

**Sports Participation in Scotland 1999**  
Research Report no. 56

*A research study for **sportscotland***

*by*

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Centre for Leisure Research

Published by:

© **sportscotland**  
Caledonia House, South Gyle  
Edinburgh, EH12 9DQ  
Tel: 0131 317 7200  
[www.sportscotland.org.uk](http://www.sportscotland.org.uk)

ISBN 1 85060374X

Price £5

June 2000

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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 1997, 1998 and 1999.

Since 1997, data has also been collected from young people (aged 8-18) and the 1999 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 1997-99 (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 1999, 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**.

## 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 1374). 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  $\pm 3$  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 (1997-99) of the adult survey 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.

Three years' data has not been used from the young people's survey because of variations in questions in the three years of the survey.

## 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 possible 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 officer at **sportscotland**.



# **SPORTS PARTICIPATION IN SCOTLAND 1997-99: ADULTS**

## **Summary of Main Findings**

### **Aggregate Levels of Participation**

- **All Sports** - In 1997-99, 63 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 an estimated 2,584,000 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 51 per cent - an estimated 2,092,000 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) (28%) 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 football, keep fit/aerobics, cycling and golf, each with approximately one in ten adults participating.
- Swimming is the sport which has increased most in popularity over the last ten years, increasing from 18 per cent to 23 per cent 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 (30%), swimming (27%) 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 (six for women).
- Over the last ten years, participation rates among men have not changed much. However, women's participation has risen from 50 per cent in 1987-89 to 59 per cent in 1997-99.

## **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 23).
- Participation rates in all age groups have risen over the last ten years.

## **Frequency of Participation**

- Among those adults who participate in any sport, 82 per cent do so at least once a week and 37 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 22 per cent more than four times a week.
- The sports which are participated in most frequently are walking (2+ miles), bowls, cycling, running/jogging and multigym/weight training. 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.

## Total Sports Participation in Scotland 1997-99: Adults

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

	Estimated Population (thousands)	All sports		Selected sports	
		%	thousands	%	thousands
<b>Total</b>					
All respondents	4,102	<b>63</b>	2,584	<b>51</b>	2,092
<b>Sex</b>					
Males	1,969	<b>68</b>	1,339	<b>55</b>	1,083
Females	2,133	<b>59</b>	1,258	<b>45</b>	960
<b>Age</b>					
16-24	574	<b>84</b>	482	<b>76</b>	436
25-34	792	<b>77</b>	610	<b>67</b>	531
35-54	1,354	<b>67</b>	907	<b>53</b>	718
55+	1,382	<b>44</b>	608	<b>30</b>	415
<b>Social Class</b>					
AB	767	<b>73</b>	560	<b>63</b>	483
C1	1054	<b>71</b>	748	<b>59</b>	622
C2	915	<b>67</b>	613	<b>52</b>	476
DE	1366	<b>50</b>	683	<b>36</b>	492

Base number: 6,390

Notes: The percentage figures were provided by the Scottish Opinion Survey 1997-99 and have been rounded to the nearest whole number.

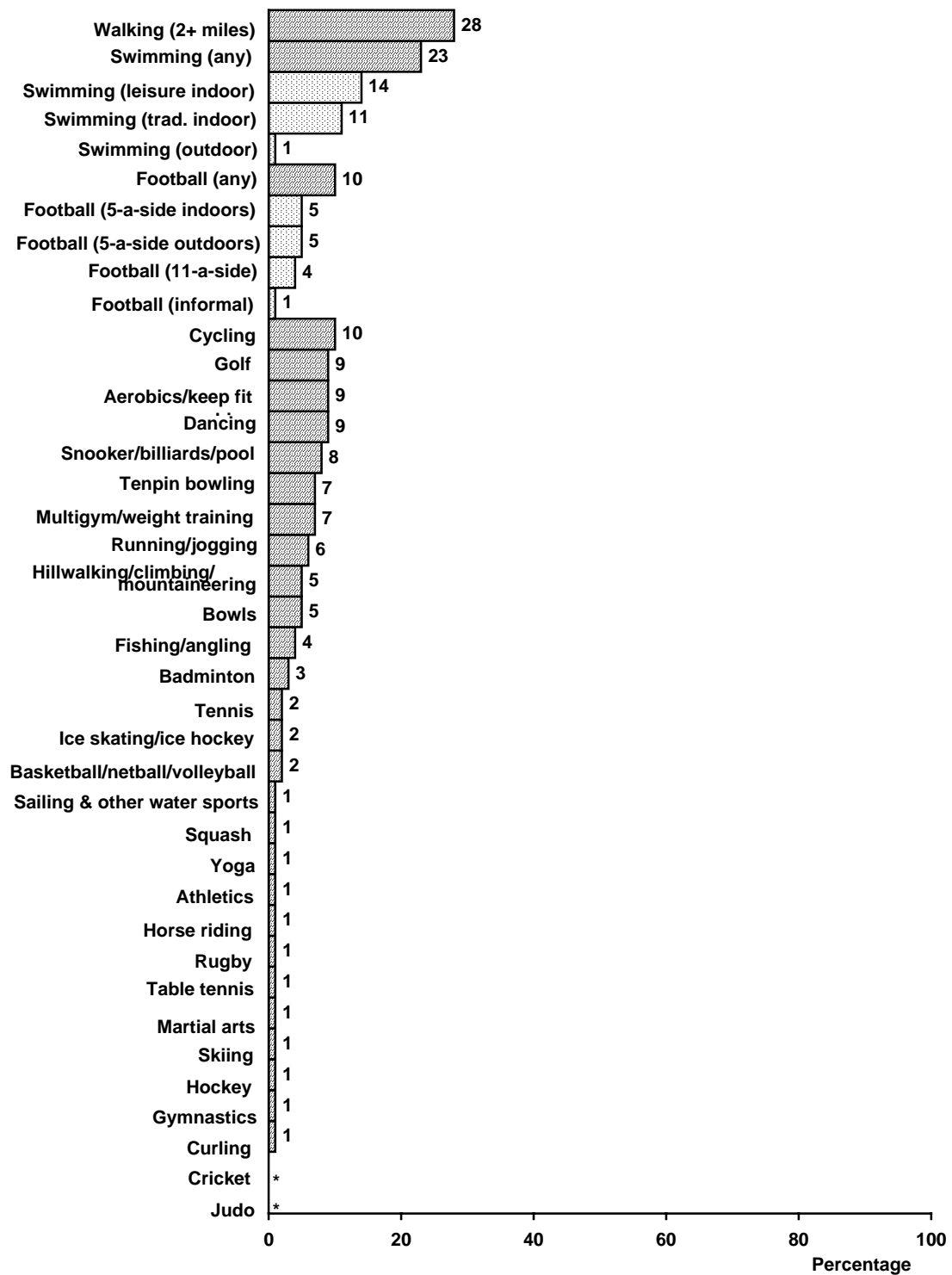
The population figures are extrapolated from an adult (16 years and over) population figure for Scotland of 4,101,829 provided by the Scottish Abstract of Statistics 1998 edition (June 1997 estimated population figures (16+ yrs). The figures for male participation are based on the total number of male 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.

## Participation in Each Sport 1997-99: Adults

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



Base number: 6,390

Note: \* less than 0.5%

## Trends in Participation in Each Sport 1987-89 to 1997-99

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 %
Athletics	1	1	1	1	1	1	1	1	1	1	1
Badminton	4	4	4	3	3	3	4	4	3	3	3
Basketball/netball/ volleyball	1	1	1	1	1	1	2	2	1	2	2
Bowls	6	5	N/A	5	5	5	5	4	4	4	5
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
Dancing	10	9	9	8	7	7	7	7	8	8	9
Fishing/angling	3	3	3	3	3	3	3	3	3	3	4
Football (any)	8	8	8	7	8	9	10	10	9	10	10
Football (5-a-side indoors)	N/A	N/A	4	3	4	4	5	5	4	5	5
Football (5-a-side outdoors)	N/A	N/A	N/A	N/A	3	4	4	4	4	5	5
Football (11-a-side)	N/A	N/A	N/A	N/A	4	4	4	4	4	4	4
Football (informal)	N/A	N/A	N/A	N/A	N/A	*	*	*	1	1	1
Golf	8	9	9	8	8	8	8	8	9	9	9
Gymnastics	1	1	1	1	1	1	1	*	1	1	1
Hillwalking/climbing/m ountaineering	4	4	4	4	4	5	5	5	5	5	5
Hockey	1	1	1	1	*	*	1	1	1	1	1
Horse riding	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
Judo	N/A	N/A	N/A	N/A	*	*	*	*	*	*	*
Keep fit/aerobics	9	8	9	9	9	10	10	10	10	9	9
Martial Arts	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
Rugby	1	1	1	1	1	1	1	1	1	1	1
Running/jogging	6	5	5	5	5	6	6	6	5	5	6
Sailing & other water sports	N/A	N/A	1	2	2	1	1	1	1	1	1
Skiing	2	1	1	1	1	1	1	1	1	1	1
Snooker/billiards/pool	13	11	10	9	9	8	8	8	8	8	8
Squash	3	3	2	2	2	2	2	2	1	1	1
Swimming (any)	18	18	19	19	20	22	22	22	21	22	23
Swimming (leisure indoor)	N/A	N/A	N/A	N/A	9	11	12	11	12	13	14
Swimming (trad. indoor)	N/A	N/A	N/A	N/A	13	12	12	12	12	11	11
Swimming (outdoor)	N/A	N/A	N/A	N/A	1	1	1	1	1	1	1
Table tennis	2	2	2	1	1	1	1	1	1	1	1
Tennis	3	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
Walking (2+ miles)	25	22	21	19	21	22	24	24	25	26	28
Yoga	N/A	1	1	1	1	1	1	1	1	1	1
Other	2	2	2	2	2	1	1	1	2	1	1
<b>All sports</b>	58	58	56	54	56	59	61	60	60	61	63
<b>Selected sports</b>	N/A	43	44	43	47	46	46	43	47	49	51
<b>None</b>	42	42	44	46	44	41	39	40	40	39	37

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).



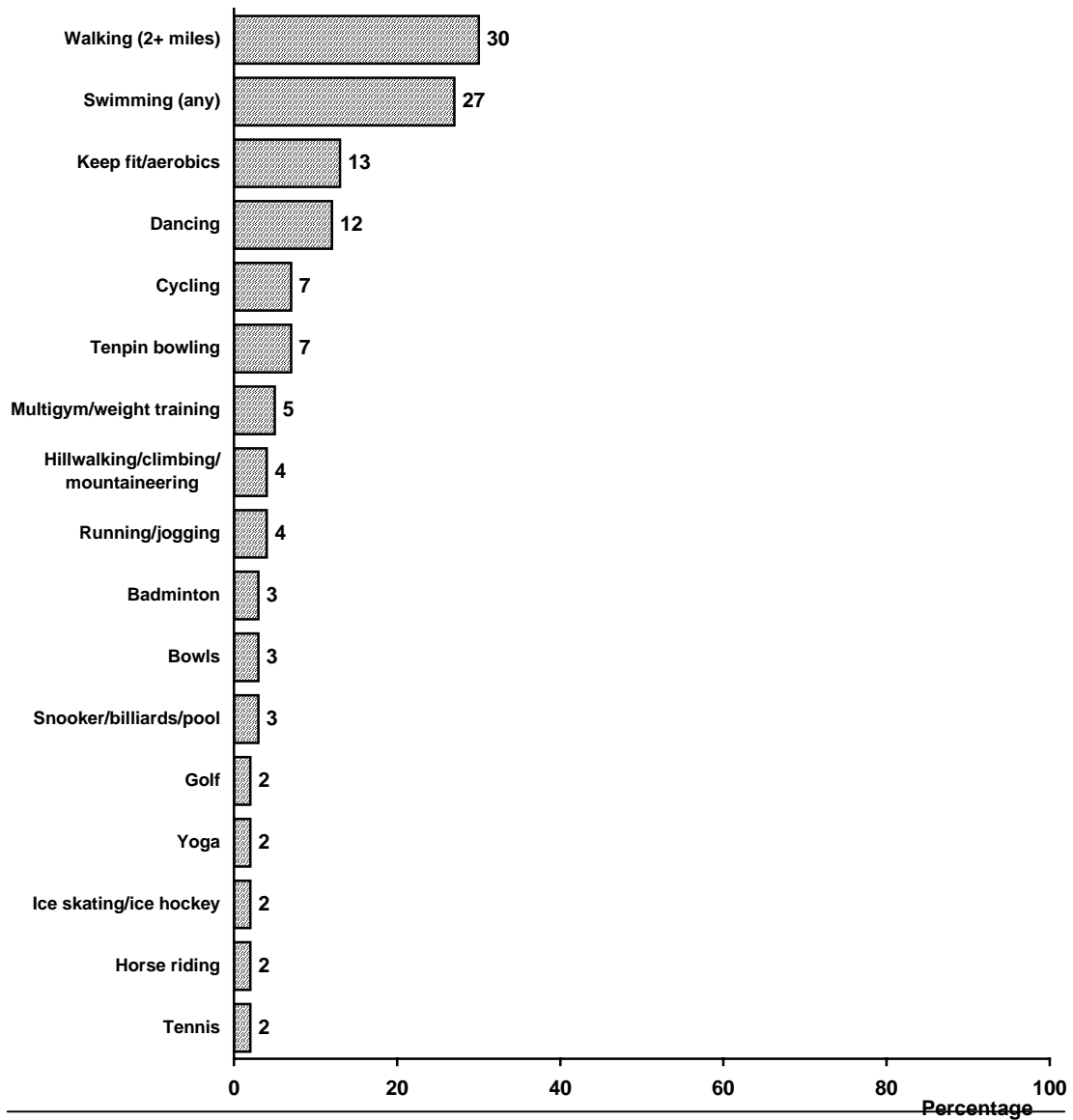
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## Most Popular Sports 1997-99: Women

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

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Base number: 3,316

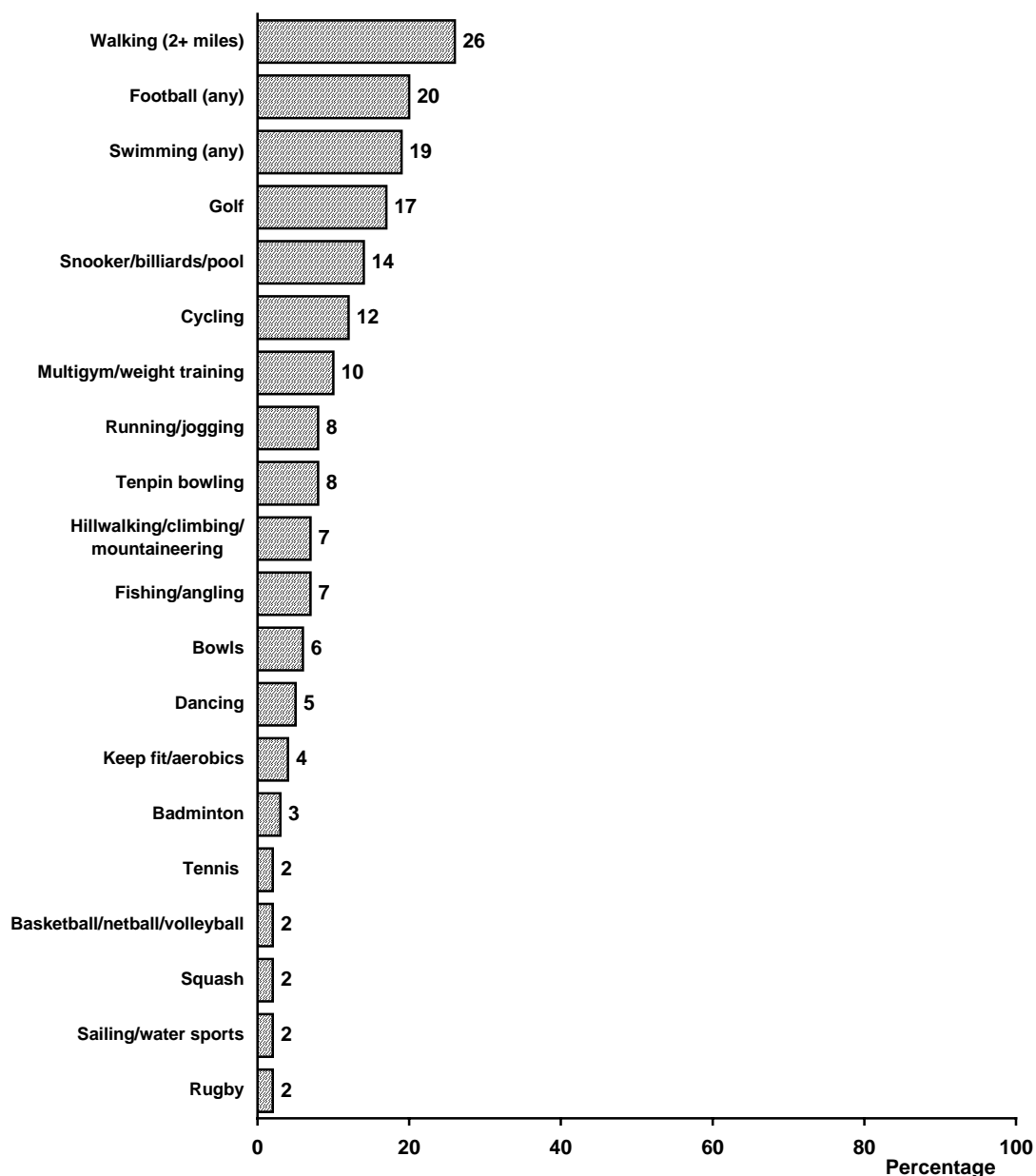
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## Most Popular Sports 1997-99: Men

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

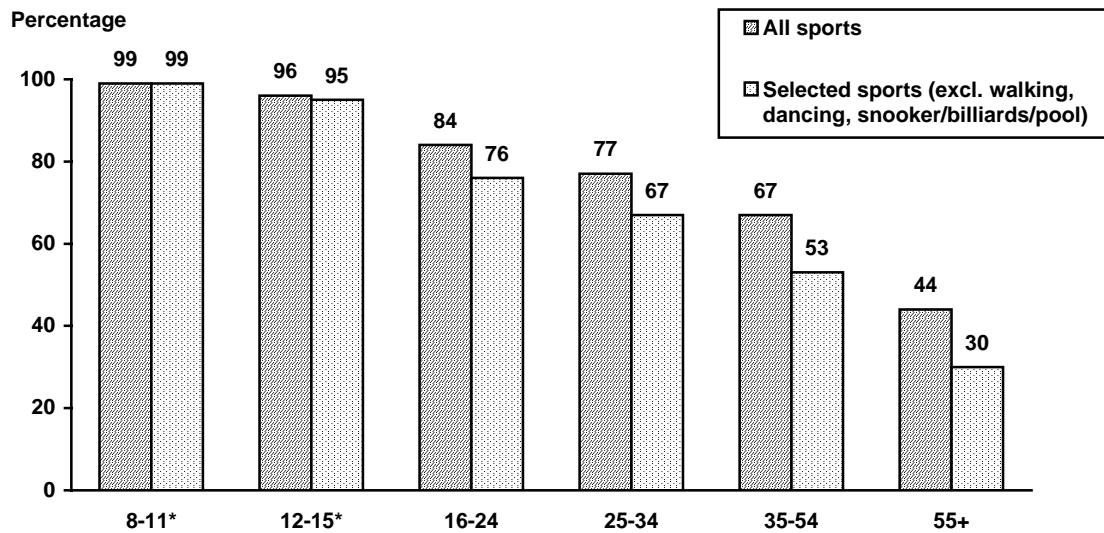
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Base number: 3,074

## Age and Sports Participation 1997-99: Adults and Young People

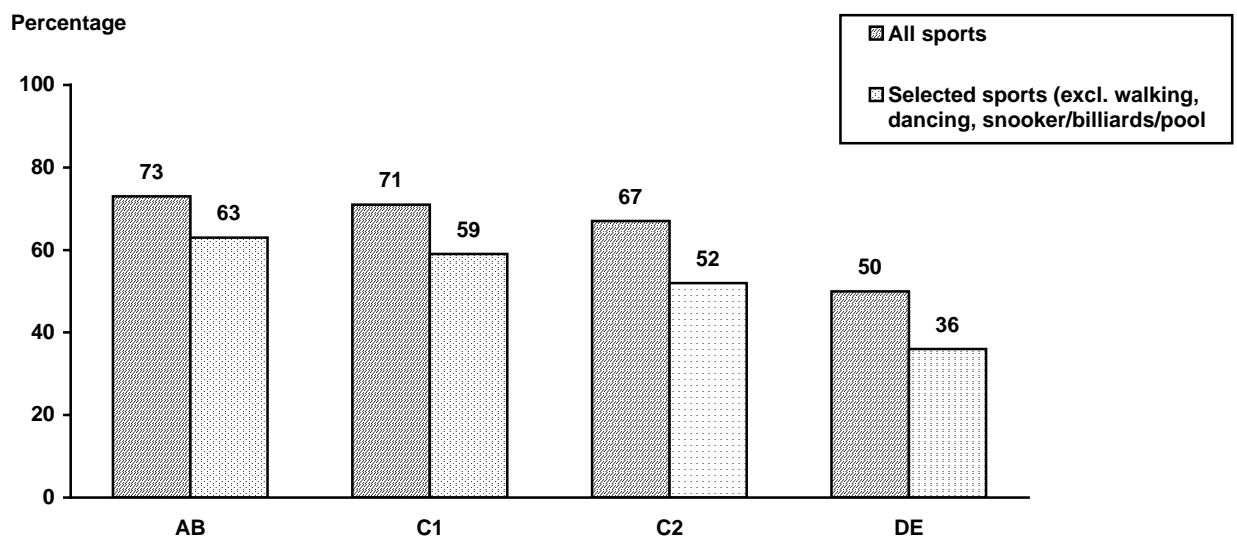
Percentage participating in the four weeks prior to interview (most popular two months)



Base numbers: 8-11 508; 12-15 866; 16-24 842; 25-34 1,288; 35-54 2,129; 55+ 2,189  
 Note: \* 1999 data only

## Social Class and Sports Participation 1997-99: Adults

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



Base numbers: AB 1,214; C1 1,708 C2 1,364; DE 2,103 See page 4 for social class categories

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## Trends in Participation in All Sports 1987-89 to 1997-99: Adults

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### Percentage participation in each category (most popular two months)

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	1987-89	1988-90	1989-91	1990-92	1991-93	1992-94	1993-95	1994-96	1995-97	1996-98	1997-99
	%	%	%	%	%	%	%	%	%	%	%
<b>Total</b>											
All respondents	58	58	56	54	56	59	61	60	60	61	63
<b>Sex</b>											
Male	67	67	65	62	63	65	66	65	64	66	68
Female	50	49	48	47	50	53	55	55	55	57	59
<b>Age</b>											
16-24	76	74	74	74	78	78	82	80	82	83	84
25-34	69	68	67	68	70	74	73	72	72	74	77
35-54	60	58	57	55	58	60	62	62	62	65	67
55+	39	40	37	33	34	37	40	39	39	42	44
<b>Social Class</b>											
AB	72	72	71	70	71	70	71	72	73	73	73
C1	65	63	62	62	67	67	68	67	66	69	71
C2	60	60	57	55	57	61	63	61	62	62	67
DE	49	47	45	42	43	46	48	47	47	49	50

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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.

## Trends in Participation in Selected Sports 1987-89 to 1997-99: Adults

### Percentage participation in each category (most popular two months)

	1987-89	1988-90	1989-91	1990-92	1991-93	1992-94	1993-95	1994-96	1995-97	1996-98	1997-99
	%	%	%	%	%	%	%	%	%	%	%
<b>Total</b>											
All respondents	N/A	43	44	43	47	46	46	43	47	49	51
<b>Sex</b>											
Male	N/A	53	53	52	54	54	52	50	54	56	55
Female	N/A	34	36	36	40	39	40	38	41	42	45
<b>Age</b>											
16-24	N/A	64	65	66	71	67	64	60	72	74	76
25-34	N/A	58	59	60	63	63	61	57	62	63	67
35-54	N/A	42	43	44	47	47	48	46	48	50	53
55+	N/A	23	22	20	22	23	24	24	26	28	30
<b>Social Class</b>											
AB	N/A	60	62	61	62	63	63	64	61	62	63
C1	N/A	48	51	53	57	58	58	56	53	57	59
C2	N/A	46	45	44	47	50	52	50	48	49	52
DE	N/A	32	31	29	32	35	36	36	34	35	36

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

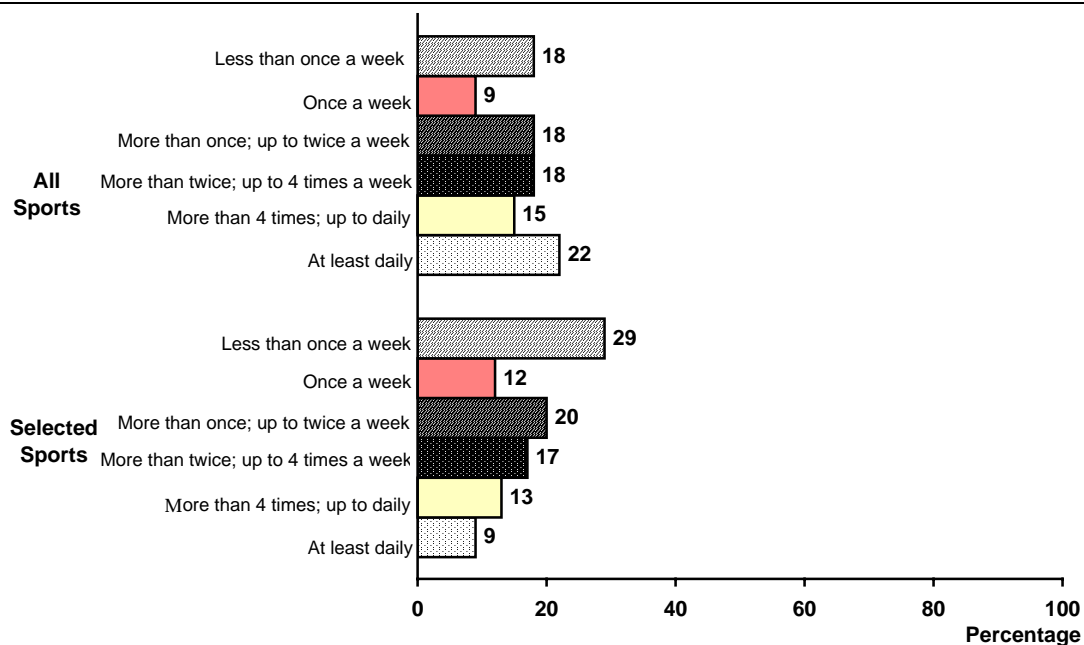
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Many sports are played seasonally, in which case the annual average of a sport's participation will not give a true reflection of its popularity. The above table provides figures based on the two months in which the survey participation rates are highest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

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

## Frequency of Participation in All Sports and Selected Sports 1997-99: Adults

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



Base numbers: All Sports 4,042; Selected Sports 3,261

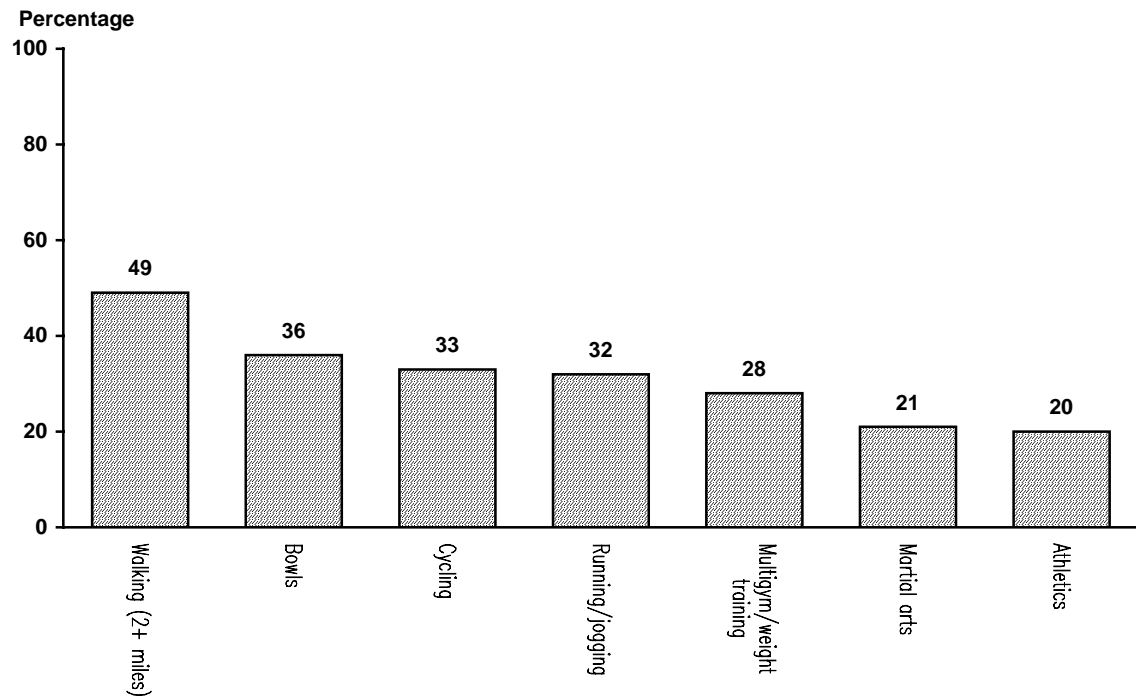
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## Most Frequent Sports 1997-99: Adults

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

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Base numbers: 1,796                      283                      611                      366                      441                      63                      54

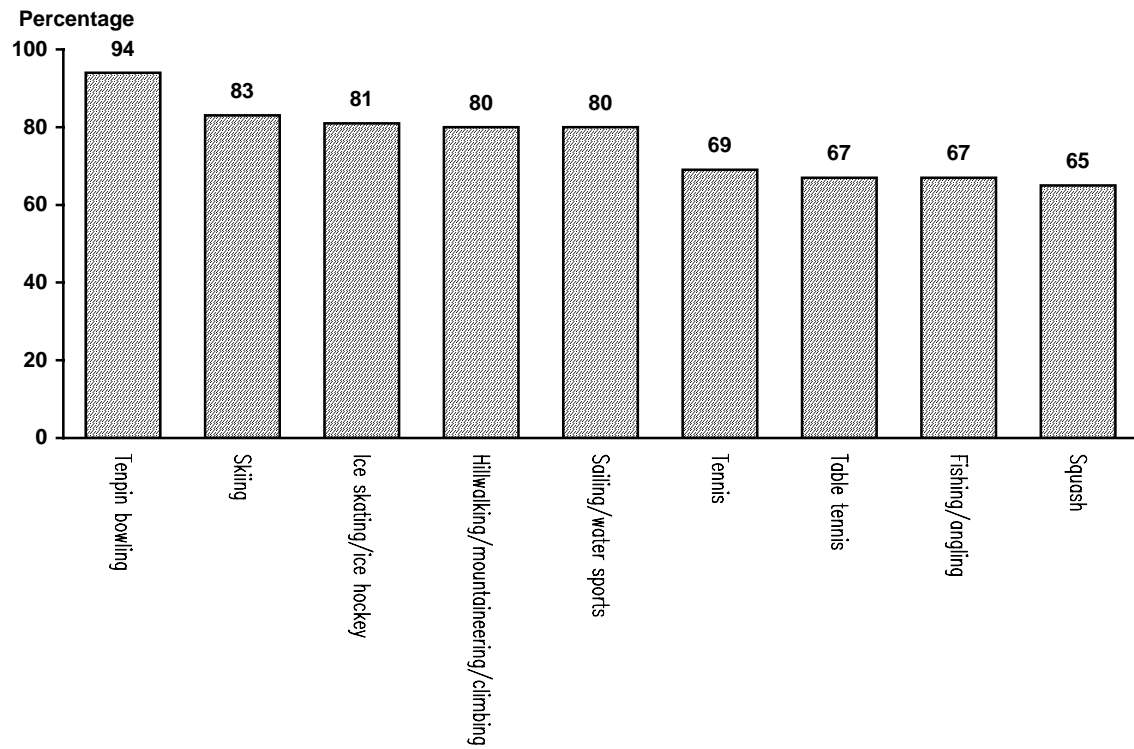
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## Least Frequent Sports 1997-99: Adults

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

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Base numbers: 374      41      105      343      84      122      65      233      79



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## Total Sports Participation in Scotland 1997-99: Adults by Region

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Percentage of adults participating (most popular two months)

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	All Sports	Selected Sports
	%	%
Borders (164)	54	47
Central (302)	69	53
Dumfries and Galloway (168)	69	51
Fife (563)	67	53
Grampian (631)	64	49
Greater Glasgow (1,437)	64	49
Highlands (417)	51	47
Lothians (890)	66	54
Strathclyde (1,406)	61	49
Tayside (408)	68	56
<b>Total</b>	<b>63</b>	<b>51</b>

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Base number: 6,386

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

Regional sample sizes appear in brackets.

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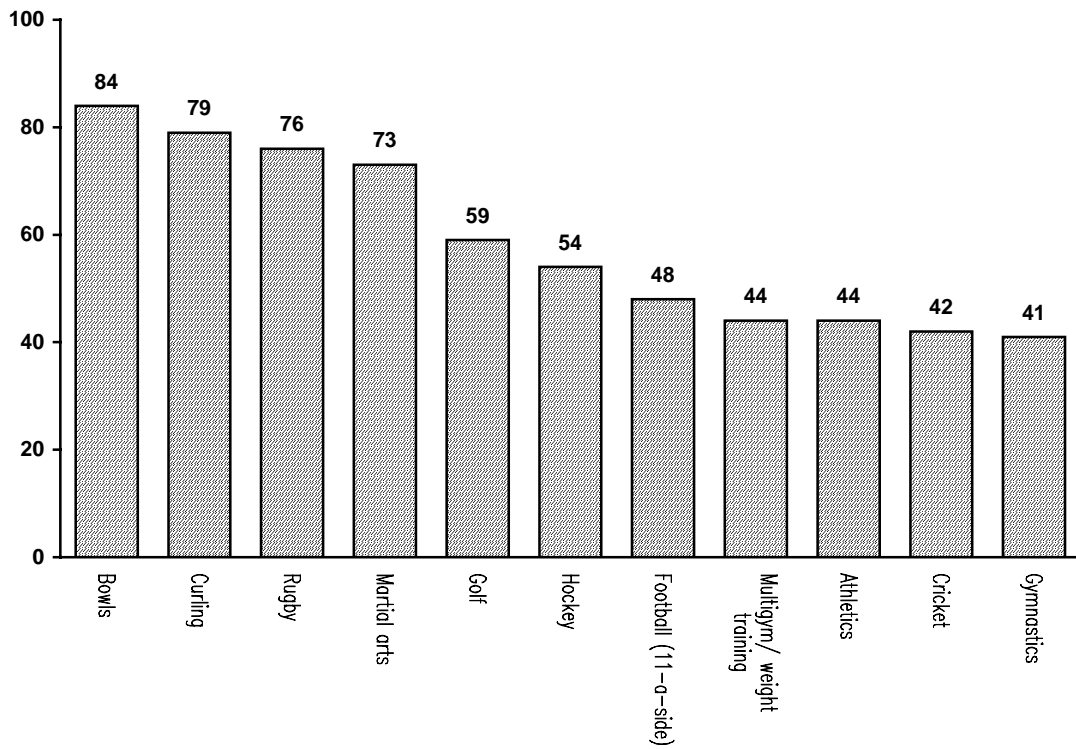
## Club Membership 1997-99: Adults

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### Percentage of participants in clubs (all year data)

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Percentage



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Base numbers: 715 47 108 145 1,360 67 587 1,159 123 40 78

## Sport Profiles 1997-99: 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 (page 10) %</i>	SEX		AGE				SOCIAL CLASS				Base numbers
		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)	28	45	55	12	20	38	30	24	29	21	26	5011
Swimming (any)	23	40	60	18	29	38	15	26	31	22	22	3848
Swimming (leisure indoor)	14	40	60	21	31	37	11	22	31	23	24	2204
Swimming (trad. indoor)	11	39	61	15	28	39	18	31	31	19	19	1847
Football (any)	10	93	7	47	29	21	2	19	30	25	26	1699
Cycling	10	62	38	23	28	37	11	26	32	21	21	1417
Keep fit / aerobics	9	21	79	20	30	33	16	25	34	21	20	1495
Golf	9	89	11	17	18	36	29	32	32	21	15	1366
Dancing	9	27	73	20	19	32	30	21	30	22	28	1409
Snooker/billiards/pool	8	84	16	39	25	27	9	17	27	26	31	1379
Tenpin bowling	7	55	45	33	28	33	6	21	33	24	22	1132
Multigym/weight training	7	62	38	31	30	33	5	27	34	21	18	1188
Running/jogging	6	71	29	36	29	30	5	29	33	20	18	952
Hill-walking/climbing/mountaineering	5	60	41	13	23	46	19	41	33	14	12	840
Football (5-a-side indoors)	5	95	5	42	32	25	2	21	33	24	23	773
Football (5-a-side outdoors)	5	96	4	51	30	18	1	22	30	23	26	721
Bowls	5	68	32	3	6	21	70	21	31	22	27	715
Football (11 a side)	4	95	5	55	27	15	3	19	30	27	24	589
Fishing/angling	4	89	11	17	22	45	16	16	24	29	31	470
Badminton	3	50	50	31	25	36	8	29	37	20	15	479
Tennis	2	63	37	39	20	36	5	43	31	16	10	212
Ice skating/Ice hockey	2	33	67	47	24	28	1	22	27	23	28	235
Basketball/netball/volleyball	2	60	40	67	18	15	1	23	35	20	22	228
Sailing & other water sports	1	62	38	22	24	40	14	44	32	13	10	164
Squash	1	74	26	26	39	32	3	39	40	16	5	167

		SEX		AGE				SOCIAL CLASS				Base numbers
		Male %	Female %	16-24 %	25-34 %	35-54 %	55+ %	AB %	C1 %	C2 %	DE %	
<b>% of Adult Population</b>		<b>48</b>	<b>52</b>	<b>14</b>	<b>19</b>	<b>33</b>	<b>34</b>	<b>19</b>	<b>26</b>	<b>22</b>	<b>33</b>	
Yoga	1	16	84	15	21	42	22	36	30	17	16	178
Athletics	1	65	35	50	16	28	6	27	33	24	16	123
Horse riding	1	21	79	32	35	29	4	22	39	19	20	142
Rugby	1	94	6	40	38	22	0	30	26	25	19	109
Table tennis	1	67	33	30	22	40	8	32	30	20	19	156
Martial arts	1	68	32	34	38	28	6	26	23	27	23	145
Football (informal)	1	79	22	61	20	15	4	8	33	22	37	172
Swimming (outdoor)	1	62	38	20	25	41	14	35	31	18	17	85
Skiing	1	66	34	42	22	33	3	52	23	18	7	61
Hockey	1	47	53	59	20	17	4	31	36	19	14	70
Gymnastics	1	33	67	32	27	30	12	24	32	26	18	79
Curling	1	68	32	10	10	40	40	64	30	6	0	47
Cricket	*	85	15	25	35	35	5	45	38	8	10	41
Judo	*	67	33	25	42	25	8	0	42	25	33	12
Other	1	64	36	26	24	34	16	24	30	23	22	152
<b>All sports</b>	63	52	48	18	23	35	25	23	29	22	26	11427
<b>Selected sports</b> (excluding walking, dancing and snooker / billiards / pool)	51	55	45	21	25	34	20	25	30	22	23	8848
<b>None</b>	37	42	58	6	14	31	50	13	22	21	44	7587

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 3).

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 1999: YOUNG PEOPLE**

## **Summary of Main Findings**

### **Aggregate Levels of Participation**

- In 1999, 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%). Participation in swimming and cycling was noticeably lower among the older age group, especially for girls.

### **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 football, swimming, cycling, running/jogging and walking (2+ miles).

### **Frequency of Participation**

- Among participants aged 8 – 18 years, 86 per cent participate more than once a week and 54 per cent more than four times a week (outside PE lessons).
- Fewer young people between 12 and 18 years old participate very frequently, with 50 per cent of 12-18 year olds and 60 per cent of 8-11 year olds participating more than four times a week.
- Frequency of participation is higher among boys than girls, with 92 per cent of boys and 80 per cent of girls participating more than once a week, and 60 per cent of boys and 50 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. On average, the most frequent sports for boys are cycling, football and walking (2+ miles). Nearly three-quarters of boys go cycling (74%) or play football (73%) 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.

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## Most Popular Sports (including PE lessons) 1999: Girls

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

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8-11 years	Percentage	12-18 years	Percentage
Swimming	63	Swimming	41
Running/jogging	47	Basketball/netball/volleyball	33
Cycling	44	Running/jogging	29
Football	37	Walking (2+ miles)	27
Dancing	29	Dancing	27
Basketball/netball/volleyball	29	Football	24
Walking (2+ miles)	17	Badminton	23
Gymnastics	14	Cycling	20
Tenpin bowling	12	Hockey	18
Badminton	11	Keep fit/aerobics	17
Athletics	10	Athletics	16
		Gymnastics	12
		Ice skating/ice hockey	11
		Tenpin bowling	10

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Base numbers: 266 443

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

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## Most Popular Sports (including PE lessons) 1999: Boys

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

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8-11 years	Percentage	12-18 years	Percentage
Football	84	Football	78
Swimming	46	Cycling	34
Cycling	43	Swimming	33
Running/jogging	29	Snooker/billiards/pool	32
Basketball/netball/volleyball	22	Basketball/netball/volleyball	29
Snooker/billiards/pool	21	Running/jogging	26
Walking (2+ miles)	18	Golf	22
Golf	18	Walking (2+ miles)	20
Tenpin bowling	11	Badminton	16
Tennis	10	Rugby	12
		Multigym/weight training	11
		Athletics	11

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Base numbers 242 423

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

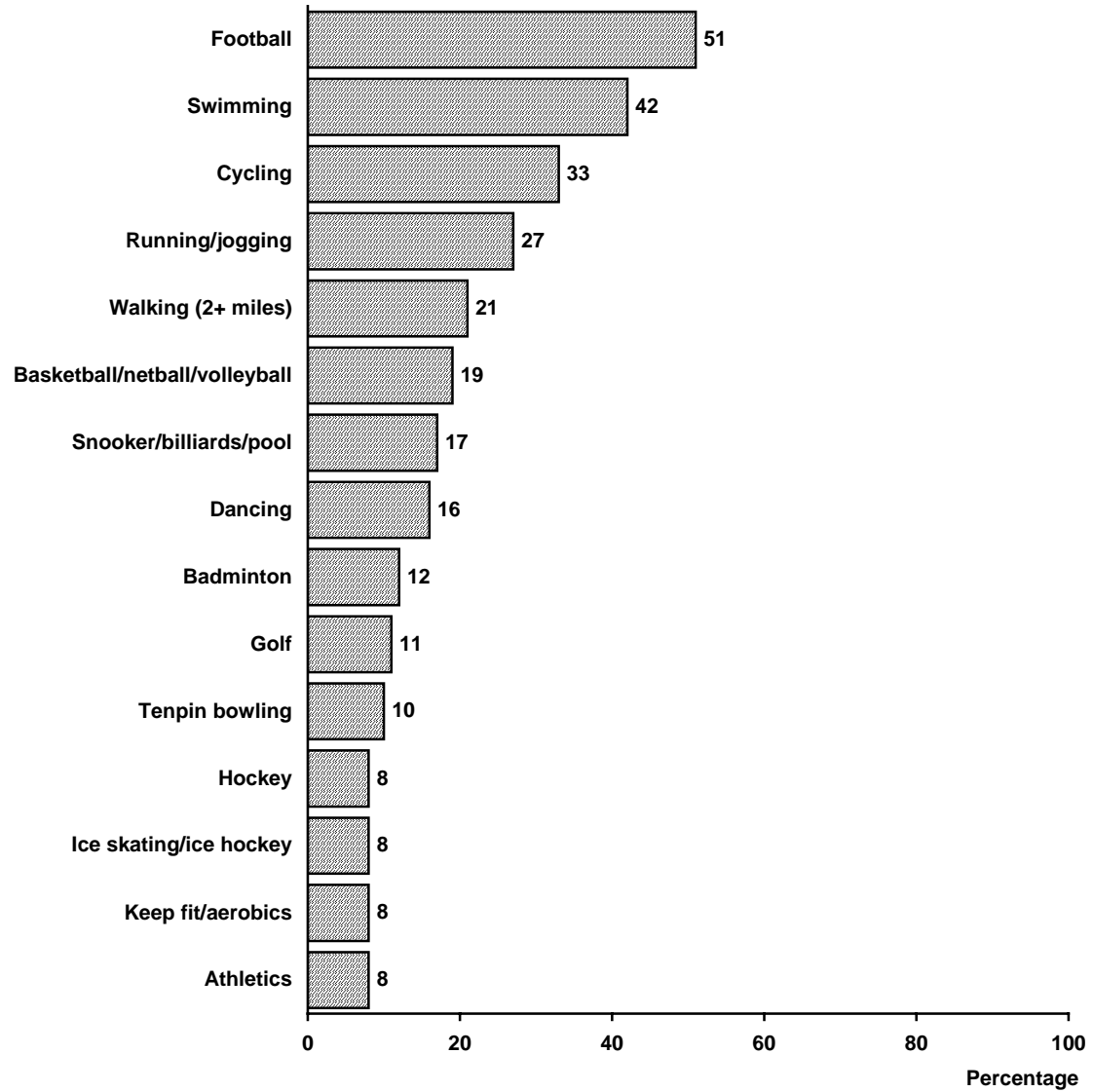
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## Top 15 Sports Outside PE Lessons 1999: Young People

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

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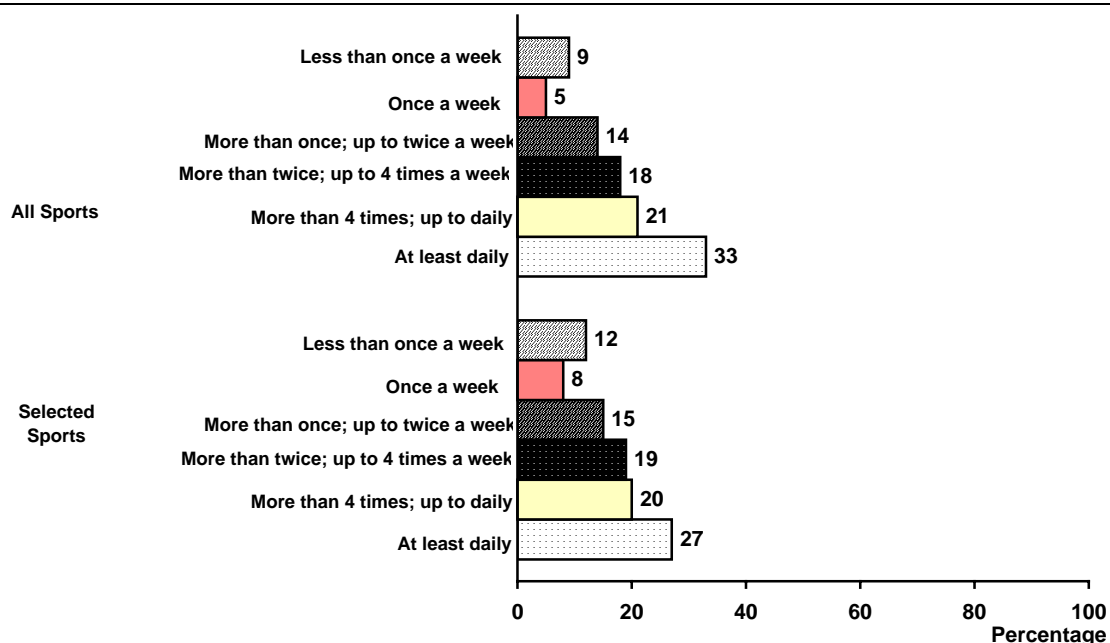


Base number: 1,374



## 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 1,298; Selected Sports 1,239

## Most Frequent Sports Outside PE Lessons 1999: Girls and Boys

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

Girls	Base numbers	%	Boys	Base numbers	%
Walking (2+ miles)	152	59	Cycling	215	74
Cycling	181	55	Football	502	73
Snooker/billiards/pool	27	54	Walking (2+ miles)	99	63
Running/jogging	194	50	Running/jogging	122	61
Martial Arts	15	47	Keep fit/aerobics	15	61
Football	154	38	Snooker/billiards/pool	140	49
Athletics	44	38	Hockey	31	45
Dancing	168	34	Multigym/weight training	32	42
Tennis	28	29	Golf	113	41
Keep fit/aerobics	62	26	Table tennis	17	34
Hockey	39	26			

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

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## Club Membership 1999: Girls and Boys

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

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<b>Girls</b>	<i>Base numbers</i>	<b>%</b>	<b>Boys</b>	<i>Base numbers</i>	<b>%</b>
Martial Arts	17	77	Martial Arts	19	95
Horse riding	27	48	Rugby	59	39
Multigym/weight training	17	35	Golf	115	37
Dancing	177	32	Multigym/weight training	34	35
Gymnastics	77	27	Fishing/angling	18	22
Athletics	84	23	Cricket	19	21
Golf	13	23	Football	526	21
Hockey	78	18	Hockey	44	21
Badminton	108	15	Badminton	64	17
Basketball/netball/volleyball	201	15	Tennis	44	16

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

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## Participation in Organised Competition 1999: Girls and Boys

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

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<b>Girls</b>	<i>Base numbers</i>	<b>%</b>	<b>Boys</b>	<i>Base numbers</i>	<b>%</b>
Hockey	77	22	Martial Arts	19	32
Athletics	85	20	Rugby	59	27
Martial Arts	17	18	Football	526	18
Basketball/netball/volleyball	200	13	Cricket	19	16
Horse riding	28	11	Hockey	44	16
Dance	176	8	Golf	115	14
Golf	13	8	Athletics	47	13
Rugby	15	7	Fishing/angling	19	11
Running/jogging	235	7	Basketball/netball/volleyball	140	10
Football (any)	176	6	Running/jogging	140	9

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

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## Organisational Context of Participation 1999: Young People

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### Percentage of participants (all year data)

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	%
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

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Base number: 1,335

