

Sports Participation in Scotland 2007

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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 2005-07, 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 in this report as having participated 'at least once a month').

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 2% of women took part in football during the most popular two months of each year 2005-07.***

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

- ***31% of male football participants and 16% of female football participants were members of a football club in 2005-07.***

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 2005-07, 34% of the adult population of Scotland participated in sport or physical recreation (excluding walking) at least once a week (Table 1).
- The equivalent figure for participation at least once a month was 47% (Table 2).
- When walking (2+ miles) is included, the figure rises to 48% at least once a week (Table 1) and 60% for at least once a month.
- Participation rates have not changed significantly since the last report in 2004-06 (Tables 3, 5).

Children (8-15)

- Participation at least once a week for 8-15 year olds in 2005-07 (excluding physical education) was 82% excluding walking and 84% including walking (Table 1).
- For participation at least once a month, the rate for children was 92% excluding walking and 93% including walking (Table 2).
- The participation rate (at least once a month) has not shown any significant change from 2004-06 (Tables 4, 6).

Participation in Individual Sports

Adults

- The most popular activities for adults after walking 2+ miles (30%) are swimming (16%), football (10%), cycling (10%), golf (9%) and keep-fit/aerobics (6%) (Tables 7, 8).
- There has been no discernable change in the popularity of sports over the past year (Table 8).
- Over the past ten years there have been significant declines in participation (at least monthly) in dance, keep-fit/aerobics, snooker/billiards/pool, swimming and tenpin bowling. The number of people walking 2+ miles has increased (Table 8).

Children

- The most popular activities for 8-15 year olds are football (52% at least once a month), swimming (37%), cycling (36%), dance (16%) and running/jogging (11%) (Table 7).

- Cycling has shown a sharp fall in participation for the second successive year (Table 9).

Gender Differences

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

Adults

- For participation in *Sports plus Walking*, there has been little overall change in female participation over the past 10 years. However, there has been a fall in participation when walking is excluded (1995-97 46% to 2005-07 39%) (Tables 3, 5).
- Male participation shows little change over the same trend period (Tables 3, 5).
- In addition to walking 2+ miles (33%), female participation is highest in four activities – swimming (18%), keep-fit/aerobics (9%), cycling (7%), and dancing (6%) (Figure 1, Table 10).
- Men tend to participate in a slightly wider range of activities, with nine activities having participation rates of above five per cent, compared to five for females (Figure 1). In addition to walking (26%), the most popular activities are football (19%), golf (16%), cycling (13%), swimming (13%), multigym/weight training (7%), snooker/billiards/pool (6%), running/jogging (6%) and hillwalking (5%) (Figure 2, Table 10).

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). More than a quarter of girls (27%) participate in football at least once a month (Figure 3).
- Swimming is the most popular sport for girls with 43% participating at least once a month in 2005-07 compared with 32% of boys (Table 11).
- Cycling participation is very similar for girls and boys (at least once a month) with 36% of boys and 35% of girls taking part (Table 11). The fall in participation from 2004-06 to 2005-07 noted above has affected both genders equally.

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 significant fall in participation in *Sports* (at least once a month) over the periods 2000-02 to 2005-07. The rate for 2005-07 is lower (72%) than it was ten years previously in 1995-97 (80%) (Table 3, Figure 1).
- Participation (at least once a month) among those aged 55+ (29%) is very similar to the figure for ten years earlier (28%), but is lower than its peak in 1998-2000 (34%).

Children

- There has been a noticeable drop in participation (at least once a month) by 12-15 year olds in the period from 96% in 1998-2000 when data was first collected on children's participation to 89% in 2005-07 (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 over the past ten years, due to a sharper decline in C1 participation than C2 (Table 3).

Frequency of Participation

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

Adults

- Cycling remains the activity most frequently undertaken by participants (on average at least three times in the last four weeks), followed by horse riding (three times in the last four weeks) (Table 12).
- On average, adult walkers had walked 2+ miles at least twice in the last month (Table 12).

Children

- Boys participate in sport more frequently than girls in all grouped activities with the exceptions of hall and indoor sports (Table 13).
- Boys generally participate more frequently in sports and physical recreations than girls, with the exception of multigym/weight training (Table 13).

Club Membership

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

Adults

- Male participants are most likely to participate (at least once a month) through club membership in bowls (84%), judo (82%) and rugby (74%) (Table 14).
- For female participants the sports most participated in through club membership (at least once a month) are curling (79%), multigym/weight training (70%) and bowls (67%) (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 42% of males who are club members. In pitch sports 37% of male participants take part through club membership compared with only 18% of females, and in outdoor sports 43% of male participants take part through a club compared with 21% of females (Table 14).

Children

- Judo and martial arts are the activities children are most likely to be undertaking as members of a club (Table 15).
- Indoor and hall sports have significantly higher participation through club membership for girls than boys (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.

Table 1: Overall participation in sports and physical recreations (at least once a week) 2005-07: all respondents (peak months)

	Sports	Sports plus Walking	Sports less Physical Recreations	Scottish population 2007
	Percentage of respondents in each category participating at least weekly			
Total				
Adults (16+)	34	48	33	4,227,200
Children (8-15)	82	84	78	482,500
Gender				
Men (16+)	42	53	42	2,016,300
Women (16+)	27	44	25	2,210,900
Boys (8-15)	87	88	87	246,800
Girls (8-15)	76	79	67	235,700
Age				
8-11	87	88	85	232,400
12-15	77	80	71	250,100
16-24	52	62	48	610,800
25-34	47	60	45	629,300
35-54	35	51	35	1,509,500
55+	22	36	20	1,477,600
Social class - adults				
AB	44	58	42	
C1	38	53	36	
C2	35	49	34	
DE	22	36	21	
Social class - children				
AB	85	87	80	
C1	80	82	75	
C2	84	85	80	
DE	81	83	78	

Sample numbers: Adults 6,151; Children 1,135

Interpretation Note: Simple calculations can be made to estimate the numbers take part in sport and physical recreation, for example, 34% of adult and 82% of child respondents took part in *Sports* at least once a week, representing about 1,437,000 adults and 396,000 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 2007 mid-year population estimates (<http://www.gro-scotland.gov.uk/files1/stats/07mype-cahb-t1.xls>).
- Illustration: Whilst 44% of women in Scotland take part in *Sports plus Walking* at least once a week, only 27% participate when walking is excluded.

Table 2: Overall participation in sports and physical recreations (at least once a month) 2005-07: all respondents (peak months)

	Sports	Sports plus Walking	Sports less Physical Recreations	Scottish population 2007
	Percentage of respondents in each category participating at least monthly			
Total				
Adults (16+)	47	60	46	4,227,200
Children (8-15)	92	93	90	482,500
Gender				
Men (16+)	56	65	55	2,016,300
Women (16+)	39	56	37	2,210,900
Boys (8-15)	95	95	95	246,800
Girls (8-15)	89	91	85	235,700
Age				
8-11	96	96	94	232,400
12-15	89	90	86	250,100
16-24	72	78	69	610,800
25-34	62	73	61	629,300
35-54	51	65	50	1,509,500
55+	29	45	28	1,477,600
Social class - adults				
AB	59	73	58	
C1	52	66	50	
C2	49	61	47	
DE	32	44	31	
Social class - children				
AB	96	97	93	
C1	91	92	89	
C2	91	92	89	
DE	92	93	90	

Sample numbers: Adults 6,151; Children 1,135

Interpretation Note: simple calculations can be made to estimate the numbers take part in sport and physical recreation, for example, 47% of adult and 92% of child respondents took part in *Sports* at least once a month, representing about 1,987,000 adults and 444,000 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.
- Population figures are from the General Register Office for Scotland 2007 mid-year population estimates (<http://www.gro-scotland.gov.uk/files1/stats/07mype-cahb-t1.xls>).
- Illustration: Whilst 65% of men in Scotland take part in *Sports plus Walking* at least once a month, only 56% participate when walking is excluded.

Figure 1: Profile of participation at least once a month by age 2005-07; all respondents (peak months)

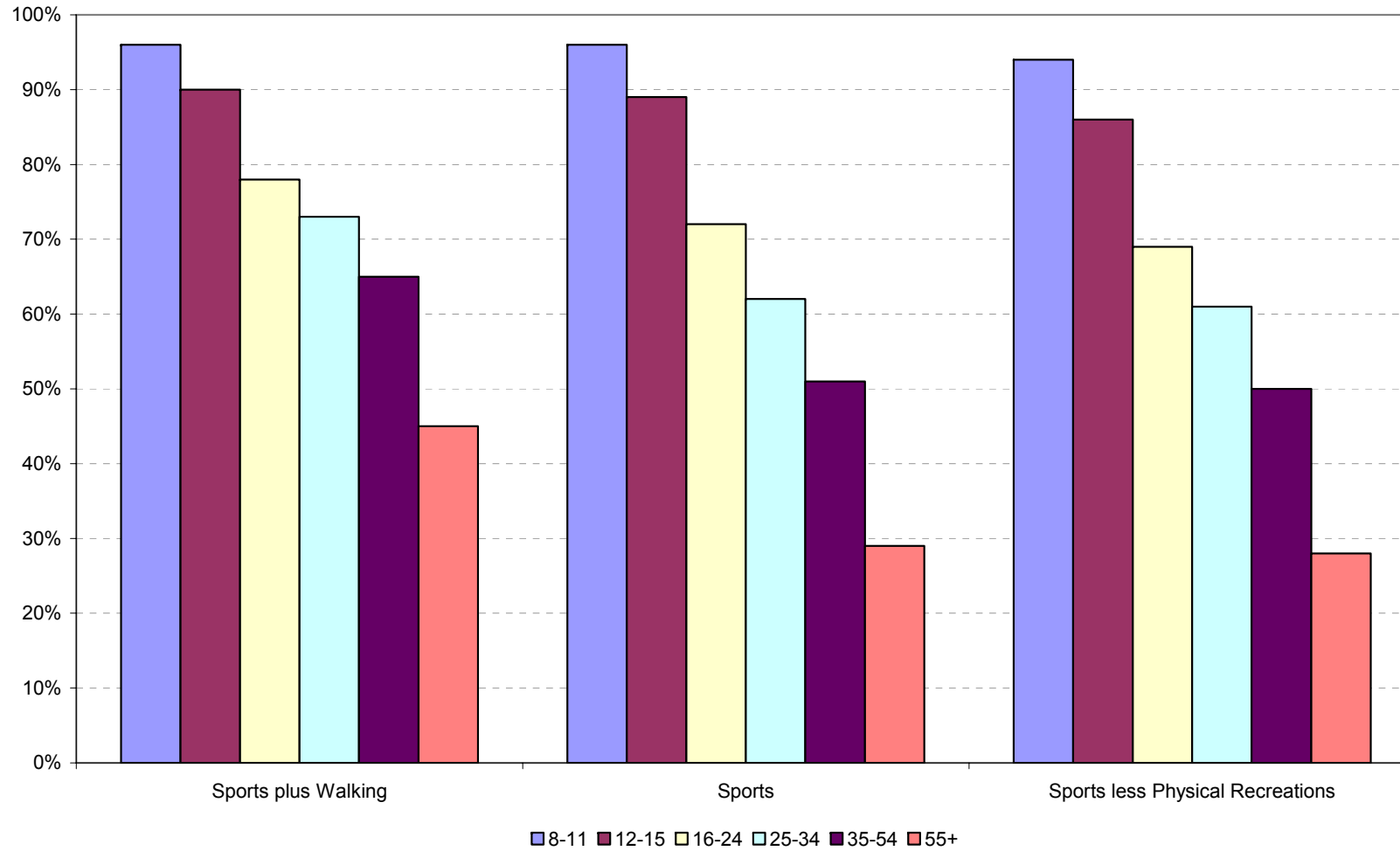


Figure 2: Profile of participation at least once a month by social class 2005-07; adults 16+ (peak months)

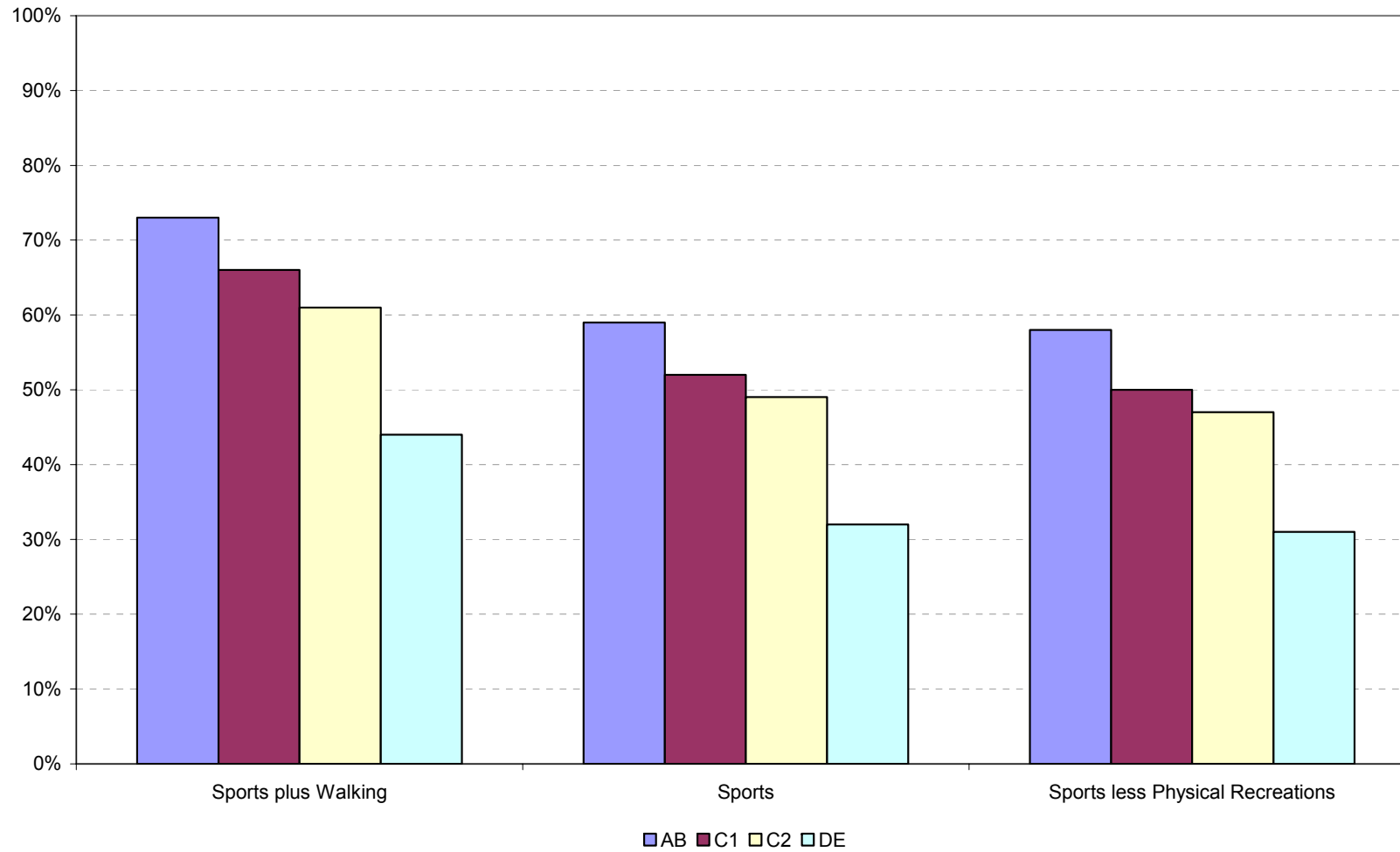


Table 3: Trends in participation in *Sports* (at least once a month) 1994-96 to 2005-07: adults 16+ (peak months)

	94-96	95-97	96-98	97-99	98-00	99-01	00-02	01-03	02-04	03-05	04-06	05-07
Total	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	47
Sex												
Male	59	58	59	62	63	61	60	58	57	59	57	56
Female	46	46	47	48	49	49	47	46	43	42	40	39
Age												
16 - 24	79	80	81	81	80	79	80	78	74	74	73	72
25 - 34	66	66	67	69	69	69	66	64	62	64	63	62
35 - 54	54	53	55	58	60	59	56	54	52	54	51	51
55+	27	28	30	33	34	33	31	30	29	29	29	29
Social Class												
AB	66	64	64	65	66	67	65	63	62	61	60	59
C1	60	59	62	63	64	62	60	57	56	55	53	52
C2	53	53	53	57	58	58	54	53	51	52	50	49
DE	39	38	39	40	41	40	40	39	35	37	34	32

Notes:

- This table excludes walking 2+ miles.
- Illustration: Whilst 47% of men adults took part in *Sports* in 2005-07 compared with 52% in 1994-96.

Table 4: Trends in participation in *Sports* (at least once a month) 1998-2000 to 2005-07: children 8-15 excluding PE (peak months)

	98-00	99-01	00-02	01-03	02-04	03-05	04-06	05-07
Total	Percentage of respondents in each category who take part at least once a month							
Age 8-15	97	96	97	97	95	95	93	92
Sex								
Boys	98	98	98	99	98	97	96	95
Girls	95	95	95	94	91	92	90	89
Age								
8 - 11	98	98	98	98	97	98	96	96
12-15	96	95	96	95	92	91	91	89
Social Class								
AB	99	99	99	98	98	98	99	96
C1	99	99	99	98	95	96	93	91
C2	95	96	95	95	95	95	93	91
DE	95	94	95	95	92	92	91	92

Notes:

- This table excludes walking 2+ miles.
- Illustration: 89% of 12-15 year-olds took part in *Sports* in 2005-07 compared with 95% in 1998-2000.

Table 5: Trends in participation in *Sports plus Walking* (at least once a month) 1994-96 to 2005-07: 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	05-07
Total	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	60
Sex												
Male	65	64	66	68	70	69	67	65	65	68	66	65
Female	55	55	57	59	59	60	58	58	57	59	55	56
Age												
16 - 24	80	82	83	84	84	84	83	81	78	80	79	78
25 - 34	73	72	74	77	77	77	73	72	72	75	72	73
35 - 54	62	62	65	67	69	68	66	65	64	66	63	65
55+	39	39	42	44	45	45	44	44	44	47	44	45
Social Class												
AB	72	73	72	73	72	74	73	73	75	74	72	73
C1	67	66	69	71	74	72	70	67	67	68	67	66
C2	62	62	62	67	67	67	64	64	61	65	61	61
DE	47	47	49	49	51	50	49	48	46	49	45	44

Notes:

- This table includes walking 2+ miles.
- Illustration: 45% of those aged 55+ took part in *Sports plus Walking* in 2005-07 compared with 39% in 1994-96.

Table 6: Trends in participation in *Sports plus Walking* (at least once a month) 1998-2000 to 2005-07: children 8-15 excluding PE (peak months)

	98-00	99-01	00-02	01-03	02-04	03-05	04-06	05-07
Total	Percentage of respondents in each category who take part at least once a month							
Age 8-15	98	97	97	98	95	96	94	93
Sex								
Boys	98	99	99	99	98	97	96	95
Girls	97	96	96	96	93	94	91	91
Age								
8-11	99	98	99	98	97	98	96	96
12-15	97	96	96	97	94	94	92	90
Social Class								
AB	99	99	99	99	99	98	99	97
C1	99	99	99	99	96	97	94	92
C2	98	98	97	96	96	96	94	92
DE	96	95	96	97	93	93	92	93

Notes:

- This table includes walking 2+ miles.
- Illustration: 91% of girls took part in *Sports plus Walking* in 2005-07 compared with 97% in 1998-2000.

Table 7: Most popular sports and physical recreations (at least once a month) 2005-07: all (peak months)

Adults (16+)	%	Children (8-15)	%
Swimming	16	Football	52
Football	10	Swimming	37
Cycling	10	Cycling	36
Golf	9	Dance	16
Keep fit/Aerobics	6	Running/Jogging	11
Multigym/Weight training	5	Golf	10
Running/Jogging	4	Tennis	7
Hill walking/Climbing/Mountaineering	4	Basketball	6
Dance	4	Badminton	6
Bowls	4	Gymnastics	5
Snooker/Billiards/Pool	3	Rugby	5
Angling	3	Skateboarding/Inline skating	5
Badminton	2	Athletics	4
Tenpin bowling	2	Ice skating	4
Yoga	2	Snooker/Billiards/Pool	4
Sailing	1	Netball	4
Tennis	1	Martial arts	3
Basketball	1	Hockey	3
Martial arts	1	Angling	3
Horse riding	1	Horse riding	3
Rugby	1	Judo	2
Ice skating	1	Tenpin bowling	2
Squash	1	Bowls	2
Athletics	1	Table tennis	2
Skiing	1	Hill walking/Climbing/Mountaineering	2
Gymnastics	1	Cricket	1
Table tennis	1	Keep fit/Aerobics	1
Canoeing/Kayaking	1	Skiing/Snowboarding	1
		Volleyball	1
		Multigym/Weight training	1
		Canoeing/Kayaking	1
		Squash	1
		Yoga	1
		Sailing	1
		Shinty	1

Notes:

- Sports and physical recreations with participation rates of less than 0.5% are excluded.
- Children's participation excludes PE.

Figure 3: Most popular *Sports* at least once a month 2005-07; women 16+ (peak months)

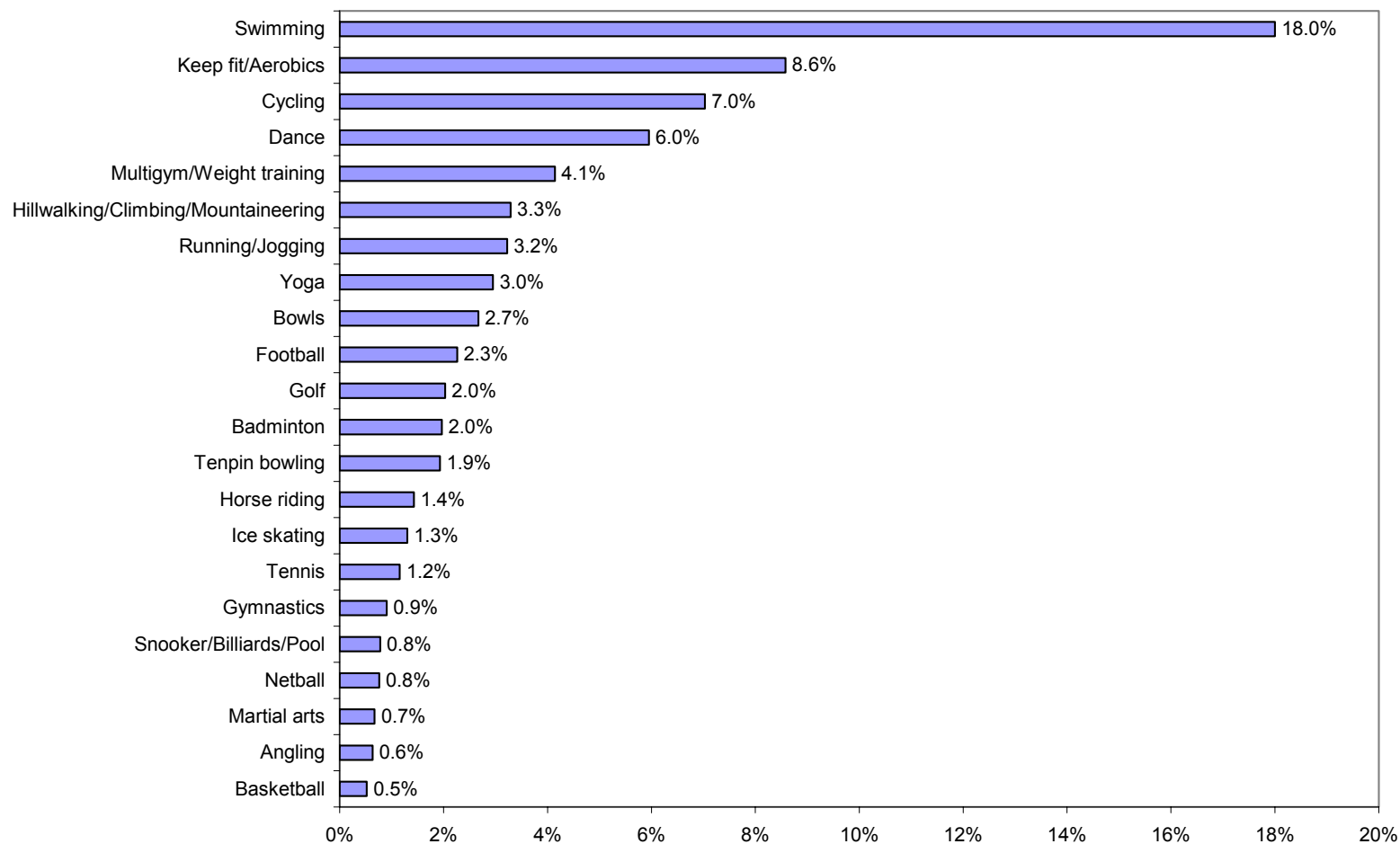


Figure 4: Most popular *Sports* at least once a month 2005-07; men 16+ (peak months)

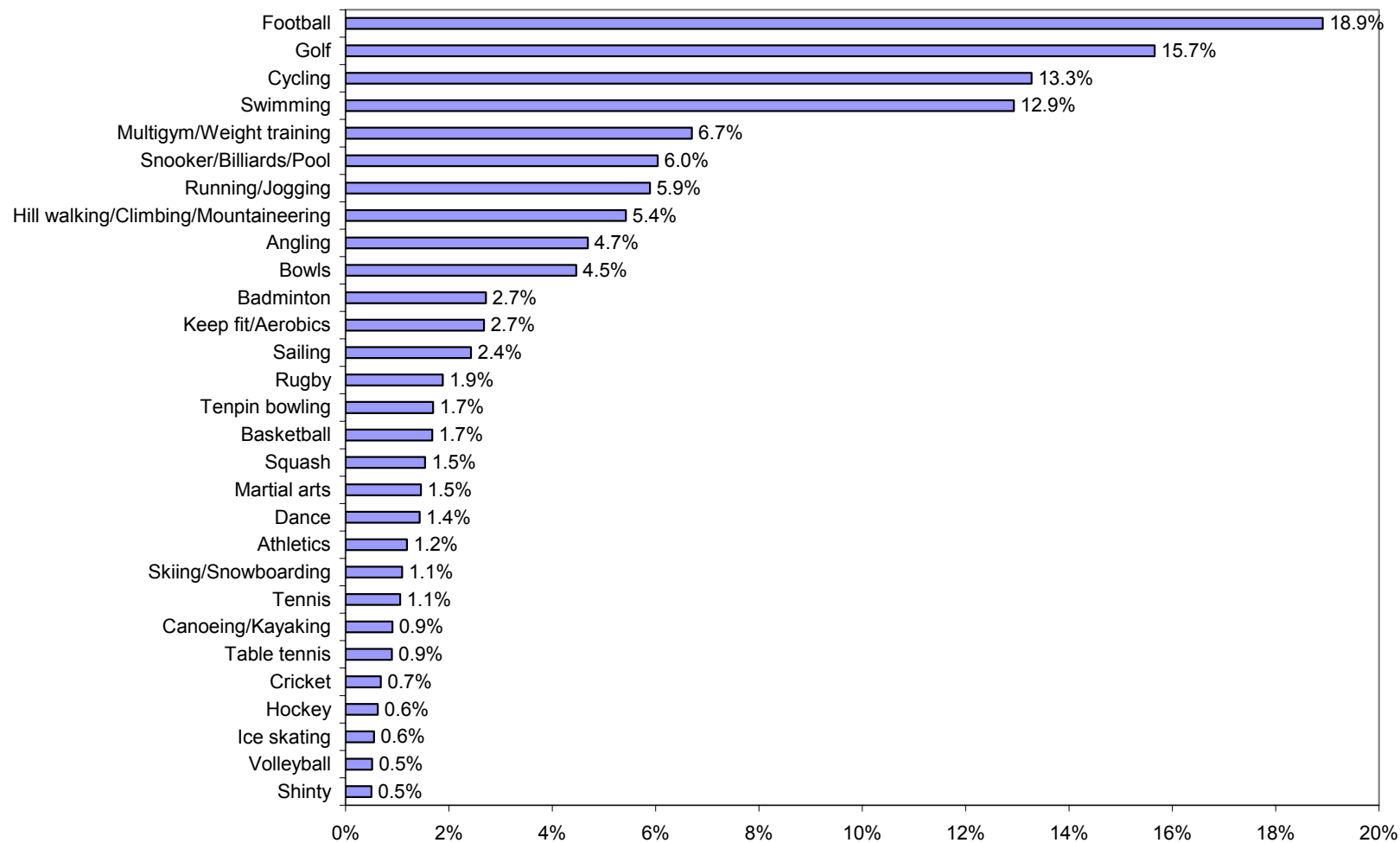


Figure 5: Most popular *Sports* at least once a month 2005-07; girls 8 -15 excluding PE (peak months)

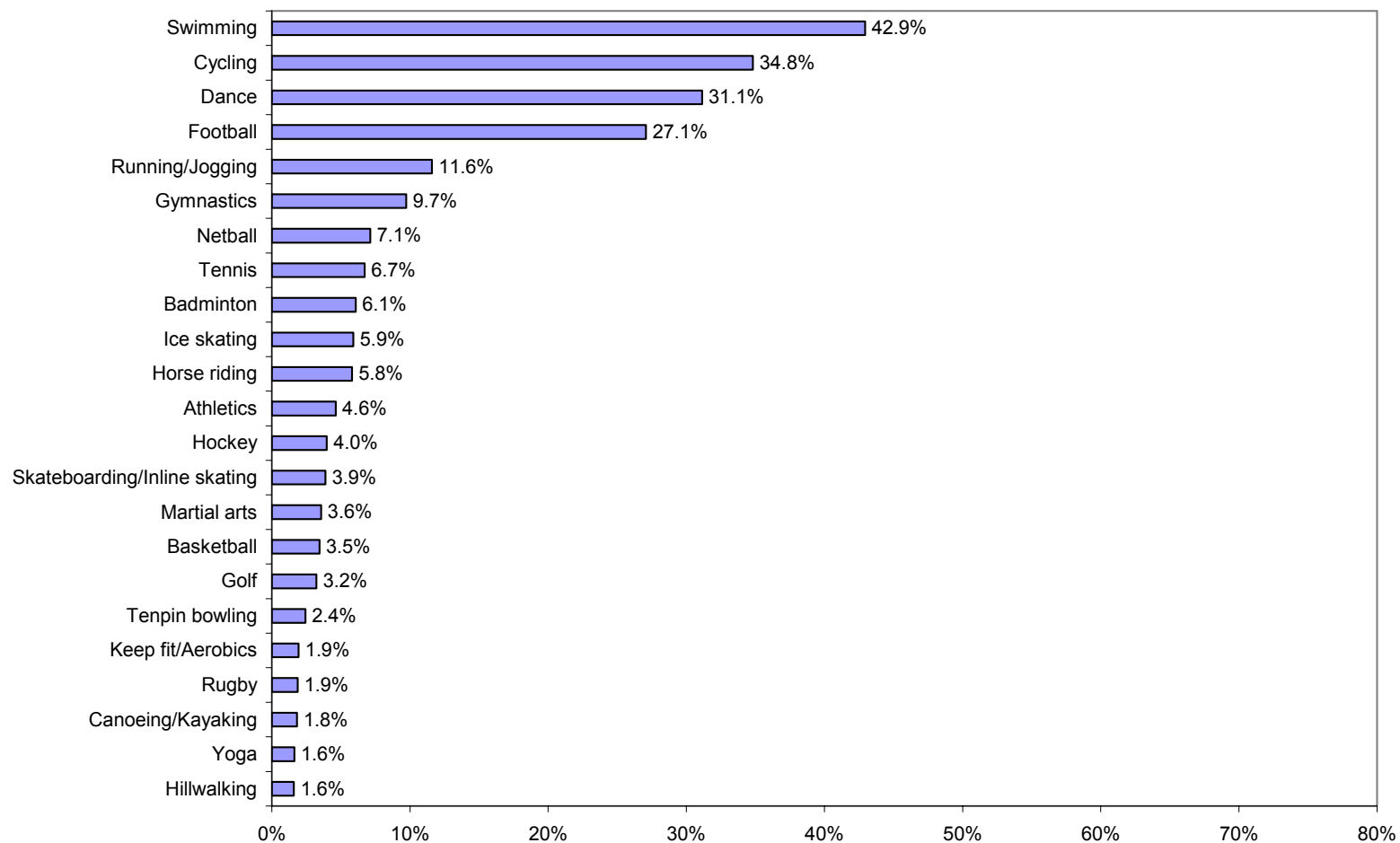


Figure 6: Most popular *Sports* at least once a month 2005-07; boys 8 -15 excluding PE (peak months)

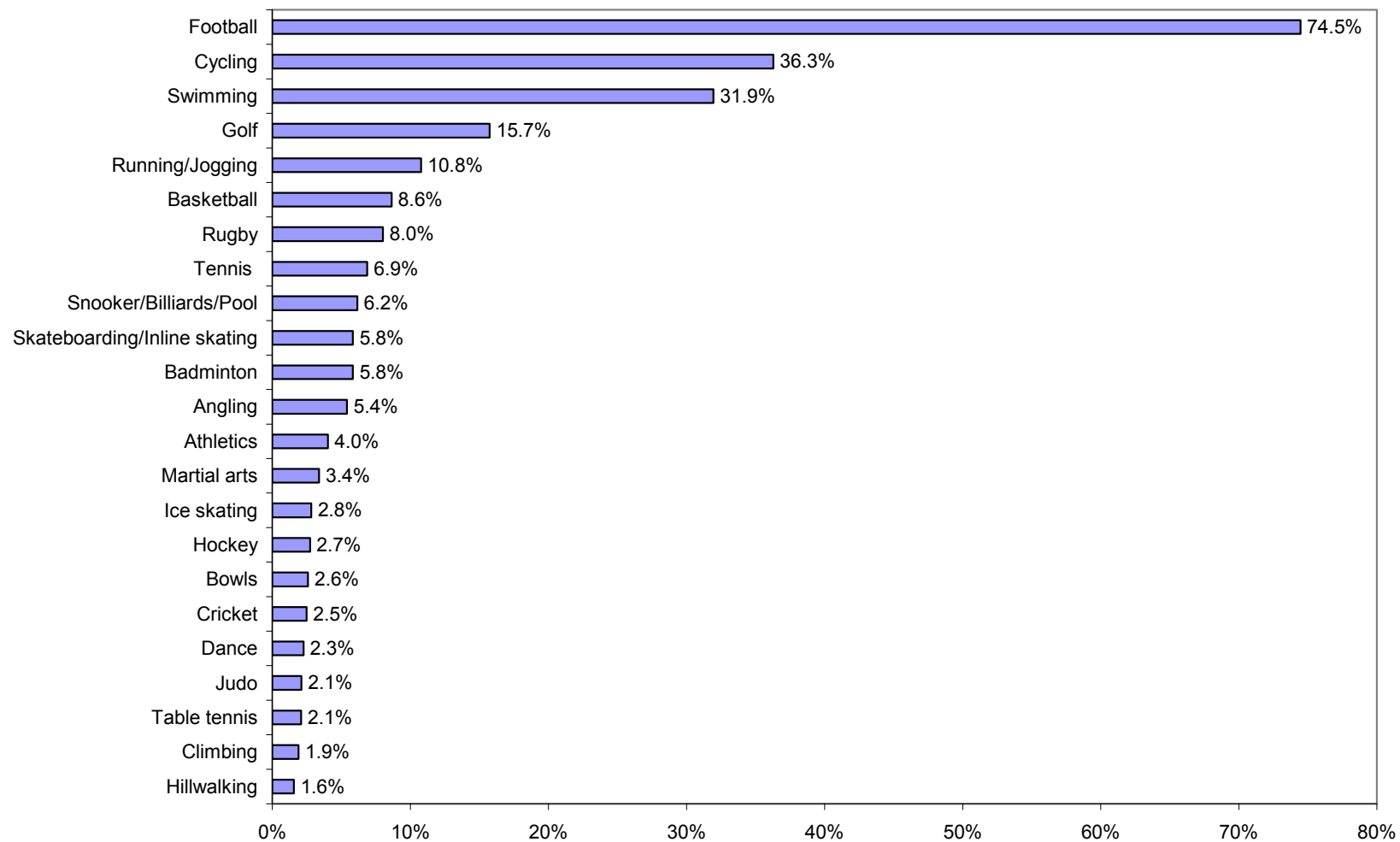


Table 8: Trends in participation in sports and physical recreations (at least once a month) 1994-96 to 2005-07: adults 16+ (peak months)

	94-96	95-97	96-98	97-99	98-00	99-01	00-02	01-03	02-04	03-05	04-06	05-07
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	3
Athletics	1	1	1	1	1	1	1	1	1	1	1	1
Badminton	4	3	3	3	3	3	3	3	3	3	2	2
Basketball	n/a	n/a	n/a	n/a	n/a	n/a	n/a	1	1	1	1	1
Bowls	4	4	4	4	4	4	3	3	3	4	3	4
Canoeing/Kayaking	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	*	*	1	1
Cricket	*	*	*	*	*	*	*	*	*	*	*	*
Curling	*	*	*	*	*	*	*	1	1	*	*	*
Cycling	7	8	9	10	11	10	10	10	10	11	10	10
Dance	7	8	8	9	9	9	8	7	8	6	4	4
Football	10	9	10	10	10	11	10	10	9	10	11	10
Golf	8	9	9	9	10	10	9	8	9	8	8	9
Gymnastics	*	*	1	1	1	1	1	1	1	1	1	1
Hill walking/Climbing/Mountaineering	5	5	5	5	5	5	5	5	5	5	5	4
Hockey	1	1	1	1	1	*	1	*	1	*	*	*
Horse riding	1	1	1	1	1	1	1	1	1	1	1	1
Ice skating	2	2	2	2	1	1	1	1	1	1	1	1
Judo	*	*	*	*	*	*	*	*	*	*	*	*
Keep fit/Aerobics	10	10	9	9	9	9	9	9	10	7	6	6
Martial arts	1	1	1	1	1	1	2	1	2	1	1	1

Continued

Notes:

- The asterisk (*) indicates less than 0.5% participation.
- n/a indicates no data available.
- Illustration: 6% of adults took part in Keep fit/Aerobics in 2004-06 and 2005-07 compared with 10% in 1994-96 and 1995-97.

Table 8 continued: Trends in participation in sports and physical recreations (at least once a month) 1994-96 to 2005-07: 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	05-07
Percentage of respondents in each category who take part at least once a month												
Multigym/Weight training	6	6	7	7	7	7	7	6	8	6	6	5
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	1
Running/Jogging	6	5	5	6	6	6	6	5	6	4	4	4
Sailing	1	1	1	1	1	2	2	2	1	2	2	1
Shinty	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	*	*	*	*
Skiing/Snowboarding	1	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	3
Squash	2	1	1	1	1	1	1	1	1	1	1	1
Swimming	22	21	22	23	23	22	21	19	18	18	16	16
Table tennis	1	1	1	1	1	1	1	1	1	1	1	1
Tennis	2	2	2	2	2	2	2	2	1	1	1	1
Tenpin bowling	7	7	7	7	7	6	5	4	4	2	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	30
Yoga	1	1	1	1	2	2	2	2	3	2	2	2
<i>Sports plus Walking</i>	60	60	61	63	65	64	62	62	61	63	60	60
<i>Sports</i>	52	51	53	55	56	55	53	51	50	50	48	47
<i>Sports less Physical Recreations</i>	49	48	50	51	53	52	50	49	47	48	47	46

Notes:

- The asterisk (*) indicates less than 0.5% participation.
- n/a indicates no data available.
- Illustration: 30% of adults took part in Walking 2+ miles in 2005-07 compared with 24% in 1994-96.

Table 9: Trends in participation in sports and physical recreations (at least once a month) 1998-2000 to 2005-07: children 8-15 excluding PE (peak months)

	98-00	99-01	00-02	01-03	02-04	03-05	04-06	05-07
Percentage of child (8-15) respondents participating at least once a month								
Angling	4	4	5	3	4	4	4	3
Athletics	8	8	8	7	5	8	5	4
Badminton	9	10	12	12	10	11	7	6
Basketball	n/a	n/a	n/a	5	9	10	6	6
Bowls	1	1	1	1	2	2	2	2
Canoeing/Kayaking	n/a	n/a	n/a	n/a	1	1	1	1
Cricket	3	2	2	2	2	3	2	1
Cycling	42	38	35	38	44	47	42	36
Dance	16	15	16	17	17	18	17	16
Football	57	56	56	53	53	55	52	52
Golf	13	12	13	13	12	11	10	10
Gymnastics	6	6	6	8	6	8	4	5
Hill walking/Climbing/Mountaineering	3	2	2	3	4	5	4	2
Hockey	8	6	6	5	4	6	3	3
Horse riding	5	4	5	4	4	4	4	3
Ice skating	8	7	7	6	6	5	4	4
Judo	1	1	1	2	1	1	1	2
Keep fit/Aerobics	6	6	4	4	3	3	1	1
Martial arts	4	5	4	4	4	5	4	3

Continued

Notes:

- The asterisk (*) indicates less than 0.5% participation.
- n/a indicates no data available.
- Illustration: 36% of children took part in cycling in 2005-07 compared with 42% in 1998-2000.

Table 9 continued: Trends in participation in sports and physical recreations (at least once a month) 1998-2000 to 2005-07: children 8-15 excluding PE (peak months)

	98-00	99-01	00-02	01-03	02-04	03-05	04-06	05-07
Percentage of child (8-15) respondents participating at least once a month								
Multigym/Weight training	2	2	2	1	2	2	1	1
Netball	n/a	n/a	n/a	1	4	4	4	4
Rugby	5	6	7	7	6	6	6	5
Running/Jogging	28	27	26	23	21	20	13	11
Sailing/Windsurfing	1	1	1	2	2	2	2	1
Shinty	n/a	n/a	n/a	n/a	1	1	1	1
Skateboarding/Inline skating	n/a	n/a	n/a	n/a	n/a	n/a	n/a	5
Skiing/Snowboarding	1	1	1	1	1	2	1	1
Snooker/Billiards/Pool	12	10	10	8	7	4	4	4
Squash	1	1	1	1	1	1	1	1
Swimming	52	48	46	43	40	42	37	37
Table tennis	4	3	3	3	3	4	2	2
Tennis	11	13	15	14	11	8	7	7
Tenpin bowling	9	7	6	6	4	3	2	2
Volleyball	n/a	n/a	n/a	1	1	2	1	1
Walking 2+ miles	19	18	17	16	16	15	15	14
Yoga	*	*	*	1	1	1	1	1
<i>Sports plus Walking</i>	98	97	97	98	95	96	94	93
<i>Sports</i>	97	96	97	97	95	95	93	92
<i>Sports less Physical Recreations</i>	96	96	96	96	94	94	91	90

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 and 2005-07 compared with 52% in 1998-2000.

Table 10: Participation in sports and physical recreations by gender (at least once a month) 2005-07: adults 16+ (peak months)

	All	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	4	4	3
Bowls indoor	2	3	2
Bowls outdoor	3	4	2
Canoeing/Kayaking	1	1	*
Climbing	1	1	1
Climbing indoor	*	1	*
Climbing outdoor	1	1	1
Cricket	*	1	*
Cycling	10	13	7
Cycling on the road	6	8	5
Cycling on a cycle path (eg, canal towpath, National Cycle Network)	4	5	3
Mountain biking/off-road	3	5	1
Dance	4	1	6
Football	10	19	2
Football: 11-a-side	3	6	*
Football: 5-a-side all	6	13	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	5	2
Golf	9	16	2
Gymnastics	1	*	1
Hillwalking	4	5	3
Hockey	*	1	*
Horse riding	1	*	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 2% of women.

Table 10 continued: Participation in sports and physical recreations by gender (at least once a month) 2005-07: adults 16+ (peak months)

	All	Men	Women
	Percentage of respondents aged 16+ participating at least once a month		
Ice skating	1	1	1
Keep fit/Aerobics	6	3	9
Martial arts	1	1	1
Multigym use/Weight training	5	7	4
Netball	*	*	1
Rugby	1	2	*
Running/Jogging	4	6	3
Sailing/Windsurfing	1	1	*
Shinty	*	1	*
Skiing/Snowboarding	1	1	*
Snooker/Billiards/Pool	3	6	1
Squash	1	2	*
Swimming	16	13	18
Swimming in leisure pool	12	10	13
Swimming in traditional pool	4	3	5
Swimming outdoor	1	2	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	30	26	33
Walking 2+ miles in countryside	17	15	18
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: 9% of women took part in Keep fit/Aerobics compared with 3% of men.

Table 11: Participation in sports and physical recreations by gender (at least once a month) 2005-07: children 8-15 (peak months)

	All	Boys	Girls
	Percentage of respondents aged 8-15 participating at least once a month		
Angling	3	5	1
Athletics	4	4	5
Badminton	6	6	6
Basketball	6	9	3
Bowls	2	3	1
Bowls indoor	1	2	*
Bowls outdoor	1	2	*
Canoeing/Kayaking	1	*	2
Climbing	2	2	1
Climbing indoor	1	1	1
Climbing outdoor	1	2	1
Cricket	1	2	*
Cycling	36	36	35
Cycling on a cycle path (eg, canal towpath, National Cycle Network)	10	9	12
Cycling on the road	25	25	25
BMX	2	3	*
Mountain biking/off-road	3	5	1
Dance	16	2	31
Football	52	74	27
Football in street/garden/wasteland	34	49	17
Football: 11-a-side	17	26	6
Football: 5-a-side all	17	26	6
Football: 5-a-side outdoor	13	20	4
Football: 5-a-side indoor	8	11	4
Golf	10	16	3
Gymnastics	5	1	10
Hillwalking	2	2	2
Hockey	3	3	4
Horse riding	3	*	6
Ice skating	4	3	6
Judo	2	2	1
Keep fit/Aerobics	1	1	2

Continued

Notes:

- The asterisk (*) indicates less than 0.5% participation.
- n/a indicates no data available.
- Data excludes participation during PE lessons.
- Illustration: 31% of boys girls took part in dance compared with 2% of boys.

Table 11 continued: Participation in sports and physical recreations by gender (at least once a month) 2005-07: children 8-15 (peak months)

	All	Boys	Girls
	Percentage of respondents aged 8-15 participating at least once a month		
Martial arts	3	3	4
Multigym use/Weight training	1	1	1
Netball	4	1	7
Rugby	5	8	2
Running/Jogging	11	11	12
Sailing/Windsurfing	1	1	1
Shinty	1	1	*
Skateboarding/Inline skating	5	6	4
Skiing/Snowboarding	1	2	1
Snooker/Billiards/Pool	4	6	1
Squash	1	1	*
Swimming	37	32	43
Swimming in leisure pool	28	23	34
Swimming in traditional pool	9	7	10
Swimming outdoor	5	4	6
Table tennis	2	2	1
Tennis	7	7	7
Tennis indoor	1	1	1
Tennis outdoor	6	7	6
Tenpin bowling	2	1	2
Volleyball	1	1	1
Walking 2+ miles	14	10	19
Walking 2+ miles in built-up area incl urban park	5	2	8
Walking 2+ miles in countryside	5	4	6
Yoga	1	*	2

Notes:

- The asterisk (*) indicates less than 0.5% participation.
- n/a indicates no data available.
- Data excludes participation during PE lessons.
- Illustration: 8% of boys took part in rugby compared with 2% of girls.

Table 12: Frequency of participation in sports and physical recreations by gender (at least once a month) 2005-07: adults 16+ (peak months)

	Adults (16+)		
	All	Men	Women
	Average number of days participated in four weeks		
Grouped activities			
<i>Sports plus Walking</i>	3.7	3.7	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	1.2	1.3
<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	2.5	2.1
<i>Pitch sports</i>	0.8	0.7	0.8
Most frequent sports			
Cycling	3.8	4.3	2.9
Horse riding	3.2	4.8	2.7
Multigym/Weight training	2.1	2.0	2.2
Walking 2+ miles	2.0	1.8	2.2
Rugby	1.7	1.8	0.2
Football	1.6	1.6	1.5
Martial arts	1.6	2.0	0.9
Running/Jogging	1.6	1.5	1.7
Tennis	1.6	1.9	1.3
Golf	1.4	1.4	1.5
Most popular sports			
Walking 2+ miles	2.0	1.8	2.2
Swimming	1.3	1.3	1.3
Football	1.6	1.6	1.5
Cycling	3.8	4.3	2.9
Golf	1.4	1.4	1.5
Keep fit/Aerobics	1.2	1.8	1.0
Multigym/Weight training	2.1	2.0	2.2
Running/Jogging	1.6	1.5	1.7
Hill walking/Climbing/Mountaineering	0.6	0.7	0.4
Dance	1.1	1.0	1.2

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: Male cyclists took part a little more often than once a week on average.

Figure 7: Frequency of participation at least once a month by grouped sports 2005-07; adults 16+ (peak months)

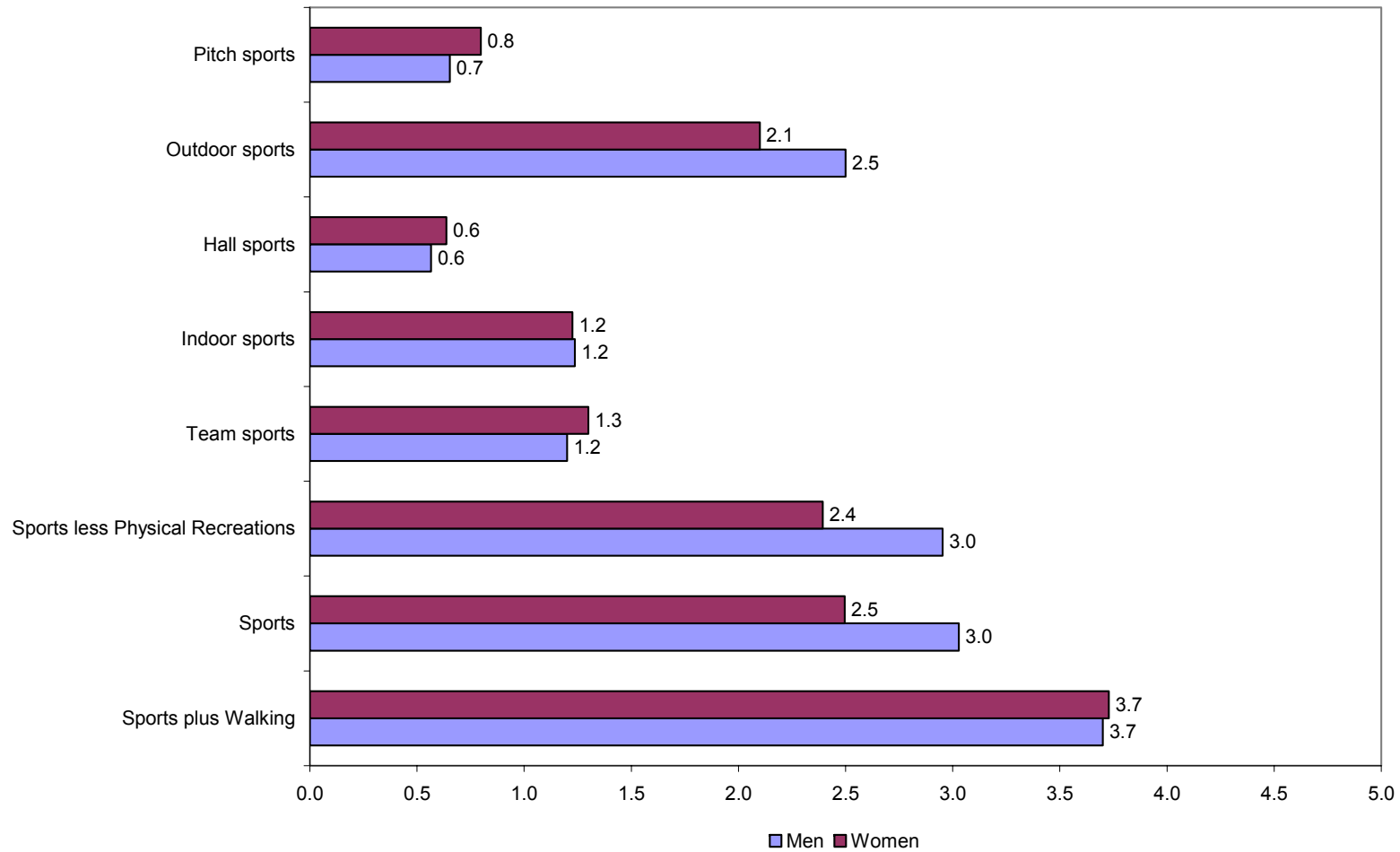


Figure 8: Frequency of participation at least once a month 2005-07; adults 16+ (peak months)

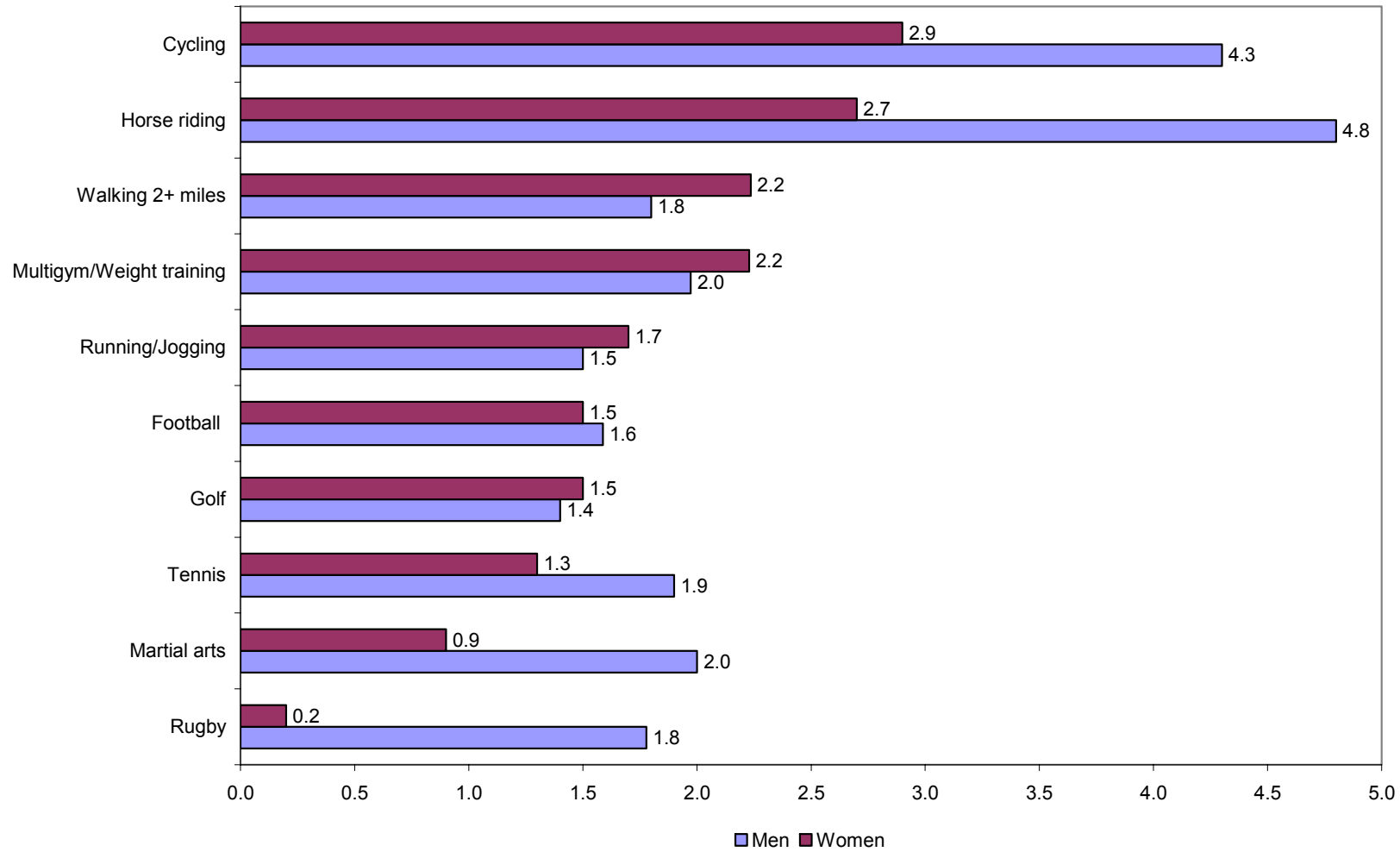


Table 13: Frequency of participation in Sports plus walking by gender at least once a month 2005-07; children 8-15 excluding PE (peak months)

	Children (8-15)		
	All	Boys	Girls
	Average number of days participated in month		
Grouped activities			
<i>Sports plus Walking</i>	5.5	6.2	4.7
<i>Sports</i>	5.2	6.0	4.2
<i>Sports less Physical Recreations</i>	4.9	5.9	3.7
<i>Team sports</i>	3.1	3.5	2.1
<i>Indoor sports</i>	2.1	1.9	2.2
<i>Hall sports</i>	1.9	1.5	2.1
<i>Outdoor sports</i>	4.5	5.2	3.3
<i>Pitch sports</i>	2.1	2.2	1.5
Most frequent sports			
Shinty	3.7	3.7	*
Running/Jogging	3.4	3.6	3.3
Walking 2+ miles	3.1	3.1	3.1
Football	3.1	3.4	2.3
Climbing	2.9	3.3	2.3
Cycling	2.9	3.4	2.2
Multigym/Weight training	2.3	1.9	2.6
Snooker/Billiards/Pool	2.1	2.2	1.3
Curling	2.0	2.0	*
Gymnastics	2.0	3.8	1.8
Most popular sports			
Football	3.1	3.4	2.3
Swimming	1.2	1.3	1.1
Cycling	2.9	3.4	2.2
Dance	2.0	2.1	1.9
Running/Jogging	3.4	3.6	3.3
Golf	1.5	1.6	1.4
Tennis	1.3	1.4	1.1
Basketball	1.4	1.5	1.0
Badminton	0.9	0.8	1.0
Gymnastics	2.0	3.8	1.8

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: Boys who played shinty did so on average once a week during the season.

Figure 9: Frequency of participation at least once a month by grouped sports 2005-07; children 8-15 (peak months)

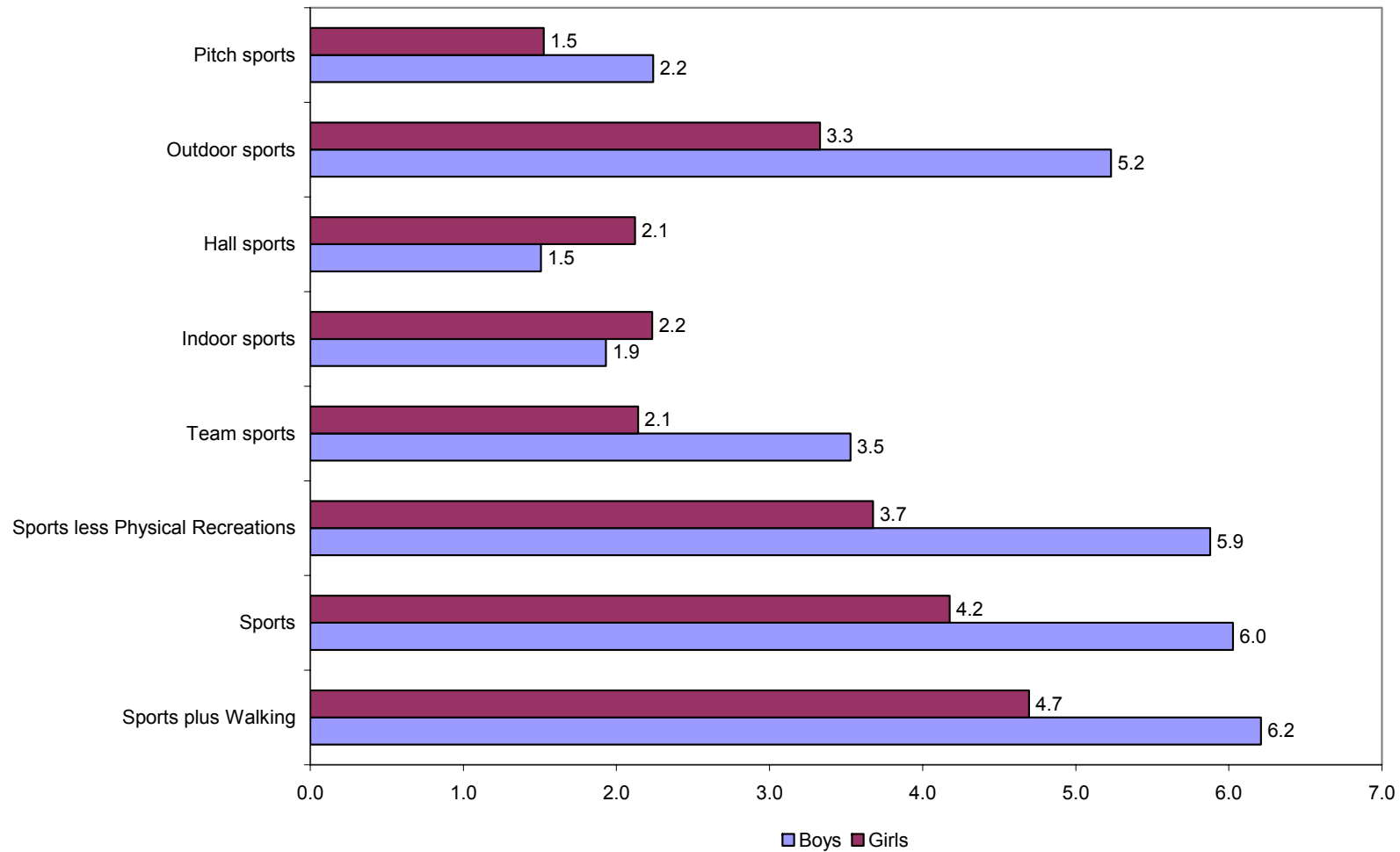


Figure 10: Frequency of participation at least once a month 2005-07; children 8-15 (peak months)

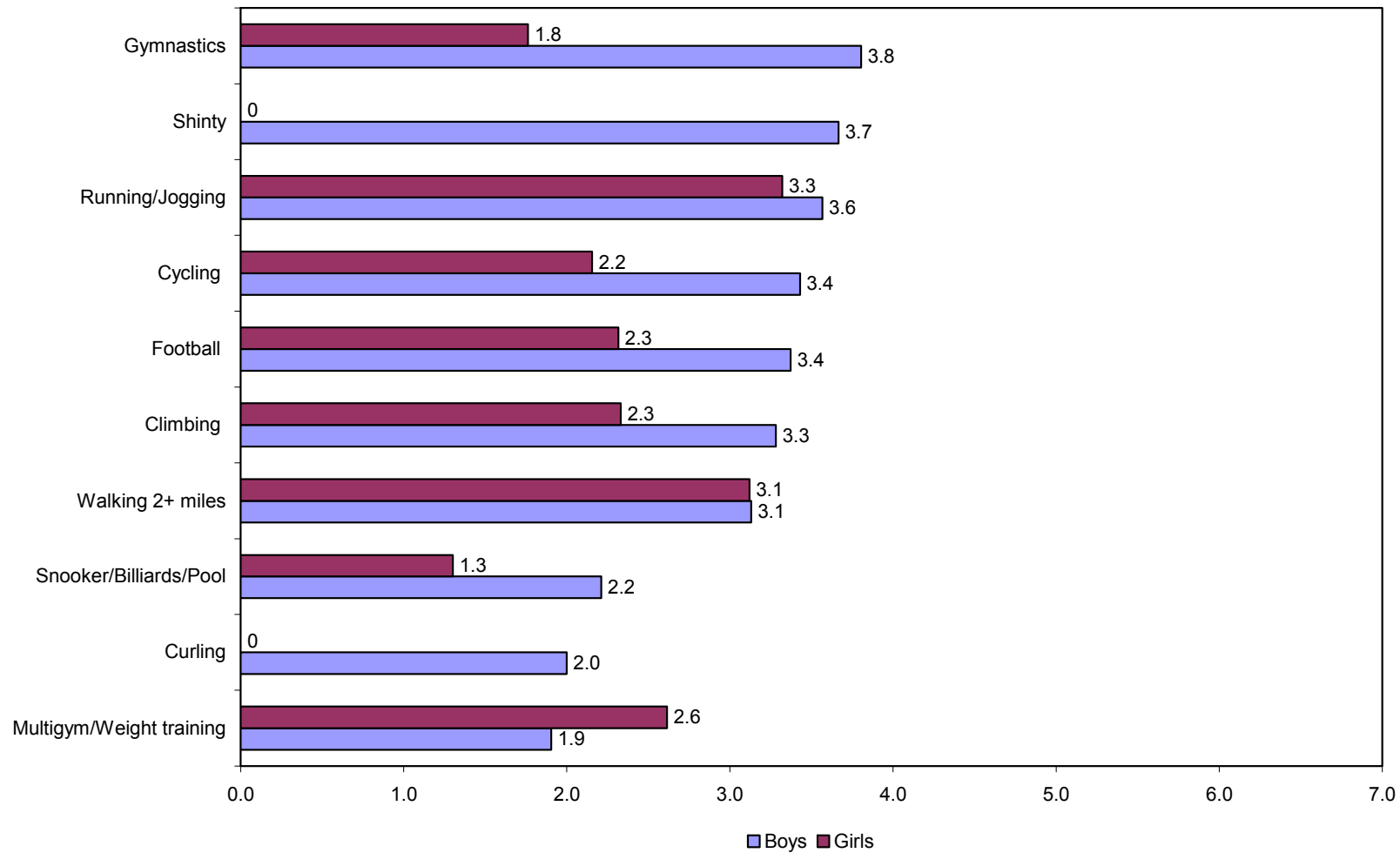


Table 14: Club membership by gender (at least once a month) 2005-07: adults 16+ (all year data)

	All	Men	Women
	Percentage of participants who a club members for the sport(s)		
Grouped sports			
<i>Sports plus Walking</i>	34	40	26
<i>Sports</i>	43	48	36
<i>Sports less Physical Recreations</i>	42	47	35
<i>Team sports</i>	31	33	17
<i>Indoor sports</i>	38	38	37
<i>Hall sports</i>	46	42	48
<i>Outdoor sports</i>	37	43	21
<i>Pitch sports</i>	35	37	18
Highest club membership			
Bowls	78	84	67
Judo	78	82	38
Rugby	71	74	33
Martial arts	70	72	66
Curling	70	62	79
Multigym/Weight training	65	58	74
Golf	64	65	55
Cricket	59	62	27
Gymnastics	53	51	54
Most popular sports			
Walking 2+ miles	2	2	2
Swimming	17	16	18
Football	25	27	6
Cycling	3	4	3
Golf	64	65	55
Keep fit/Aerobics	49	51	49
Multigym	65	58	74
Running/Jogging	11	13	9
Hill walking/Climbing/Mountaineering	10	10	10
Dance	29	24	30

Notes:

- Definitions of *Sports*, *Sports plus Walking*, *Sports less Physical Recreations* and the grouped activities can be found in the methodology section from page 47.
- All year data is used to provide the full profile of participants.
- Illustration: Nearly half (47%) of men who take part in sports, excluding walking, dance and snooker/billiards/pool, are a member of a club for at least one sport they take part in, compared with just over a third (35%) of women.

Figure 11: Participation through club membership at least once a month 2005-07; adults 16+ (all year data)

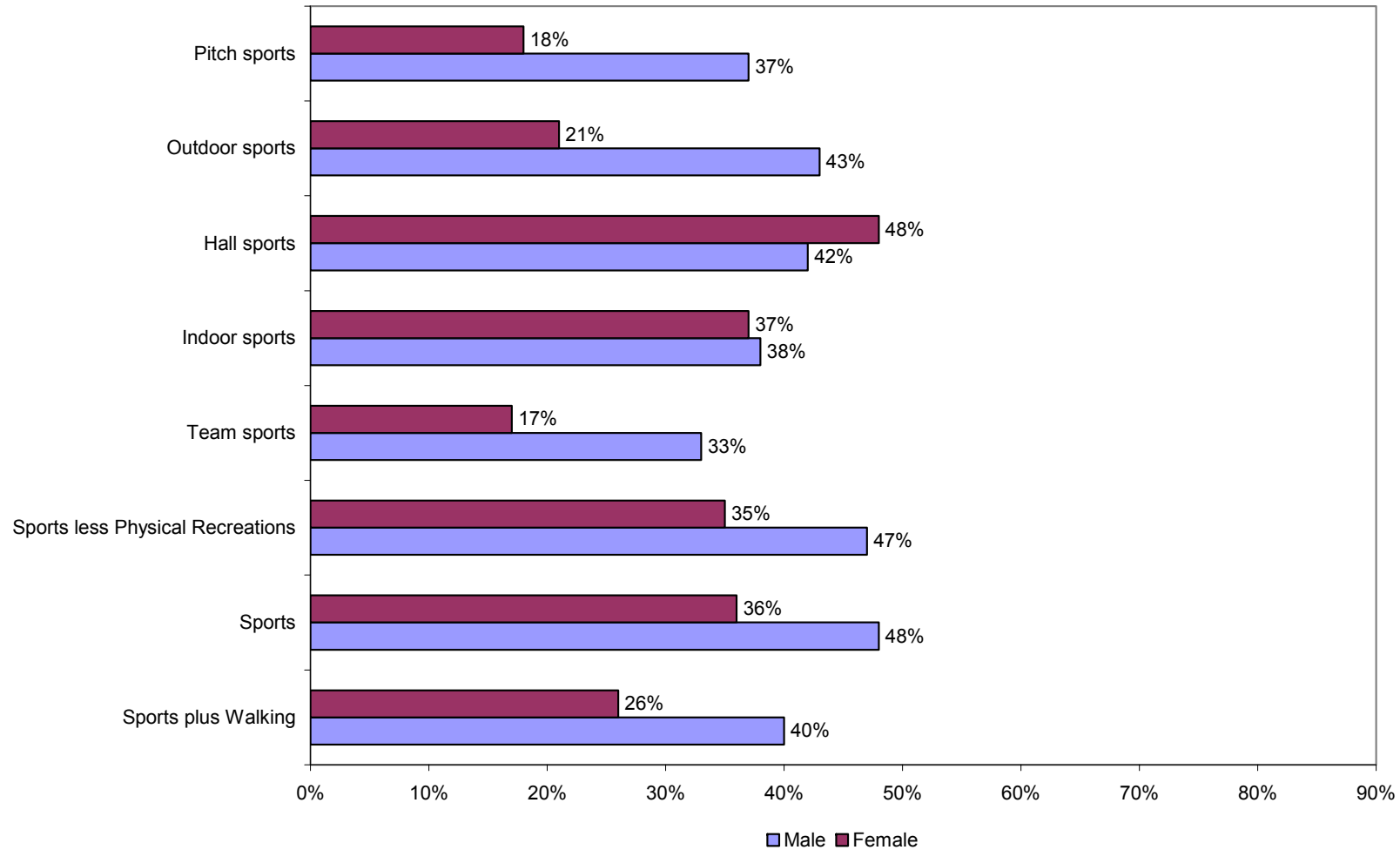


Figure 12: Participation through club membership at least once a month by grouped sports 2005-07; adults 16+ (all year data)

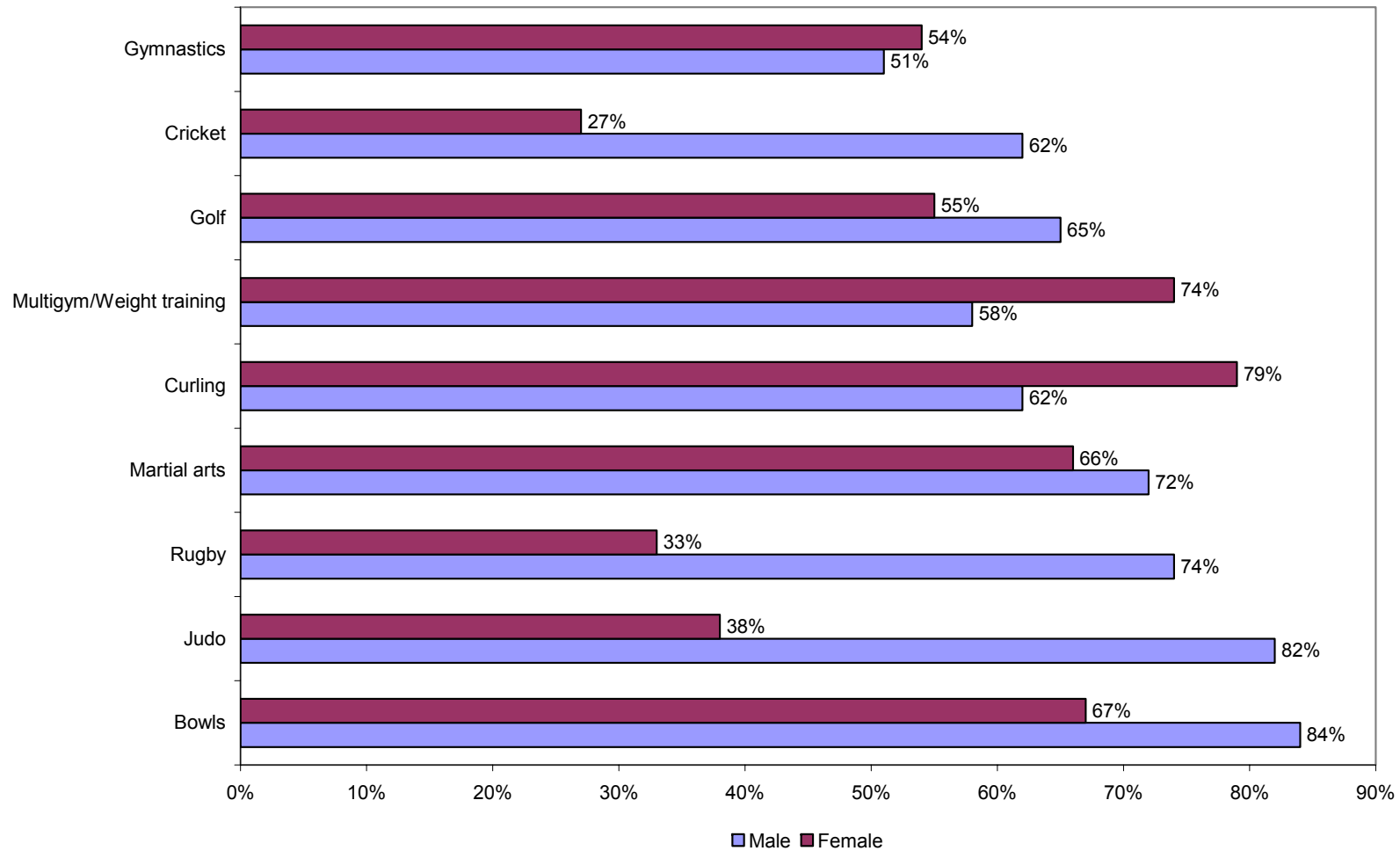


Table 15: Club membership by gender (at least once a month) 2005-07: children 8-15 (all year data)

	All	Boys	Girls
	Percentage of participants who are club members for the sport(s)		
Grouped Sports			
<i>Sports plus Walking</i>	43	42	43
<i>Sports</i>	43	42	44
<i>Sports less Physical Recreations</i>	38	41	34
<i>Team sports</i>	32	35	23
<i>Indoor sports</i>	38	29	45
<i>Hall sports</i>	48	39	54
<i>Outdoor sports</i>	29	35	18
<i>Pitch sports</i>	49	52	38
Highest club membership			
Judo	85	77	100
Martial arts	81	77	86
Shinty	79	79	*
Dance	54	45	55
Gymnastics	50	36	52
Horse riding	47	33	48
Athletics	45	43	47
Hockey	43	37	48
Rugby	40	42	32
Keep fit/Aerobics	37	26	46
Most popular sports			
Football	28	31	16
Swimming	13	11	15
Cycling	*	1	*
Dance	54	45	55
Running/Jogging	11	12	9
Golf	25	27	14
Tennis	19	21	16
Basketball	11	13	7
Badminton	28	25	31
Gymnastics	50	36	52

Notes:

- Definitions of *Sports*, *Sports plus Walking*, *Sports less Physical Recreations* and the grouped activities can be found in the methodology section from page 47.
- All year data is used here to provide the full profile of participants.
- * indicates less than 0.5% participation through club membership.
- Illustration: Of the boys and girls who played football, boys (31%) were around twice as likely as girls (16%) to be football club members.

Figure 13: Participation through club membership at least once a month 2005-07 by sports; children 8-15 (all year data)

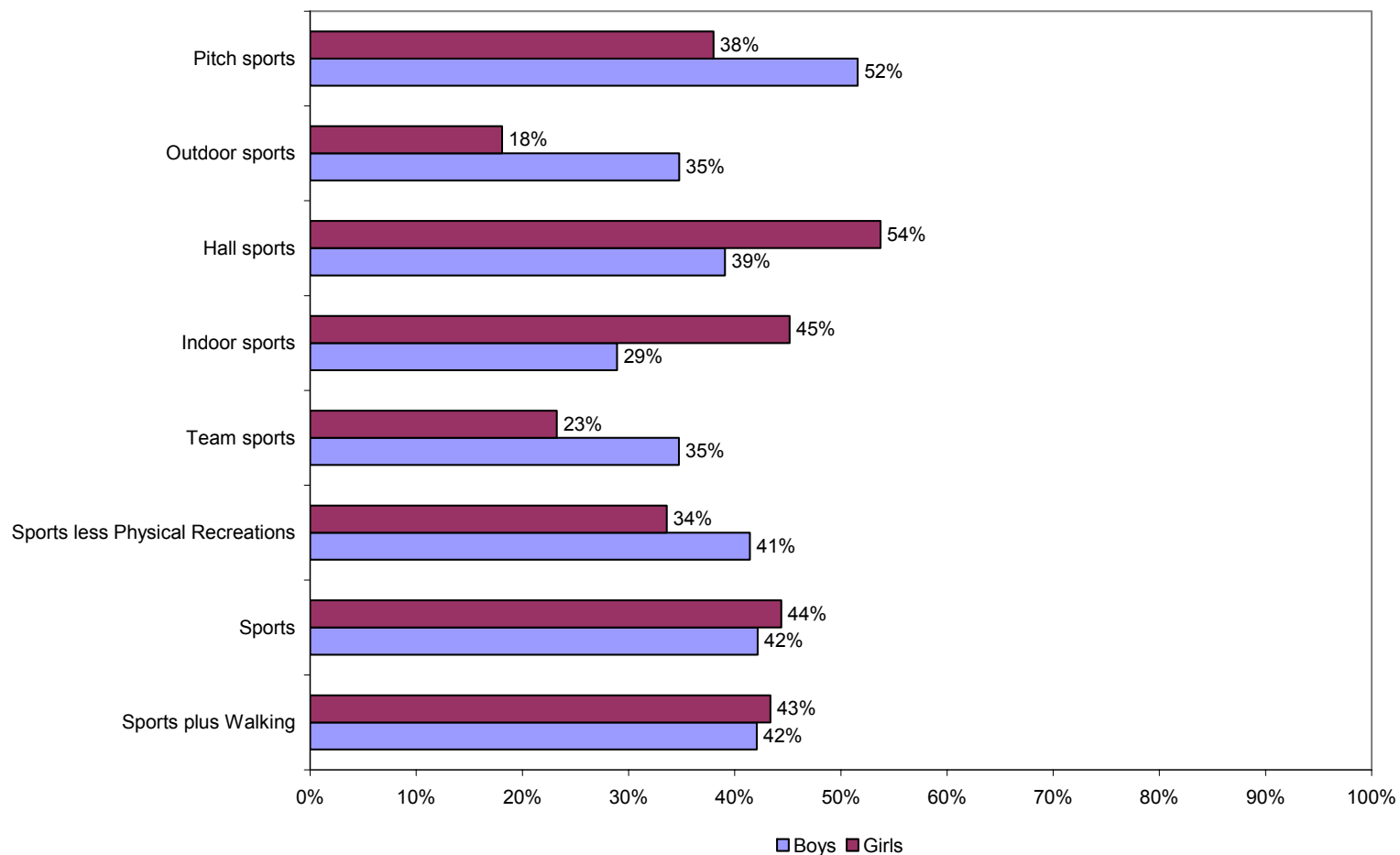
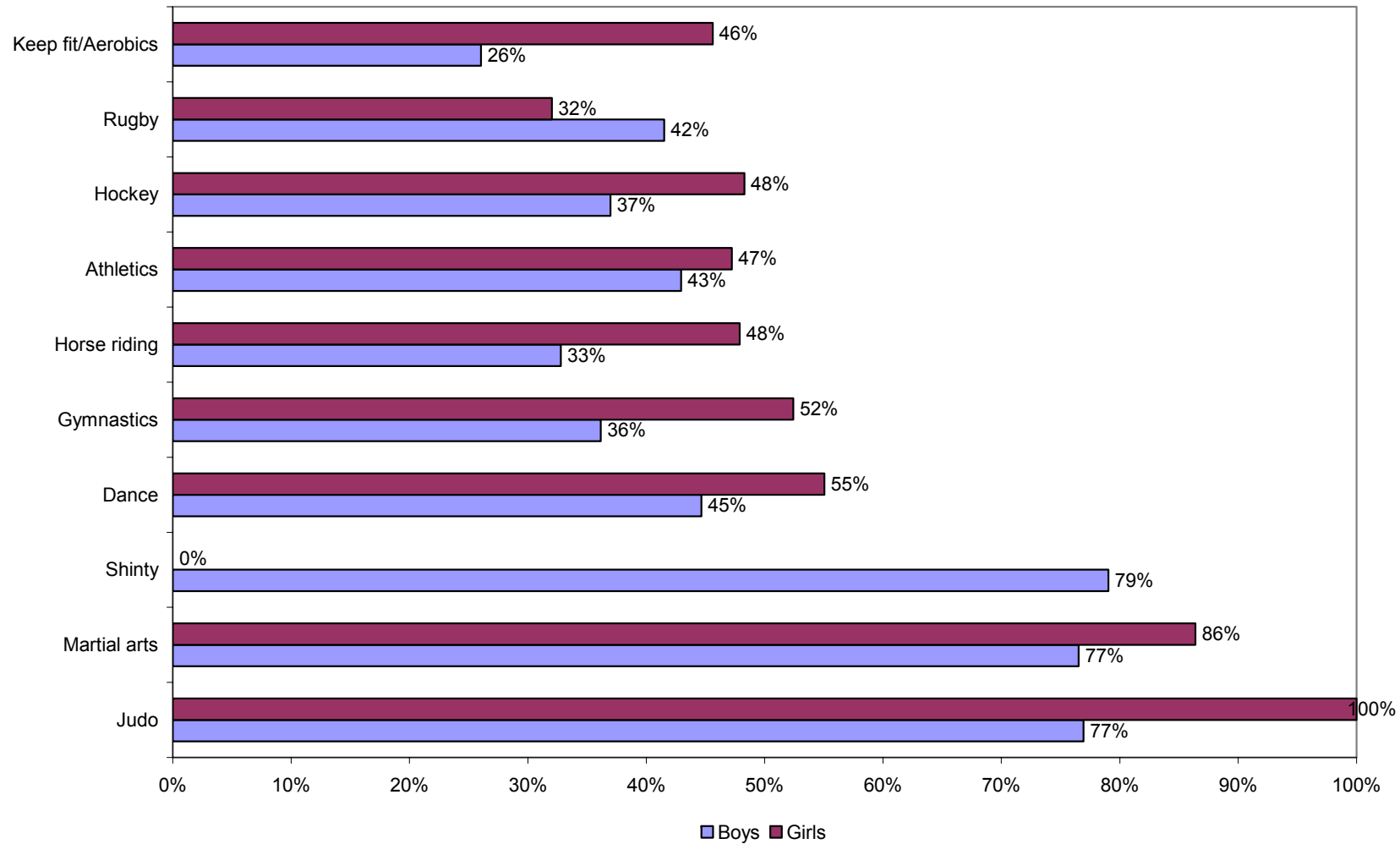


Figure 14: Participation through club membership at least once a month by grouped sports 2005-07; children 8-15 (all year data)



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.
- The sports questions are asked every other month throughout the year.
- 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 ± 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 (2005-07) 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.

Sports
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
Sports plus Walking
As above plus Walking provided the occasion was for at least two miles.
Sports less Physical Recreations
This category excludes the popular physical recreations of Dance and Snooker/Billiards/Pool as well as excluding Walking.
Indoor sports
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.
Hall sports
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.
Indoor swimming
Indoor only, ie Swimming (leisure pool) and Swimming (traditional pool).
Other indoor sports
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).
Team sports
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.

Pitch sports
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.
Countryside sports
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.
Other outdoor sports
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 58th 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).