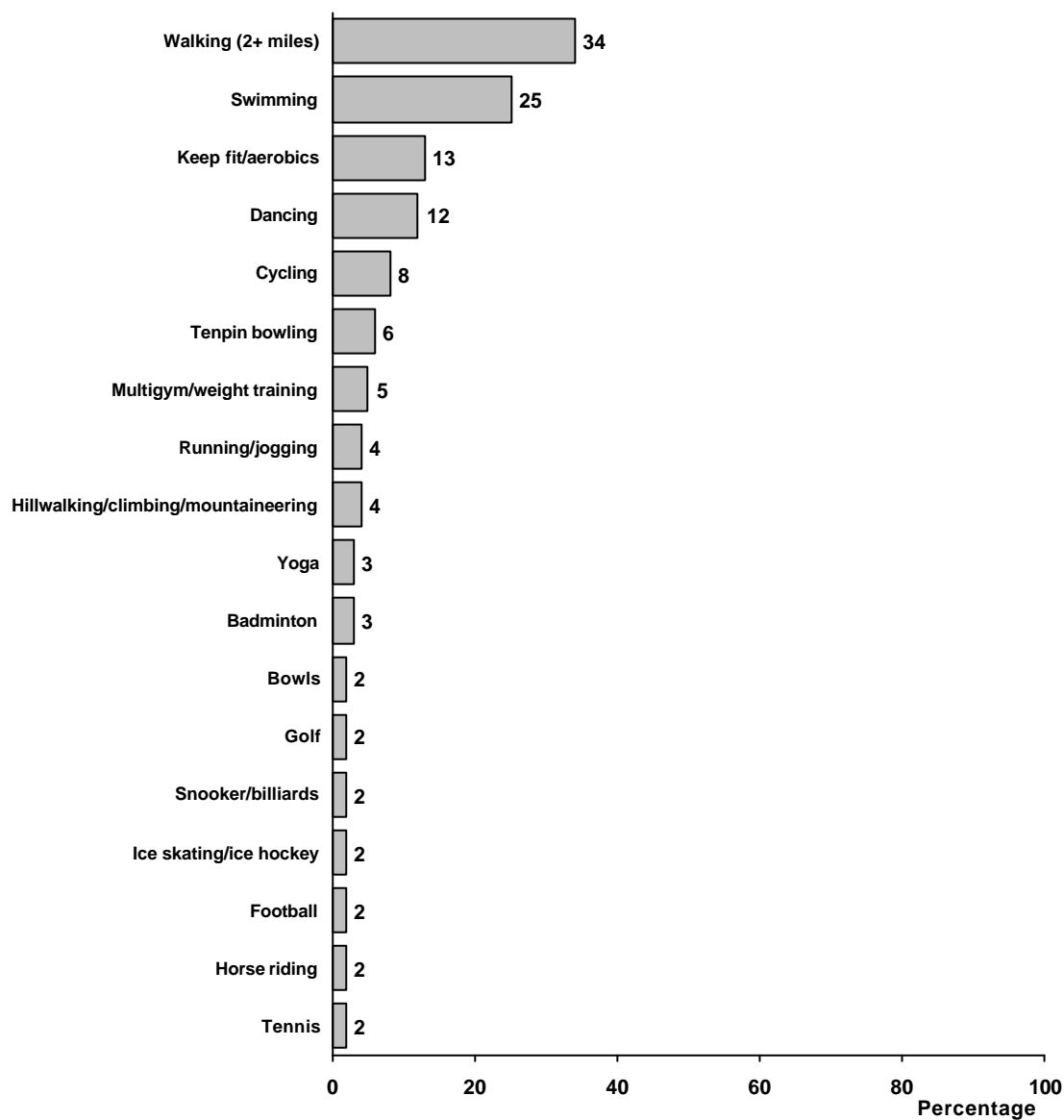
N/A - No data available

Trends in sports participation are calculated on three years' data (see page 28).

Many sports are played seasonally, in which case the annual average of a sport's participation will not give a true reflection of its popularity. The above table provides figures based on the two months in which the survey participation rates are highest in each of the years making up the three year period (see page 29).

Figure 1: Most Popular Sports 1999-01: Women

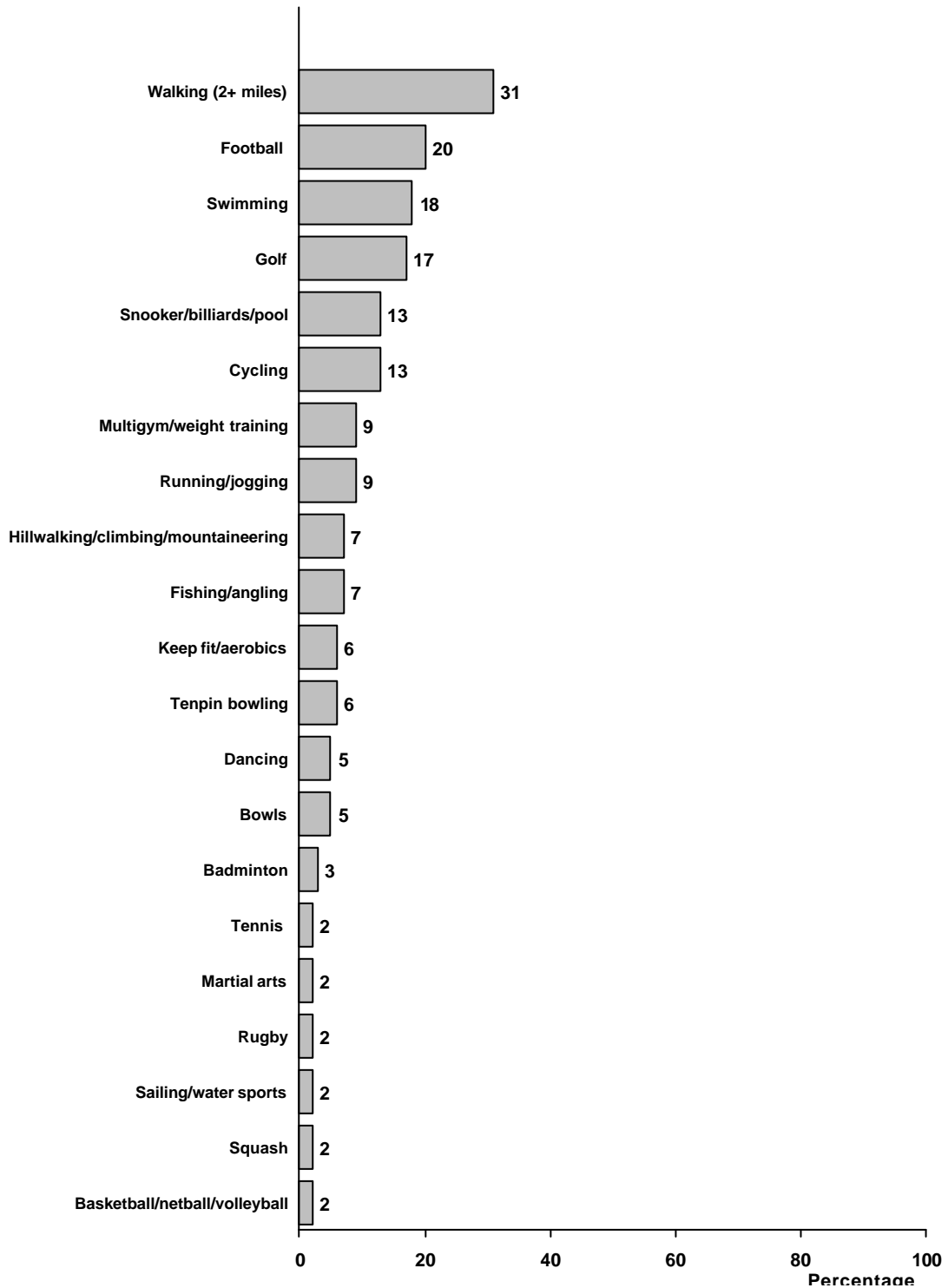
Participated in by more than one per cent of women (most popular two months for each sport)



Base number: 3,179

Figure 2: Most Popular Sports 1999-01: Men

Participated in by more than one per cent of men (most popular two months for each sport)



Base number: 2,959

**Table 4: Most Popular Sports
1999-01: Girls**

Percentage participating in the four weeks prior to interview (most popular two months for each sport)

8-11 years	Percentage	12-15 years	Percentage	8-15 years	Percentage
Swimming	66	Basketball/netball/volleyball	51	Swimming	57
Cycling	53	Swimming	47	Running/jogging	43
Running/jogging	44	Running/jogging	42	Cycling	41
Football	43	Badminton	39	Basketball/netball/volleyball	40
Dancing	39	Football	34	Football	38
Basketball/netball/volleyball	30	Hockey	31	Dance	33
Walking (2+ miles)	24	Athletics	29	Badminton	26
Gymnastics	23	Cycling	28	Walking (2+ miles)	24
Athletics	16	Dancing	25	Athletics	23
Tennis	15	Walking (2+ miles)	24	Gymnastics	23
Badminton	13	Keep fit/aerobics	22	Hockey	21
Hockey	11	Gymnastics	22	Tennis	16
Ice skating	11	Tennis	16	Keep fit/aerobics	16
Tenpin bowling	10	Ice skating/ice hockey	16	Ice skating/ice hockey	13
All Sports	100	All Sports	98	All Sports	99
Selected Sports	98	Selected Sports	98	Selected Sports	98
Base numbers:	258		255		513

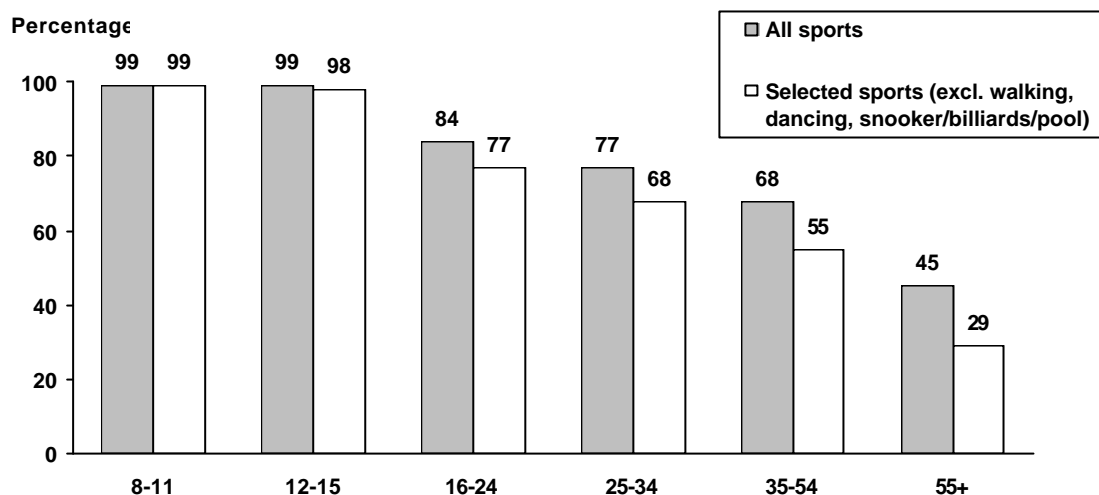
Table 5: Most Popular Sports
1999-01: Boys

Percentage participating in the four weeks prior to interview (most popular two months for each sport)

8-11 years	Percentage	12-15 years	Percentage	8-15 years	Percentage
Football	86	Football	82	Football	84
Swimming	58	Swimming	37	Swimming	47
Cycling	48	Basketball/netball/volleyball	41	Cycling	44
Running/jogging	33	Cycling	40	Basketball/netball/volleyball	33
Basketball/netball/volleyball	25	Running/jogging	33	Running/jogging	33
Golf	24	Snooker/billiards/pool	30	Golf	26
Tennis	19	Athletics	28	Snooker/billiards/pool	24
Walking (2+ miles)	18	Golf	28	Athletics	22
Snooker/billiards/pool	16	Badminton	26	Badminton	18
Athletics	16	Tennis	20	Walking (2+ miles)	18
Rugby	14	Walking (2+ miles)	18	Rugby	16
Tenpin bowling	13	Rugby	18	Hockey	15
Hockey	13	Hockey	16	Gymnastics	11
Badminton	11	Table tennis	12	Ten pin bowling	10
All Sports	99	All Sports	99	All Sports	99
Selected Sports	99	Selected Sports	98	Selected Sports	99

Figure 3: Age and Sports Participation 1999-01: Adults

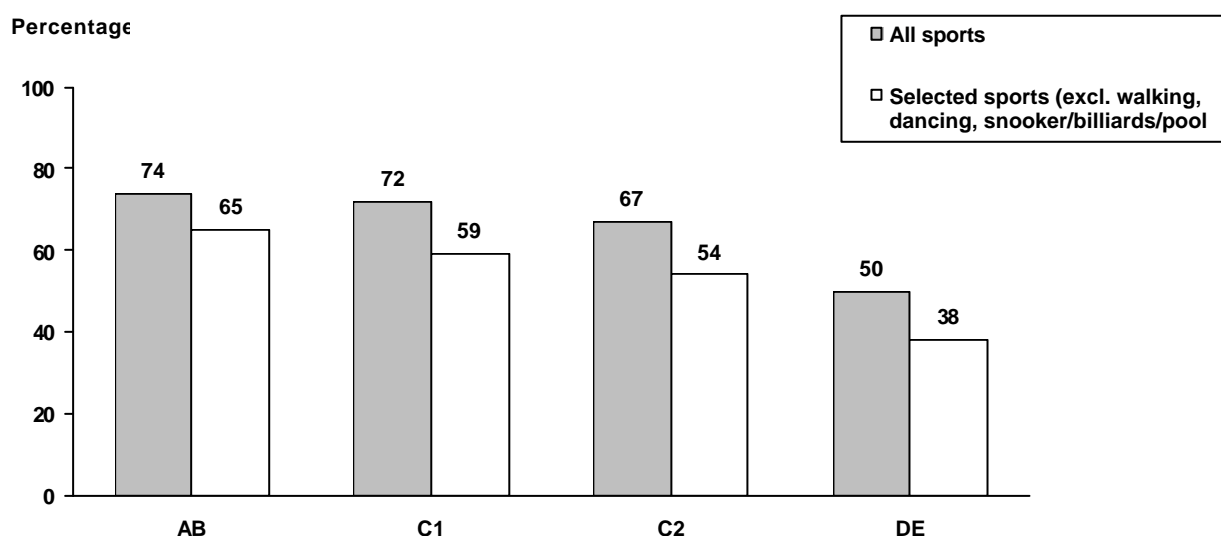
Percentage of adults participating in the four weeks prior to interview (most popular two months)



Base numbers: 8-11 498; 12-15 498; 16-24 874; 25-34 1,186; 35-54 2,123; 55+ 2,061

Figure 4: Social Class and Sports Participation 1999-01: Adults

Percentage (adults) participating in the four weeks prior to interview (most popular two months)



Base numbers: AB 1,186; C1 1,748; C2 1,249; DE 2,061 See page 29 for social class categories

Table 6: Trends in Participation in All Sports 1987-89 to 1999-01: Adults

Percentage participation in each category (most popular two months)

	87-89 %	88-90 %	89-91 %	90-92 %	91-93 %	92-94 %	93-95 %	94-96 %	95-97 %	96-98 %	97-99 %	98-00 %	99-01 %
Total													
All respondents	58	58	56	54	56	59	61	60	60	61	63	65	64
Sex													
Male	67	67	65	62	63	65	66	65	64	66	68	70	69
Female	50	49	48	47	50	53	55	55	55	57	59	60	60
Age													
16-24	76	74	74	74	78	78	82	80	82	83	84	84	84
25-34	69	68	67	68	70	74	73	72	72	74	77	77	77
35-54	60	58	57	55	58	60	62	62	62	65	67	69	68
55+	39	40	37	33	34	37	40	39	39	42	44	45	45
Social Class													
AB	72	72	71	70	71	70	71	72	73	73	73	72	74
C1	65	63	62	62	67	67	68	67	66	69	71	74	72
C2	60	60	57	55	57	61	63	61	62	62	67	67	67
DE	49	47	45	42	43	46	48	47	47	49	50	51	50

Notes: Trends in sports participation are calculated on three years' data (see page 28).

Many sports are played seasonally, in which case the annual average of a sport's participation will not give a true reflection of its popularity. The above table provides figures based on the two months in which the survey participation rates are highest for each of the three years making up the moving average (see page 29).

For a definition of the social class categories, please refer to page 29.

Table 7: Trends in Participation in Selected Sports 1988-90 to 1999-01: Adults

Percentage participation in each category (most popular two months)

	88-90 %	89-91 %	90-92 %	91-93 %	92-94 %	93-95 %	94-96 %	95-97 %	96-98 %	97-99 %	98-00 %	99-01 %
Total												
All respondents	43	44	43	47	46	46	43	47	49	51	52	52
Sex												
Male	53	53	52	54	54	52	50	54	56	55	60	59
Female	34	36	36	40	39	40	38	41	42	45	45	46
Age												
16-24	64	65	66	71	67	64	60	72	74	76	77	77
25-34	58	59	60	63	63	61	57	62	63	67	69	68
35-54	42	43	44	47	47	48	46	48	50	53	56	55
55+	23	22	20	22	23	24	24	26	28	30	30	29
Social Class												
AB	60	62	61	62	63	63	64	61	62	63	64	65
C1	48	51	53	57	58	58	56	53	57	59	61	59
C2	46	45	44	47	50	52	50	48	49	52	54	54
DE	32	31	29	32	35	36	36	34	35	36	38	38

Notes: Selected Sports exclude Walking (2+ miles), Dancing and Snooker/billiards/pool.

Trends in sports participation are calculated on three years' data (see page 28).

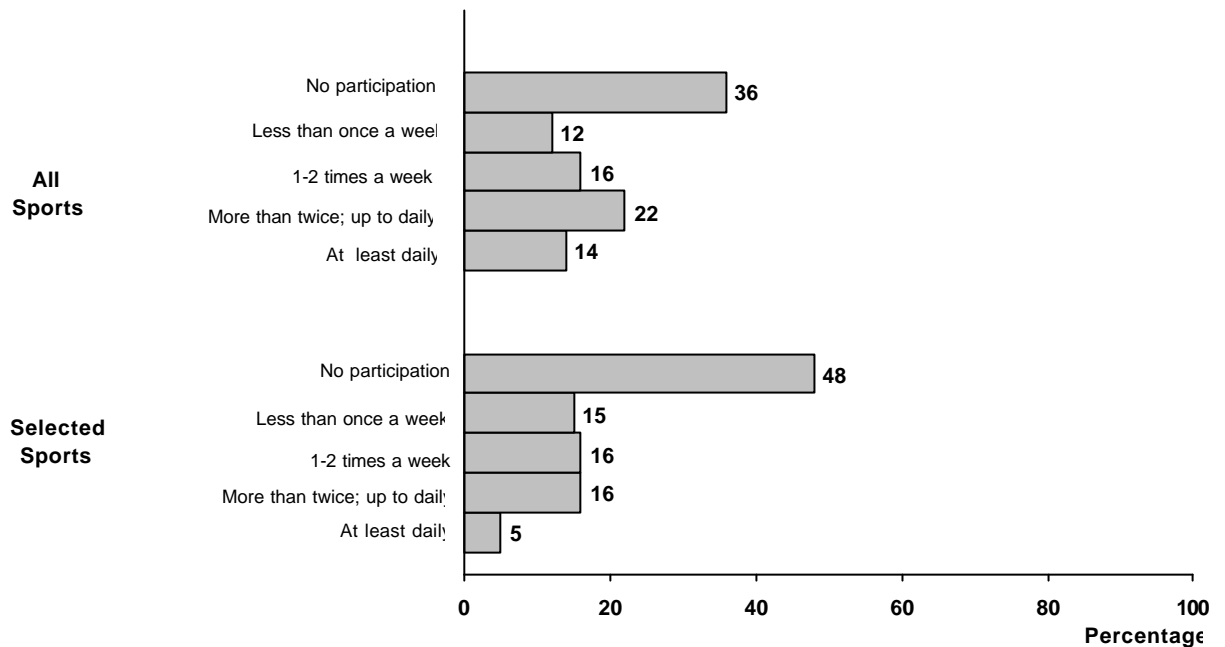
Data for selected sports is not available for 1987-89.

Many sports are played seasonally, in which case the annual average of a sport's participation will not give a true reflection of its popularity. The above table provides figures based on the two months in which the survey participation rates are highest for each three year period (see page 29).

For a definition of the social class categories, please refer to page 29.

Figure 5: Frequency of Participation in All Sports and Selected Sports 1999-01: Adults

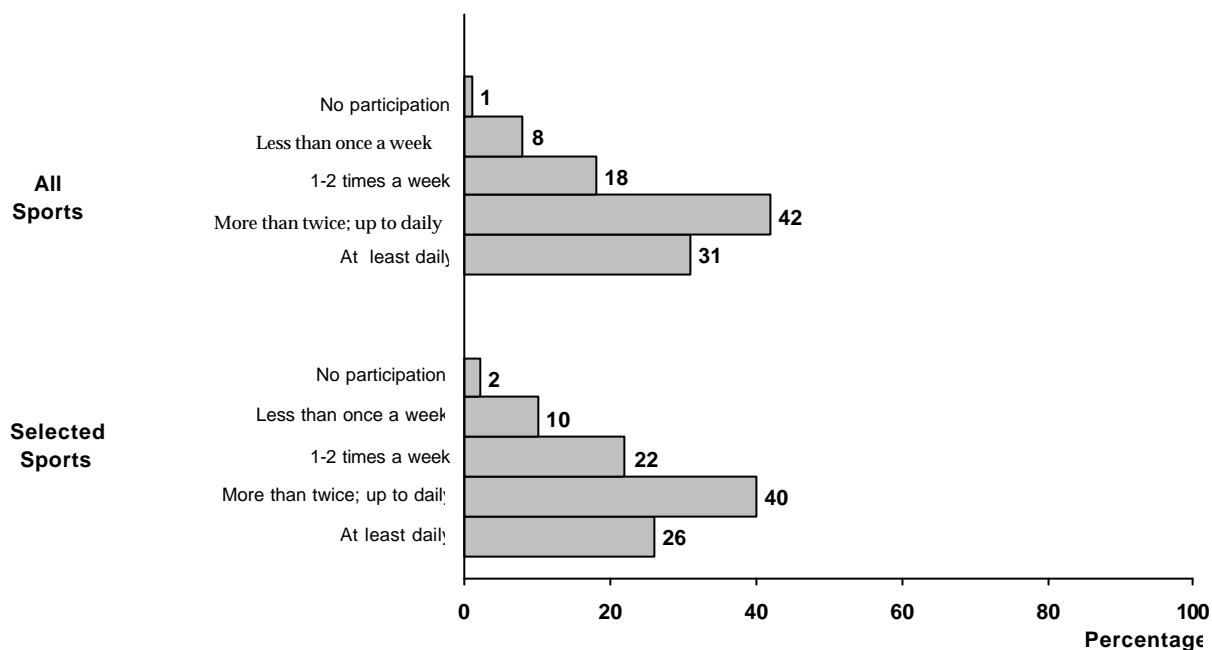
Number of occasions in the four weeks prior to interview: percentage of respondents (most popular two months)



Base number: 6165

Figure 6: Frequency of Participation in All Sports and Selected Sports 1999-01: Young people (excluding any participation in PE)

Number of occasions in the four weeks prior to interview: percentage of respondents (most popular two months)



Base number: 996

Figure 7: Most Frequent Sports 1999-01: Adults

More than twice a week on average: percentage of participants (most popular two months for each sport)

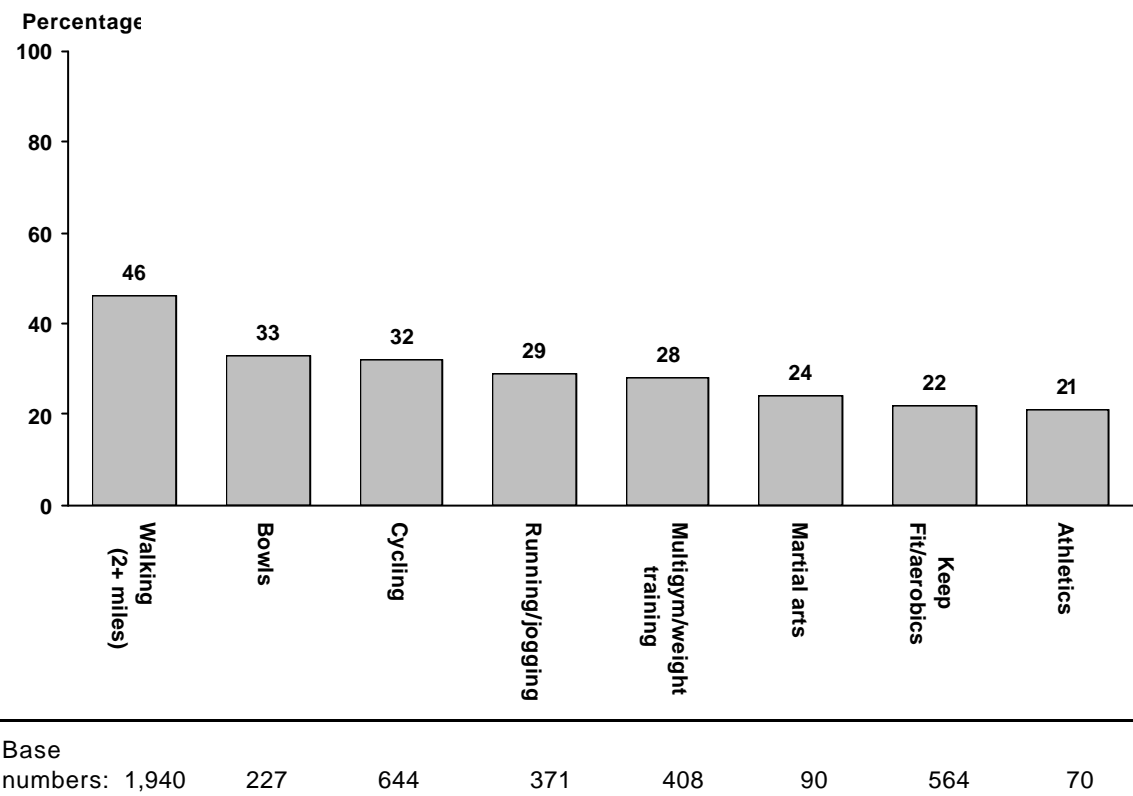
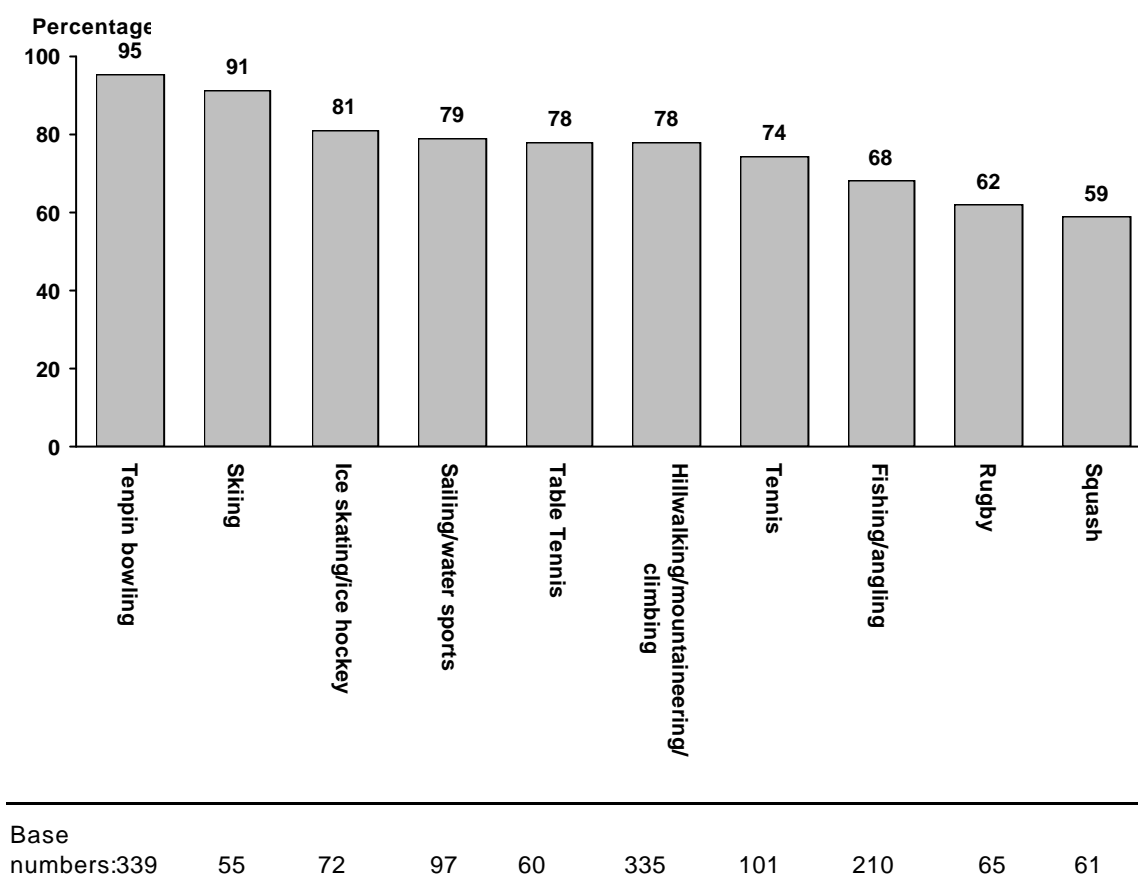


Figure 8: Least Frequent Sports 1999-01: Adults

Less than once a week on average: percentage of participants (most popular two months for each sport)



**Table 8: Most Frequent Sports Outside PE Lessons
1999-01:Young people**

Percentage of participants taking part more than once and more than twice a week (most popular two months)

Sports	More than once a week (%)	More than twice a week (%)	Base numbers
Football	72	55	557
Cycling	71	56	380
Running/jogging	58	37	276
Walking (2+ miles)	54	37	174
Golf	42	21	126
Snooker/billiards/pool	41	20	105
Dancing	37	25	155
Athletics	36	7	84
Martial arts	35	10	49
Hockey	32	10	63
Horse riding	32	24	41

Among young people the percentages taking part less than once a week tend to be much lower than for adults. The least frequent sports appear to be ten pin bowling, ice skating, hill walking, fishing and horse riding but the sample sizes are small for all of these and the data is not presented here.

**Table 9: Total Sports Participation in Scotland 1999-01:
Adults by Region**

Percentage of adults participating (most popular two months)		
	All Sports	Selected Sports
	%	%
Borders (162)	62	50
Central (237)	52	48
Dumfries and Galloway (152)	65	48
Fife (509)	72	53
Grampian (345)	65	54
Greater Glasgow (1,633)	60	51
Highlands (403)	60	50
Lothians (967)	69	55
Strathclyde (1,158)	64	51
Tayside (599)	67	57
Total	64	52

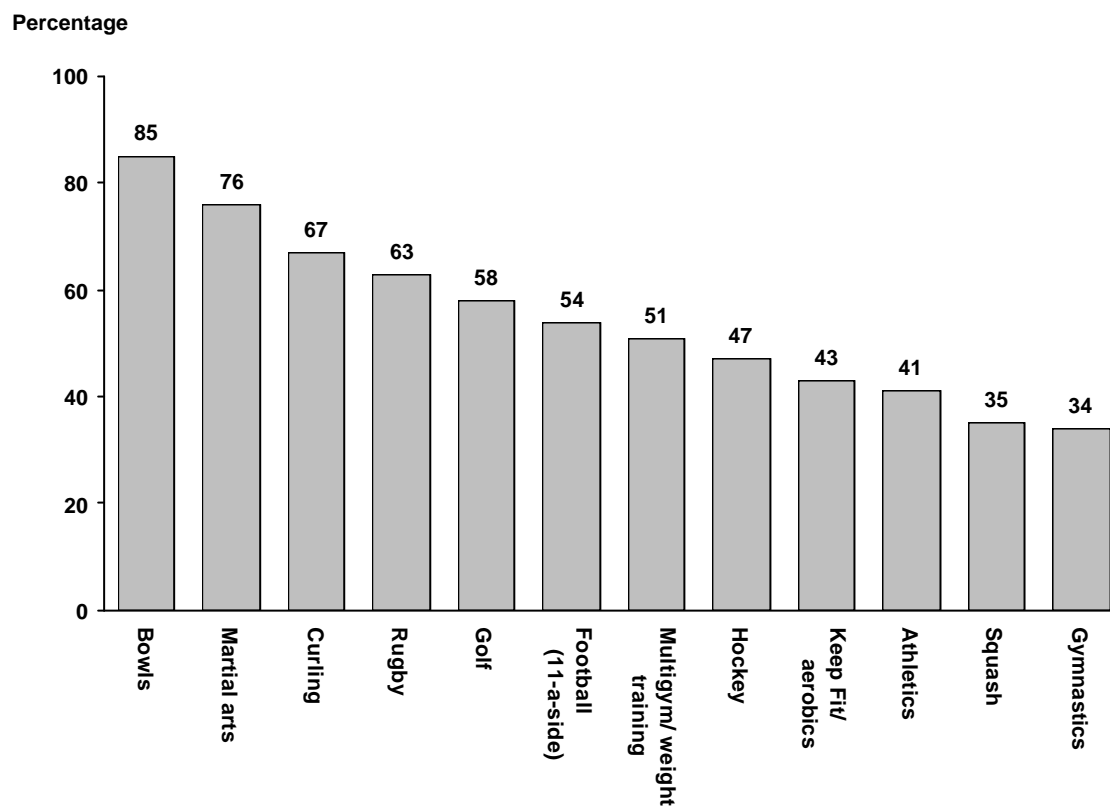
Base number: 6,165

Notes: Selected Sports exclude Walking (2+ miles), Dancing and Snooker/billiards/pool.

Regional data sample sizes below 300 should be treated with particular caution. The sample sizes appear in brackets.

Figure 9: Club Membership 1999-01: Adults

Percentage of participants in clubs (all year data)



Base numbers: 579 213 48 155 1,323 554 1,097 57 1,466 137 127 102

Table 10: Club Membership 1999-01: Young People

Percentage of participants who are club members (all year data)

	<i>Base Numbers</i>	<i>%</i>
Athletics	350	17
Badminton	410	18
Basketball/netball/volleyball	573	12
Bowling	*	*
Cricket	43	16
Curling	*	*
Cycling	*	*
Dancing	433	40
Fishing/angling	51	18
Football	1639	24
Golf	267	31
Gymnastics	305	18
Hill walking/climbing	58	9
Hockey	290	12
Horse riding	86	42
Ice skating	175	5
Judo	*	*
Keep fit/aerobics	169	13
Martial arts	90	91
Multigym/weight training	51	20
Rugby	195	31
Running/jogging	879	6
Sailing/other water sports	*	*
Skiing/snowboarding	*	*
Snooker/billiards/pool	255	11
Swimming	1302	12
Table tennis	127	8
Tennis	218	23
Tenpin bowling	153	1
Walking (2+ miles)	408	1
 All Sports	 2979	 39
Selected Sports	2955	32

* Data has not been included for sports where the number of participants sampled is less than 30.

**Table 11: Participation in Organised Competition
1999-01: Girls and Boys**

Percentage of participants who take part in organised competition (all year data)

Sport	Girls	Boys	Total
	%	%	%
Athletics	20	13	17
Badminton	5	9	7
Basketball/netball/volleyball	11	12	11
Bowls	*	*	*
Cricket	*	*	*
Curling	*	*	*
Cycling	0	0	0
Dance	11	*	10
Fishing/angling	*	4	3
Football	6	21	17
Golf	4	13	12
Gymnastics	4	3	4
Hillwalking/climbing	*	3	3
Hockey	16	10	14
Horse riding	11	0	10
Ice Skating/hockey	1	2	1
Judo	*	*	*
Keep Fit/aerobics	1	0	1
Martial Arts	10	20	16
Multigym/weight training	*	*	*
Rugby	10	28	23
Running/jogging	7	8	7
Sailing & other water sports	*	*	*
Skiing/snowboarding	*	*	*
Snooker/billiards/pool	3	4	4
Squash	*	*	*
Swimming	4	3	3
Table tennis	3	7	5
Tennis	4	8	6
Tenpin bowling	0	2	1
Walking (2+ miles)	1	1	1
Yoga	*	*	*
All sports	17	29	23
Selected sports	14	27	21

Base: 3,945

* Data has not been included for sports where the base number is less than 30.

Table 12: Sport Profiles 1999-01: Sex, Age and Social Class:

Adults

Percentage of adult participants in each sport (all year data)

		SEX		AGE				SOCIAL CLASS				<i>Base number</i>
<i>**Participation in most popular 2 months (from Table 2) %</i>		Male %	Fe-male %	16-24 %	25-34 %	35-54 %	55+ %	AB %	C1 %	C2 %	DE %	
% of Adult Population		48	52	14	19	33	34	19	26	22	33	
Walking (2+ miles)	32	46	54	13	21	38	28	24	30	20	26	5,341
Swimming	22	40	60	20	29	38	14	26	32	20	22	3,544
Football	11	92	8	46	29	23	2	20	32	25	24	1,727
Cycling	10	63	37	23	27	39	10	28	32	20	20	1,430
Golf	10	87	13	17	18	36	28	34	32	19	16	1,326
Keep fit / aerobics	9	27	73	21	29	34	16	27	34	18	21	1,477
Dancing	9	26	74	22	21	32	26	21	31	20	28	1,343
Snooker/billiards/pool	8	84	16	41	24	25	9	16	31	23	30	1,243
Multigym/weight training	7	62	38	28	31	36	6	28	37	18	16	1,150
Tenpin bowling	6	52	48	32	28	34	5	22	33	22	22	887
Running/jogging	6	71	29	35	29	32	4	30	34	19	17	951
Hill-walking/climbing/ Mountaineering	5	64	36	11	21	51	17	35	34	18	13	772
Bowls	4	66	34	3	5	23	69	21	33	21	26	578
Fishing/angling	3	92	8	16	23	42	20	20	28	26	26	430
Badminton	3	54	46	35	25	33	7	29	39	17	14	472
Tennis	2	61	39	36	23	37	5	35	33	15	17	192
Yoga	2	9	91	15	34	35	16	35	36	14	15	255
Sailing/other water sports	2	66	34	19	23	43	15	37	37	14	12	163
Martial arts	2	63	37	36	33	26	5	23	34	22	21	214
Basketball/netball/ Volleyball	1	61	39	69	18	11	1	24	35	24	17	169

**Participation in most popular 2 months (from Table 2)		SEX		AGE				SOCIAL CLASS				Base Number
		Male %	Fe-male %	16-24 %	25-34 %	35-54 %	55+ %	AB %	C1 %	C2 %	DE %	
% of Adult Population		48	52	14	19	33	34	19	26	22	33	
Ice skating/ice hockey	1	29	71	45	27	25	3	18	38	17	26	173
Horse riding	1	26	74	31	28	38	3	28	37	16	19	150
Athletics	1	73	27	47	22	24	7	27	36	20	18	135
Rugby	1	88	12	52	27	21	1	29	38	17	17	159
Table tennis	1	71	29	40	18	28	14	35	29	14	21	167
Squash	1	90	10	26	41	30	3	42	36	15	7	136
Skiing	1	71	29	44	24	31	2	41	29	20	9	85
Gymnastics	1	36	64	33	26	30	11	24	37	21	18	103
Hockey	1	57	43	64	17	17	2	37	39	20	3	59
Curling	*	67	33	17	8	48	27	48	40	10	2	48
Cricket	*	82	18	40	32	25	2	31	50	5	14	41
All Sports	64	52	48	19	23	36	23	23	31	21	25	18,614
Selected Sports (excluding walking, dancing and snooker / billiards / pool)	52	55	45	21	25	36	18	25	32	20	23	18,614

Notes: * less than 0.5%

**The first column shows the percentage of adults participating in each sport in the four weeks prior to interview during the two months in which the survey participation rates are highest (see page 29).

The all year data was used for this table (except for the first column) in order to maximise the sample of participants in each sport.

For a definition of the social class categories, please refer to page 29.

SURVEY METHODOLOGY

Sampling

Adult Population (aged 16 and over)

At the end of every other month approximately 1,000 adults (aged 16 and over) are selected from households in 40 sampling areas in mainland Scotland and questioned about their participation in sport and physical recreation in the four weeks prior to the interview. This provides data on approximately 6,000 adults per year. The data are weighted by gender, age and social class to ensure that the sample is representative of the adult population of Scotland.

Young People (aged 8-18)

The young people are sampled in the same way as the adults. Approximately 240 young people are interviewed every second month from households in 40 sampling areas in mainland Scotland (providing a total sample of about 1440 each year). The data records participation in sport and physical recreation (in and out of physical education lessons) in the four weeks prior to interview.

The young people's data are also weighted by gender and age to ensure that the sample is representative of the Scottish population.

Survey Questions

Adult interviewees are handed a list of sports and asked the following question:

*In the last 4 weeks, have you taken part, however informally, in any of these sports or physical recreations **in Scotland**?*

The list, or showcard, shows 37 of the most popular categories of sports and an 'any others' category.

The wording of the question for young people (aged 8-18) was as follows:

In the last 4 weeks, have you done any of the sports or activities listed on this card, even if just casually? I only want to know about things done in Scotland.

The reasons for asking the questions in this way are as follows:

- Use of a showcard is important as respondents may not regard some physical recreations as being sports. Using no showcard, or only a short one, has been shown to result in under-reporting of participation.
- Four weeks was chosen because there is a reasonable chance of accurate recall within that period, especially for the subsequent question on frequency of participation. Irregular participation outside the last four weeks is excluded from

the estimate of participation levels. This time period conforms to that used by the General Household Survey.

- 'However informally' (and 'even if just casually') was included because research in the early 1980s showed that people did not consider more casual participation to be 'sport' and therefore tended not to record it unless specifically asked. The UK sports councils, including **sportscotland**, have a responsibility for all levels of sport and physical recreation, and the phrases 'however informally' and 'even if just casually' are used in an attempt to be as comprehensive as possible.
- The phrase 'and physical recreations' is used to emphasise **sportscotland**'s broader interest in activities such as walking, dancing and snooker/billiards/pool, which would not always be identified as 'sports'.
- The questions stress that participation must take place 'in Scotland'. Activities which take place solely when respondents are tourists outside Scotland, and not taken up on their return, have no practical implications for sport in Scotland. Given the infrequency of such participation, it is also unlikely to be of significance for the individual (with the exception, for example, of those enthusiastic skiers who only take part at foreign resorts).

Interpretation of the Data

Sampling Error

All survey data must be interpreted with care as it is subject to *sampling error*. By chance alone there will be differences between the sample and the population from which it is drawn. Because the participation data is collected via a *quota* sampling approach, whereby each interviewer is given a target number of people to interview within certain age, gender and social class categories, the extent of this error cannot be calculated precisely; sampling error can only be calculated for randomly selected samples. However, it has been estimated that, for the aggregate data, the sampling error is approximately ± 3 per cent. For example, a measured aggregate participation rate of 63 per cent will probably lie within the range 60 per cent to 66 per cent.

Further, the sampling error (the range within which a measurement will lie) will be greater for smaller sub-sample sizes - for example, for individual sports. *Interpretation of the data must be made within the context of these qualifications.*

Three Years' Data

Because the sub-sample sizes for many individual sports are relatively small, the data from three years (1999-2001) has been used in this report. This increases the sub-sample sizes, thereby reducing the sampling error for individual sports to make the estimates of participation more reliable than they would be for a single year.

Most Popular Two Months

The analysis of aggregate adult participation patterns is based on data from the most popular two months for each activity. The peak period of demand is used because of the seasonal nature of many activities, which has important implications for planning and provision.

Participants

Data is presented on the gender, age and social class of participants in sports. For this analysis the **all year data** is used. This approach is adopted to maximise the sample of participants and permit an examination of the nature of participants in low participation sports.

Sport and Physical Recreation: Definitional Issues

A number of standard terms are used in the report which require clarification.

All Sports

The definition of what is and is not a sport is a subject of much debate and there are certain activities which could be regarded simply as physical recreations (such as walking [2+ miles], dancing, hill walking, yoga). **sportscotland** and the other UK sports councils have a responsibility for 'sport and physical recreation' laid down in their Royal Charters which are the guiding principles for determining their areas of concern. Activities recognised by these agencies for the purposes of grant-aid and services are subject to detailed criteria, and sports participation data is collected on these recognised activities.

Selected Sports

In recognition of the recreational nature of some of the activities, analysis is provided of an aggregate category entitled *Selected Sports*. This category excludes the popular activities of walking (2+ miles), dancing and snooker/billiards/pool.

Social Class

AB - Higher and intermediate managerial, administrative and professional (19% of the population).

C1 - Supervisory, clerical and junior managerial, administrative and professional (26% of the population).

C2 - Skilled manual workers (22% of the population).

DE - Semi-skilled or unskilled manual workers: apprentices in skilled trades;
casual or lowest grade workers; state pensioners or widowers; those entirely dependent on the state long term through sickness, unemployment, old age or other reasons (33% of the population).