

## **Sports Participation in Scotland 2006**

Research Digest no. 107

Published by:

© **sportscotland**  
Caledonia House, South Gyle  
Edinburgh, EH12 9DQ  
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[www.sportscotland.org.uk](http://www.sportscotland.org.uk)

ISBN 1 85060 545 4

September 2008

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# CONTENTS

INTRODUCTION.....	2
SUMMARY OF MAIN FINDINGS.....	3
TABLES AND FIGURES.....	7
METHODOLOGY.....	40

## INTRODUCTION

Since 1987, **sportscotland** has collected data on sports participation by adults (aged 16 and over) in Scotland. The data have been collected by TNS System Three as part of their omnibus household survey, the Scottish Opinion Survey. This research digest presents the data collected during the three years 2004-06, with earlier trend data providing a picture of change over time. Since 1998 data have also been collected from children (aged 8-15) and are included here.

The sample size is made up of 6,000 adults and 1,450 children per annum and the analysis uses three-year averages to improve the consistency and reliability of the data. The survey is carried out every other month throughout the year. Participation is defined as having taken part at least once within the last four weeks (normally referred to as 'at least once a month' in this report).

The definition of sport used is fairly broad and includes casual participation in physical recreations such as walking (2+ miles), dance and snooker/billiards/pool as well as more organised sports. The main classifications used within this report are *Sports*, *Sports plus Walking (2+ miles)* and *Sports less Physical Recreations*. These are defined in the methodology section at the end of the report (p40).

It may be helpful for the reader to clarify two important aspects of the analysis. The analysis of participation patterns is based on data from the most popular two months for each activity to ensure seasonal activity is adequately represented. For example:

- ***19% of men and 3% of women took part in football during the most popular two months of each year 2004-06.***

When looking at the participants in a particular sport, all-year data are used. For example:

- ***26% of male football participants and 7% of female football participants were members of a football club in 2004-06.***

Full details of the methodology are provided later in this report (p40). It is recommended that this section should be read for an understanding of the data and its use.

The next section provides key findings 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.

## SUMMARY OF MAIN FINDINGS

### Aggregate Levels of Participation

#### Adults (16 and over)

- In 2004-06, 25% of the adult population of Scotland participated in sport or physical recreation (excluding walking) (*Sports*) at least once a week (Table 1).
- The equivalent figure for participation at least once a month was 48% (Table 2).
- When walking (2+ miles) is included (*Sports plus Walking*), the figure rises to 37% 'at least once a week' (Table 1) and 60% for 'at least once a month'.
- Participation rates have fallen significantly since the last reported period from 55% in 1999-2001 to 48% in 2004-06 (Tables 3, 5).

#### Children (8-15)

- At least weekly participation for 8-15 year olds in 2004-06 (excluding physical education) was 79% excluding walking and 81% including walking (Table 1).
- For participation at 'least once a month', the rate for children was 93% excluding walking and 94% including walking (Table 2).
- The participation rate (at least once a month) has fallen to 93% to 96% in 1999-2001 (Tables 4, 6).

### Participation in Individual Sports

#### Adults

- The most popular activities for adults after walking 2+ miles are swimming, football, cycling, golf and keep-fit/aerobics (Tables 7, 8).
- Whilst walking and cycling have increased in popularity, football and golf have maintained their participation rates, but swimming and keep-fit/aerobics have declined significantly (Table 8).
- No sports have shown a rise in participation (at least once a month) since the previous report (1999-2001) (Table 8).

#### Children

- The most popular activities for 8-15 year olds are football (52% at least once a month), cycling (42%), swimming (37%), dance (17%) and running/jogging (13%) (Table 7).

- Like adults, there has not been a single activity which has increased in terms of participation at least once a month since the previous report in 1999-2001 (Table 9).
- Several activities have seen a dramatic fall in participation since 1999-2001. For example, participation in swimming has fallen from 48% to 37% and in running/jogging from 27% to 13%.

## Gender Differences

There are significant differences in sports participation by gender, particularly in the adult population but differences are also evident for children.

### Adults

- For participation in *Sports plus Walking*, there has been a rise in female participation from 50% in 1987-89 to 55% in 2004-06 (Table 5).
- Male participation remains very similar over the same trend period (Table 5).
- In addition to walking 2+ miles (31%), female participation is highest in five activities – swimming (19%), keep-fit/aerobics (8%), cycling (7%), dancing (7%) and multigym/weight training (5%) (Figure 1).
- Men participate in a slightly wider range of activities, with ten activities having participation rates of above five per cent, compared to six for females. In addition to walking (26%), the most popular activities are football (19%), golf (15%), cycling (14%), swimming (14%), snooker/billiards/pool (8%), multigym/weight training (7%), hillwalking (6%), running/jogging (5%) and angling (5%) (Figure 2).

### Children

- Football participation for 8-15 year old boys outstrips any other sports participation by a considerable amount with 74% of this group participating in football (at least once a month) (Figure 4). A quarter of girls (26%) participate in football at least once a month (Figure 3).
- Swimming is the most popular sport for girls with 44% participating (at least once a month) in 2004-06 compared with 33% of boys (Table 11).
- Cycling is equally popular for girls and boys with participation (at least once a month) of 43% for boys and 41% for girls (Table 11).

## Age

Participation in sport is strongly age-related, with a steady decline in participation among older age groups. Whilst 96% of 8-11 year old children participate in some type of sport (excluding PE) this figure falls less than one in three (29%) participating in the over 55 category (Table 2).

## Adults

- The 16-24 year old age group has seen a large fluctuation in participation in *Sports* (at least once a month) over the periods 1994-96 to 2004-06. The rate for 2004-6 is slightly lower (73%) than it was in 1994-96 (79%) but peaked in 1997-99 at 81% (Table 3).

## Children

- There has been a noticeable drop in participation by 12-15 year olds in the period from 1998-2000 (96%) to 2004-06 (91%) (Table 4).

## Social Class

There continues to be a higher participation rate for AB and C1 than C2 and DE among adults (Figure 2), but the gap between C1 and C2 has closed significantly since 1994-96 (Table 3).

Since the last report (1999-2001) there has been a fall across all social classes, but this has been steepest for C1 (nine percentage points) and least for DE (six percentage points) (Table 3).

## Frequency of Participation

Some activities tend to be undertaken on a more frequent basis than others.

### Adults

- Cycling is the activity most frequently undertaken by participants (at least three times in the last four weeks), followed by horse riding (2.4 times in the last four weeks) (Table 12).
- On average, adult walkers had walked two + miles at least twice in the last month (Table 12).

### Children

- Boys participate in sport more frequently than girls in all but hall and indoor sports (Table 13).
- Boys generally participate more frequently than girls, with the exception of walking (Table 13).

## Club Membership

There is little overlap between the most popular sports and physical recreations and those which have high participation through club membership (Tables 14, 15).

### Adults

- For men (at least once a month), the sports and physical recreations participants are most likely to do so through club membership in bowls (82%), rugby (79%), and judo (74%) (Table 14).

- For female participants the sports most participated in through club membership are martial arts (74%), multigym/weight training (70%) and curling (66%) (Table 14).
- There are gender differences in the context in which participation takes place through club membership. Whilst 47% of females who participate at least monthly in hall sports do so through club membership, compared with 40% of males who are club members. In pitch sports 37% of male participants do so through club membership compared with only 22% of females, and in outdoor sports 41% of male participants take part through a club compared with 22% of females (Table 14).

### **Children**

- Martial arts and judo are the activities most likely to be enjoyed through club membership for children (Table 15).

## **Further Information**

Any queries on the interpretation of this data should be directed to the research staff at **sportscotland**: [research@sportscotland.org.uk](mailto:research@sportscotland.org.uk).

**Table 1: Overall participation in sports and physical recreations (at least once a week) 2004-06: all respondents (all year data)**

	<b>Sports</b>	<b>Sports plus Walking</b>	<b>Sports less Physical Recreations</b>	<b>Scottish population 2006</b>
Percentage of respondents in each category participating at least weekly				
<b>Total</b>				
Adults (16+)	25	37	24	4,195,100
Children (8-15)	79	81	75	490,500
<b>Gender</b>				
Men (16+)	31	40	29	1,997,700
Women (16+)	20	33	19	2,197,400
Boys (8-15)	85	86	84	250,900
Girls (8-15)	73	76	64	239,700
<b>Age</b>				
8-11	84	85	81	234,800
12-15	74	77	69	255,700
16-24	41	49	38	602,000
25-34	33	43	32	627,500
35-54	26	39	24	1,503,200
55+	14	26	13	1,462,300
<b>Social class - adults</b>				
AB	34	47	33	
C1	29	41	28	
C2	24	35	23	
DE	16	26	14	
<b>Social class - children</b>				
AB	85	88	79	
C1	79	81	74	
C2	79	81	75	
DE	77	79	73	

Sample numbers: Adults 6,252; Children 1,039

Interpretation Note: Simple calculations can be made to estimate the numbers take part in sport and physical recreation, for example, 25% of adult and 79% of child respondents took part in *Sports* at least once a week, representing about 1,049,000 adults and 387,000 children in the Scottish population.

Notes:

- Definitions of *Sports*, *Sports plus Walking* and *Sports less Physical Recreations* can be found in the methodology section from page 44. Social class definitions are on page 45.
- Population figures are from the General Register Office for Scotland 2006 mid-year population estimates (<http://www.gro-scotland.gov.uk/files1/stats/06mytype-cahb-t1.xls>).
- All year data is used here for 'at least weekly' participation due to sample size.
- Illustration: Whilst 33% of women in Scotland take part in *Sports plus Walking* at least once a week, only 20% participate when walking is excluded.



**Table 2: Overall participation in sports and physical recreations (at least once a month) 2004-06: all respondents (peak months)**

	<b>Sports</b>	<b>Sports plus Walking</b>	<b>Sports less Physical Recreations</b>	<b>Scottish population 2006</b>
Percentage of respondents in each category participating at least monthly				
<b>Total</b>				
Adults (16+)	48	60	47	4,195,100
Children (8-15)	93	94	92	490,500
<b>Gender</b>				
Men (16+)	57	66	56	1,997,700
Women (16+)	40	55	38	2,197,400
Boys (8-15)	96	96	96	250,900
Girls (8-15)	90	92	86	239,700
<b>Age</b>				
8-11	96	96	95	234,800
12-15	91	92	89	255,700
16-24	73	79	71	602,000
25-34	63	72	61	627,500
35-54	51	63	49	1,503,200
55+	29	44	27	1,462,300
<b>Social class - adults</b>				
AB	60	72	59	
C1	53	67	52	
C2	50	61	48	
DE	34	45	32	
<b>Social class - children</b>				
AB	99	99	97	
C1	94	94	92	
C2	93	94	92	
DE	91	92	89	

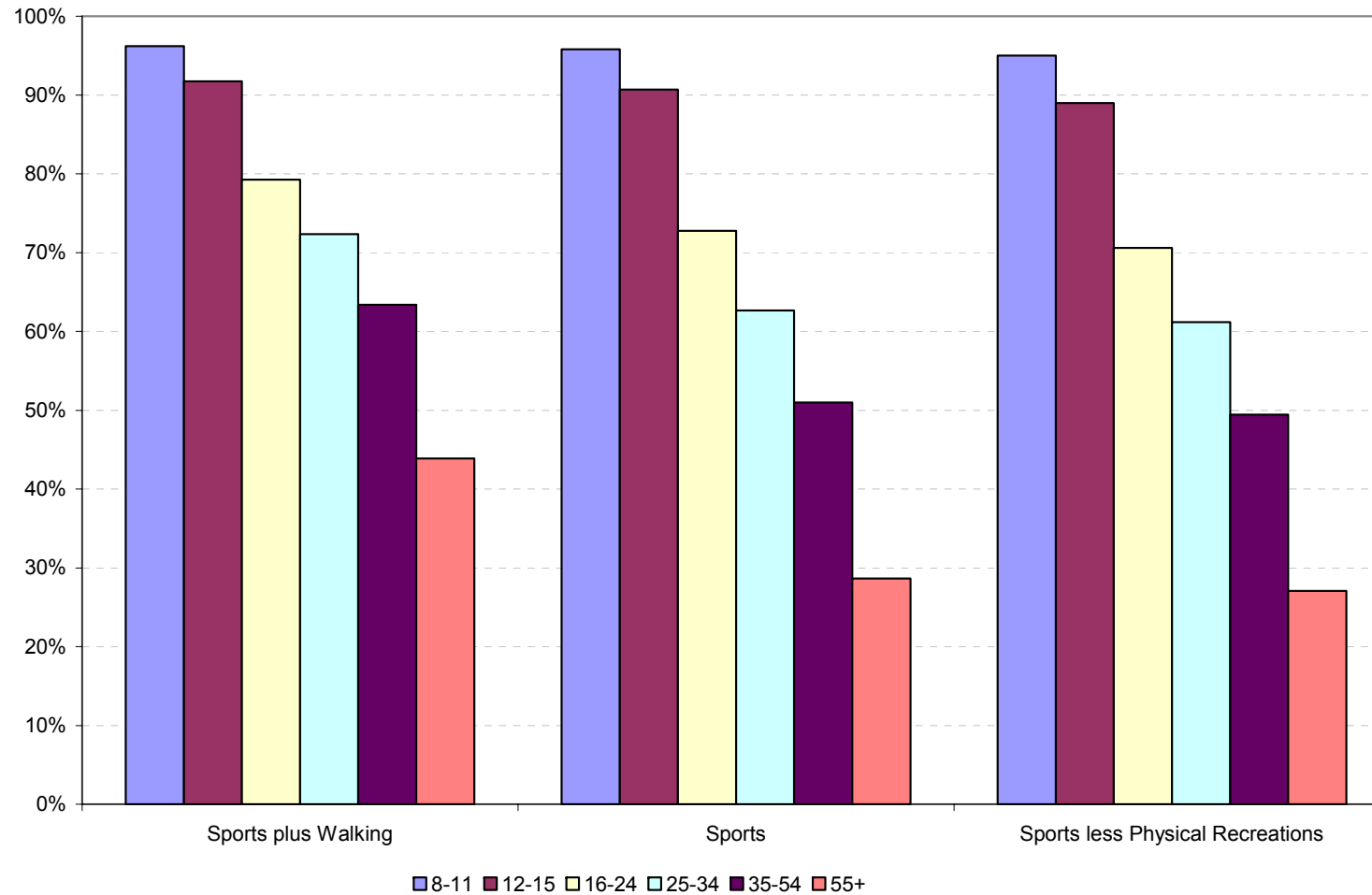
Sample numbers: Adults 6,252; Children 1,039

Interpretation Note: simple calculations can be made to estimate the numbers take part in sport and physical recreation, for example, 48% of adult and 93% of child respondents took part in sport at least once a month, representing about 2,014,000 adults and 456,000 children in the Scottish population.

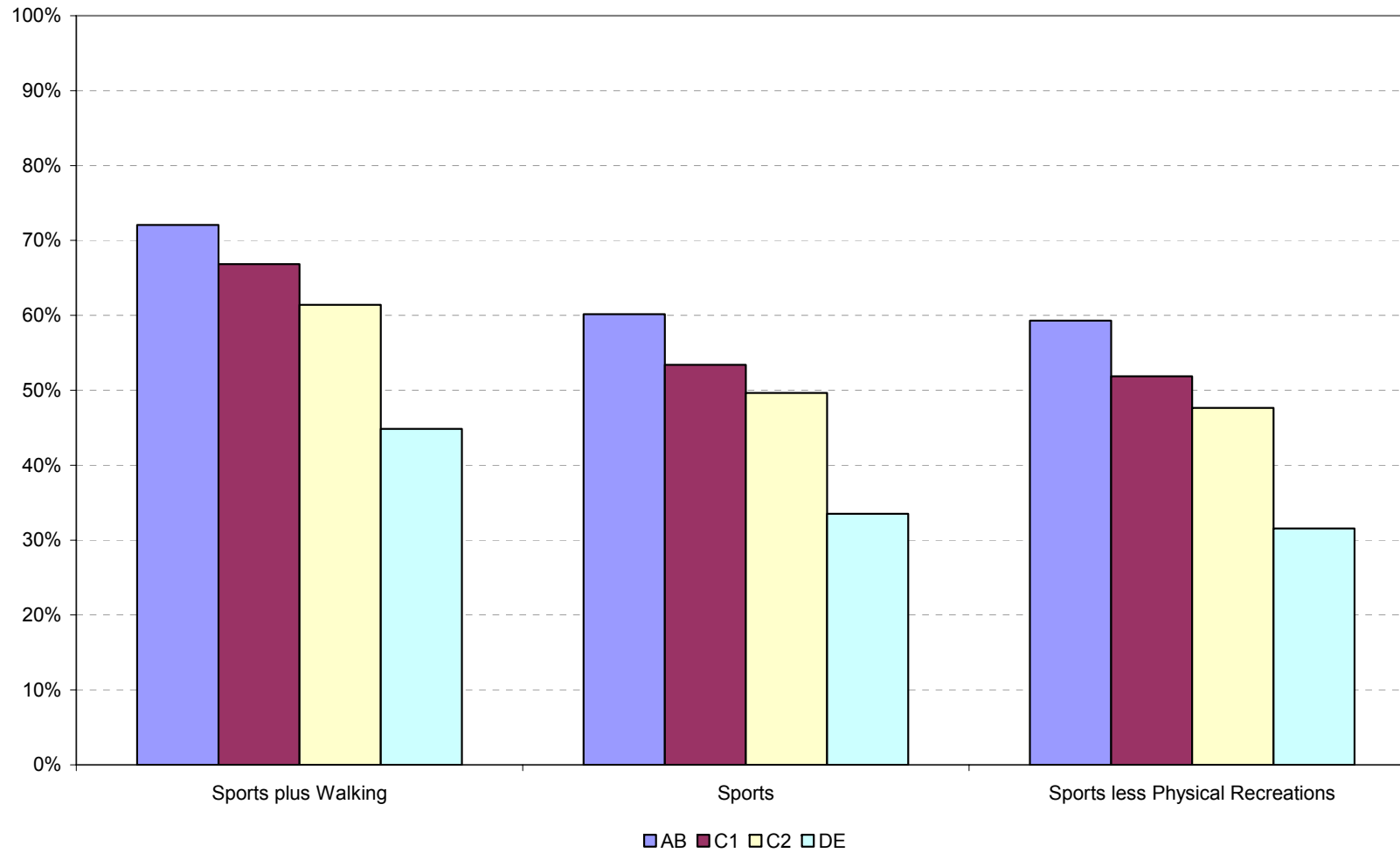
Notes:

- Definitions of *Sports*, *Sports plus Walking* and *Sports less Physical Recreations* can be found in the methodology section from page 47. Social class definitions are on page 45.
- Population figures are from the General Register Office for Scotland 2006 mid-year population estimates (<http://www.gro-scotland.gov.uk/files1/stats/06mype-cahb-t1.xls>).
- Illustration: Whilst 65% of men in Scotland take part in *Sports plus Walking* at least once a month, only 57% participate when walking is excluded.

**Figure 1: Profile of participation (at least once a month) by age 2004-06: all respondents (peak months)**



**Figure 2: Profile of participation (at least once a month) by social class 2004-06: adults 16+ (peak months)**



**Table 3: Trends in participation in *Sports* (at least once a month) 1994-96 to 2004-06: adults 16+ (peak months)**

	94-96	95-97	96-98	97-99	98-00	99-01	00-02	01-03	02-04	03-05	04-06
<b>Total</b>	Percentage of respondents in each category who take part at least once a month										
Adults 16+	52	51	53	55	56	55	53	51	50	50	48
<b>Sex</b>											
Male	59	58	59	62	63	61	60	58	57	59	57
Female	46	46	47	48	49	49	47	46	43	42	40
<b>Age</b>											
16 - 24	79	80	81	81	80	79	80	78	74	74	73
25 - 34	66	66	67	69	69	69	66	64	62	64	63
35 - 54	54	53	55	58	60	59	56	54	52	54	51
55+	27	28	30	33	34	33	31	30	29	29	29
<b>Social Class</b>											
AB	66	64	64	65	66	67	65	63	62	61	60
C1	60	59	62	63	64	62	60	57	56	55	53
C2	53	53	53	57	58	58	54	53	51	52	50
DE	39	38	39	40	41	40	40	39	35	37	34

Notes:

- This table excludes walking 2+ miles.
- Illustration: 40% of women took part in *Sports* in 2004-06 compared with 49% in 1998-2000 and 1999-2001.

**Table 4: Trends in participation in *Sports* (at least once a month)  
1998-2000 to 2004-06: children 8-15 excluding PE (peak months)**

	98-00	99-01	00-02	01-03	02-04	03-05	04-06
<b>Total</b>	Percentage of respondents in each category who take part at least once a month						
Age 8-15	97	96	97	97	95	95	93
<b>Sex</b>							
Boys	98	98	98	99	98	97	96
Girls	95	95	95	94	91	92	90
<b>Age</b>							
8 - 11	98	98	98	98	97	98	96
12-15	96	95	96	95	92	91	91
<b>Social Class</b>							
AB	99	99	99	98	98	98	99
C1	99	99	99	98	95	96	93
C2	95	96	95	95	95	95	93
DE	95	94	95	95	92	92	91

Notes:

- This table excludes walking 2+ miles.
- Illustration: 93% of children took part in *Sports* in 2004-06 compared with 97% in 1998-2000.

**Table 5: Trends in participation in *Sports plus Walking* (at least once a month) 1987-89 to 2004-06: adults 16+ (peak months)**

	94-96	95-97	96-98	97-99	98-00	99-01	00-02	01-03	02-04	03-05	04-06
<b>Total</b>	Percentage of respondents in each category who take part at least once a month										
Adults 16+	60	60	61	63	65	64	62	62	61	63	60
<b>Sex</b>											
Male	65	64	66	68	70	69	67	65	65	68	66
Female	55	55	57	59	59	60	58	58	57	59	55
<b>Age</b>											
16 - 24	80	82	83	84	84	84	83	81	78	80	79
25 - 34	73	72	74	77	77	77	73	72	72	75	72
35 - 54	62	62	65	67	69	68	66	65	64	66	63
55+	39	39	42	44	45	45	44	44	44	47	44
<b>Social Class</b>											
AB	72	73	72	73	72	74	73	73	75	74	72
C1	67	66	69	71	74	72	70	67	67	68	67
C2	62	62	62	67	67	67	64	64	61	65	61
DE	47	47	49	49	51	50	49	48	46	49	45

Notes:

- This table includes walking 2+ miles.
- Illustration: 45% from social class DE participated in *Sports plus Walking* 2004-06 compared with 47% in 1994-96.

**Table 6: Trends in participation in *Sports plus Walking* (at least once a month) 1998-2000 to 2004-06: children 8-15 excluding PE (peak months)**

	98-00	99-01	00-02	01-03	02-04	03-05	04-06
<b>Total</b>	Percentage of respondents in each category who take part at least once a month						
Age 8-15	98	97	97	98	95	96	94
<b>Sex</b>							
Boys	98	99	99	99	98	97	96
Girls	97	96	96	96	93	94	91
<b>Age</b>							
8-11	99	98	99	98	97	98	96
12-15	97	96	96	97	94	94	92
<b>Social Class</b>							
AB	99	99	99	99	99	98	99
C1	99	99	99	99	96	97	94
C2	98	98	97	96	96	96	94
DE	96	95	96	97	93	93	92

Notes:

- This table includes walking 2+ miles.
- Illustration: 91% of girls took part in *Sports plus Walking* in 2004-06 compared with 97% in 1998-2000.

**Table 7: Most popular sports and physical recreations (at least once a month) 2004-06: all (peak months)**

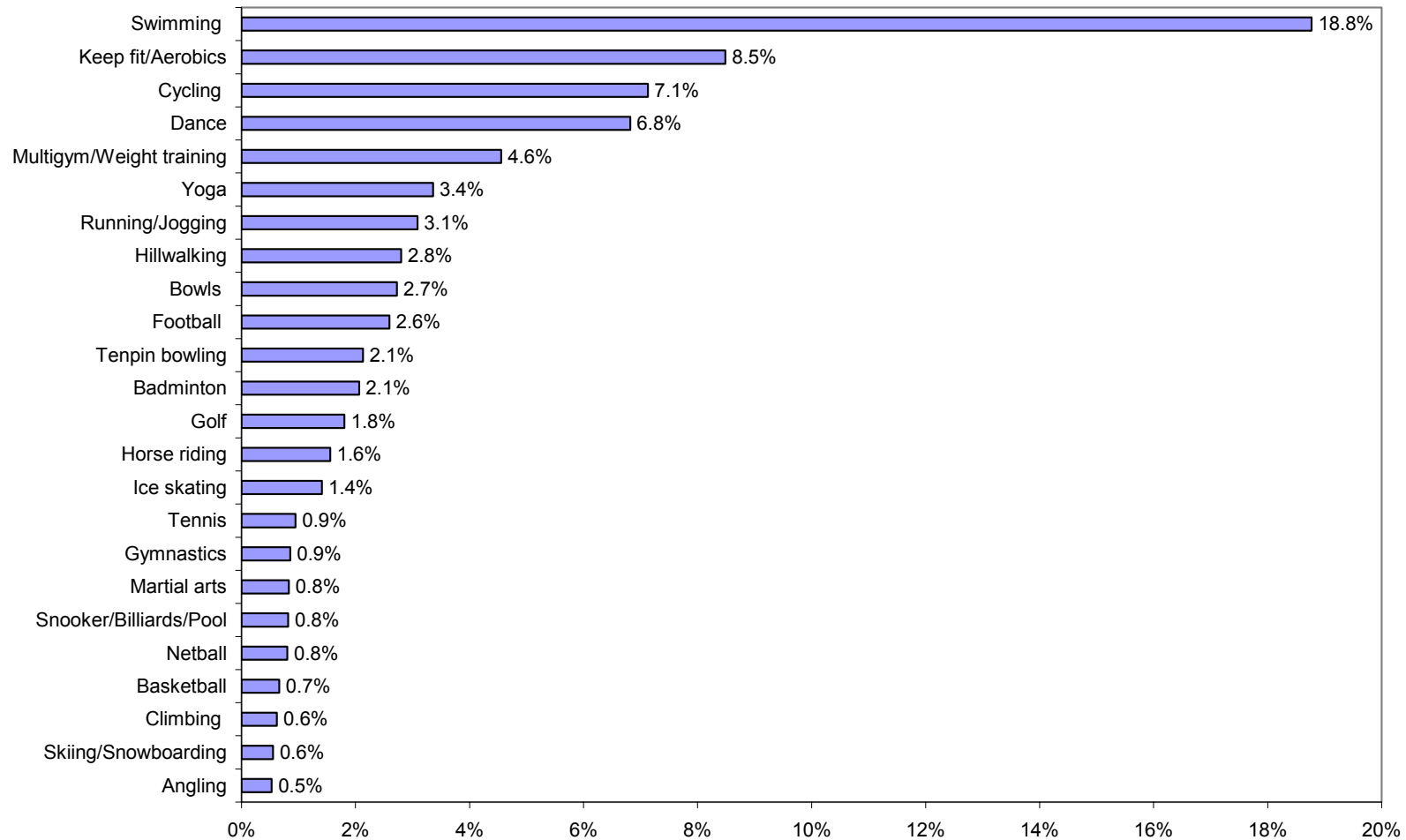
<b>Adults (16+)</b>	<b>%</b>	<b>Children (8-15)</b>	<b>%</b>
Swimming	16	Football	52
Football	11	Cycling	42
Cycling	10	Swimming	37
Golf	8	Dance	17
Keep fit/Aerobics	6	Running/Jogging	13
Multigym	6	Golf	10
Hill walking/Climbing/Mountaineering	5	Badminton	7
Dance	4	Tennis	7
Running/Jogging	4	Basketball	6
Snooker/Billiards/Pool	4	Rugby	6
Bowls	3	Athletics	5
Angling	3	Hill walking/Climbing/Mountaineering	4
Badminton	2	Gymnastics	4
Tenpin Bowling	2	Martial arts	4
Yoga	2	Ice skating	4
Sailing	2	Netball	4
Martial arts	1	Snooker/Billiards/Pool	4
Tennis	1	Horse riding	4
Basketball	1	Angling	4
Horse riding	1	Hockey	3
Squash	1	Bowls	2
Rugby	1	Cricket	2
Ice skating	1	Tenpin Bowling	2
Athletics	1	Table tennis	2
Skiing	1	Sailing	2
Gymnastics	1	Keep fit/Aerobics	1
Canoeing/Kayaking	1	Judo	1
Table tennis	1	Multigym	1
		Volleyball	1
		Skiing	1
		Canoeing/Kayaking	1
		Squash	1
		Shinty	1
		Yoga	1

Notes:

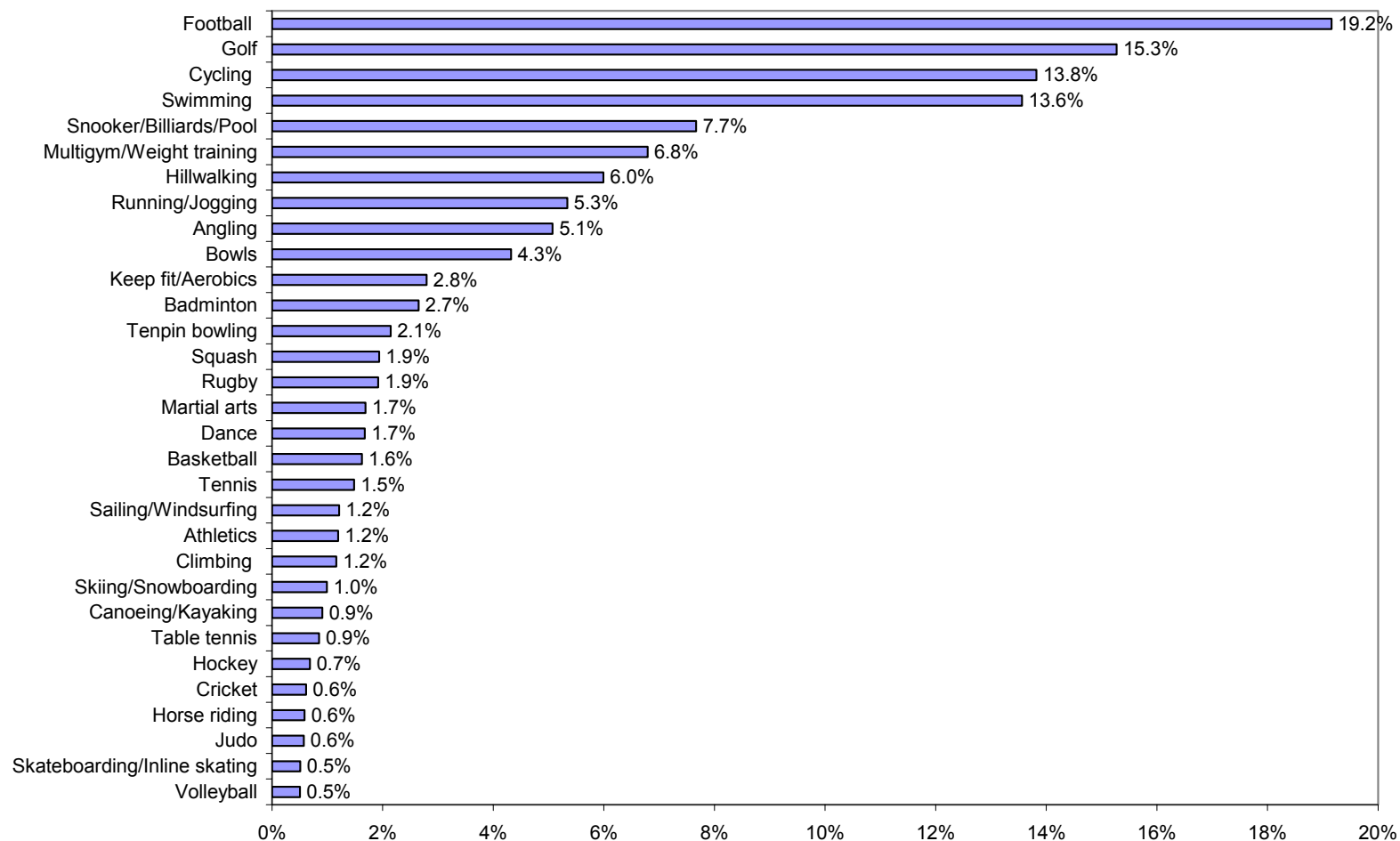
- Sport with participation rates of less than 0.5% are excluded.



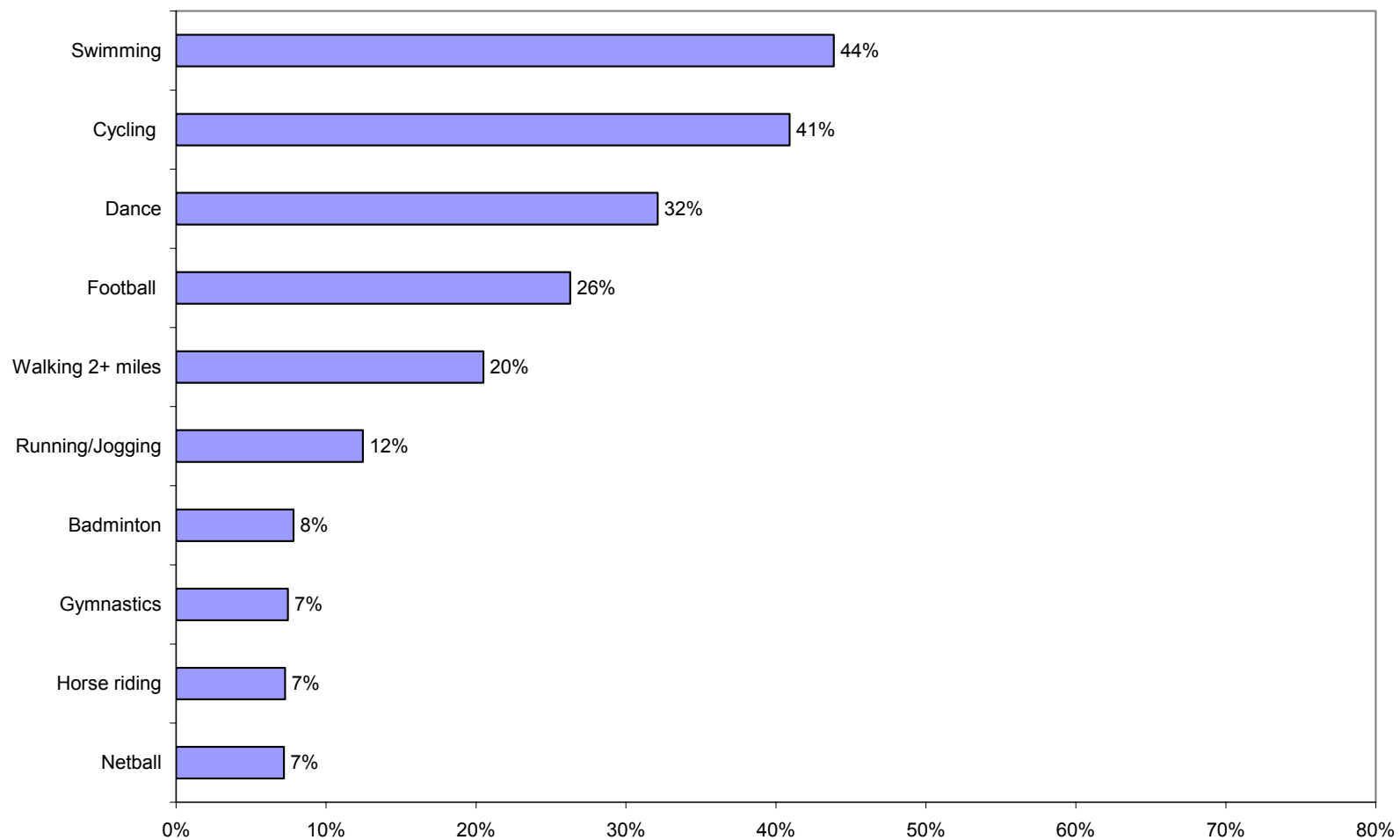
**Figure 3: Most popular sports and physical recreations (at least once a month) 2004-06: women 16+ (peak months)**



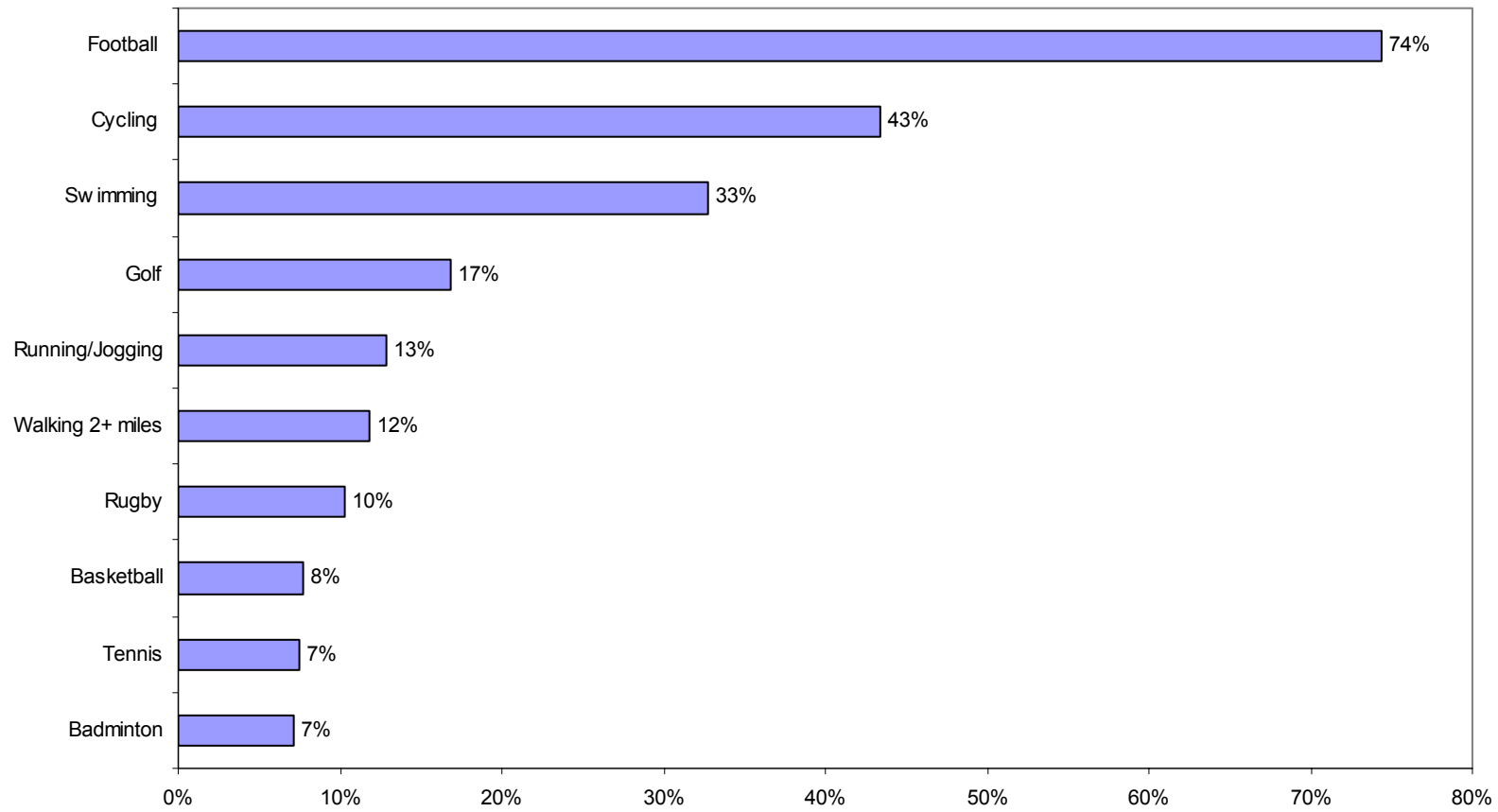
**Figure 4: Most popular sports and physical recreations (at least once a month) 2004-06: men 16+ (peak months)**



**Figure 5: Most popular sports and physical recreations (at least once a month) 2004-06: girls 8 -15 (peak months)**



**Figure 6: Most popular sports and physical recreations (at least once a month) 2004-06: boys 8 -15 (peak months)**



**Table 8: Trends in participation in sports and physical recreations (at least once a month) 1994-96 to 2004-06: adults 16+ (peak months)**

	94-96	95-97	96-98	97-99	98-00	99-01	00-02	01-03	02-04	03-05	04-06
Percentage of respondents in each category who take part at least once a month											
Angling	3	3	3	4	4	3	3	3	3	3	3
Athletics	1	1	1	1	1	1	1	1	1	1	1
Badminton	4	3	3	3	3	3	3	3	3	3	2
Basketball	n/a	n/a	n/a	n/a	n/a	n/a	n/a	1	1	1	1
Bowls	4	4	4	4	4	4	3	3	3	4	3
Canoeing/Kayaking	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	*	*	1
Cricket	*	*	*	*	*	*	*	*	*	*	*
Curling	*	*	*	*	*	*	*	1	1	*	*
Cycling	7	8	9	10	11	10	10	10	10	11	10
Dance	7	8	8	9	9	9	8	7	8	6	4
Football	10	9	10	10	10	11	10	10	9	10	11
Golf	8	9	9	9	10	10	9	8	9	8	8
Gymnastics	*	*	1	1	1	1	1	1	1	1	1
Hill walking/Climbing/Mountaineering	5	5	5	5	5	5	5	5	5	5	5
Hockey	1	1	1	1	1	*	1	*	1	*	*
Horse riding	1	1	1	1	1	1	1	1	1	1	1
Ice skating	2	2	2	2	1	1	1	1	1	1	1
Judo	*	*	*	*	*	*	*	*	*	*	*
Keep fit/Aerobics	10	10	9	9	9	9	9	9	10	7	6

*Continued*

Notes:

- The asterisk (\*) indicates less than 0.5% participation.
- n/a indicates no data available.
- Illustration: 4% of adults took part in dance in 2004-06 compared with 7% in 1994-96.

**Table 8 continued: Trends in participation in sports and physical recreations (at least once a month) 1994-96 to 2004-06: adults 16+ (peak months)**

	94-96	95-97	96-98	97-99	98-00	99-01	00-02	01-03	02-04	03-05	04-06
Percentage of respondents in each category who take part at least once a month											
Martial arts	1	1	1	1	1	1	2	1	2	1	1
Multigym	6	6	7	7	7	7	7	6	8	6	6
Netball	n/a	n/a	n/a	n/a	n/a	n/a	n/a	*	*	*	*
Rugby	1	1	1	1	1	1	1	1	1	1	1
Running/Jogging	6	5	5	6	6	6	6	5	6	4	4
Sailing	1	1	1	1	1	2	2	2	1	2	2
Shinty	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	*	*	*
Skiing	1	1	1	1	1	1	1	1	1	1	1
Snooker/Billiards/Pool	8	8	8	8	8	8	7	7	8	6	4
Squash	2	1	1	1	1	1	1	1	1	1	1
Swimming	22	21	22	23	23	22	21	19	18	18	16
Table tennis	1	1	1	1	1	1	1	1	1	1	1
Tennis	2	2	2	2	2	2	2	2	1	1	1
Tenpin bowling	7	7	7	7	7	6	5	4	4	2	2
Volleyball	n/a	n/a	n/a	n/a	n/a	n/a	n/a	*	*	*	*
Walking 2+ miles	24	25	26	28	31	32	33	31	33	32	29
Yoga	1	1	1	1	2	2	2	2	3	2	2
<i>Sports plus Walking</i>	60	60	61	63	65	64	62	62	61	63	60
<i>Sports</i>	52	51	53	55	56	55	53	51	50	50	48
<i>Sports less Physical Recreations</i>	49	48	50	51	53	52	50	49	47	48	47

Notes:

- The asterisk (\*) indicates less than 0.5% participation.
- n/a indicates no data available.
- Illustration: 16% of adults took part in swimming in 2004-06 compared with 22% in 1994-96.

**Table 9: Trends in participation in sports and physical recreations (at least once a month) 1998-2000 to 2004-06: children 8-15 (peak months)**

	98-00	99-01	00-02	01-03	02-04	03-05	04-06
Percentage of child (8-15) respondents participating at least once a month							
Angling	4	4	5	3	4	4	4
Athletics	8	8	8	7	5	8	5
Badminton	9	10	12	12	10	11	7
Basketball	n/a	n/a	n/a	5	9	10	6
Bowls	1	1	1	1	2	2	2
Canoeing/Kayaking	n/a	n/a	n/a	n/a	1	1	1
Cricket	3	2	2	2	2	3	2
Curling	*	*	*	*	*	*	*
Cycling	42	38	35	38	44	47	42
Dance	16	15	16	17	17	18	17
Football	57	56	56	53	53	55	52
Golf	13	12	13	13	12	11	10
Gymnastics	6	6	6	8	6	8	4
Hill walking/Climbing/Mountaineering	3	2	2	3	4	5	4
Hockey	8	6	6	5	4	6	3
Horse riding	5	4	5	4	4	4	4
Ice skating	8	7	7	6	6	5	4
Judo	1	1	1	2	1	1	1
Keep fit/Aerobics	6	6	4	4	3	3	1
Martial arts	4	5	4	4	4	5	4

*Continued*

Notes:

- The asterisk (\*) indicates less than 0.5% participation.
- n/a indicates no data available.
- Illustration: 52% of children took part in football in 2004-06 compared with 57% in 1994-96.

**Table 9 continued: Trends in participation in sports and physical recreations (at least once a month) 1998-2000 to 2004-06: children 8-15 (peak months)**

	98-00	99-01	00-02	01-03	02-04	03-05	04-06
Percentage of child (8-15) respondents participating at least once a month							
Multigym	2	2	2	1	2	2	1
Netball	n/a	n/a	n/a	1	4	4	4
Rugby	5	6	7	7	6	6	6
Running/Jogging	28	27	26	23	21	20	13
Sailing	1	1	1	2	2	2	2
Shinty	n/a	n/a	n/a	n/a	1	1	1
Skiing	1	1	1	1	1	2	1
Snooker/Billiards/Pool	12	10	10	8	7	4	4
Squash	1	1	1	1	1	1	1
Swimming	52	48	46	43	40	42	37
Table tennis	4	3	3	3	3	4	2
Tennis	11	13	15	14	11	8	7
Tenpin bowling	9	7	6	6	4	3	2
Volleyball	n/a	n/a	n/a	1	1	2	1
Walking 2+ miles	19	18	17	16	16	15	15
Yoga	*	*	*	1	1	1	1
<i>Sports plus Walking</i>	98	97	97	98	95	96	94
<i>Sports</i>	97	96	97	97	95	95	93
<i>Sports less Physical Recreations</i>	96	96	96	96	94	94	91

Notes:

- The asterisk (\*) indicates less than 0.5% participation.
- n/a indicates no data available.
- Illustration: 37% of children took part in swimming in 2004-06 compared with 52% in 1994-96.



**Table 10: Participation in sports and physical recreations by gender (at least once a month) 2004-06: adults 16+ (peak months)**

	Adults 16+	Men	Women
	Percentage of respondents aged 16+ participating at least once a month		
Angling	3	5	1
Athletics	1	1	*
Badminton	2	3	2
Basketball	1	2	1
Bowls	3	4	3
Bowls indoor	2	3	2
Bowls outdoor	3	3	2
Canoeing/Kayaking	1	1	*
Climbing	1	1	1
Climbing indoor	*	1	*
Climbing outdoor	1	1	1
Cricket	*	1	*
Cycling	10	14	7
Cycling on the road	7	9	5
Cycling on a cycle path (eg, canal towpath, National Cycle Network)	4	5	3
Mountain biking/off-road	3	5	1
Cycling: BMX	*	*	*
Dance	4	2	7
Football	10	19	3
Football: 11-a-side	3	6	*
Football: 5-a-side all	6	12	1
<i>Football: 5-a-side outdoor</i>	4	9	*
<i>Football: 5-a-side indoor</i>	4	7	*
Football in street/garden/wasteland	4	6	2
Golf	8	15	2
Gymnastics	1	*	1
Hillwalking	4	6	3
Hockey	*	1	*

***Continued***

Notes:

- The asterisk (\*) indicates less than 0.5% participation.
- n/a indicates no data available.
- Illustration: 19% of men took part in football compared with 3% of women.

**Table 10 continued: Participation in sports and physical recreations by gender (at least once a month) 2004-06: adults 16+ (peak months)**

	Adults 16+	Men	Women
	Percentage of respondents aged 16+ participating at least once a month		
Horse riding	1	1	2
Ice skating	1	*	1
Judo	*	1	*
Keep fit/Aerobics	6	3	8
Martial arts	1	2	1
Multigym/Weight training	6	7	5
Netball	*	*	1
Rugby	1	2	*
Running/Jogging	4	5	3
Sailing/Windsurfing	1	1	*
Skateboarding/Inline skating	*	1	*
Skiing/Snowboarding	1	1	1
Snooker/Billiards/Pool	4	8	1
Squash	1	2	*
Swimming	16	14	19
Swimming in leisure pool	11	10	13
Swimming in traditional pool	5	4	6
Swimming outdoor	1	1	1
Table tennis	1	1	*
Tennis	1	1	1
Tennis indoor	*	1	*
Tennis outdoor	1	1	1
Tenpin bowling	2	2	2
Volleyball	*	1	*
Walking 2+ miles	29	26	31
Walking 2+ miles in countryside	16	14	17
Walking 2+ miles in built-up area incl urban park	11	9	13
Yoga	2	*	3

Notes:

- The asterisk (\*) indicates less than 0.5% participation.
- n/a indicates no data available.
- Illustration: 18% of women took part in swimming compared with 13% of men.

**Table 11: Participation in sports and physical recreations by gender (at least once a month) 2004-06: children 8-15 (peak months)**

	<b>Age 8-15</b>	<b>Boys</b>	<b>Girls</b>
	Percentage of respondents aged 8-15 participating at least once a month		
Angling	4	6	1
Athletics	5	5	5
Badminton	7	7	8
Basketball	6	8	5
Bowls	2	4	1
Bowls indoor	2	2	1
Bowls outdoor	1	2	*
Canoeing/Kayaking	1	1	2
Climbing	3	3	3
Climbing indoor	1	1	1
Climbing outdoor	2	3	2
Cricket	2	3	1
Cycling	42	43	41
Cycling on a cycle path (eg, canal towpath, National Cycle Network)	11	10	12
Cycling on the road	31	30	32
BMX	2	3	*
Mountain biking/off-road	5	7	2
Dance	17	2	32
Football	52	74	26
Football in street/garden/wasteland	35	49	18
Football: 11-a-side	16	26	4
Football: 5-a-side all	18	27	6
<i>Football: 5-a-side outdoor</i>	13	21	4
<i>Football: 5-a-side indoor</i>	9	13	4
Golf	10	17	2
Gymnastics	4	1	7
Hillwalking	2	3	2

***Continued***

**Notes:**

- The asterisk (\*) indicates less than 0.5% participation.
- n/a indicates no data available.
- Illustration: 32% of girls took part in dance compared to 2% of boys.

**Table 11 continued: Participation in sports and physical recreations by gender (at least once a month) 2004-06: children 8-15 (peak months)**

	<b>Age 8-15</b>	<b>Boys</b>	<b>Girls</b>
	Percentage of respondents aged 8-15 participating at least once a month		
Hockey	3	3	4
Horse riding	4	1	7
Ice skating	4	3	5
Judo	1	2	1
Keep fit/Aerobics	1	1	2
Martial arts	4	5	3
Multigym/Weight training	1	1	2
Netball	4	1	7
Rowing	*	*	1
Rugby	7	10	2
Running/Jogging	13	13	12
Sailing/Windsurfing	1	1	*
Shinty	1	2	*
Skateboarding/Inline skating	5	6	3
Skiing/Snowboarding	1	1	1
Snooker/Billiards/Pool	4	6	1
Squash	1	1	1
Swimming	38	33	44
Swimming in leisure pool	27	23	32
Swimming in traditional pool	11	10	13
Swimming outdoor	4	3	5
Table tennis	2	2	1
Tennis	7	7	7
Tennis indoor	1	2	1
Tennis outdoor	6	7	6
Tenpin bowling	2	1	3
Volleyball	1	2	1
Walking 2+ miles	16	12	20
Walking 2+ miles in built-up area incl urban park	8	5	11
Walking 2+ miles in countryside	7	6	10
Yoga	1	*	2

Notes:

- The asterisk (\*) indicates less than 0.5% participation.
- n/a indicates no data available.
- Illustration: 44% of girls took part in swimming compared with 33% of boys.

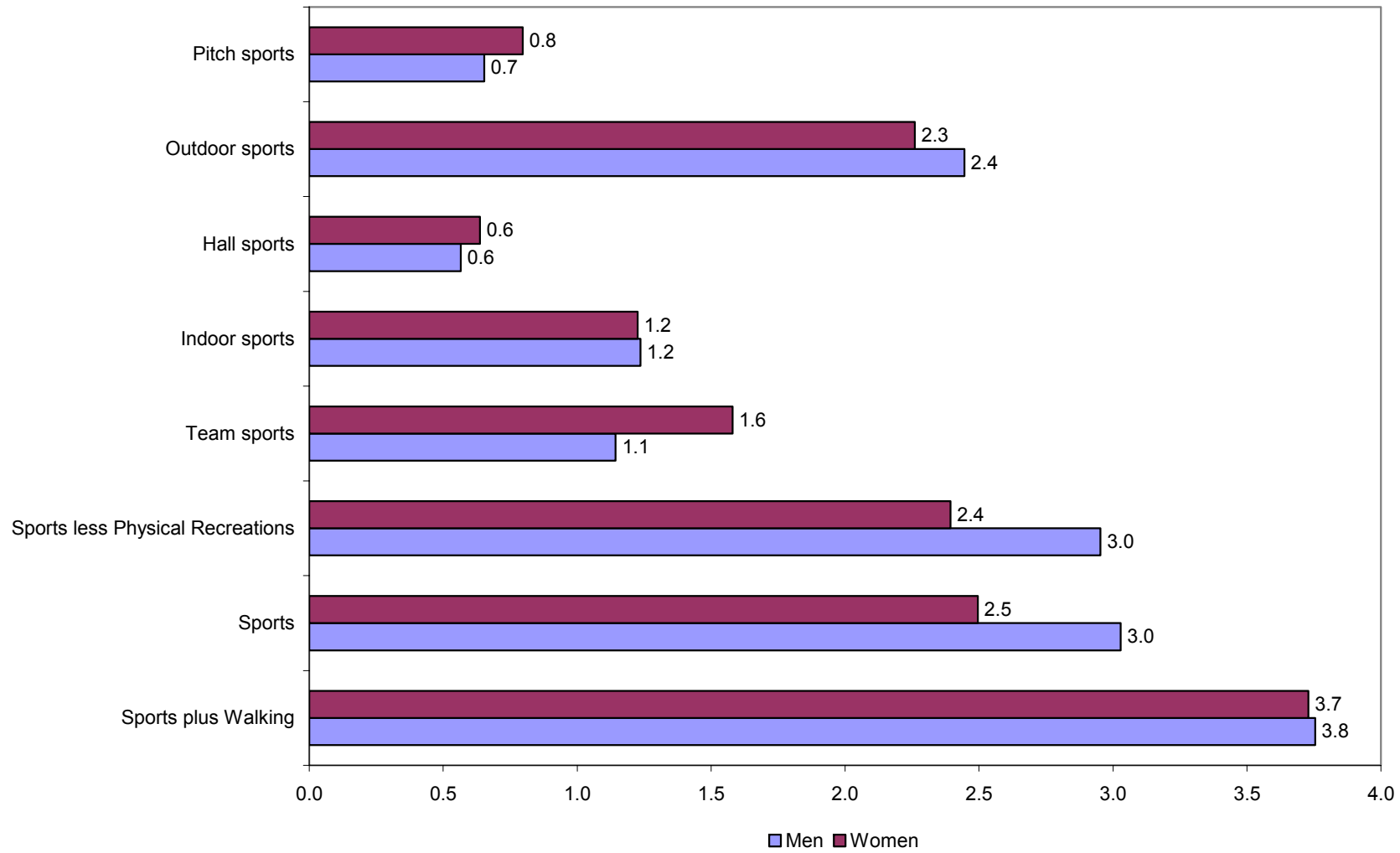
**Table 12: Frequency of participation in sports and physical recreations by gender (at least once a month) 2004-06: adults 16+ (peak months)**

	All	Men	Women
	Average number of days participated in four weeks		
<b>Grouped activities</b>			
<i>Sports plus Walking</i>	3.7	3.8	3.7
<i>Sports</i>	2.8	3.0	2.5
<i>Sports less Physical Recreations</i>	2.7	3.0	2.4
<i>Team sports</i>	1.2	1.1	1.6
<i>Indoor sports</i>	1.2	1.2	1.2
<i>Hall sports</i>	0.6	0.6	0.6
<i>Outdoor sports</i>	2.4	2.4	2.3
<i>Pitch sports</i>	0.7	0.7	0.8
<b>Most frequent sports</b>			
Cycling	3.0	3.2	2.7
Horse riding	2.4	2.3	2.5
Multigym/Weight training	2.1	2.0	2.2
Walking 2+ miles	2.1	1.9	2.2
Martial arts	1.7	1.9	1.3
Rugby	1.7	1.8	0.3
Football	1.7	1.6	2.1
Tennis	1.6	1.5	1.7
Running/Jogging	1.5	1.3	1.8
Judo	1.5	1.6	1.0
<b>Most popular sports</b>			
Walking 2+ miles	2.1	1.9	2.2
Swimming	1.3	1.2	1.3
Football	1.7	1.6	2.1
Cycling	3.0	3.2	2.7
Golf	1.4	1.4	1.5
Keep fit/Aerobics	1.1	1.7	0.9
Multigym use/Weight training	2.1	2.0	2.2
Dance	1.1	1.0	1.1
Running/Jogging	1.5	1.3	1.8
Snooker/Billiards/Pool	1.2	1.2	1.4
Bowls	1.1	1.1	1.1

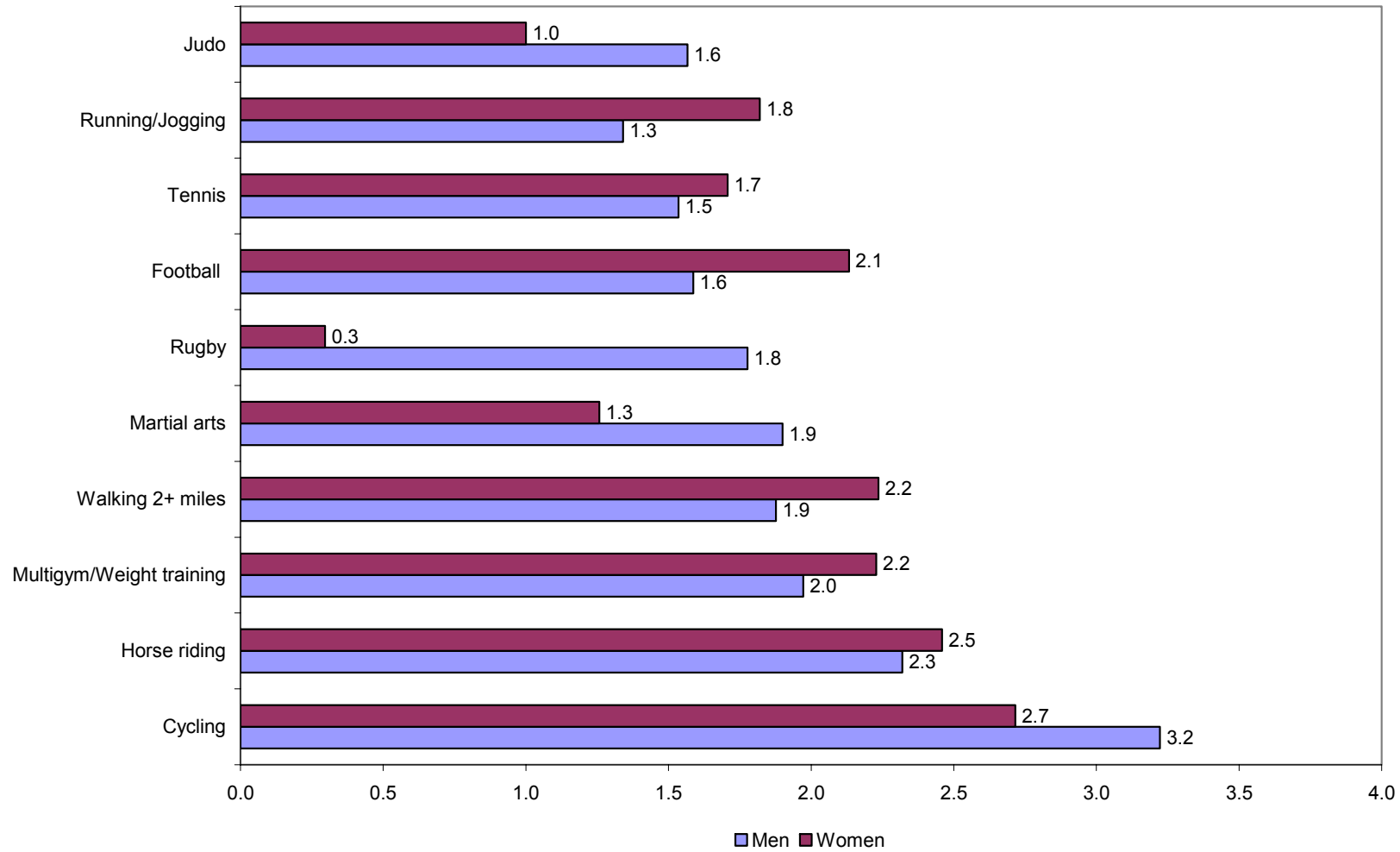
Notes:

- Definitions of *Sports*, *Sports plus Walking*, *Sports less Physical Recreations* and the grouped activities can be found in the methodology section from page 44.
- Illustration: Cyclists took part, on average, three time a month.

**Figure 7: Frequency of participation (at least once a month) by grouped activities 2004-06: adults 16+ (peak months)**



**Figure 8: Frequency of participation (at least once a month) 2004-06: adults 16+ (peak months)**



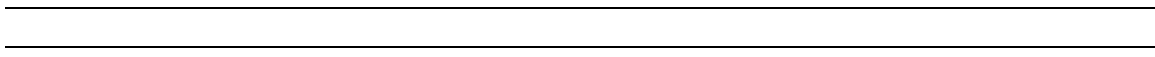
**Table 13: Frequency of participation in sports and physical recreations by gender (at least once a month) 2004-06: children 8-15 (peak months)**

	Age 8-15	Boys	Girls
	Average number of days participated in four weeks		
<b>Grouped activities</b>			
<i>Sports</i>	5.5	6.4	4.4
<i>Sports plus Walking</i>	5.8	6.6	4.9
<i>Sports less Physical Recreations</i>	5.2	6.3	3.9
<i>Team sports</i>	3.2	3.7	2.2
<i>Indoor sports</i>	2.1	1.9	2.3
<i>Hall sports</i>	1.8	1.5	2.1
<i>Outdoor sports</i>	4.8	5.6	3.6
<i>Pitch sports</i>	2.0	2.2	1.4
<b>Most frequent sports</b>			
Walking 2+ miles	3.5	2.9	3.9
Running/Jogging	3.5	3.5	3.4
Football	3.2	3.5	2.4
Cycling	3.2	3.5	2.8
Climbing	2.6	3.3	1.7
Shinty	2.4	2.4	2.0
Dance	2.0	2.4	2.0
Snooker/Billiards/Pool	1.9	1.9	1.9
Multigym/Weight training	1.8	1.0	2.2
<b>Most popular sports</b>			
Football	3.2	3.5	2.4
Cycling	3.2	3.5	2.8
Swimming	1.2	1.2	1.2
Dance	2.0	2.4	2.0
Walking 2+ miles	3.5	2.9	3.9
Running/Jogging	3.5	3.5	3.4
Golf	1.5	1.6	0.6
Badminton	0.9	0.8	0.9
Tennis	1.1	1.3	0.9
Basketball	1.3	1.5	1.0

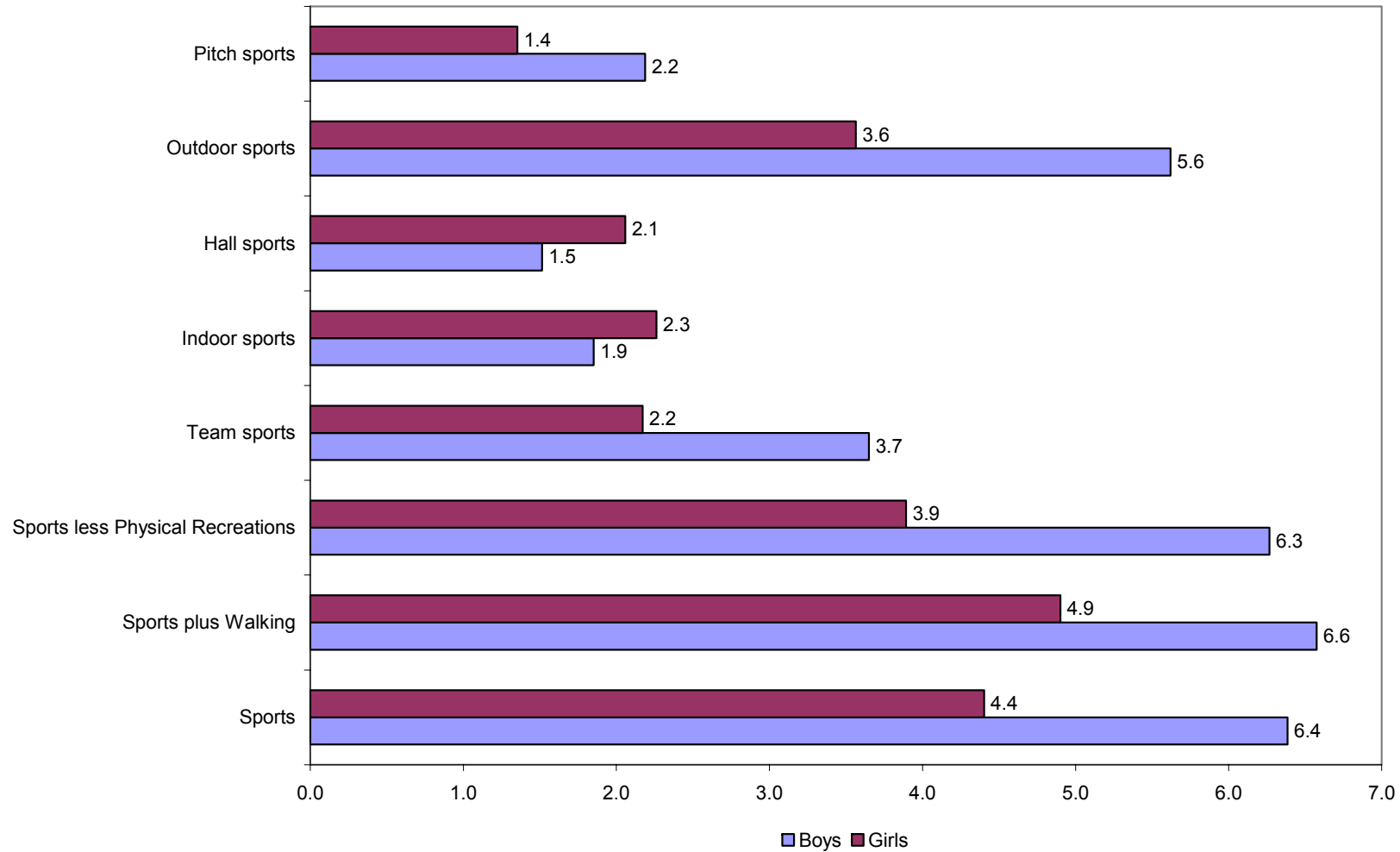
Notes:

- Definitions of *Sports*, *Sports plus Walking*, *Sports less Physical Recreations* and the grouped activities can be found in the methodology section from page 44.
- The frequency of participation excludes participation during PE.
- Illustration: Girls who walked 2+ miles did so on average nearly once a week.

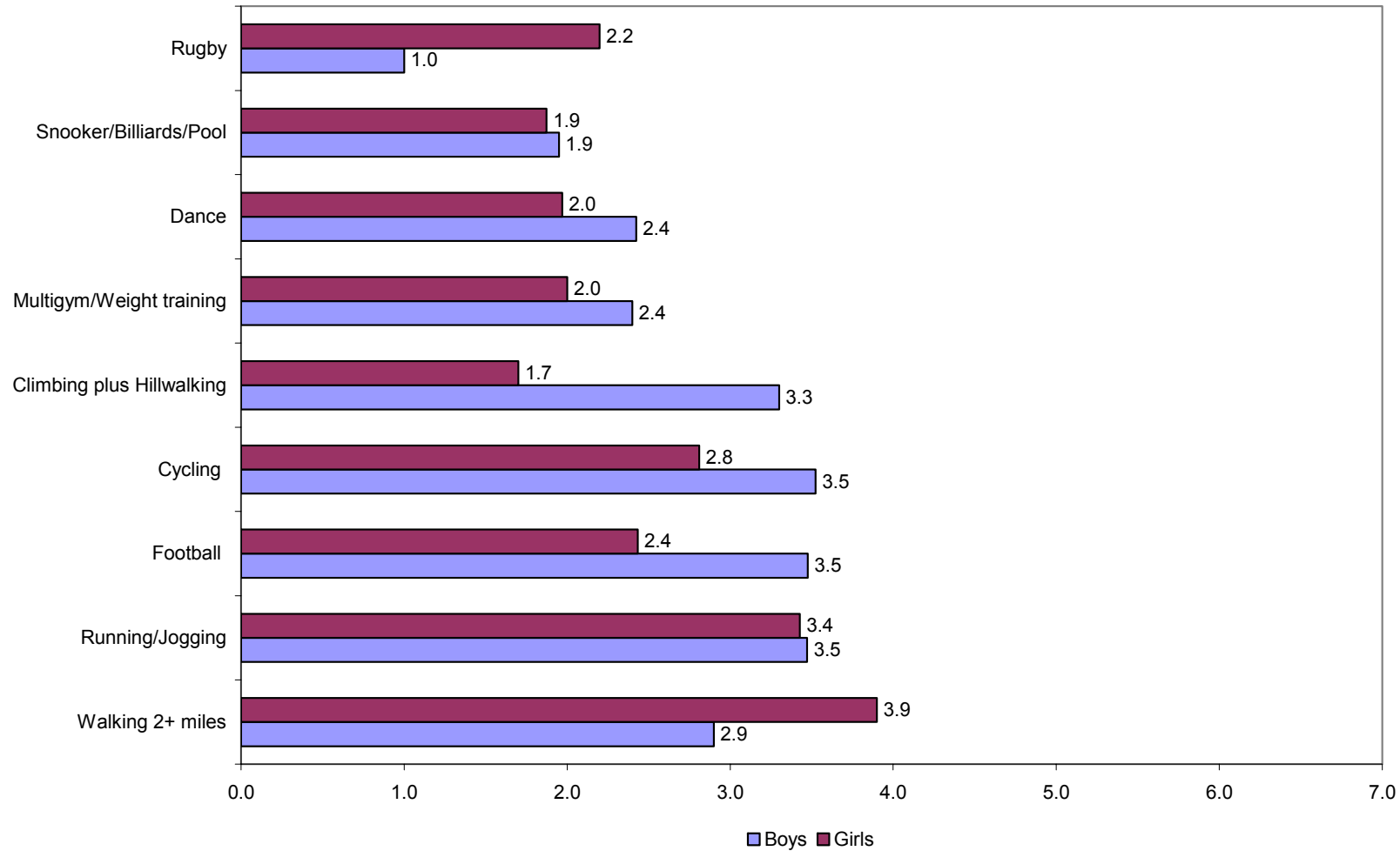




**Figure 9: Frequency of participation (at least once a month) by grouped sports 2004-06: children 8-15 excluding PE (peak months)**



**Figure 10: Frequency of participation (at least once a month) 2004-06: children 8-15 excluding PE (peak months)**



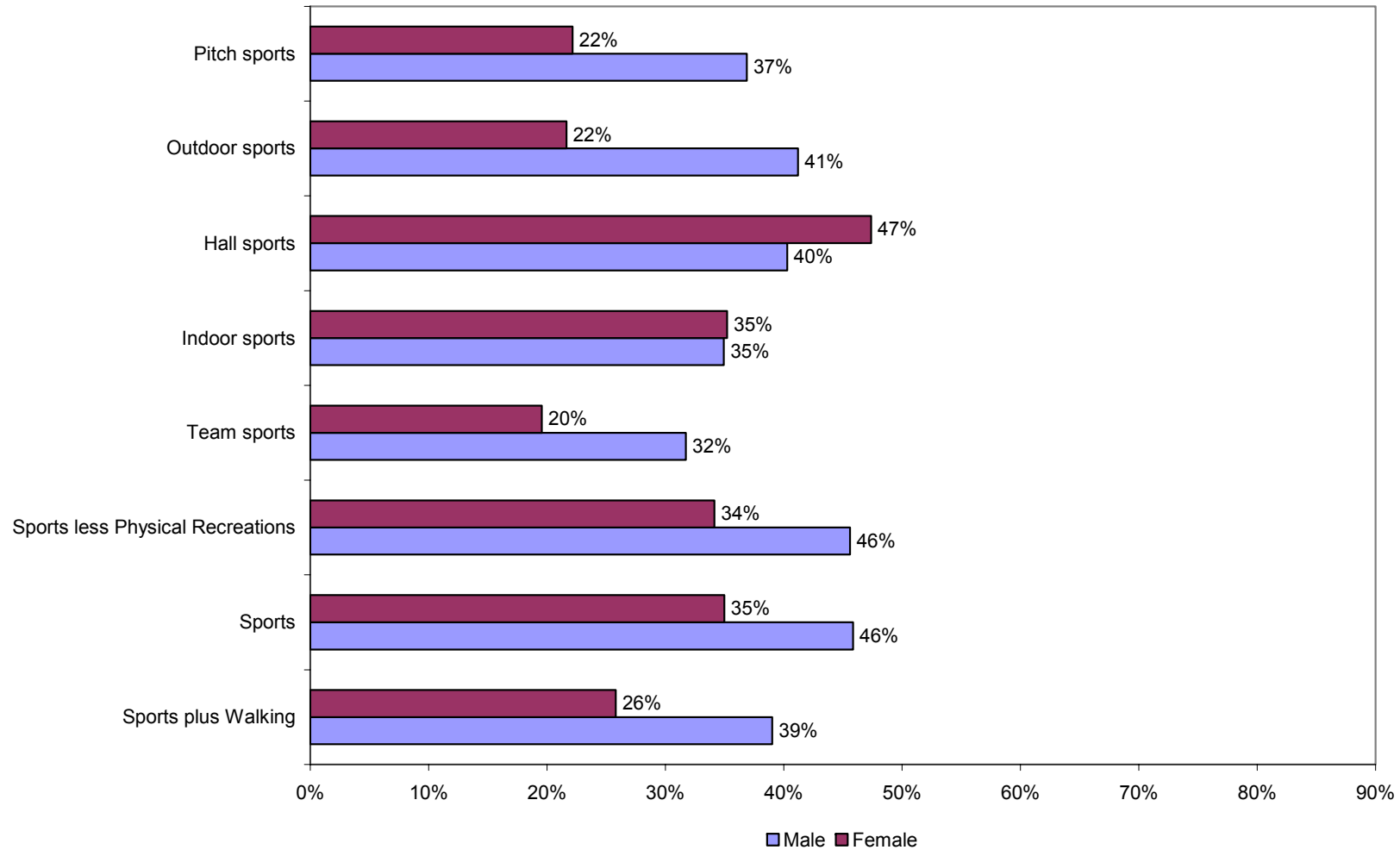
**Table 14: Club membership by gender (at least once a month) 2004-06: adults 16+ (all year data)**

	All	Men	Women
	Percentage of participants who are club members for the sport(s)		
<b>Grouped sports</b>			
<i>Sports plus Walking</i>	33	39	26
<i>Sports</i>	41	46	35
<i>Sports less Physical Recreations</i>	41	46	34
<i>Team sports</i>	30	32	20
<i>Indoor sports</i>	35	35	35
<i>Hall sports</i>	44	40	47
<i>Outdoor sports</i>	36	41	22
<i>Pitch sports</i>	36	37	22
<b>Highest club membership</b>			
Rugby	76	79	41
Bowls	75	82	63
Judo	71	74	33
Martial arts	68	66	74
Cricket	67	68	45
Curling	66	67	66
Golf	63	63	58
Multigym/Weight training	61	55	70
Gymnastics	54	46	57
<b>Most popular sports</b>			
Walking 2+ miles	2	2	2
Swimming	15	14	15
Cycling	3	3	3
Football	24	26	7
Golf	63	63	58
Keep fit/Aerobics	50	53	49
Multigym/Weight training	61	55	70
Dance	26	26	7
Snooker/Billiards/Pool	17	19	7
Climbing/Hillwalking	9	9	10

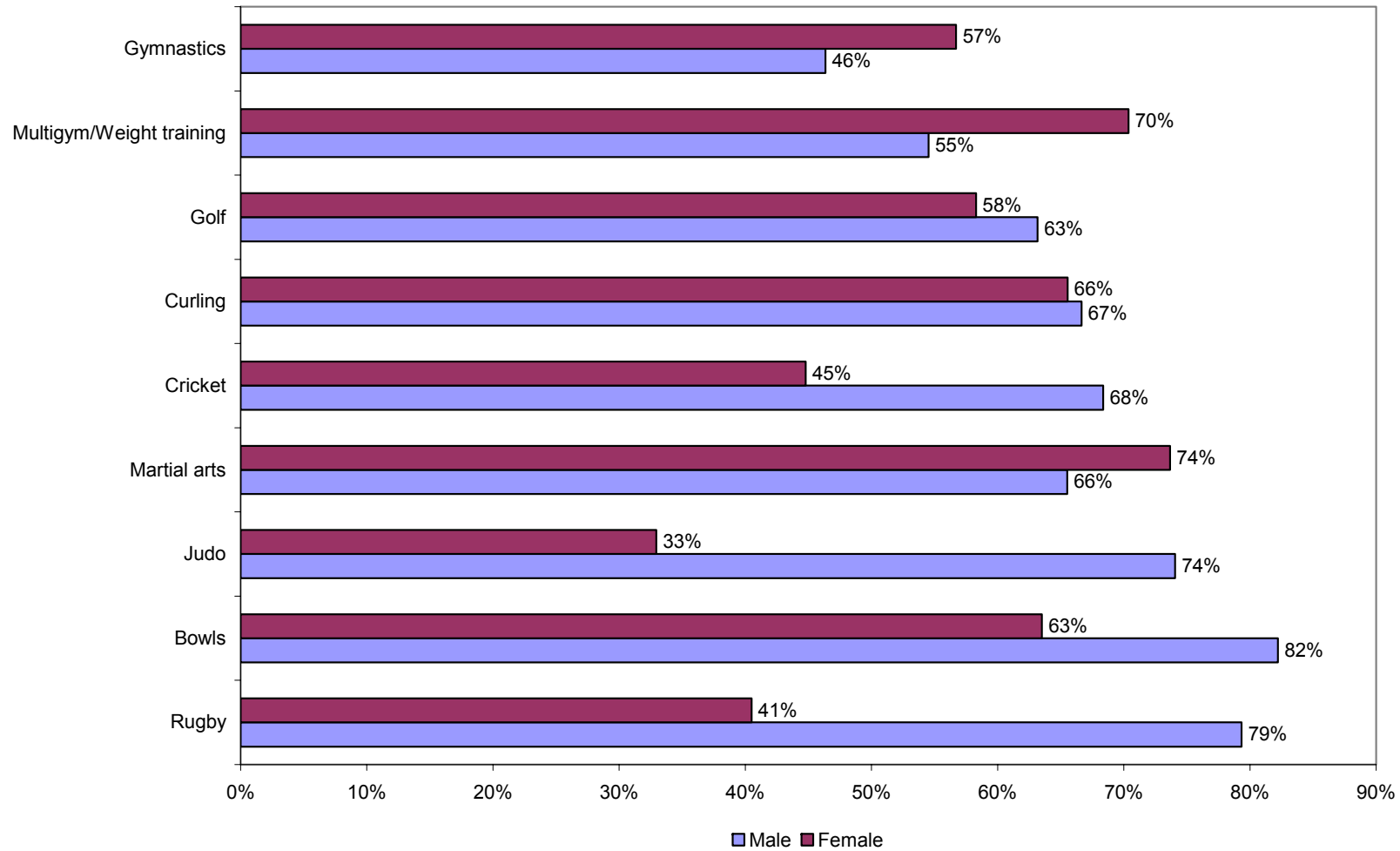
Notes:

- Definitions of *Sports*, *Sports plus Walking*, *Sports less Physical Recreations* and the grouped activities can be found in the methodology section from page 44.
- All year data is used to provide the full profile of participants.
- Over four in five (84%) of men who take part in bowls are members of a club for that sport compared with 67% of women.

**Figure 11: Participation (at least once a month) through club membership by grouped sports and physical recreations 2004-06: adults 16+ (all year data)**



**Figure 12: Participation (at least once a month) through club membership 2004-06: adults 16+ (all year data)**



**Table 15: Club membership by gender (at least once a month) 2004-06: children 8-15 (all year data)**

	All	Boys	Girls
	Percentage of participants who are club members for the sport(s)		
<b>Grouped Sports</b>			
<i>Sports plus Walking</i>	41	42	40
<i>Sports</i>	41	42	41
<i>Sports less Physical Recreations</i>	37	41	30
<i>Team sports</i>	31	34	22
<i>Indoor sports</i>	36	30	42
<i>Hall sports</i>	46	40	50
<i>Outdoor sports</i>	27	34	15
<i>Pitch sports</i>	47	50	31
<b>Highest club membership</b>			
Judo	85	90	76
Martial arts	82	79	86
Shinty	67	65	100
Gymnastics	54	42	56
Dance	48	38	49
Horse riding	45	61	44
Hockey	41	37	44
Multigym/Weight training	40	25	46
Rugby	39	43	8
Sailing and other water sports	38	34	42
<b>Most popular sports</b>			
Football	27	30	15
Cycling	*	*	*
Swimming	12	11	13
Dance	48	38	49
Walking 2+ miles	*	*	*
Running/Jogging	9	11	6
Golf	30	32	18
Badminton	29	28	29
Tennis	22	27	15

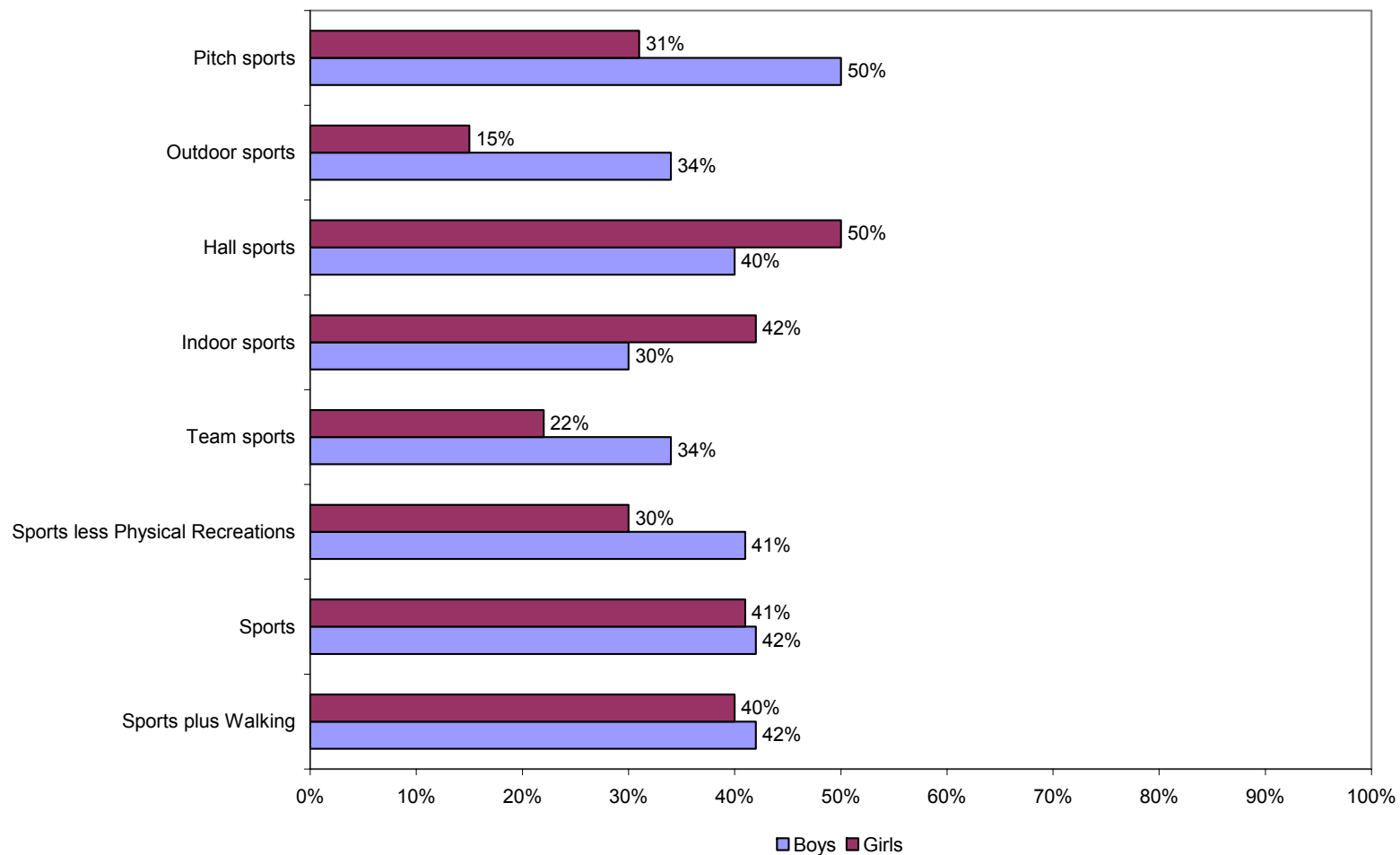
Notes:

- Definitions of *Sports*, *Sports plus Walking*, *Sports less Physical Recreations* and the grouped activities can be found in the methodology section from page 44.
- All year data is used to provide the full profile of participants.
- \* indicates less than 0.5% participation through club membership.
- Of the boys and girls who played football, boys (30%) were around twice as likely as girls (16%) to be football club members.

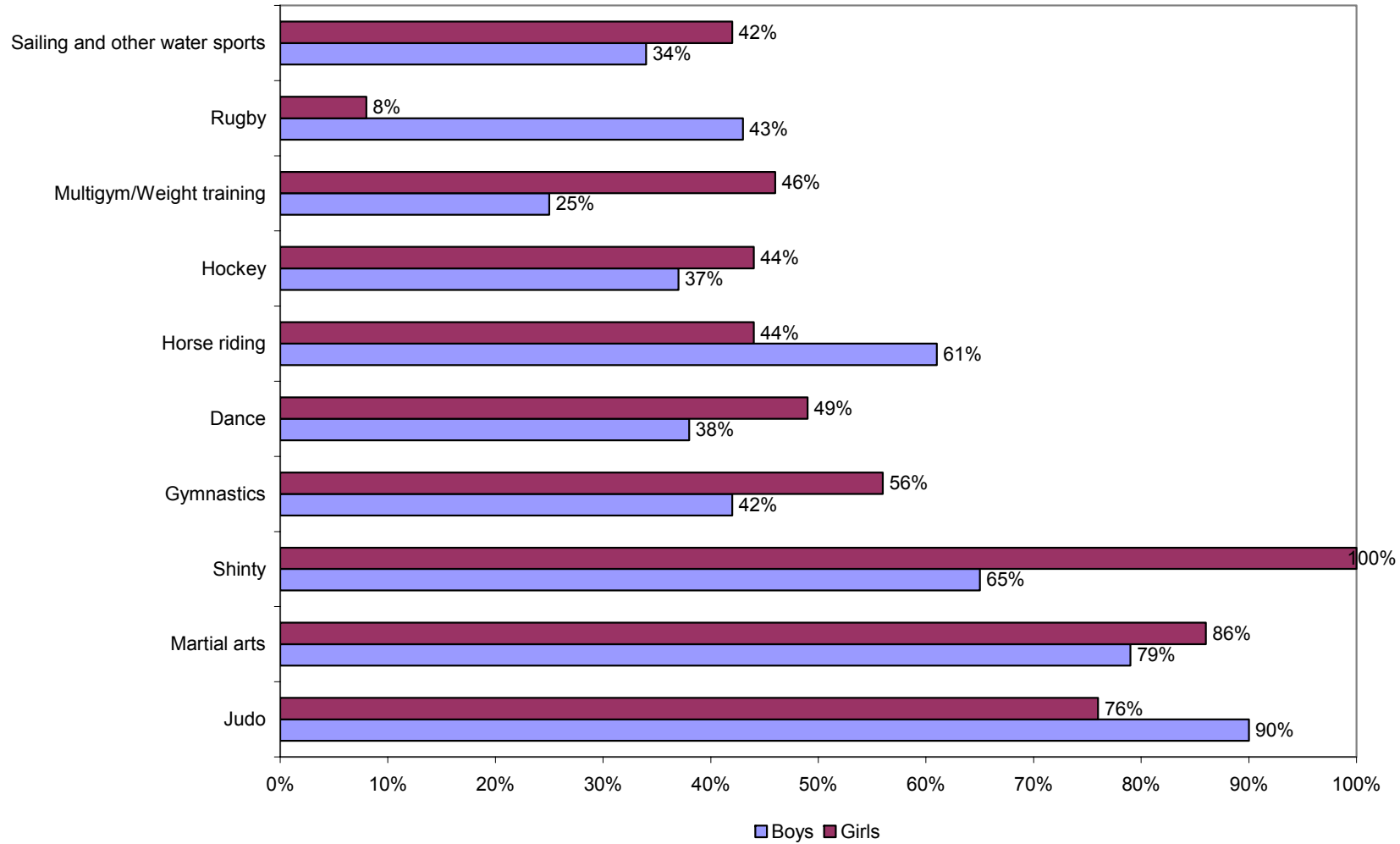




**Figure 13: Participation (at least once a month) through club membership by grouped sports and physical recreations 2004-06: children 8-15 excluding PE (all year data)**



**Figure 14: Participation (at least once a month) through club membership 2004-06: children 8-15 excluding PE (all year data)**



# SURVEY METHODOLOGY

## Sampling

**sportscotland** commissions questions from the Scottish Opinion Survey (SOS) run by TNS System Three. The main features of the SOS are as follows:

- It is a household omnibus survey that allows any organisation to buy in questions. The sports questions normally appear early in the questionnaire.
- Sports questions are surveyed every other month.
- The sample covers around 42 constituencies throughout Scotland, with different sampling points selected each month to be representative in terms of geographical location (North, East Central, West Central, South) and party of current MSP. Coverage is largely of mainland Scotland, but samples are typically included in island constituencies once or twice a year.
- All interviews are in-home using Computer Assisted Personal Interviewing.
- The survey is quota-based rather than random and uses a random route within each sampling point to select addresses, with quotas used to ensure the sample is representative of the population in terms of gender, age and working status.
- The results are weighted for age, gender and social class.
- Only one adult is interviewed per household.
- The sample size is about 1,000 adults each month, made up of approximately 520 women and 480 men and 250 children are also interviewed.
- Fieldwork is generally conducted in fourth week of each month (with exception of December when it is put back to the first week in January to avoid Christmas and New Year).

## Survey Questions

### Sport Questions for Adults

The following are the current questions for adults (16+).

- [All respondents] In the last 4 weeks, have you taken part, however informally, in any of these sports or physical recreations in Scotland? *[Asked Jan/Mar/May/July/Sept/Nov. See below for checklist of 57 sports shown to the respondent.]*

- [If YES] Which sports or physical recreations have you taken part in during the last 4 weeks in Scotland?

PROBE: Any others? PROBE: Any others not on this list?

*[Asked Jan/Mar/May/July/Sept/Nov]*

- [For each sport mentioned up to five] How many times have you taken part in <APPROPRIATE SPORT> in last 4 weeks?

*[Asked Mar/July/Nov]*

- [For each sport mentioned up to five] Are you a member of a club for <APPROPRIATE SPORT>?

- Yes – club member
- No – not a member

*[Asked Jan/Mar/May/July/Sept/Nov]*

- [If walking (2+ miles) mentioned] On the last occasion you went for a walk of 2 miles or more, was that mainly in the countryside or in a built-up area?

- Countryside
- Built-up area (including an urban park)
- Other

## Sports Questions for Children

These questions are asked of children aged 8-15.

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

IF YES: Which one(s)?

PROBE Any others on this screen?

*[Asked Jan/Mar/May/July/Sept/Nov. See below for checklist of 58 sports shown to the respondent.]*

- [Participants with over five sports] Of the following sports you said you did, which 5 of these sports do you do most often?

*[Asked Jan/Mar/May/July/Sept/Nov]*

- [For each sport mentioned up to five] How many times have you taken part in <APPROPRIATE SPORT> in last 4 weeks?

- [For each sport mentioned up to five] Where did you take part in <APPROPRIATE SPORT> ?

- In a school PE lesson
- Organised through the school but not in PE time (such as an after-school football club, school swimming competition)
- Organised through some sort of group (such as a youth club, Girl Guides, Boys Brigade)

- Organised through some sort of sports club (local tennis club, football club, etc)
- Or was it casual, that is not organised through the school or any other club - at home, in the garden, in the street, park, swimming pool etc
- Other

*[Asked Mar/July/Nov]*

- [For each sport mentioned up to five] Are you a member of a sports club for <APPROPRIATE SPORT>, that is a club where <APPROPRIATE SPORT> is the main activity?

- Yes - club member
- No not a member

*[Asked Mar/July/Nov]*

## Interview Reasoning

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

- Use of a list is important as respondents may not regard some physical recreations as being sports. Using no list, 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 and other national surveys of sports participation.
- '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 are collected via a *quota* sampling approach, whereby each interviewer is given a target number of people to interview within certain age and gender 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  $\pm 3$  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 (2004-06) 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. Year on year variations may be misleading and using a three-year sample allows the real changes to emerge rather than those caused by sample variation.

### Peak 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.

# Sport and Physical Recreation: Definitional Issues

## Grouped Sports

The following groupings have been used to date for analytical purposes.

<b>Sports</b>
This is the main grouped category and comprises all 57 sports included on the list shown to respondents except Walking (2+ miles), plus others if the respondent identified any eligible sports when prompted with 'any other sports'. 'Eligible' is defined as the sports and physical recreations recognised by the UK sports councils for purposes of investment or services. Angling; Athletics; Badminton; Basketball; Bowls – outdoor; Bowls – indoor; Canoeing/ Kayaking; Climbing – outdoor; Climbing – indoor; Cricket; Curling; Cycling - on the road; Cycling - on a cycle path (eg, canal towpath, National Cycle Network); Cycling - mountain biking/ off-road on a purpose-built track or facility; Cycling - mountain biking/ off-road elsewhere; Cycling - BMX at a purpose built facility; Cycling - BMX elsewhere; Cycling – velodrome; Dance; Football (11-a-side); Football (5-a-side) – outdoor; Football (5-a-side) – indoor; Football - in street/ garden/ wasteland; Golf; Gymnastics; Hillwalking; Hockey; Horse riding; Ice skating; Judo; Keep fit/ aerobics; Martial arts; Netball; Powerboating/ jet skiing; Rowing; Rugby; Running/ jogging; Sailing/ windsurfing; Shinty; Skateboarding/ Inline skating; Skiing/ Snowboarding; Snooker/ Billiards/ Pool; Squash; Subaqua; Surfing/ Body boarding; Swimming (outdoor); Swimming (leisure pool); Swimming (traditional pool); Table tennis; Tenpin bowling; Tennis – outdoor; Tennis – indoor; Use of multigym/ Weight training; Volleyball; Waterskiing and Yoga
<b>Sports plus Walking</b>
As above plus Walking provided the occasion was for at least two miles.
<b>Sports less Physical Recreations</b>
This category excludes the popular physical recreations of Dance and Snooker/Billiards/Pool as well as excluding Walking.
<b>Indoor sports</b>
These are defined as sports mainly or exclusively undertaken indoors and comprise the following: Badminton; Basketball; Bowls (indoor); Climbing (indoor); Curling; Dancing; Football (5-a-side indoor); Gymnastics; Ice skating; Judo; Keep fit/Aerobics; Martial arts; Multigym use/Weight training; Netball; Snooker/Billiards/Pool; Squash; Swimming (leisure pool); Swimming (traditional pool); Table tennis; Tenpin bowling; Tennis (indoor); Volleyball; Yoga. All these sports were on the list shown to the respondent. If the respondent identified any further indoor sports when prompted with 'any other sports', these are also included in the group for analysis.
<b>Hall sports</b>
These are defined as sports whose main provision is multi-use indoor facilities. They comprise Badminton; Basketball; Dance; Football (5-a-side indoor); Gymnastics; Judo; Keep fit/Aerobics; Martial arts; Multigym use/Weight training; Netball; Table tennis; Volleyball; Yoga. All these sports were on the list shown to the respondent. If the respondent identified any further hall sports when prompted with 'any other sports', these are also included in the group for analysis.
<b>Indoor swimming</b>
Indoor only, ie Swimming (leisure pool) and Swimming (traditional pool).
<b>Other indoor sports</b>
Includes all indoor sports not captured by 'Hall sports' or 'Swimming', namely, Bowls (indoor), Climbing (indoor), Curling, Ice skating, Snooker/Billiards/Pool, Squash, Tenpin bowling and Tennis (indoor).
<b>Team sports</b>
Comprises Basketball, Cricket, Football, Hockey, Netball, Rugby, Shinty and Volleyball. All these sports were on the list shown to the respondent. If the respondent identified any further team sports when prompted with 'any other sports', these are also included.

<b>Pitch sports</b>
Defined as sports whose main provision is natural-grass or artificial-surface pitches, and includes the following: Cricket, Football (11-a-side), Football (5-a-side outdoor), Hockey, Rugby and Shinty. All these sports were on the list shown to the respondent. If the respondent identified any further pitch sports when prompted with 'any other sports', these are also included.
<b>Countryside sports</b>
Comprises Angling, Canoeing/Kayaking, Climbing (outdoor), Cycling (mountain biking/off-road on a purpose-built track or facility), Cycling (mountain biking/off-road elsewhere), Cycling (countryside), Hillwalking, Horse riding, Powerboating/Jetskiing, Sailing/Windsurfing, Skiing/Snowboarding, Subaqua, Surfing/Bodyboarding, Swimming (outdoor) and Waterskiing.
<b>Other outdoor sports</b>
These comprise sports undertaken mainly or exclusively outdoors, excluding the Countryside sports: Athletics, Bowls (outdoor), Cricket, Cycling (on the road), Cycling (on a cycle path), Cycling (BMX at a purpose-built facility), Cycling (BMX elsewhere), Cycling (velodrome), Football (11-a-side), Football (5-a-side outdoor), Football (in street/garden/wasteland), Golf, Hockey, Rowing, Rugby, Running/jogging, Shinty, Skateboarding/Inline skating and Tennis (outdoor).

Note: Darts was only recognised in 2005 by the UK Sports Councils for purposes of investment and services, and will appear in the 2006-08 participation report. It becomes the 58<sup>th</sup> sport or physical recreation on the list shown to respondents.

## 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).