

***Sport 21* Background Report no. 11**

This is no. 11 in a series of background reports being prepared – or reproduced from other sources – during 2002/03 to inform the revision of *Sport 21*, the national strategy for sport in Scotland.

Sports Participation in Scotland 2000

Research Digest no. 84

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Further Information

This is one of a series of background reports being brought together by **sportscotland's** Research Unit to provide contextual information for the revision of *Sport 21*, the national strategy for sport in Scotland. These background reports – and all **sportscotland's** research reports and summary digests – are placed on our website: www.sportscotland.org.uk.

Background reports placed on the website to date are:

- BR1 *Public attitudes towards the importance of excellence in Scottish sport.*
(System Three survey of the general public for **sportscotland**)
- BR2 *Public attitudes towards the importance of sport in Scotland.*
(System Three survey of the general public for **sportscotland**)
- BR3 *United Kingdom's sporting preferences.* Survey by BMRB for UK Sport.
(Public attitudes to sporting excellence reproduced from UK Sport's website)
- BR4 *Attitudes to physical activity by low participants.* Scott Porter for the PATF.
(Reproduced with permission from the Physical Activity Task Force website)
- BR5 [*Sport and the family.*](#) Survey by MORI for the Nestlé Family Monitor.
(Attitudes of adults towards children's participation; website link)
- BR6 *Sport and local government in the new Scotland.* Ashley Pringle & Tim Cruttenden.
(An overview for **sportscotland** and COSLA)
- BR7 *Entrance charges and sports participation.* Fred Coalter for the PATF.
(Reproduced with permission from the Physical Activity Task Force website)
- BR8 *Sport and minority ethnic communities: aiming at social inclusion.*
(Summary of a report for **sportscotland** by Scott Porter)
- BR9 *Sport and people with a disability: aiming at social inclusion.*
(Summary of a report for **sportscotland** by Scott Porter)
- BR10 *Sports clubs in Scotland: summary.* Mary Allison for **sportscotland**.
(Summary of a major survey of sports clubs)
- BR11 *Sports participation in Scotland 2000.* **sportscotland**.
(Report on sports participation data from System Three's Scottish Omnibus Survey)

This report (BR11) provides information on sports participation by adults and children up to 1998-2000. It will shortly be replaced with an equivalent report on the data for 1999-2001.

Further reports are being prepared in the *Sport 21* Background Report series on individual sports. These draw on a range of sources including the participation data to provide profiles of the sports, covering:

Athletics	Curling	Dance/Exercise	Hockey	Swimming
Badminton	Cycling	Golf	Judo	Tennis
Cricket	Football	Hillwalking/Mountaineering	Sailing	

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INTRODUCTION

The Research Digest

Since 1987, **sportscotland** (previously the Scottish Sports Council) has collected data on adult (aged 16 and over) sports participation. The data has been collected by System Three as part of their omnibus household survey, the Scottish Opinion Survey. This research digest presents the data collected during 1998, 1999 and 2000, with trend data providing a picture of change over time.

Since 1997, data has also been collected from young people (aged 8-18) and the 1998-2000 data is presented in this digest.

The data is presented in two main sections. Section 2 presents the data relating to adult sports participation in 1998-2000 (the reason for using three years' data is explained below). This shows national aggregate patterns, differences in participation between categories of gender and age, the frequency of participation and the extent of club membership.

Section 3 presents the data on young people's participation in sports in 1998-2000, showing national aggregate levels of participation, the differences in participation between boys and girls, the frequency of participation, club membership and involvement in organised competition.

Separate information sheets on the profile of participants in each of the top fifteen sports are available from **sportscotland** and on the **sportscotland** website.

The Surveys

Sampling

Adult Population (aged 16 and over)

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

Young People (aged 8-18)

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

The young people's data are weighted by gender and age to ensure that the sample is representative of Scotland. Where relevant, the data is presented for primary (8-11 years) and secondary (12-18 years) school age groups.

Survey Questions

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

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

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

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

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

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

- Use of a showcard is important as respondents may not regard some physical recreations as being sports. Using no showcard, or only a short one, has been shown to result in under-reporting of participation.
- Four weeks was chosen because there is a reasonable chance of accurate recall within that period, especially for the subsequent question on frequency of participation. Irregular participation outside the last four weeks is excluded from the estimate of participation levels. This time period conforms to that used by the General Household Survey.
- 'However informally' (and 'even if just casually') was included because research in the early 1980s showed that people did not consider more casual participation to be 'sport' and therefore tended not to record it unless specifically asked. The UK sports councils, including **sportscotland**, have a responsibility for all levels of sport and physical recreation, and the phrases 'however informally' and 'even if just casually' are used in an attempt to be as comprehensive as possible.

- The phrase 'and physical recreations' is used to emphasise **sportscotland's** broader interest in activities such as walking, dancing and snooker/billiards/pool, which would not always be identified as 'sports'.
- The questions stress that participation must take place 'in Scotland'. Activities which take place solely when respondents are tourists outside Scotland, and not taken up on their return, have no practical implications for sport in Scotland. Given the infrequency of such participation, it is also unlikely to be of significance for the individual (with the exception, for example, of those enthusiastic skiers who only take part at foreign resorts).

Interpretation of the Data

Sampling Error

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

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

Three Years' Data

Because the sub-sample sizes for many individual sports are relatively small, the data from three years (1998-2000) 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.

A three year average for participation by young people is used for the first time in this report. Future reports will allow comparison of the young people's data over time.

Most Popular Two Months

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

The analysis of young people's participation patterns uses data for the full year. Because of the relatively small sub-sample sizes it is not appropriate to present data for the most popular two months.

Participants

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

Sport and Physical Recreation: Definitional Issues

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

All Sports

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

Selected Sports

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

Social Class

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

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

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

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

Further Information

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

SPORTS PARTICIPATION IN SCOTLAND 1998-00: ADULTS

Summary of Main Findings

Aggregate Levels of Participation

- **All Sports** - In 1998-2000, 65 per cent of the adult population of Scotland (aged 16 and over) participated in some type of sport or physical recreation in the four weeks prior to interview. This amounts to just over two and a half million adults in Scotland.
- In the **Selected Sports** category (which excludes walking (2+ miles), dancing, snooker/billiards/pool), the percentage of the adult population participating was 52 per cent – a little over two million adults.
- Both the All Sports and Selected Sports categories show a fairly steady increase in participation over the last ten years.

Participation in Individual Sports

- As in previous years, walking (2+ miles) (31%) and swimming (23%) were the two most popular activities, each participated in by more than one in five adults. The next most popular sports were cycling, football, golf, dance, and keep fit/aerobics, each with approximately one in ten adults participating.
- Swimming walking and cycling are the sports which have increased most in popularity over the last twelve years, with swimming increasing from 18% to 23% per cent, walking from 25% to 31% and cycling from 6% to 11% over that time. Most other sports have maintained, or slightly increased, their popularity with the exception of snooker/billiards/pool and squash.

Men and Women

- Women's participation is dominated by four activities – walking (32%), swimming (26%) keep fit / aerobics (13%) and dancing (12%).
- Men participate in a much wider range of sports, with 12 sports having participation rates of above five per cent (compared with six such sports for women).
- Over the last twelve years, participation rates among men have increased slightly (from 67 per cent to 70 per cent. However, women's participation has risen over the same period from 50 to 60 per cent.

Age

- Participation in sport is clearly age-related, with a steady decline in participation among older age groups. Nearly all school-aged children participate in some type of sport, as do more than four out of five (84%) of those between 16 and 24 years of age. More detail on young people is included in the next section (page 25).
- Participation rates in all age groups have risen over the last twelve years.

Frequency of Participation

- Among those adults who participate in any sport, 81 per cent do so at least once a week and 36 per cent do so more often than four times a week. Among participants in the Selected Sports (excluding walking, dancing, snooker/billiards/pool), 71 per cent participate at least once a week and 23 per cent more than four times a week.
- The sports which are participated in most frequently are walking (2+ miles), bowls, cycling, running/jogging, multigym/weight training and martial arts. The least frequent sports are tenpin bowling, skiing, ice skating/ice hockey, hillwalking/mountaineering/climbing and sailing/water sports.

Club Membership

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

**Table 1: Total Sports Participation in Scotland 1998-00:
Adults**

Percentage of adult population participating and extrapolated population figures (most popular two months)

	Estimated Population (thousands)	All sports		Selected sports	
		%	thousands	%	thousands
Total					
All respondents	4,112	65	2,673	52	2,138
Sex					
Males	1,974	70	1,382	60	1,184
Females	2,138	60	1,283	45	960
Age					
16-24	576	84	484	77	444
25-34	794	77	611	69	548
35-54	1,357	69	934	56	760
55+	1,385	45	621	30	415
Social Class					
AB	769	72	554	64	492
C1	1057	74	782	61	645
C2	917	67	614	54	495
DE	1369	51	698	38	520

Base number: 6,294

Notes: The population figures are extrapolated from an adult (16 years and over) population figure for Scotland of 4,111,956 provided by the Scottish Abstract of Statistics 1998 edition (June 1997 estimated population figures (16+ yrs). The figures for male participation are based on the total number of male respondents, the figures for the 16-24 age group on the number of respondents aged between 16 and 24, and so on.

Selected Sports are All Sports excluding Walking (2+ miles), Dancing and Snooker/Billiards/Pool.

For a definition of the social class categories, please refer to page 5.

Table 2: Participation in Each Sport 1998-00: Adults

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

Walking (2+ miles)	31
Swimming	23
Cycling	11
Football	10
Golf	10
Dance	9
Keep Fit/Aerobics	9
Snooker/Billiards/Pool	8
Multigym/Weight Training	7
Tenpin Bowling	7
Running/Jogging	6
Hillwalking/Climbing/Mountaineering	5
Bowls	4
Angling	4
Badminton	3
Basketball/Netball/Volleyball	2
Tennis	2
Yoga	1
Ice Skating/Ice Hockey	1
Sailing/Other Water Sports	1
Martial Arts	1
Squash	1
Horse Riding	1
Table Tennis	1
Athletics	1
Skiing	1
Rugby	1
Gymnastics	1
Hockey	1
Cricket	*
Curling	*
Judo	*

Base number: 6,218

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

Table 3: Trends in Participation in Each Sport 1987-89 to 1998-00

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

	1987-89	1988-90	1989-91	1990-92	1991-93	1992-94	1993-95	1994-96	1995-97	1996-98	1997-99	1998-00
	%	%	%	%	%	%	%	%	%	%	%	%
Athletics	1	1	1	1	1	1	1	1	1	1	1	1
Badminton	4	4	4	3	3	3	4	4	3	3	3	3
Basketball/Netball/Volleyball	1	1	1	1	1	1	2	2	1	2	2	2
Bowls	6	5	N/A	5	5	5	5	4	4	4	5	4
Cricket	1	1	1	*	1	*	1	*	1	*	*	*
Curling	N/A	N/A	1	*	*	1	*	*	*	*	1	*
Cycling	6	6	6	6	6	7	7	8	8	9	10	11
Dancing	10	9	9	8	7	7	7	7	8	8	9	9
Fishing/Angling	3	3	3	3	3	3	3	3	3	3	4	4
Football (any)	8	8	8	7	8	9	10	10	9	10	10	10
Football (5-a-side indoors)	N/A	N/A	4	3	4	4	5	5	4	5	5	5
Football (5-a-side outdoors)	N/A	N/A	N/A	N/A	3	4	4	4	4	5	5	5
Football (11-a-side)	N/A	N/A	N/A	N/A	4	4	4	4	4	4	4	4
Football (informal)	N/A	N/A	N/A	N/A	N/A	*	*	*	1	1	1	2
Golf	8	9	9	8	8	8	8	8	9	9	9	10
Gymnastics	1	1	1	1	1	1	1	1	*	1	1	1
Hillwalking/Climbing/Mountaineering	4	4	4	4	4	5	5	5	5	5	5	6
Hockey	1	1	1	1	*	*	1	1	1	1	1	1
Horse Riding	1	1	1	1	1	1	1	1	1	1	1	1
Ice Skating/Ice Hockey	1	1	1	2	1	1	1	2	2	2	2	2
Judo	N/A	N/A	N/A	N/A	*	*	*	*	*	*	*	*
Keep Fit/Aerobics	9	8	9	9	9	10	10	10	10	9	9	9
Martial Arts	1	1	1	1	1	1	1	1	1	1	1	1
Multigym/Weight Training	4	4	4	4	4	5	5	6	6	7	7	7
Rugby	1	1	1	1	1	1	1	1	1	1	1	1
Running/Jogging	6	5	5	5	5	6	6	6	5	5	6	6

Table 3 continued

	1987-89	1988-90	1989-91	1990-92	1991-93	1992-94	1993-95	1994-96	1995-97	1996-98	1997-99	1998-00
	%	%	%	%	%	%	%	%	%	%	%	%
Sailing & other Water Sports	N/A	N/A	1	2	2	1	1	1	1	1	1	1
Skiing	2	1	1	1	1	1	1	1	1	1	1	1
Snooker/Billiards/Pool	13	11	10	9	9	8	8	8	8	8	8	8
Squash	3	3	2	2	2	2	2	2	1	1	1	1
Swimming (any)	18	18	19	19	20	22	22	22	21	22	23	23
Swimming (leisure indoor)	N/A	N/A	N/A	N/A	9	11	12	11	12	13	14	14
Swimming (traditional indoor)	N/A	N/A	N/A	N/A	13	12	12	12	12	11	11	10
Swimming (outdoor)	N/A	N/A	N/A	N/A	1	1	1	1	1	1	1	1
Table Tennis	2	2	2	1	1	1	1	1	1	1	1	1
Tennis	3	2	2	2	2	2	2	2	2	2	2	2
Tenpin Bowling	N/A	N/A	N/A	N/A	N/A	N/A	N/A	7	7	7	7	7
Walking (2+miles)	25	22	21	19	21	22	24	24	25	26	28	31
Yoga	N/A	1	1	1	1	1	1	1	1	1	1	1
Other	2	2	2	2	2	1	1	1	2	1	1	1
All Sports	58	58	56	54	56	59	61	60	60	61	63	65
Selected Sports	N/A	43	44	43	47	46	46	43	47	49	51	52
None	42	42	44	46	44	41	39	40	40	39	37	35

Notes: * less than 0.5

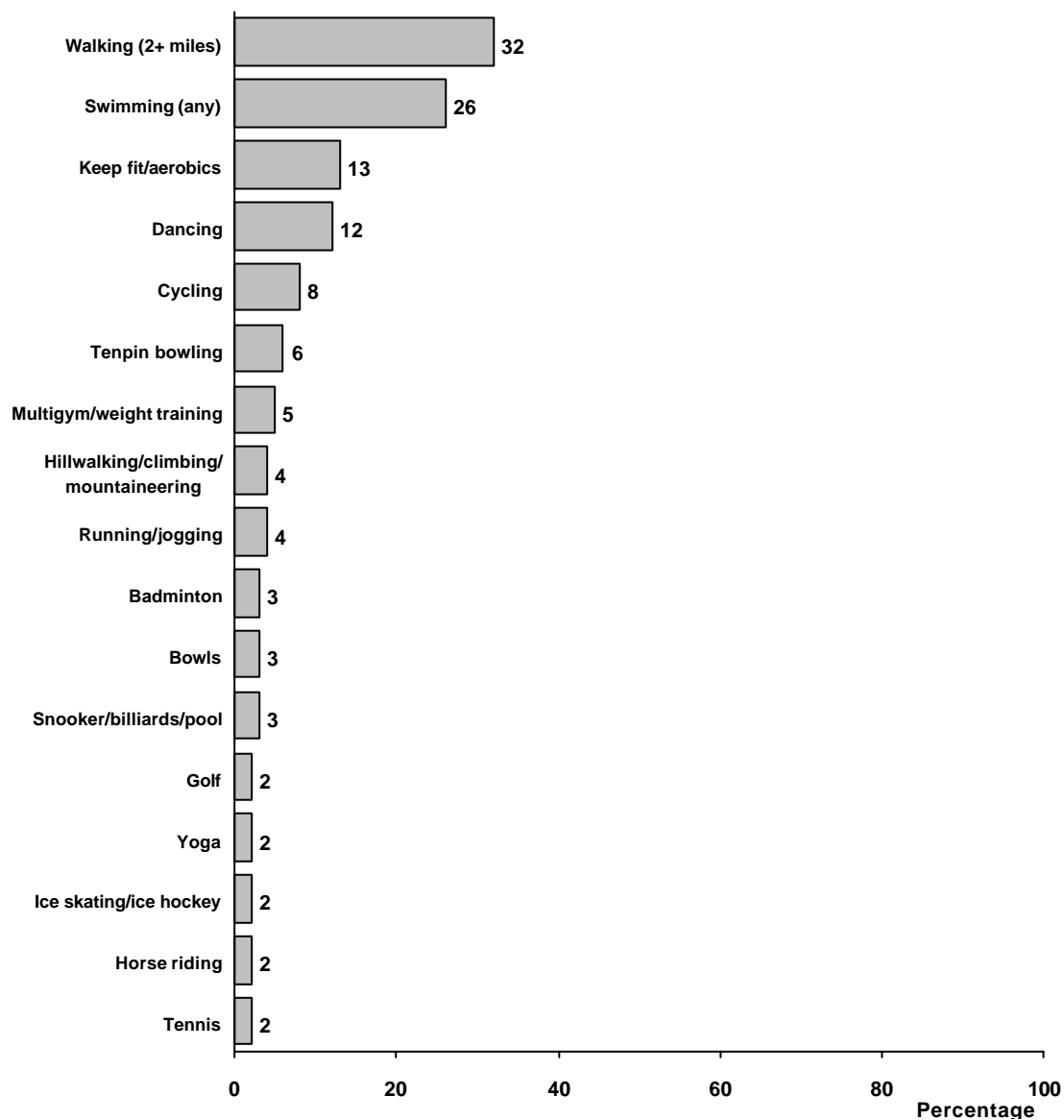
N/A - No data available

Trends in sports participation are calculated on three years' data (see page 3).

Many sports are played seasonally, in which case the annual average of a sport's participation will not give a true reflection of its popularity. The above table provides figures based on the two months in which the survey participation rates are highest for each three year period (see page 3).

Figure 1: Most Popular Sports 1998-00: Women

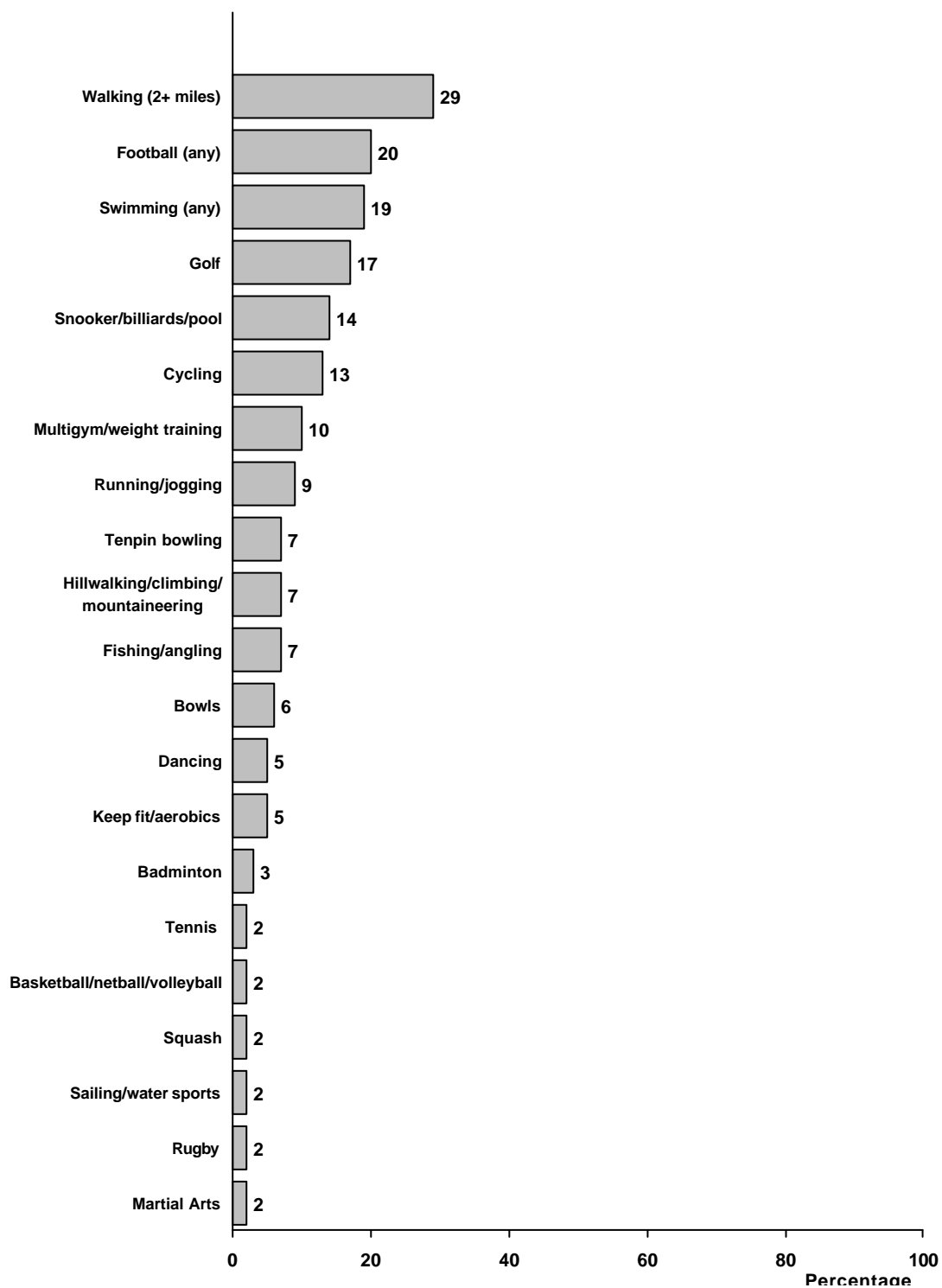
Participated in by more than one per cent of women (most popular two months for each sport)



Base number: 3,227

Figure 2: Most Popular Sports 1998-00: Men

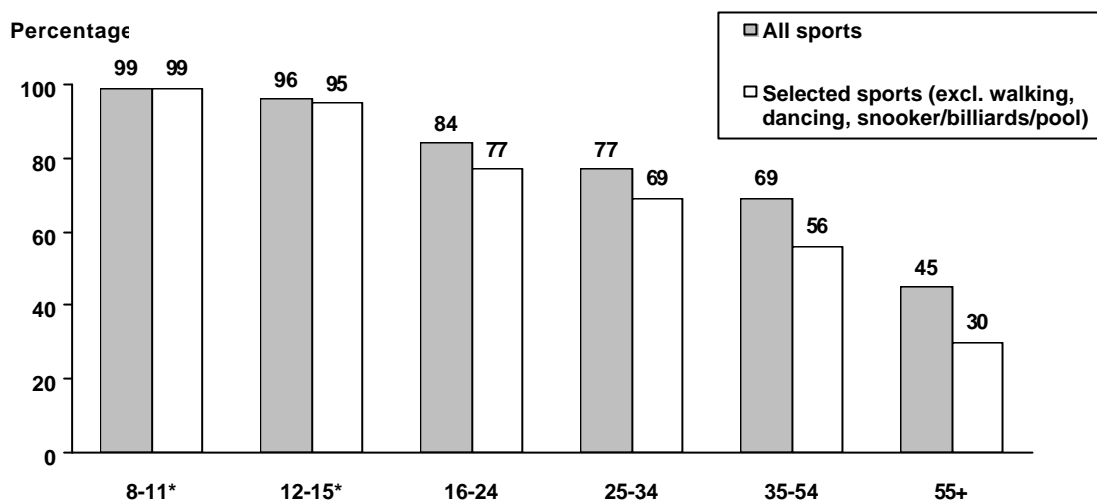
Participated in by more than one per cent of men (most popular two months for each sport)



Base number: 2,991

Figure 3: Age and Sports Participation 1998-00: Adults and Young People

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

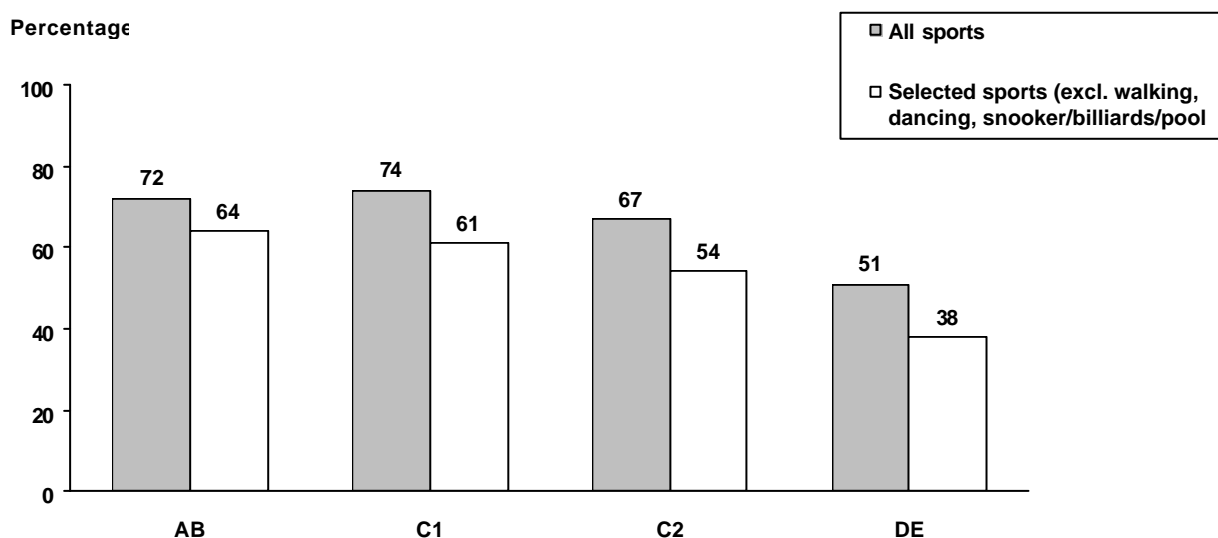


Base numbers: 8-11 1558; 12-15 2620; 16-24 840; 25-34 1,196; 35-54 2,092; 55+ 2,090

Note: * all year data

Figure 4: Social Class and Sports Participation 1998-00

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



Base numbers: AB 1,181; C1 1,702; C2 1,287; DE 2,047 See page 5 for social class categories

Table 4: Trends in Participation in All Sports 1987-89 to 1998-00: Adults

Percentage participation in each category (most popular two months)

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

Notes: Trends in sports participation are calculated on three years' data (see page 3).

Many sports are played seasonally, in which case the annual average of a sport's participation will not give a true reflection of its popularity. The above table provides figures based on the two months in which the survey participation rates are highest for each three year period (see page 3).

For a definition of the social class categories, please refer to page 5.

Table 5: Trends in Participation in Selected Sports 1988-90 to 1998-00: Adults

Percentage participation in each category (most popular two months)

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

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

Trends in sports participation are calculated on three years' data (see page 3).

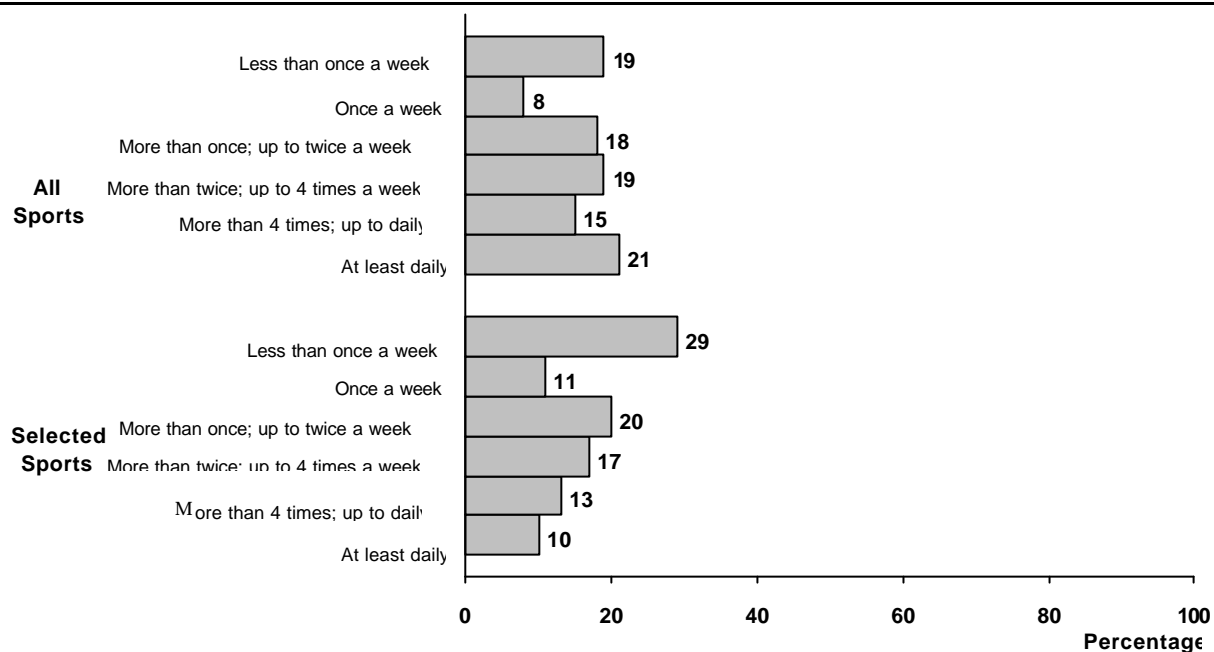
Data for selected sports is not available for 1987-89.

Many sports are played seasonally, in which case the annual average of a sport's participation will not give a true reflection of its popularity. The above table provides figures based on the two months in which the survey participation rates are highest for each three year period (see page 3).

For a definition of the social class categories, please refer to page 5.

Figure 5: Frequency of Participation in All Sports and Selected Sports 1998-00: Adults

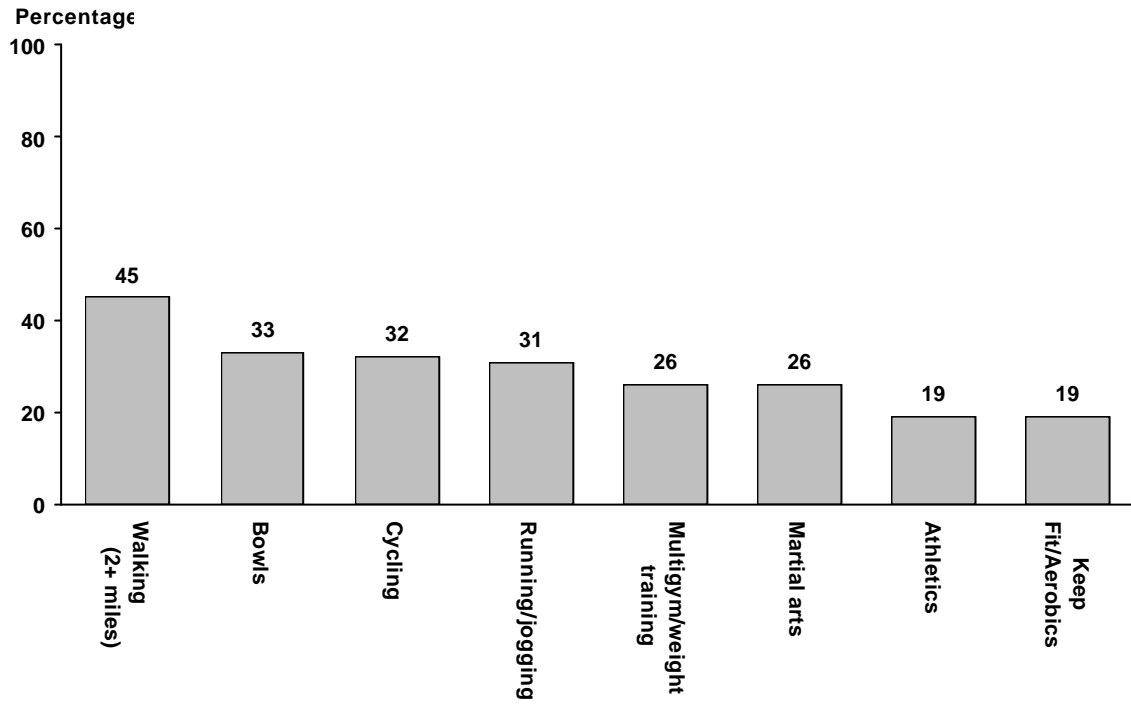
Number of occasions in the four weeks prior to interview: percentage of participants (most popular two months)



Base numbers: All Sports 4,021; Selected Sports 3,308

Figure 6: Most Frequent Sports 1998-00: Adults

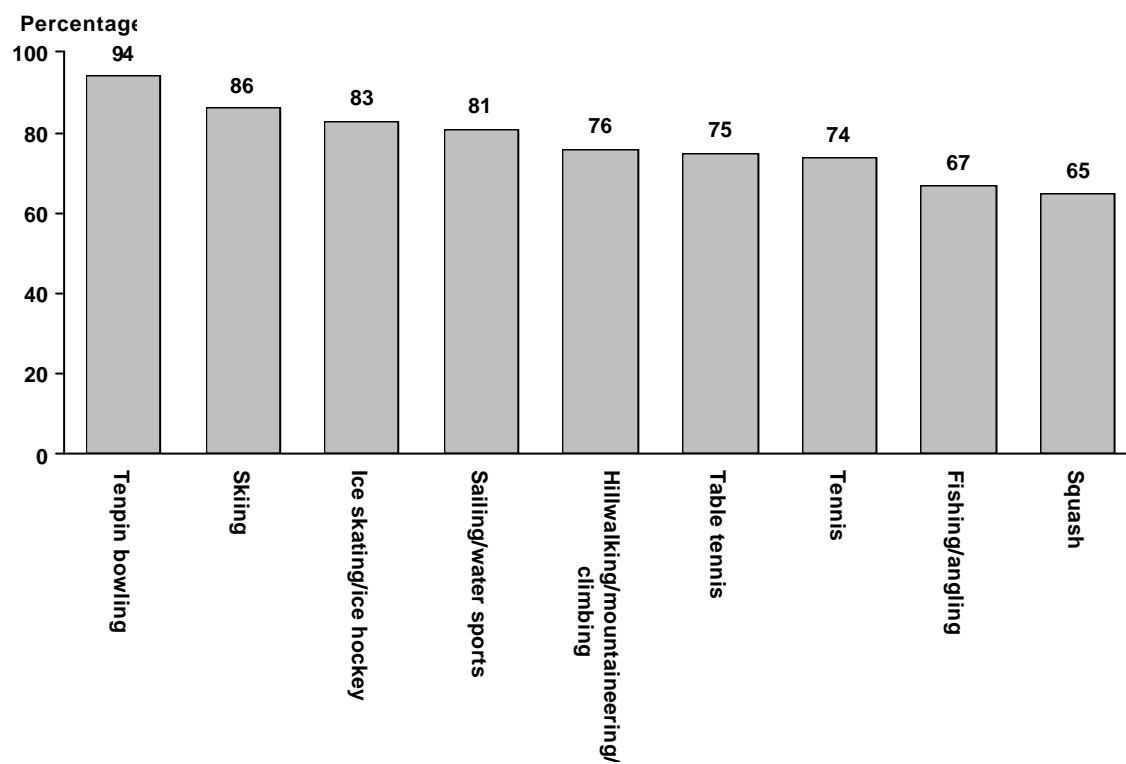
More than twice a week on average: percentage of participants (most popular two months for each sport)



Base numbers: 1,897 258 654 378 435 76 62 548

Figure 7: Least Frequent Sports 1998-00: Adults

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



Base numbers: 333 51 89 86 341 59 105 221 69

**Table 6: Total Sports Participation in Scotland 1998-00:
Adults by Region**

Percentage of adults participating (most popular two months)		
	All Sports	Selected Sports
	%	%
Borders (169)	61	54
Central (230)	58	53
Dumfries and Galloway (157)	71	49
Fife (582)	71	52
Grampian (566)	66	52
Greater Glasgow (1,559)	62	51
Highlands (413)	58	49
Lothians (952)	69	57
Strathclyde (1,229)	63	51
Tayside (437)	68	57
Total	65	52

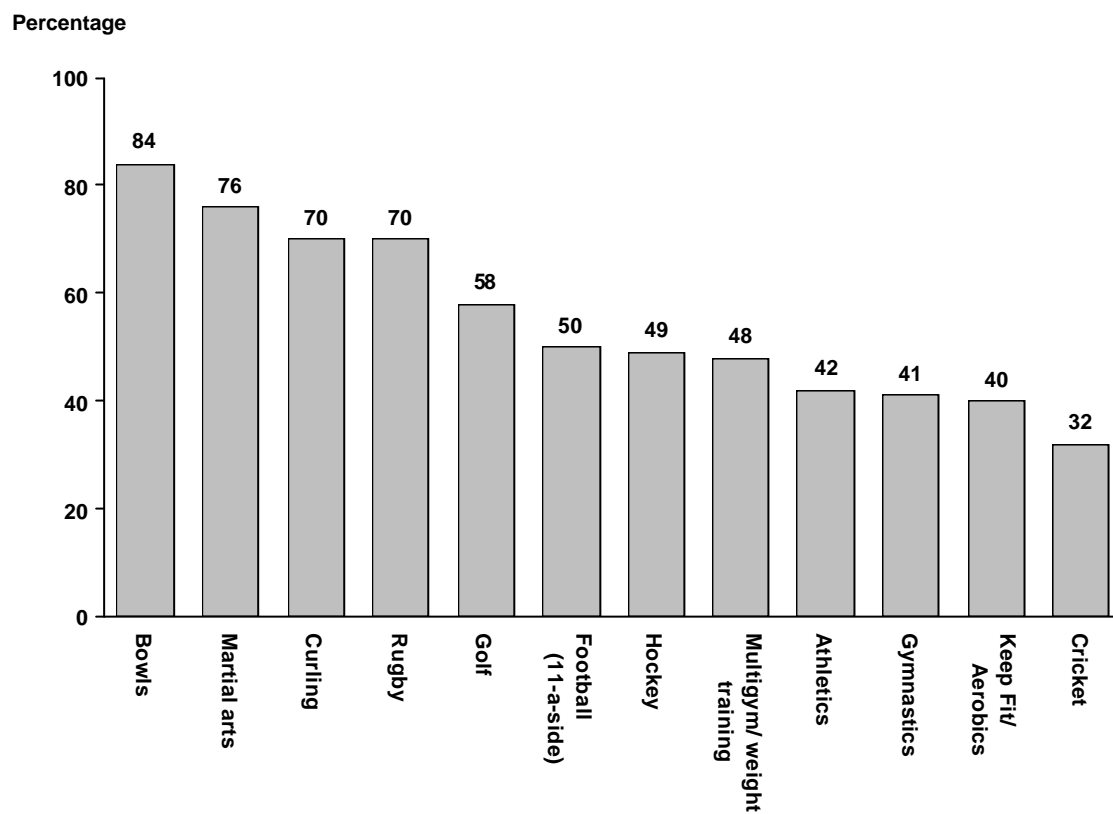
Base number: 6,294

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

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

Figure 8: Club Membership 1998-00: Adults

Percentage of participants in clubs (all year data)



Base numbers: 654 37 130 184 1,342 67 573 1,139 126 41 79 1,452

Table 7: Sport Profiles 1998-00: Sex, Age and Social Class: Adults

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

% of Adult Population	<i>**Participation in most popular 2 months (from Table 2) %</i>	SEX		AGE				SOCIAL CLASS				Base number
		Male %	Fe-male %	16-24 %	25-34 %	35-54 %	55+ %	AB %	C1 %	C2 %	DE %	
		48	52	14	19	33	34	19	26	22	33	
Walking (2+ miles)	31	45	55	12	21	38	29	24	30	20	26	5269
Swimming	23	40	60	19	29	38	15	26	31	21	22	3773
Cycling	11	62	38	23	28	39	10	27	32	20	21	1486
Football	10	93	7	47	29	22	2	19	32	25	24	1727
Golf	10	88	12	17	18	37	28	33	32	20	15	1342
Keep fit / aerobics	9	25	75	20	29	35	16	25	34	20	21	1452
Dancing	9	26	74	21	20	32	28	21	32	20	27	1365
Snooker/billiards/pool	8	84	16	39	24	26	10	17	30	23	31	1293
Tenpin bowling	7	53	47	32	28	35	5	21	34	24	22	1009
Multigym/weight training	7	62	38	28	30	36	6	28	36	20	17	1139
Running/jogging	6	72	28	35	28	32	4	30	34	18	17	946
Hill-walking/climbing/mountaineering	5	61	39	10	22	50	16	36	34	16	13	846
Bowls	4	68	32	2	6	21	71	22	32	21	25	654
Fishing/angling	4	92	8	16	23	42	18	16	27	29	28	452
Badminton	3	52	48	32	26	36	7	29	40	19	12	470
Tennis	2	59	41	37	25	33	5	40	31	16	12	191
Basketball/netball/volleyball	2	63	37	71	16	12	1	25	35	22	18	240
Ice skating/Ice hockey	1	31	69	45	25	28	2	18	31	22	29	202
Sailing & other water sports	1	65	35	20	25	39	16	41	37	14	9	160
Squash	1	84	15	20	48	30	2	39	41	15	5	139

	<i>**Participation in most popular 2 months (from Table 2)</i>	SEX		AGE				SOCIAL CLASS				Base number
		Male %	Female %	16-24 %	25-34 %	35-54 %	55+ %	AB %	C1 %	C2 %	DE %	
% of Adult Population		48	52	14	19	33	34	19	26	22	33	
Yoga	1	13	87	13	27	39	20	36	32	13	19	210
Athletics	1	71	29	52	18	25	6	24	30	24	16	126
Horse riding	1	25	75	30	32	34	4	23	42	16	18	153
Rugby	1	92	8	49	34	17	1	30	31	21	18	130
Table tennis	1	72	28	38	18	33	10	34	29	15	23	145
Martial arts	1	65	35	34	36	25	5	22	29	26	23	184
Skiing	1	62	38	44	28	27	1	43	25	21	10	73
Hockey	1	53	47	55	19	20	6	31	38	18	13	67
Gymnastics	1	29	71	29	32	27	13	29	33	24	14	79
Curling	*	51	48	16	14	43	27	49	43	5	3	37
Cricket	*	78	22	32	27	34	7	44	39	5	12	41
Judo	*	70	30	10	50	30	10	0	60	20	20	10
Other	1	62	38	26	26	30	18	24	33	22	22	188
All sports	65	52	48	18	23	36	24	23	30	21	26	11,388
Selected sports (excluding walking, dancing and snooker / billiards / pool)	52	55	45	21	25	36	19	24	31	21	23	8,858
None	35	42	58	6	14	31	50	13	22	21	44	7,587

Notes: * less than 0.5%

**The first column shows the percentage of adults participating in each sport in the four weeks prior to interview during the two months in which the survey participation rates are highest (see page 4).

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

For a definition of the social class categories, please refer to page 5.

SPORTS PARTICIPATION IN SCOTLAND 1998-00: YOUNG PEOPLE

Summary of Main Findings

Aggregate Levels of Participation

- In 1998-00, 97 per cent of young people (aged 8-18 years) participated in at least one sport, “even if just casually”, in the four weeks prior to interview.
- There was little difference between participation rates among boys and girls (98% of boys compared with 96% of girls).
- Young people’s participation was slightly lower among 12 to 18 year olds (96%) than 8 to 11 year olds (99%). There is substantial variation between sports some of which, such as golf and badminton, show increased participation in the older age group while others such as cycling and swimming show a decline.

Participation in Individual Sports

- Five sports were among the top ten for both boys and girls of primary and secondary school ages – swimming, football, cycling, running/jogging and walking (2+ miles).
- Swimming was the most common sport for girls of both primary and secondary school age. For boys of both age groups, football was the most common and participation rates in swimming were lower than for girls.
- If participation in school PE lessons is excluded, the five most popular sports are still football, swimming, cycling, running/jogging and walking (2+ miles).

Frequency of Participation

- Among participants aged 8 – 18 years, 87 per cent participate in sport more than once a week and 56 per cent more than four times a week (outside PE lessons).
- The younger age group tends to participate more frequently with 62 per cent of 8-11 year olds taking part more than four times a week. The equivalent figure for the older age group is 53 per cent.
- Frequency of participation is higher among boys than girls, with 92 per cent of boys and 82 per cent of girls participating more than once a week, and 63 per cent of boys and 51 per cent of girls doing so more than four times a week.

- The three most frequent sports for girls are walking (2+ miles), cycling and snooker/billiards/pool. The most frequent sports for boys are cycling, football and walking (2+ miles). Nearly three-quarters of boys who play football do so more often than once a week.

Club Membership

- Martial arts have the highest proportion of participants who are members of clubs, with multigym/weight training second for girls and rugby for boys.

Organisation

- The most common type of participation was on a casual basis (57%), with a further 20 per cent being in a school PE lesson. Other participation was through sports clubs, in schools but outside PE lessons, and in youth organisations.

**Table 8: Most Popular Sports (including PE lessons)
1998-00: Girls**

Percentage participating in the four weeks prior to interview (all year data)

8-11 years	Percentage	12-18 years	Percentage
Swimming	65	Swimming	42
Cycling	46	Basketball/netball/volleyball	31
Running/jogging	41	Running/jogging	30
Football	36	Dancing	29
Dancing	35	Walking (2+ miles)	28
Basketball/netball/volleyball	29	Football	23
Walking (2+ miles)	18	Badminton	22
Gymnastics	18	Cycling	21
Tenpin bowling	11	Keep fit/aerobics	18
Badminton	11	Hockey	17
Athletics	11	Athletics	14
Tennis	10	Gymnastics	12
		Tenpin bowling	12
		Ice skating/ice hockey	11

Base numbers: 792 1324

Note: Sports with very low participation rates have not been included as the data would be unreliable due to small sample sizes.

**Table 9: Most Popular Sports (including PE lessons)
1998-00: Boys**

Percentage participating in the four weeks prior to interview (all year data)

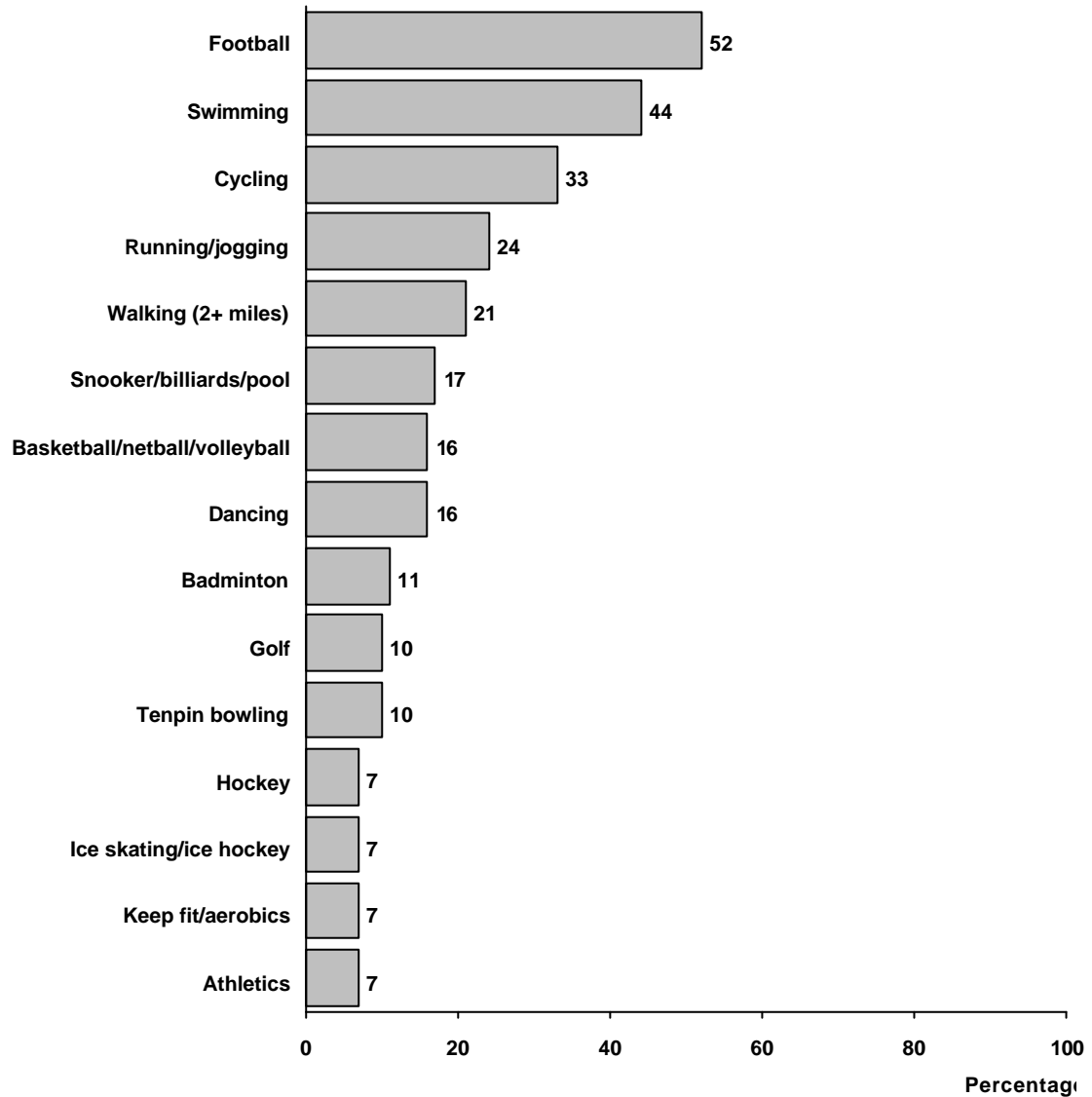
8-11 years	Percentage	12-18 years	Percentage
Football	85	Football	77
Swimming	56	Swimming	36
Cycling	46	Cycling	33
Running/jogging	30	Snooker/billiards/pool	33
Basketball/netball/volleyball	20	Basketball/netball/volleyball	26
Snooker/billiards/pool	20	Running/jogging	26
Walking (2+ miles)	16	Golf	20
Golf	16	Walking (2+ miles)	20
Tenpin bowling	11	Badminton	16
Tennis	10	Multigym/weight training	14
		Athletics	12
		Rugby	10

Base numbers 758 1334

Note: Sports with very low participation rates have not been included as the data would be unreliable due to small sample sizes.

Figure 9: Top 15 Sports Outside PE Lessons 1998-00: Young People

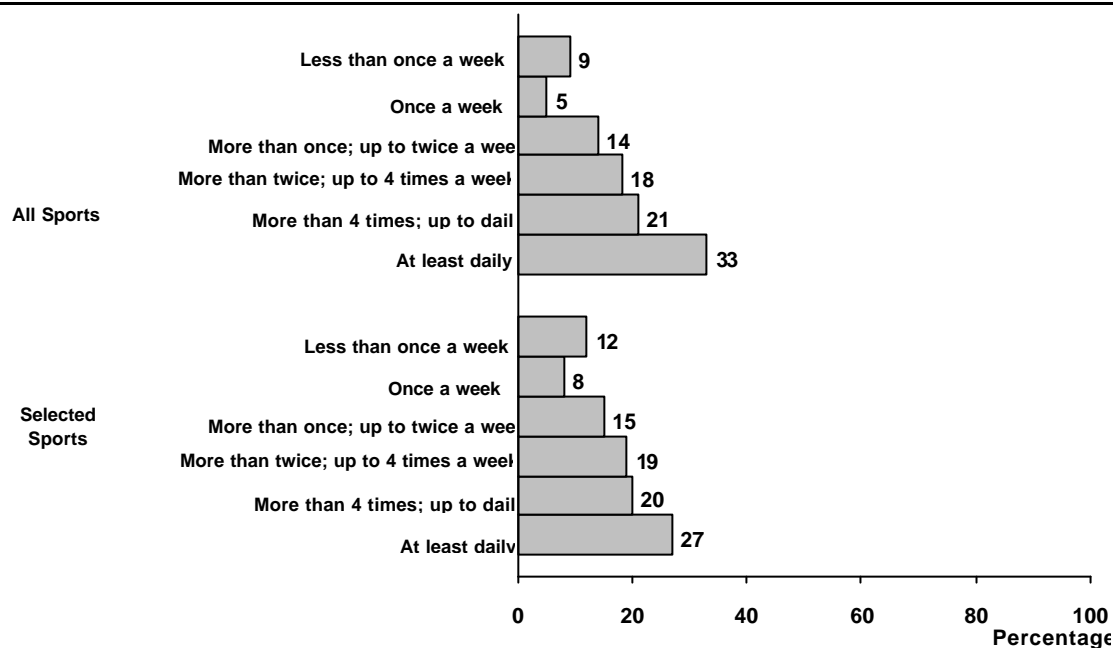
Percentage participating in the four weeks prior to interview (all year data)



Base number: 4,087

Figure 10: Frequency of Participation Outside PE Lessons 1999: Young People

Number of occasions in the four weeks prior to interview: percentage of participants (all year data)



Base number: All Sports 3,934; Selected Sports 3,779

Table 10: Most Frequent Sports Outside PE Lessons 1998-00: Girls and Boys

Percentage of participants taking part more than once a week (all year data)

Girls	Base numbers	%	Boys	Base numbers	%
Walking (2+ miles)	442	59	Cycling	692	69
Cycling	561	59	Football	2646	72
Running/jogging	509	57	Walking (2+ miles)	283	62
Football	469	47	Running/jogging	390	59
Snooker/billiards/pool	98	46	Keep fit/aerobics	41	53
Athletics	96	39	Snooker/billiards/pool	440	45
Martial Arts	48	38	Hockey	94	38
Dancing	518	38	Multigym/weight training	105	51
Tennis	72	30	Golf	329	34
Keep fit/aerobics	113	30			

Note: Sports with very low participation rates have not been included as the data would be unreliable due to small sample sizes.

Table 11: Club Membership 1998-00: Girls and Boys

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

Girls	<i>Base numbers</i>	%	Boys	<i>Base numbers</i>	%
Martial Arts	51	88	Martial Arts	58	89
Horse riding	95	35	Rugby	160	47
Multigym/weight training	63	35	Golf	332	36
Dancing	549	35	Multigym/weight training	63	24
Gymnastics	227	20	Fishing/angling	48	24
Athletics	210	18	Cricket	51	25
Golf	22	17	Football	1640	26
Hockey	216	15	Hockey	91	16
Badminton	278	15	Badminton	190	23
Basketball/netball/volleyball	528	13	Tennis	104	25
Tennis	50	12	Athletics	184	26
Keep fit/aerobics	67	25	Snooker/billiards/pool	122	12

Note: Sports with very low participation rates have not been included as the data would be unreliable due to small sample sizes.

Table 12: Participation in Organised Competition 1998-00: Girls and Boys

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

Girls	<i>Base numbers</i>	%	Boys	<i>Base numbers</i>	%
Hockey	214	16	Martial Arts	58	22
Athletics	211	17	Rugby	160	31
Martial Arts	34	22	Football	1638	19
Basketball/netball/volleyball	525	12	Cricket	34	12
Horse riding	133	8	Hockey	231	14
Dance	548	8	Golf	331	12
Golf	36	9	Athletics	156	13
Rugby	47	9	Fishing/angling	72	8
Running/jogging	675	5	Basketball/netball/volleyball	248	10
Football (any)	522	6	Running/jogging	443	9
Climbing/mountaineering	30	7	Badminton	67	12

Note: Sports with very low participation rates have not been included as the data would be unreliable due to small sample sizes.

**Table 13: Organisational Context of Participation
1998-00: Young People**

Percentage of participants (all year data)

	%
Casual (not organised) home/street/park/wasteground/ swimming pool etc	57
In a school PE lesson	20
Organised through a sports club	12
Organised through the school but not in PE time	6
Organised through youth club, Girl Guides, Boys Brigade etc	3
Other/don't know	2

Base number: 1,335