

# Department of National Parks, Sport and Racing. 

Queensland Sport, Exercise and Recreation Survey Adults (QSERSA).

Research Report.
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## 1. Executive summary

### 1.1. Introduction

Colmar Brunton was approached by the Department of National Parks, Sport and Racing ('the Department') to conduct the 2015 Queensland Sport, Exercise and Recreation Survey - Adults (QSERSA). The aim of the QSERSA survey is to collect robust data to a Queensland regional level and meet Queensland Government's policy, program development and planning needs for sport and recreation participation. This is the first wave of this annual survey and as such, provides us with baseline data for comparison with future waves of the survey.

The objectives of this research are to:

- generate valid, reliable and generalizable data at the state and regional level for Queensland on adult participation in physical activity for sport, exercise and recreation;
- supplement national data on adult participation in physical activity for sport, exercise and recreation;
- generate data that will be useful for planning and program development, such as data on participation enablers and barriers; facilities, places and spaces used and factors linked to their use; organised versus non-organised activities; along with demographic associations between these factors; and
- provide the vehicle for generating data on an ongoing basis to allow for time series analysis, including data for performance measurement on the Service Delivery Standard indicator of Queenslander participation rates in sport and recreation.

The research involved 7,208 surveys in total utilising a dual data collection methodology of Computer-Assisted-Telephone-Interviews (CATI) and online surveys. The telephone survey utilised a random digit dialling of fixed lines and mobile phone numbers. The online survey was conducted using an online panel. Surveys took 10 minutes on average but varied slightly dependent on the extent of the respondent's stated physical activity. The research was conducted between 8 July and 28 August 2015. The responses to some questions about recent physical activity should be considered with the knowledge that the survey was conducted during winter months and some physical activities tend to be influenced by seasons.

### 1.2. Key Findings

## Participation rates in sports, exercise and recreation

Three-quarters (75\%) of Queenslanders could be described as participants, that is, they have participated in physical activities for sports, exercise or recreation during the last 12 months. The remaining quarter ( $25 \%$ ) could be described as non-participants.

The results are relatively positive with self-reported levels of physical activity being fairly high.

- Almost two-thirds (63\%) of all Queenslanders surveyed could be described as high frequency participants, that is, they participate in physical activity once a week or more often. This includes twenty-one per cent (21\%) who report they undertake physical activity at least once a day.
- Just over one tenth (12\%) of all Queenslanders surveyed could be described as medium frequency participants, that is, they participate in physical activity once a fortnight or less often but at least once every 6 months.
- Just $1 \%$ of all Queenslanders surveyed could be described as low frequency participants, that is they participate in physical activity at least once a year, or know that they have participated over the past 12 months but can't recall how often.
- One-quarter ( $25 \%$ ) are non-participants in physical activity over the past 12 months.

Figure 1: Key Metrics Summary


## High frequency participants

Nearly two in three (63\%) of Queenslanders are high frequency participants. The following summarises high frequency participants' sports, exercise and recreation activities over the past 12 months.


The incidence of participation is highest for:

1. Any walking activity (63\%)
2. Any gym activity (31\%)
3. Running/jogging (18\%)
4. Swimming (17\%)
5. Bushwalking (14\%)
6. Yoga/Pilates (10\%)
7. Leisure cycling (e.g. hybrid bike on bike paths) (9\%)
8. Fitness classes/aerobics/Zumba (8\%)
9. Golf (6\%)
10.Tennis (6\%)

10. Any walking activity (57\%)
11. Any gym activity ( $26 \%$ )
12. Running/jogging (13\%)
13. Swimming (10\%)
14. Yoga/Pilates (6\%)
15. Leisure cycling (e.g. hybrid bike on bike paths) (5\%)
16. Bushwalking (5\%)
17. Golf (4\%)
18. On-road cycling (4\%)
10.Tennis (4\%)


On average, they participate in two to three physical activities ${ }^{1}$.

- One activity ( $25 \%$ )
- Two activities (25\%)
- Three activities (18\%)
- More than three activities (32\%)


Location of
physical activity

Distance
travelled to participate


Looking across all physical activities, a large majority of high frequency participants were active players or participants (96\%). Just under 1 in 10 (9\%) fulfilled another role (e.g. coach, trainer or referee). There is a small amount of cross-over, with $5 \%$ fulfilling both roles.

Roads, streets or walking paths clearly exceed all other locations in terms of the most common locations. Almost half (45\%) indicated they participated in physical activity on roads or streets, whilst four in ten (41\% high frequency) indicated walking paths.

Following these two locations, the gym (27\%) and private dwellings (home/private property/home of friends or family) (26\%) were the next most common locations of physical activity.

On average, most physical activities require the participant to travel 5 km to less than 10 km , if not, slightly less ( 2 km to 5 km ).

- A large majority participate in at least one activity which has no involvement with a club (85\%).
- Around 1 in 3 participated in at least one physical activity where activities are entirely organised by a club, association or other organisation (30\%).
- Around 1 in 10 participate in at least one physical activity where some activities are organised by a club, association or other organisation (11\%).
- Sports clubs or associations that require payment of fees for membership, participation or registration are most common (16\%) followed by fitness or leisure organisations or indoor sports centres that also require payment (12\%).

[^0]Number of
sessions of
physical
activity

On average just over 20 sessions of physical activity were undertaken over the past month (mean=23.7; median=20).

- Up to 10 sessions (24\%)
- 11 to 20 sessions (26\%)
- 21 to 30 sessions (22\%)
- More than 30 sessions (e.g. once a day or more often) (28\%)

The average length of each session varies significantly based on the type of physical activity.

## Drivers to participation

The top four drivers to participation amongst high frequency participants were:

- Personal interest and motivation (41\%);
- Making the time or having more time available (38\%);
- Meeting with friends to socialise or gaining/having an exercise buddy/ies (37\%); and
- Having a car (36\%).


## Barriers to participation

Low frequency participants and non-participants were asked the main reasons why they did not participate in physical activities for sport, exercise or recreation in the last 12 months at all or more frequently. Lack of time due to other commitments such as work, study and family is the key barrier to participation, with $39 \%$ of low frequency participants and $33 \%$ of non-participants citing this as their main reason. Amongst low frequency participants, physical activities being too expensive was the second most common reason (26\%) followed by work commitments (19\%). Amongst non-participants the second most common reason was ongoing illness or injury ( $24 \%$ ) followed by work commitments (19\%).

A demographic profile of these groups also suggests that age, adverse health or disabilities appear to be heightened issues amongst these groups of respondents as opposed to respondents who participate in physical activities more frequently. Language barriers may also be a barrier for low frequency participants.

### 1.3. Conclusions

Queenslanders are an active bunch but there is certainly scope for improvement. We need to get Queenslanders Up, Out and Active. As a champion for physical activity in Queensland, the Department of National Parks, Recreation, Sport and Racing can utilise the findings in this benchmark survey to better understand the extent and type of physical activities being undertaken by Queenslanders at the present. If this survey is to be replicated in future, it can also be utilised as a benchmark to determine the impact of any Department initiatives arising from this research on Queenslanders' physical activities.

Increasing participation rates start with an understanding of who should be targeted as a priority. The degree to which Queenslanders participate in sports, exercise and recreation tends to vary based on:

- age and associated health factors;
- socioeconomic factors;
- time availability; and
- to a lesser extent, gender.

Figure 2 below summarises how participation rates tend to vary according to age and gender.

Figure 2: Participation Rates According to Age and Gender


Figure 3 below summarises how participation rates tend to vary according to socioeconomic and time availability factors.

Figure 3: Participation Rates According to Socieconomic and Time Availability Factors


Most Queenslanders are aware of the personal benefits of an active lifestyle, however there are key barriers in the way. To increase participation rates in sport, exercise and recreation there are indicators to suggest focussing on the following may be key:

- Increasing awareness and availability of options for who time availability is a problem (due to work, parenting or caring commitments).
- Increasing awareness and availability of affordable options (including those that are free).
- Increasing awareness and availability of physical activities appropriate for the elderly or less physically able.
- Motivating people to simply start participating, including those who believe they are too unhealthy, overweight or unfit to even start in the first place.


## 2. Introduction

Colmar Brunton was approached by the Department of National Parks, Sport and Racing ('the Department') to conduct the 2015 Queensland Sport, Exercise and Recreation Survey - Adults (QSERSA). The aim of the QSERSA survey is to collect robust data at Queensland regional level and meet Queensland Government's policy, program development and planning needs for sport and recreation participation. This is the first wave of this particular Queensland focused survey and as such, provides us with baseline data for comparison with future waves of the survey.

### 2.1. Background

One previous similar survey was the Exercise, Recreation and Sport Survey (ERASS). This was a joint initiative of the Australian Sports Commission and State and Territory Departments of Sport and Recreation conducted on an annual basis between 2001 and 2010.

The ERASS collected information on the frequency, duration, nature and type of physical activities participated in by persons aged 15 years and over for exercise, recreation or sport during the 12 months prior to the interview.

With the cessation of the ERASS in 2010, Australian jurisdictions signed a Memorandum of Understanding with the Australian Bureau of Statistics (ABS) to conduct a biennial national sport and recreation participation survey as part of the Multipurpose Household Survey (MPHS).

As part of this arrangement with the ABS, jurisdictions were allocated a proposed base sample size for the participation survey. Queensland's base sample size for the 2013-14 collection was 2,350 households. However this sample was insufficient to generate robust data at the Queensland regional level.

As a consequence, the Queensland Government's Sport and Recreation Services (SRS), in the Department of National Parks, Sport and Racing (NPSR), sought proposals from research providers for providing robust survey data on participation in physical activity for sport, exercise and recreation at both the state and regional level, and on a more frequent basis - that is, to conduct the newly formed Queensland Sport, Exercise and Recreation Survey - Adults (QSERSA). Colmar Brunton was awarded this contract in 2015.

The questionnaire used for the 2015 QSERSA included indicators used in the ABS MPHS (some of them with modifications) but also allowed for robust data at the Queensland regional level on these indicators. Importantly, additional indicators (for instance, on participation barriers and enablers) have been included in the survey that will allow SRS to better align data collection with performance measurement as well as program development and planning.

### 2.2. Research Objectives

Sport and Recreation Services (SRS) in the Department of National Parks, Sport and Racing (NPSR) identifies one of its key priorities as increasing the number of Queenslanders participating in physical activity for sport and recreation. As such, the Queensland Government required data that will better meet its policy, program development and planning needs for sport and recreation participation.

In light of this key priority for SRS, the objectives of the QSERSA survey are to:

- generate valid, reliable and generalizable data at the state and regional level for Queensland on adult participation in physical activity for sport, exercise and recreation;
- supplement national data on adult participation in physical activity for sport, exercise and recreation;
- generate data that will be useful for planning and program development, such as data on participation enablers and barriers; facilities, places and spaces used and factors linked to their use; organised versus non-organised activities; along with demographic associations between these factors; and
- provide the vehicle for generating data on an ongoing basis to allow for time series analysis, including data for performance measurement on the Service Delivery Standard indicator of Queenslander participation rates in sport and recreation.


## 3. Methodology in Brief

Two data collection methodologies were utilised as part of this survey:

- Computer-Assisted-Telephone-Interviews (CATI) using:
- Random Digit Dialling (RDD) for targeting of fixed-line households
- Random Digit Dialling (RDD) for targeting mobile phones
- Online survey using online panel

This combined approach ensured we could overcome any sample bias associated with using any one data collection method or sample frame alone.

The target respondents were adults aged 18 years or older currently residing in Queensland.
The survey was undertaken between 8 July and 28 August 2015.

Geographical quotas were set to ensure coverage of all areas across Queensland. Locational quotas can be seen in Table 1 below. In all locations the minimum quota was achieved and in some cases, exceeded, thus the numbers below are not the final sample achieved but the minimum targets sought - a full profile of the sample achieved can be seen in Table 2 on the following page.

Table 1: Geographical Quotas


No age quotas were set however the sample was monitored to ensure there were no noteworthy skews versus the true population. Soft quotas were placed on gender to ensure that around $40 \%$ of the overall sample were males (traditionally males are less likely to participate in research than females).

The final sample achieved was $n=7,208$ responses, the fall-out of which is summarised in the table below. Section 5 of this report presents a profile of the sample in further detail.

Table 2: Sample Profile Summary

| Characteristic | Number of respondents ( $\mathrm{n}=$ ) | Unweighted \% of sample | Characteristic | Number of respondents ( $\mathrm{n}=$ ) | Unweighted \% of sample |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Data collection method |  |  | Location (detailed) |  |  |
| CATI | 3,382 | 47\% | Brisbane - East | 365 | 5\% |
| Online | 3,826 | 53\% | Brisbane - Inner City | 366 | 5\% |
| Gender |  |  | Brisbane - North | 368 | 5\% |
| Male | 2808 | 39\% | Brisbane - South | 378 | 5\% |
| Female | 4400 | 61\% | Brisbane - West | 370 | 5\% |
| Age |  |  | Cairns | 475 | 7\% |
| 18-29 years | 759 | 11\% | Darling Downs Maranoa | 364 | 5\% |
| 30-44 years | 1997 | 28\% | Fitzroy | 460 | 6\% |
| 45-59 years | 2576 | 36\% | Gold Coast | 375 | 5\% |
| 60 years plus | 1876 | 26\% | Ipswich | 364 | 5\% |
| Location (summary) |  |  | Logan - Beaudesert | 367 | 5\% |
| South-East Queensland | 4,020 | 56\% | Mackay | 354 | 5\% |
| Other | 3,188 | 44\% | Moreton Bay - North | 342 | 5\% |
| ATSI Status |  |  | Moreton Bay - South | 355 | 5\% |
| Yes, Aboriginal | 139 | 2\% | Sunshine Coast | 370 | 5\% |
| Yes, Torres Strait Islander | 16 | 0.3\% | Toowoomba | 306 | 4\% |
| Yes, both Aboriginal and Torres Strait Islander | 7 | 0.1\% | Townsville | 453 | 6\% |
| None of the above | 6995 | 97\% | Wide Bay | 625 | 9\% |
| Prefer not to answer | 51 | 1\% | Region |  |  |
| Language |  |  | Brisbane | 1534 | 21\% |
| English only | 6680 | 93\% | Central | 994 | 14\% |
| Speaks language other than English | 528 | 7\% | Far North | 518 | 7\% |
| - Top languages: |  |  | North Coast | 1272 | 18\% |
| - German | 38 | 0.5\% | Northern | 858 | 12\% |
| - Mandarin | 37 | 0.5\% | South East | 904 | 13\% |
| - Hindi | 30 | 0.4\% | South West | 1128 | 16\% |

The sample was post-weighted to ensure it was reflective of the true Queensland population as reported by the Australian Bureau of Statistics.

For further details of the approach that was taken to the survey, please contact the Department

The online questionnaire can be seen in Appendix B.

### 3.1. Interpreting This Report

### 3.1.1. Definitions

The following terms or abbreviations have been utilised throughout this report.
Table 3: Definitions

| Term of abbreviation | Definition |
| :--- | :--- |
| The Department | Department of National Parks, Sport and Racing |
| SRS | Sport and Recreation Services (within the Department of <br> National Parks, Sport and Racing) |
| ABS | Australian Bureau of Statistics |
| LGA | Local Government Area |
| SR | Single Response |
| MR | Multiple Response |
| ATSI | Language Other Than English |
| LOTE | Has participated in physical activities for sport, exercise or <br> recreation at least once a week (including once a day) over the <br> past 12 months |
| High frequency participants | Has participated in physical activities for sport, exercise or <br> recreation at least once a fortnight to once every 6 months |
| Moderate frequency <br> participants | Has participated in physical activities for sport, exercise or <br> recreation at least once in the past 12 months (or know that <br> they have participated in the past 12 months but don't recall <br> how frequently) |
| Less frequent participants |  |
| Non participants | Has not participated in physical activities for sport, exercise or <br> recreation in the past 12 months |

Survey respondents were classified into Queensland locations for the purpose of post-weighting the data and analysing the results by geography. Locational classifications were discussed and agreed with the Department, as shown below. These locational classifications are based on Queensland Local Government Areas (LGAs) which were in turn, based on postcode. These locational references are referred to as 'region' throughout.

Table 4: Local Government Areas (LGAs) Within Each Region

| Brisbane | Central | Far North | North Coast | Northern | South East | South West |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Brisbane | Banana | Aurukun | Gympie | Boulia | Gold Coast | Balonne |
|  | Barcaldine | Cairns | Moreton Bay | Burdekin | Logan | Bulloo |
|  | Barcoo | Cassowary Coast | Sunshine Coast | Burke | Redland | Goondiwindi |
|  | Blackall Tambo | Cook |  | Carpentaria |  | Ipswich |
|  | Bundaberg | Croydon |  | Charters Towers |  | Lockyer Valley |
|  | Central Highlands | Etheridge |  | Cloncurry |  | Maranoa/Rom a |
|  | Cherbourg | Hope Vale |  | Doomadgee |  | Murweh |
|  | Diamantina | Kowanyama |  | Flinders |  | Paroo |
|  | Fraser Coast | Lockhart River |  | Hinchinbrook |  | Quilpie |
|  | Gladstone | Mapoon |  | Isaac |  | Scenic Rim |
|  | Longreach | Napranum |  | Mackay |  | Somerset |
|  | North Burnett | Northern Peninsula |  | McKinlay |  | Southern Downs |
|  | Rockhampton | Pormpuraaw |  | Mornington |  | Toowoomba |
|  | South Burnett | Tablelands |  | Mount Isa |  | Western Downs/Dalby |
|  | Winton | Torres Shire |  | Palm Island |  |  |
|  | Woorabinda | Torres Strait Island |  | Richmond |  |  |
|  |  | Weipa |  | Townsville |  |  |
|  |  | Wujal Wujal |  | Whitsunday |  |  |
|  |  | Yarrabah |  |  |  |  |

### 3.1.2. Percentages and Averages

Percentages are generally rounded to whole numbers. Some percentages may not add to $100 \%$ due to rounding. Where percentages add up to more than $100 \%$ this may be due to:

- the question being multiple response (MR) rather than single response (SR); or
- respondents participating in multiple physical activities and therefore the results represent the proportion of activities rather than the proportion of respondents.

Average ratings (e.g. mean scores) are rounded to one decimal place.

### 3.1.3. Sorting of Results

In many tables and charts, rows are sorted from most frequent response to least. The exceptions to this are:

- where responses are ordinal and thus more logical to present in that way (e.g. the frequency of performing physical activity is ordered from lowest to highest frequency); and
- where lists of physical activities are shown these are shown in alphabetical order to allow the reader to find them easily.


### 3.1.4. Weighting

The results of this survey have been weighted according to age, gender and region.
For further details about weighting please contact the Department.

### 3.1.5. Tests of Statistical Significance

Tests for statistical significance have been conducted on particular subgroups of interest in this survey, including:

- region (Brisbane, Central, Far North, North Coast, Northern, South East, South West);
- age (18-29 years, 30-44 years, 45-59 years, 60 years plus); and
- gender (male and female).

Tests have been undertaken at a 95\% confidence level. If there is a statistically significant difference between the result for a particular group and the result for the wider Queensland population, we can be confident that this difference has not occurred by chance, rather that it reflects a genuine difference among that group compared to the wider population.

The results for these tests are shown as tables throughout this report. Shaded cells indicate a statistically significant result. Whereby, the following legend applies.

[^1]An example table is shown below as well as a brief explanation of how to interpret the significance shading.

This example table shows that, at an overall level, $75 \%{ }^{\text {a }}$ of respondents surveyed indicated they had participated in physical activities over the past 12 months. However, when we look at differing age groups there is a variance. The cells in blue indicate a result that is significantly higher (statistically speaking) when compared to the total respondents surveyed. Therefore a significantly higher
proportion of $18-29$ year olds $\left(81 \%^{b}\right)$ and $30-44$ year olds $\left(81 \%{ }^{c}\right)$ have participated in physical activities over the past 12 months compared to the total sample. The gold cells indicate a result that is significantly lower than the total sample - specifically the result for respondents aged 60 years plus $\left(65 \%{ }^{\mathrm{d}}\right)$.

Example Table: Participation in Physical Activity in Past 12 Months (Differences by Age)

|  | All | Age |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
|  | $\begin{aligned} & \text { দ } \\ & \stackrel{1}{\llcorner } \\ & \vdash \end{aligned}$ |  |  |  |  |
| Sample size (unweighted) $n=$ | 7208 | 759 | 1997 | 2576 | 1876 |
| Yes, I have participated in physical activities in the past 12 months | 75\% ${ }^{\text {a }}$ | $81 \%^{\text {b }}$ | 81\% ${ }^{\text {c }}$ | 74\% | 65\% ${ }^{\text {d }}$ |
| No, I have not participated in physical activities in the past 12 months | 25\% | 19\% | 19\% | 26\% | 35\% |

Q1. In the last 12 months did you participate in any physical activities for sport, exercise or recreation? DO NOT READ (SR) (Base: All survey participants $n=7,208$ )

Significantly higher than the result at a total level (statistically significant @ 95\% confidence interval)
Significantly lower than the result at a total level (statistically significant @ 95\% confidence interval)

Whether there is a statistical difference between two figures is dependent on a number of aspects, particularly sample size. This may explain why one figure is statistically different to the total result, but a similar figure is not. Therefore a result of say $70 \%$ may show up as being statistically significant for a sub-group with a large sample size, whilst the same result of $70 \%$ may not show up as being statistically significant for a sub-group with a lower sample size.

### 3.1.6. Reliability

The margin of error associated with this survey is $+/-1.15 \%$. This means that if $75 \%$ of our sample indicated they had participated in physical activity in the past 12 months, we can be $95 \%$ confident that the true result in the population of interest lies between $73.85 \%$ and $76.15 \%$.

Where sample sizes are low (less than $n=30$ ), these are shaded in grey throughout this report. These results should be interpreted with caution due to their high degree of unreliability.

As with all surveys, a small amount of non-sampling error may be at play in the results.

## 4. Findings

### 4.1. Participation in Physical Activity in Past 12 Months

All Queenslanders surveyed were asked whether they had participated in any physical activities for sport, exercise or recreation over the past 12 months - see Figure 4.

Three-quarters (75\%) of Queenslanders could be described as participants, that is, they have participated in physical activities for sports, exercise or recreation. The remaining quarter (25\%) could be described as non-participants.

Figure 4: Participation in Physical Activity in Past 12 Months (Overall Results)


Q1. In the last 12 months did you participate in any physical activities for sport, exercise or recreation? DO NOT READ (SR) (Base: All survey participants $n=7,208$ )

Table 5 below shows the results for this question split by key sub-groups of respondents in the sample. Key take-outs include:

- Far North (82\%) and Brisbane (80\%) respondents are most likely to have participated in physical activity in the past 12 months, whilst Central (71\%) and South East (71\%) respondents are the least likely to have done so.
- The younger a respondent, the more likely they are to have participated in physical activity in the past 12 months.
- Males (77\%) appear to be more active in this regard compared to females (74\%).

In addition, those respondents who identified themselves as having a disability were less likely to have participated in physical activity in the past 12 months ( $56 \%$ ). Household income also appears to
be a factor on which physical activity varies, with the likelihood of participating in physical activity over the past 12 months increasing as household income increases:

- $67 \%$ low income (less than $\$ 800$ per week / \$50,000 per year)
- $77 \%$ medium income ( $\$ 800-\$ 1,599$ per week / \$67,600-\$83,199 per year)
- $84 \%$ high income ( $\$ 1,600$ plus per week / $\$ 83,200$ plus per year)

Table 5: Participation in Physical Activity in Past 12 Months (Differences by Respondent Sub-Groups)

|  | All |  |  |  | Region |  |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | ¢ | $\begin{aligned} & \stackrel{0}{\Gamma} \\ & \stackrel{0}{0} \\ & \frac{0}{0} \\ & \stackrel{n}{\infty} \end{aligned}$ |  |  | $\begin{aligned} & \stackrel{\rightharpoonup}{\omega} \\ & 0 \\ & \text { O} \\ & \stackrel{5}{5} \\ & \text { Z } \end{aligned}$ |  |  |  |  |  | $\frac{\infty}{\pi}$ <br> 0 <br> 0 <br> 0 <br> 0 <br> 0 <br> 1 | $\begin{aligned} & \frac{\infty}{\bar{\omega}} \\ & \overbrace{0}^{\infty} \\ & 0 \\ & \hline 0 \end{aligned}$ | $\frac{0}{\sum_{\sum}^{\pi}}$ |  |
| Sample size (unweighted) $n=$ | 7208 | 1534 | 994 | 518 | 1272 | 858 | 904 | 1128 | 759 | 1997 | 2576 | 1876 | 2808 | 4400 |
| Yes, I have participated in physical activities in the past 12 months | 75\% | 80\% | 71\% | 82\% | 74\% | 79\% | 71\% | 74\% | 81\% | 81\% | 74\% | 65\% | 77\% | 74\% |
| No, I have not participated in physical activities in the past 12 months | 25\% | 20\% | 29\% | 18\% | 26\% | 21\% | 29\% | 26\% | 19\% | 19\% | 26\% | 35\% | 23\% | 26\% |

Q1. In the last 12 months did you participate in any physical activities for sport, exercise or recreation? DO NOT READ (SR) (Base: All survey participants $n=7,208$ )

Significantly higher than the result at a total level (statistically significant @ 95\% confidence interval)
Significantly lower than the result at a total level (statistically significant @ 95\% confidence interval)

Queenslanders surveyed were then asked to specify how frequently they had participated in this physical activity over the past 12 months - see Figure 5.

The results are relatively positive with self-reported levels of physical activity being fairly high.

- Almost two-thirds (63\%) of all Queenslanders surveyed could be described as high frequency participants, that is, they participate in physical activity once a week or more often. This includes twenty-one per cent (21\%) who report they undertake physical activity at least once a day.
- Just over one tenth (12\%) of all Queenslanders surveyed could be described as medium frequency participants, that is, they participate in physical activity once a fortnight or less often but at least once every 6 months.
- Just 1\% of all Queenslanders surveyed could be described as low frequency participants, that is, they participate in physical activity at least once a year, or know that they have participated over the past 12 months but can't recall how often.
- One-quarter (25\%) are non-participants in physical activity over the past 12 months.

Figure 5: Frequency of Physical Activity (Overall Results)


Q1A. How regularly would you say you had participated in physical activity over the last 12 months? Would you say at least...READ, SR. (Base: As shown)

Table 6 below shows the results for this question split by key sub-groups of respondents in the sample. Key take-outs include:

- Far North and Northern Queensland respondents appear to undertake physical activity more frequently than respondents in other locations, with one-quarter (25\%) reporting they do so at least once a day and a further $44 \%$ at least once a week. Over three-quarters of respondents in each of these locations could be described as high frequency participants.
- In terms of age:
- Respondents aged 60 years plus are more likely to be non-participants (35\%).
- Physical activity levels marginally reduce between 18-29 years of age and 30-44 years of age, but then start to reduce significantly thereafter.
- A 'dip' in physical activity levels being undertaken at least once a day is observable in the 30-44 years age bracket, before recovering again in the 45-59 year age bracket. One theory for this is parenting commitments, which include a lack of access to childcare or babysitters and a lack of time associated with these commitments around this age.
- Females (26\%) are more likely to be non-participants than males (23\%).

Table 6: Frequency of Physical Activity (Differences By Respondent Sub-Groups)

|  | All | Region |  |  |  |  |  |  | Age |  |  |  | Gender |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | ¢ |  |  |  |  |  |  |  | $\begin{aligned} & \stackrel{\infty}{\sqrt{W}} \\ & \stackrel{1}{\infty} \\ & \stackrel{N}{N} \\ & \infty \end{aligned}$ | $\stackrel{\infty}{\pi}$ <br>  <br>  <br>  | $\stackrel{0}{\pi}$ <br> 20 <br> 0 <br> 0 <br> 0 <br> 0 <br> 8 |  | $\frac{0}{\sum_{\sum}^{\pi}}$ |  |
| Sample size (unweighted) $n=$ | 7208 | 1534 | 994 | 518 | 1272 | 858 | 904 | 1128 | 759 | 1997 | 2576 | 1876 | 2808 | 4400 |
| Frequency of participation (summary) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| High (once a week or more often) | 63\% | 65\% | 61\% | 69\% | 60\% | 69\% | 60\% | 62\% | 66\% | 64\% | 63\% | 59\% | 64\% | 62\% |
| Medium (once a fortnight - at least once every 6 months) | 12\% | 14\% | 9\% | 12\% | 13\% | 10\% | 10\% | 11\% | 14\% | 16\% | 11\% | 6\% | 13\% | 11\% |
| Low (once a year or don't know/can't remember) | 1\% | 1\% | 1\% | 0\% | 0\% | 0\% | 1\% | 1\% | 1\% | 1\% | 0\% | 1\% | 1\% | 1\% |
| Non-participators (has not participated in physical activity in past 12 months) | 25\% | 20\% | 29\% | 18\% | 26\% | 21\% | 29\% | 26\% | 19\% | 19\% | 26\% | 35\% | 23\% | 26\% |
| Frequency of participation (detailed) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| At least once a day | 21\% | 19\% | 21\% | 25\% | 21\% | 25\% | 22\% | 20\% | 21\% | 18\% | 22\% | 24\% | 21\% | 21\% |
| At least once a week | 42\% | 46\% | 40\% | 44\% | 39\% | 44\% | 39\% | 42\% | 45\% | 46\% | 41\% | 35\% | 42\% | 41\% |
| At least once a fortnight | 5\% | 6\% | 5\% | 5\% | 6\% | 3\% | 5\% | 5\% | 5\% | 7\% | 5\% | 3\% | 6\% | 4\% |
| At least once a month | 4\% | 5\% | 3\% | 4\% | 4\% | 5\% | 3\% | 3\% | 5\% | 5\% | 4\% | 2\% | 5\% | 4\% |
| At least once every three months | 2\% | 2\% | 1\% | 3\% | 3\% | 1\% | 1\% | 2\% | 3\% | 2\% | 1\% | 1\% | 2\% | 2\% |
| At least once every six months | 1\% | 1\% | 0\% | 1\% | 1\% | 0\% | 1\% | 1\% | 1\% | 1\% | 0\% | 0\% | 1\% | 1\% |
| At least once a year | 0\% | 0\% | 1\% | 0\% | 0\% | 0\% | 0\% | 0\% | 1\% | 0\% | 0\% | 0\% | 0\% | 0\% |
| Don't know / can't remember | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 1\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 1\% |
| None | 25\% | 20\% | 29\% | 18\% | 26\% | 21\% | 29\% | 26\% | 19\% | 19\% | 26\% | 35\% | 23\% | 26\% |

Q1A. How regularly would you say you had participated in physical activity over the last 12 months? Would you say at least...READ, SR. (Base: All survey participants $n=7,208$ )

Significantly higher than the result at a total level (statistically significant @ 95\% confidence interval)
Significantly lower than the result at a total level (statistically significant @ 95\% confidence interval)

### 4.2. Types of Physical Activities Participated In

Queenslanders surveyed were asked to specify which sports, exercises or recreational activities they had participated in over the past 12 months - see Table 7. This question was asked of both high frequency and medium frequency participants.

Amongst high frequency participants, the 10 most popular activities (in order of popularity) are as follows:

1. Any walking activity (63\%)
2. Any gym activity (31\%)
3. Running/jogging (18\%)
4. Swimming (17\%)
5. Bushwalking (14\%)
6. Yoga/Pilates $(10 \%)$
7. Leisure cycling (e.g. hybrid bike on bike paths) (9\%)
8. Fitness classes/aerobics/Zumba (8\%)
9. Golf (6\%)
10. Tennis (6\%)

Following this, moderately popular activities are below:

1. Weight Training (7\%)
2. On-road cycling (6\%)
3. Dance (5\%)
4. Football/soccer - outdoor (5\%)
5. Recreational angling/fishing (4\%)
6. Basketball (3\%)
7. Netball (3\%)
8. Ten pin bowling (3\%)
9. Touch football (3\%)
10. Boxing (3\%)

Compared to moderate frequency participants, some physical activities were more likely to be participated in by high frequency participants, the key ones are as follows:

- Any gym activity (31\%)
- Running/jogging (18\%)
- Weight Training (7\%)

Compared to high frequency participants, some physical activities were more likely to be participated in by moderate frequency participants, the key ones are below:

- Bushwalking (18\%)
- Golf (9\%)
- Recreational angling/fishing (6\%)
- Outdoor cricket (5\%)
- Console-based/guided physical activities (5\%)
- Ten pin bowling (5\%)

Table 7: Frequency of Physical Activity (Differences by Respondent Sub-Groups)

| Physical Activities (in alphabetical order) | High frequency participants ( $\mathrm{n}=4,516$ ) | Moderate frequency participants ( $\mathrm{n}=792$ ) |
| :---: | :---: | :---: |
| Abseiling | 0\% | 0\% |
| Artificial/indoor rock climbing | 0\% | 0\% |
| Athletics (track and field) | 1\% | 1\% |
| Australian rules football | 2\% | 2\% |
| Baseball | 0\% | 1\% |
| Basketball | 3\% | 3\% |
| BMX | 1\% | 0\% |
| Bowls | 2\% | 3\% |
| Boxing | 3\% | 2\% |
| Bushwalking | 14\% | 18\% |
| Challenge ropes courses | 0\% | 1\% |
| Console-based/guided physical activities (e.g. Nintendo Wii Fit, Sony PlayStation Move, Xbox Kinect) | 3\% | 5\% |
| Cricket - indoor | 1\% | 1\% |
| Cricket - outdoor | 2\% | 5\% |
| Dance | 5\% | 5\% |
| Dancesport | 1\% | 0\% |
| Fitness classes/aerobics/Zumba (Please specify) | 8\% | 4\% |
| Football/soccer - indoor | 2\% | 1\% |
| Football/soccer - outdoor | 5\% | 3\% |
| Golf | 6\% | 9\% |
| Gridiron/American football | 0\% | 0\% |
| Any gym activity | 31\% | 14\% |
| Gym - cardio | 22\% | 11\% |
| Gym - free weights | 21\% | 7\% |
| Gym - weight machines | 16\% | 7\% |
| Gymnastics | 0\% | 0\% |
| Hockey | 1\% | 0\% |
| Horse riding/equestrian | 2\% | 2\% |
| Ice/snow sports | 1\% | 0\% |
| Kayaking/canoeing | 3\% | 3\% |
| Leisure cycling (e.g. hybrid bike on bike paths) | 9\% | 9\% |
| Martial arts | 2\% | 1\% |
| Any motorsports activity | 2\% | 5\% |
| Motorsports - dirt track | 0\% | 0\% |
| Motorsports - enduro riding | 0\% | 1\% |
| Motorsports - freestyle | 0\% | 1\% |
| Motorsports - karting | 0\% | 1\% |
| Motorsports - minikhana | 0\% | 0\% |
| Motorsports - motocross | 0\% | 1\% |
| Motorsports - quad bike riding/all-terrain vehicles | 0\% | 1\% |
| Motorsports - recreational trail bike riding | 0\% | 1\% |
| Motorsports - speedway | 0\% | 0\% |
| Mountain biking | 3\% | 2\% |
| Netball | 3\% | 1\% |
| On-road cycling | 6\% | 5\% |
| Orienteering/rogaining | 0\% | 0\% |
| Oztag football | 1\% | 0\% |
| Recreational angling/fishing | 4\% | 6\% |
| Recreational caving | 0\% | 0\% |
| River rafting | 0\% | 0\% |
| Rock climbing | 2\% | 1\% |
| Rowing | 1\% | 1\% |
| Rugby league | 2\% | 1\% |
| Rugby union | 1\% | 1\% |
| Running/jogging | 18\% | 14\% |
| Sailing | 1\% | 1\% |
| Scooter riding | 0\% | 1\% |
| Scuba/snorkelling | 2\% | 2\% |
| Shooting sports | 1\% | 2\% |
| Skateboarding | 1\% | 0\% |
| Squash | 1\% | 1\% |
| Surfing | 2\% | 1\% |


| Physical Activities (in alphabetical order) | High frequency <br> participants ( $n=4,516$ ) | Moderate frequency <br> participants (n=792) |
| :--- | :---: | :---: |
| Swimming | $17 \%$ | $19 \%$ |
| Ten pin bowling | $3 \%$ | $5 \%$ |
| Tennis | $6 \%$ | $7 \%$ |
| Touch football | $3 \%$ | $2 \%$ |
| Triathlon | $1 \%$ | $0 \%$ |
| Volleyball | $1 \%$ | $1 \%$ |
| Any walking activity | $63 \%$ | $59 \%$ |
| Walking - dog | $19 \%$ | $14 \%$ |
| Walking - for exercise | $51 \%$ | $48 \%$ |
| Walking - for transport | $15 \%$ | $21 \%$ |
| Weight training | $7 \%$ | $4 \%$ |
| Yoga/Pilates | $10 \%$ | $8 \%$ |
| Other (please specify) | $8 \%$ | $8 \%$ |

Q1B. In the last 12 months, what activities did you participate in for sport, exercise or recreation? DO NOT READ (MR), (ALLOW FOR UP TO 5 ACTIVITIES) (Base: High and medium frequency participants $n=5,308$ )

Significantly higher than the result at a total level (statistically significant @ 95\% confidence interval)
Significantly lower than the result at a total level (statistically significant @ 95\% confidence interval)

Looking at just high frequency participants, the types of activities participated in amongst key subgroups of respondents in the survey over the past 12 months are shown in Table 8 below. Many differences exist according to age and gender; not as many according to location. The most interesting findings are noted below:

- Younger respondents (particularly those aged 18-29 years) are more likely to participate in a wide variety of sports, the most notable being any gym activities (48\%) including free weights ( $37 \%$ ), cardio ( $33 \%$ ) and weight machines ( $25 \%$ ). Running or jogging is also typically participated in by younger people (32\% of 18-29 year olds) and tends to decline as one gets older.
- Physical activities that tend to be preferred by older people (aged 60 years plus) include walking for exercise (64\%) and to a much lesser extent, bowls (7\%).
- Walking for exercise is also an activity strongly correlated with age, whereby the older one is, the more likely they are to walk for the purpose of exercise. On the other hand, walking for the purpose of transport tends to decline slightly over time.
- Some stereotypical differences in preferences also exist according to gender, with males preferring gym - free weights (23\%), golf (10\%), on-road cycling (8\%), football/soccer outdoor (7\%), recreational angling/fishing (5\%), basketball (5\%), outdoor cricket (4\%), mountain-biking (4\%), touch football (4\%), Australian rules football (3\%), football/soccer indoor (3\%), rugby league (3\%) and rugby union (2\%). On the other hand, women tend to prefer walking for exercise (62\%), walking the dog (24\%), swimming (20\%), walking for transport (17\%), yoga or Pilates (17\%), fitness classes/aerobics/Zumba (13\%), dance (8\%), netball (5\%), horse riding/equestrian (3\%) and dancesport (1\%).
- A small number of noteworthy differences exist according to location, the key ones being:
- South East respondents prefer swimming (20\%) and surfing (4\%)
- Brisbane respondents prefer gym - free weights (26\%), walking for transport (21\%) and yoga and Pilates (14\%)
- Far North respondents prefer bushwalking (18\%), weight training (10\%) and recreational angling/fishing (7\%)

Table 8: Types of Physical Activities Participated in (Differences By Respondent Sub-Groups)

|  | All |  |  |  | Region |  |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | $\begin{aligned} & \text { ① } \\ & \stackrel{\circ}{\circ} \end{aligned}$ |  | $\begin{aligned} & \overline{\widetilde{0}} \\ & \stackrel{\rightharpoonup}{む} \\ & \text { U } \end{aligned}$ |  |  | $\begin{aligned} & \stackrel{5}{0} \\ & \text { E } \\ & \frac{1}{0} \\ & Z \end{aligned}$ |  |  |  |  |  |  | $\frac{0}{\sum_{\sum}^{\pi}}$ | $\frac{0}{0}$ $\stackrel{1}{0}$ $\stackrel{1}{0}$ $\stackrel{1}{4}$ |
| Sample size (unweighted) $n=$ | 4516 | 1001 | 607 | 351 | 750 | 580 | 533 | 694 | 478 | 1283 | 1618 | 1137 | 1770 | 2746 |
| Abseiling | 0\% | 0\% | 0\% | 0\% | 0\% | 1\% | 0\% | 0\% | 1\% | 0\% | 0\% | 0\% | 0\% | 0\% |
| Artificial climbing/indoor rock climbing | 0\% | 1\% | 0\% | 0\% | 0\% | 1\% | 0\% | 0\% | 1\% | 1\% | 0\% | 0\% | 0\% | 1\% |
| Athletics (track and field) | 1\% | 1\% | 0\% | 0\% | 2\% | 1\% | 1\% | 1\% | 3\% | 2\% | 0\% | 0\% | 2\% | 1\% |
| Australian rules football | 2\% | 2\% | 1\% | 1\% | 2\% | 3\% | 3\% | 1\% | 5\% | 2\% | 1\% | 1\% | 3\% | 1\% |
| Baseball | 0\% | 0\% | 0\% | 0\% | 1\% | 1\% | 0\% | 0\% | 1\% | 0\% | 0\% | 0\% | 1\% | 0\% |
| Basketball | $3 \%$ | 5\% | 2\% | 6\% | 3\% | 3\% | 3\% | 1\% | 8\% | 4\% | 1\% | 0\% | 5\% | 2\% |
| BMX | 1\% | 1\% | 1\% | 2\% | 1\% | 1\% | 0\% | 0\% | 2\% | 1\% | 0\% | 0\% | 1\% | 0\% |
| Bowls | 2\% | 2\% | 4\% | 2\% | 3\% | 2\% | 2\% | 3\% | 0\% | 1\% | 1\% | 7\% | 3\% | 2\% |
| Boxing | 3\% | 3\% | 3\% | 3\% | 2\% | 2\% | 4\% | 3\% | 5\% | 4\% | 2\% | 0\% | 2\% | 3\% |
| Bushwalking | 14\% | 16\% | 8\% | 18\% | 15\% | 8\% | 17\% | 10\% | 16\% | 16\% | 14\% | 8\% | 12\% | 15\% |
| Challenge ropes courses | 0\% | 1\% | 0\% | 0\% | 1\% | 1\% | 1\% | 0\% | 1\% | 1\% | 0\% | 0\% | 1\% | 0\% |
| Console-based/guided physical activities (e.g. Nintendo Wii Fit, Sony PlayStation Move, Xbox Kinect) | 3\% | 2\% | 2\% | 1\% | 5\% | 2\% | 4\% | 2\% | 4\% | 4\% | 2\% | 1\% | 3\% | 3\% |
| Cricket - indoor | 1\% | 1\% | 1\% | 0\% | 2\% | 1\% | 2\% | 1\% | 1\% | 2\% | 1\% | 0\% | 2\% | 0\% |
| Cricket - outdoor | 2\% | 3\% | 2\% | 2\% | 1\% | 1\% | 2\% | 4\% | 5\% | 3\% | 1\% | 0\% | 4\% | 1\% |
| Dance | 5\% | 4\% | 3\% | 5\% | 4\% | 3\% | 7\% | 4\% | 8\% | 4\% | 3\% | 4\% | 2\% | 8\% |
| Dancesport | 1\% | 1\% | 1\% | 0\% | 1\% | 0\% | 1\% | 1\% | 1\% | 0\% | 0\% | 1\% | 0\% | 1\% |
| Fitness classes/aerobics/Zumb a (specified) | 8\% | 9\% | 7\% | 8\% | 7\% | 7\% | 9\% | 7\% | 8\% | 9\% | 6\% | 9\% | 3\% | 13\% |
| Football/soccer indoor | 2\% | 3\% | 0\% | 1\% | 2\% | 2\% | 1\% | 2\% | 4\% | 2\% | 1\% | 0\% | 3\% | 1\% |
| Football/soccer outdoor | 5\% | 6\% | 3\% | 5\% | 5\% | 4\% | 4\% | 5\% | 11\% | 5\% | 3\% | 0\% | 7\% | 2\% |
| Golf | 6\% | 6\% | 6\% | 4\% | 7\% | 3\% | 9\% | 7\% | 4\% | 6\% | 7\% | 8\% | 10\% | 3\% |
| Gridiron/American football | 0\% | 0\% | 0\% | 0\% | 1\% | 0\% | 0\% | 0\% | 1\% | 0\% | 0\% | 0\% | 0\% | 0\% |
| Any gym activity | 31\% | 36\% | 20\% | 29\% | 32\% | 33\% | 32\% | 26\% | 48\% | 35\% | 24\% | 17\% | 32\% | 30\% |
| Gym - cardio | 22\% | 25\% | 15\% | 20\% | 24\% | 25\% | 23\% | 18\% | 33\% | 26\% | 18\% | 13\% | 21\% | 24\% |
| Gym - free weights | 21\% | 26\% | 14\% | 19\% | 22\% | 21\% | 22\% | 15\% | 37\% | 23\% | 15\% | 9\% | 23\% | 19\% |
| Gym - weight machines | 16\% | 18\% | 10\% | 14\% | 19\% | 17\% | 17\% | 11\% | 25\% | 20\% | 11\% | 7\% | 17\% | 15\% |
| Gymnastics | 0\% | 0\% | 0\% | 0\% | 1\% | 0\% | 1\% | 0\% | 1\% | 0\% | 0\% | 0\% | 0\% | 1\% |


|  | All | Region |  |  |  |  |  |  | Age |  |  |  | Gender |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | $\begin{aligned} & \text { } \\ & \stackrel{\circ}{\circ} \end{aligned}$ | $\begin{aligned} & \text { 毋 } \\ & \frac{1}{\Pi} \\ & \frac{0}{0} \\ & \frac{0}{0} \end{aligned}$ | $\begin{aligned} & \overline{\widetilde{N}} \\ & \text { N } \\ & \text { U } \end{aligned}$ |  |  | $\begin{aligned} & \stackrel{ᄃ}{0} \\ & \stackrel{\Xi}{士} \\ & \frac{\square}{Z} \end{aligned}$ |  |  |  |  |  |  | $\frac{0}{\frac{0}{N}}$ | $\begin{aligned} & \frac{0}{\mathbb{N}} \\ & \underset{\sim}{\mathbb{O}} \\ & \hline \end{aligned}$ |
| Hockey | 1\% | 0\% | 0\% | 1\% | 1\% | 0\% | 1\% | 1\% | 1\% | 0\% | 1\% | 0\% | 1\% | 1\% |
| Horse riding/equestrian | 2\% | 1\% | 3\% | 1\% | 2\% | 2\% | 2\% | 3\% | 2\% | 2\% | 2\% | 1\% | 1\% | 3\% |
| Ice/snow sports | 1\% | 2\% | 1\% | 1\% | 2\% | 1\% | 0\% | 0\% | 2\% | 1\% | 0\% | 0\% | 1\% | 1\% |
| Kayaking/canoeing | 3\% | 3\% | 2\% | 4\% | 3\% | 3\% | 3\% | 2\% | 3\% | 3\% | 3\% | 2\% | 3\% | 3\% |
| Leisure cycling (e.g. hybrid bike on bike paths) | 9\% | 9\% | 9\% | 11\% | 12\% | 9\% | 10\% | 5\% | 10\% | 9\% | 11\% | 7\% | 10\% | 9\% |
| Martial arts | 2\% | 3\% | 1\% | 2\% | 2\% | 2\% | 2\% | 3\% | 4\% | 3\% | 1\% | 1\% | 3\% | 2\% |
| Any motorsports activity | 2\% | 1\% | 1\% | 2\% | 2\% | 2\% | 3\% | 2\% | 1\% | 3\% | 2\% | 0\% | 3\% | 1\% |
| Motorsports - dirt track | 0\% | 0\% | 0\% | 1\% | 0\% | 0\% | 1\% | 0\% | 1\% | 0\% | 0\% | 0\% | 1\% | 0\% |
| Motorsports enduro riding | 0\% | 0\% | 0\% | 0\% | 0\% | 1\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% |
| Motorsports freestyle | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% |
| Motorsports karting | 0\% | 0\% | 1\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 1\% | 0\% | 0\% | 0\% | 0\% |
| Motorsports minikhana | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% |
| Motorsports motocross | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 1\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% |
| Motorsports - quad bike riding/all-terrain vehicles | 0\% | 0\% | 0\% | 0\% | 0\% | 1\% | 1\% | 0\% | 0\% | 1\% | 1\% | 0\% | 0\% | 0\% |
| Motorsports recreational trail bike riding | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% |
| Motorsports speedway | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% |
| Mountain biking | 3\% | 2\% | 2\% | 3\% | 4\% | 2\% | 2\% | 2\% | 3\% | 4\% | 2\% | 0\% | 4\% | 1\% |
| Netball | 3\% | 4\% | 2\% | 2\% | 3\% | 3\% | 3\% | 3\% | 7\% | 4\% | 1\% | 0\% | 1\% | 5\% |
| On-road cycling | 6\% | 8\% | 4\% | 6\% | 7\% | 8\% | 5\% | 4\% | 6\% | 8\% | 8\% | 3\% | 8\% | 4\% |
| Orienteering/rogaining | 0\% | 0\% | 0\% | 0\% | 0\% | 1\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% |
| Oztag football | 1\% | 1\% | 1\% | 0\% | 1\% | 2\% | 0\% | 0\% | 2\% | 1\% | 0\% | 0\% | 1\% | 0\% |
| Recreational angling/fishing | 4\% | 3\% | 3\% | 7\% | 4\% | 5\% | 4\% | 2\% | 3\% | 4\% | 6\% | 3\% | 5\% | 2\% |
| Recreational caving | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% |
| River rafting | 0\% | 1\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 1\% | 0\% | 0\% | 0\% | 0\% | 0\% |
| Rock climbing | 2\% | 2\% | 1\% | 1\% | 1\% | 2\% | 2\% | 1\% | 3\% | 3\% | 1\% | 0\% | 2\% | 1\% |
| Rowing | 1\% | 1\% | 2\% | 1\% | 1\% | 0\% | 2\% | 1\% | 2\% | 1\% | 1\% | 0\% | 2\% | 1\% |
| Rugby league | 2\% | 1\% | 1\% | 0\% | 2\% | 3\% | 3\% | 2\% | 3\% | 3\% | 1\% | 0\% | 3\% | 0\% |
| Rugby union | 1\% | 2\% | 1\% | 1\% | 1\% | 2\% | 1\% | 0\% | 2\% | 2\% | 1\% | 0\% | 2\% | 0\% |
| Running/jogging | 18\% | 23\% | 14\% | 20\% | 15\% | 18\% | 17\% | 15\% | 32\% | 25\% | 12\% | 3\% | 19\% | 17\% |


|  | All | Region |  |  |  |  |  |  | Age |  |  |  | Gender |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | $\begin{aligned} & \text { } \\ & \stackrel{\circ}{\circ} \end{aligned}$ |  |  |  |  | $\begin{aligned} & \frac{5}{0} \\ & \text { © } \\ & \frac{1}{0} \\ & \text { Z } \end{aligned}$ |  |  |  |  |  |  | $\frac{0}{\frac{0}{N}}$ | $\begin{aligned} & \frac{0}{\widetilde{\widetilde{C}}} \\ & \underset{\sim}{\mathbb{D}} \\ & \hline \end{aligned}$ |
| Sailing | 1\% | 1\% | 1\% | 1\% | 0\% | 1\% | 2\% | 0\% | 1\% | 1\% | 1\% | 0\% | 1\% | 1\% |
| Scooter riding | 0\% | 1\% | 0\% | 0\% | 0\% | 0\% | 1\% | 0\% | 1\% | 1\% | 0\% | 0\% | 1\% | 0\% |
| Scuba/snorkelling | 2\% | 2\% | 1\% | 4\% | 1\% | 2\% | 2\% | 0\% | 2\% | 2\% | 2\% | 0\% | 2\% | 2\% |
| Shooting sports | 1\% | 0\% | 1\% | 1\% | 1\% | 1\% | 2\% | 1\% | 1\% | 1\% | 1\% | 1\% | 1\% | 0\% |
| Skateboarding | 1\% | 1\% | 0\% | 1\% | 1\% | 0\% | 0\% | 0\% | 2\% | 1\% | 0\% | 0\% | 1\% | 1\% |
| Squash | 1\% | 1\% | 2\% | 2\% | 1\% | 2\% | 1\% | 1\% | 1\% | 2\% | 1\% | 0\% | 2\% | 1\% |
| Surfing | 2\% | 3\% | 1\% | 0\% | 3\% | 1\% | 4\% | 1\% | 3\% | 2\% | 3\% | 1\% | 3\% | 2\% |
| Swimming | 17\% | 19\% | 16\% | 17\% | 16\% | 12\% | 20\% | 11\% | 16\% | 19\% | 16\% | 14\% | 14\% | 20\% |
| Ten pin bowling | 3\% | 4\% | 2\% | 2\% | 3\% | 2\% | 4\% | 2\% | 4\% | 4\% | 2\% | 2\% | 3\% | 3\% |
| Tennis | 6\% | 9\% | 4\% | 5\% | 6\% | 3\% | 7\% | 6\% | 6\% | 9\% | 6\% | 4\% | 7\% | 6\% |
| Touch football | 3\% | 3\% | 3\% | 3\% | 2\% | 3\% | 3\% | 3\% | 6\% | 4\% | 2\% | 0\% | 4\% | 1\% |
| Triathlon | 1\% | 1\% | 0\% | 0\% | 0\% | 1\% | 1\% | 0\% | 1\% | 1\% | 0\% | 0\% | 1\% | 1\% |
| Volleyball | 1\% | 2\% | 1\% | 0\% | 1\% | 2\% | 1\% | 1\% | 2\% | 2\% | 0\% | 0\% | 1\% | 2\% |
| Any walking activity | 63\% | 60\% | 69\% | 66\% | 63\% | 60\% | 65\% | 61\% | 48\% | 56\% | 72\% | 76\% | 51\% | 75\% |
| Walking - dog | 19\% | 15\% | 23\% | 20\% | 20\% | 16\% | 22\% | 18\% | 18\% | 17\% | 24\% | 16\% | 14\% | 24\% |
| Walking - for exercise | 51\% | 49\% | 53\% | 52\% | 52\% | 49\% | 53\% | 49\% | 35\% | 45\% | 60\% | 64\% | 40\% | 62\% |
| Walking - for transport | 15\% | 21\% | 10\% | 13\% | 15\% | 10\% | 16\% | 8\% | 19\% | 17\% | 13\% | 10\% | 12\% | 17\% |
| Weight training | 7\% | 8\% | 4\% | 10\% | 6\% | 4\% | 8\% | 4\% | 10\% | 8\% | 6\% | 2\% | 6\% | 7\% |
| Yoga/Pilates | 10\% | 14\% | 5\% | 8\% | 9\% | 5\% | 11\% | 7\% | 12\% | 11\% | 9\% | 6\% | 3\% | 17\% |
| Other (specified) | 8\% | 6\% | 10\% | 12\% | 7\% | 9\% | 7\% | 11\% | 5\% | 7\% | 8\% | 13\% | 8\% | 8\% |

Q1B. In the last 12 months, what activities did you participate in for sport, exercise or recreation? DO NOT
READ (MR), (ALLOW FOR UP TO 5 ACTIVITIES) (Base: High frequency participants $n=4,516$ )
Significantly higher than the result at a total level (statistically significant @ 95\% confidence interval)
Significantly lower than the result at a total level (statistically significant @ 95\% confidence interval)

### 4.3. Number of Physical Activities Participated In

Figure 6 below shows the number of physical activities participated in by high and moderate frequency respondents. These results tell us the variety of physical activities participated in.

Looking at high frequency participants, one-quarter (25\%) report participating in just the one physical activity over the past 6 months, and a further quarter ( $25 \%$ ) report participating in two. The remaining half report participating in 3 or more activities, including $13 \%$ who report having participated in more than five.

The number of physical activities participated in by moderate frequency participants over the past 6 months is slightly lower than that of high frequency participants, with almost three in ten (29\%) reporting they participated in just the one and $44 \%$ participating in three or more (compared to $50 \%$ of high frequency participants).

Figure 6: Number of Physical Activities Participated in Over Past 6 Months (Overall Results)


Q1B. In the last 12 months, what activities did you participate in for sport, exercise or recreation? DO NOT READ (MR), (ALLOW FOR UP TO 5 ACTIVITIES) (Base: High and moderate frequency participants $n=5,308$ )

* Note that 'other (specify)' responses are included in this calculation.

Table 9 below shows the number of physical activities participated in by key sub-groups of high and moderate frequency participants.

Looking at high frequency participants only:

- Brisbane and South East respondents appear to be undertaking a high variety of physical activities; respondents in both locations have undertaken 3.6 physical activities on average over the past 6 months.
- Those in Central and South West Queensland appear to be undertaking the lowest variety of physical activities; respondents in both locations have undertaken 2.7 physical activities on average over the past 6 months.
- The variety of physical activities participated in over the past 12 months declines significantly over time. Those aged 18-29 years are undertaking the most activities (4.2 on average) compared to 2.2 on average amongst those aged 60 years plus.
- Women are undertaking a wider variety of physical activities than men (3.4 on average compared to 3.1 amongst men).

Table 9: Number of Physical Activities Participated in Over Past 6 Months (Differences by Respondent Sub-Groups)

|  | All | Region |  |  |  |  |  |  | Age |  |  |  | Gender |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | $\begin{aligned} & \text { ㄴ } \\ & \stackrel{1}{\circ} \end{aligned}$ |  |  |  |  | $\begin{aligned} & \frac{5}{0} \\ & \text { © } \\ & \frac{5}{O} \\ & \text { Z } \end{aligned}$ |  |  | $\begin{aligned} & \stackrel{\infty}{\widetilde{0}} \\ & \underset{\sim}{\infty} \\ & \underset{N}{\infty} \\ & \infty \end{aligned}$ |  | $\stackrel{0}{\pi}$ <br>  <br>   <br>  | $\begin{aligned} & \stackrel{\infty}{\overline{\#}} \\ & \stackrel{n}{\infty} \stackrel{n}{0_{0}^{2}} \\ & \hline \end{aligned}$ | $\frac{0}{\sum_{\sum}^{\pi}}$ | $\begin{aligned} & \frac{0}{\widetilde{\sigma}} \\ & \underset{\sim}{0} \\ & \hline \end{aligned}$ |
| High frequency participants n= | 4516 | 1001 | 607 | 351 | 750 | 580 | 533 | 694 | 478 | 1283 | 1618 | 1137 | 1770 | 2746 |
| 1 activity | 25\% | 21\% | 33\% | 22\% | 24\% | 26\% | 22\% | 36\% | 15\% | 21\% | 28\% | 38\% | 26\% | 24\% |
| 2 activities | 25\% | 24\% | 29\% | 29\% | 24\% | 25\% | 24\% | 24\% | 22\% | 22\% | 25\% | 31\% | 25\% | 25\% |
| 3 activities | 18\% | 17\% | 19\% | 22\% | 16\% | 18\% | 17\% | 17\% | 18\% | 18\% | 19\% | 16\% | 17\% | 18\% |
| 4 activities | 11\% | 11\% | 7\% | 9\% | 11\% | 13\% | 14\% | 8\% | 15\% | 11\% | 11\% | 8\% | 11\% | 10\% |
| 5 activities | 8\% | 10\% | 5\% | 8\% | 9\% | 8\% | 7\% | 6\% | 10\% | 10\% | 8\% | 4\% | 9\% | 7\% |
| More than 5 activities | 13\% | 17\% | 7\% | 10\% | 16\% | 9\% | 16\% | 9\% | 21\% | 18\% | 10\% | 3\% | 12\% | 15\% |
| Mean | 3.3 | 3.6 | 2.7 | 3.3 | 3.4 | 3.0 | 3.6 | 2.7 | 4.2 | 3.7 | 2.9 | 2.2 | 3.1 | 3.4 |
| Median | 2 | 3 | 2 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 2 | 2 | 2 | 3 |
| Moderate frequency participants n= | 792 | 212 | 83 | 57 | 153 | 78 | 92 | 117 | 118 | 300 | 266 | 108 | 342 | 450 |
| 1 activity | 29\% | 27\% | 33\% | 38\% | 26\% | 29\% | 29\% | 33\% | 21\% | 25\% | 38\% | 42\% | 30\% | 28\% |
| 2 activities | 27\% | 24\% | 37\% | 20\% | 24\% | 31\% | 33\% | 26\% | 21\% | 30\% | 24\% | 36\% | 29\% | 25\% |
| 3 activities | 16\% | 13\% | 9\% | 21\% | 24\% | 21\% | 11\% | 20\% | 22\% | 13\% | 17\% | 14\% | 16\% | 16\% |
| 4 activities | 9\% | 9\% | 11\% | 5\% | 10\% | 9\% | 11\% | 6\% | 10\% | 9\% | 11\% | 6\% | 9\% | 10\% |
| 5 activities | 7\% | 9\% | 8\% | 5\% | 6\% | 5\% | 5\% | 7\% | 8\% | 8\% | 6\% | 1\% | 7\% | 7\% |
| More than 5 activities | 12\% | 19\% | 1\% | 12\% | 10\% | 4\% | 11\% | 7\% | 18\% | 15\% | 4\% | 1\% | 10\% | 13\% |
| Mean | 2.9 | 3.5 | 2.3 | 2.6 | 3.0 | 2.4 | 2.8 | 2.6 | 3.6 | 3.1 | 2.4 | 1.9 | 2.8 | 3.1 |
| Median | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 3 | 2 | 2 | 2 | 2 | 2 |

Q1B. In the last 12 months, what activities did you participate in for sport, exercise or recreation? DO NOT READ (MR), (ALLOW FOR UP TO 5 ACTIVITIES) (Base: High and moderate frequency participants $n=5,308$ )

* Note that 'other (specify)' responses are included in this calculation.


### 4.4. Role in the Physical Activity

Figure 7 shows the type of participation in physical activity, that is, whether the respondent was an active player or participant versus some other role such as coach, trainer or referee. This question was asked in relation to all physical activities participated in over the past 12 months.

Looking across all physical activities, the large majority of high frequency and moderate frequency participants were active players or participants in the physical activity ( $96 \%$ and $97 \%$ respectively). Furthermore, just under 1 in 10 (9\%) high frequency participants and $4 \%$ of moderate frequency participants also fulfilled another role. The findings suggest there is a small amount of cross-over, with $5 \%$ of high frequency participants and $1 \%$ of moderate frequency participants fulfilling both roles.

Figure 7: Role in Physical Activity - Summary (Overall Results)


Q2. Just to confirm, for <INSERT ACTIVITY SELECTED AT Q1B> were you a player or participant, or did you perform another role such as a coach, trainer or referee? (Base: As shown)
(*Note: question was not asked of low frequency participants)

Table 10 below shows these results split by key sub-groups of high and moderate frequency participants. Looking at high frequency participants:

- Little difference exists in the type of role undertaken in physical activity according to region, except for Brisbane where they are less likely to be an active player or participant (97\%).
- The likelihood to be an active player or participant in physical activity decreases as age increases - but is still relatively high amongst those in the older age groups.
- Males are more likely to participate in another role such a coach, trainer or referee compared to females (11\% vs. 6\%).

Moderate frequency participants in Central Queensland report being more likely to have participated in another role (4\%).

Table 10: Role in the Physical Activity - Summary (Differences by Respondent SubGroups)

|  | All | Region |  |  |  |  |  |  | Age |  |  |  | Gender |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | ¢ | $\begin{aligned} & \mathbb{0} \\ & \stackrel{\rightharpoonup}{0} \\ & \frac{0}{0} \\ & \stackrel{\rightharpoonup}{\infty} \end{aligned}$ | $\overline{\widetilde{0}}$ $\stackrel{1}{0}$ 0 |  | $\begin{aligned} & \text { \#̃ } \\ & \text { O} \\ & \text { O} \\ & \text { 士 } \\ & \text { Z } \end{aligned}$ | $\begin{aligned} & \frac{5}{0} \\ & \text { © } \\ & \frac{1}{Z} \end{aligned}$ |  |  |  |  |  |  | $\frac{0}{\frac{\pi}{2}}$ | $\begin{aligned} & \frac{0}{\mathbb{0}} \\ & \underset{\widetilde{0}}{\mathbb{O}} \\ & \hline \end{aligned}$ |
| High frequency participants $n=$ | 4516 | 1001 | 607 | 351 | 750 | 580 | 533 | 694 | 478 | 1283 | 1618 | 1137 | 1770 | 2746 |
| Player/participant | 96\% | 97\% | 95\% | 97\% | 96\% | 97\% | 95\% | 95\% | 98\% | 97\% | 95\% | 93\% | 96\% | 96\% |
| Other role | 9\% | 8\% | 9\% | 9\% | 9\% | 7\% | 9\% | 9\% | 9\% | 10\% | 8\% | 6\% | 11\% | 6\% |
| Moderate frequency participants $n=$ | 792 | 212 | 83 | 57 | 153 | 78 | 92 | 117 | 118 | 300 | 266 | 108 | 342 | 150 |
| Player/participant | 97\% | 99\% | 96\% | 97\% | 98\% | 97\% | 96\% | 92\% | 100\% | 97\% | 96\% | 94\% | 98\% | 97\% |
| Other role | 4\% | 2\% | 4\% | 1\% | 4\% | 4\% | 7\% | 7\% | 1\% | 6\% | 4\% | 6\% | 3\% | 5\% |

Q2. Just to confirm, for <INSERT ACTIVITY SELECTED AT Q1B> were you a player or participant, or did you perform another role such as a coach, trainer or referee? (Base: As shown)

* Sample size is less than $n=30$ - results are therefore indicative and should be interpreted with caution

Significantly higher than the result at a total level (statistically significant @ 95\% confidence interval)
Significantly lower than the result at a total level (statistically significant @ 95\% confidence interval)

Table 11 below shows the type of role each high and moderate frequency participant had in each physical activity.

Participation in a role such as coach, trainer or referee is more common is certain physical activities. Looking at just high frequency participants, these roles are most common in team sports such as Australian rules football (31\%), rugby union (28\%), athletics (track and field) (25\%), outdoor football/soccer (24\%), rugby league ( $22 \%$ ) and touch football (19\%). There are also indicators that these roles may be more common amongst activities such as motorsports - speedway, orienteering/regaining, abseiling and gymnastics however small sample sizes prevent these findings from being conclusive.

When comparing the roles undertaken by high and moderate frequency participants, we can see that participation as a player or participants is more common at a moderate frequency, such as the case with dance, fitness classes, tennis and yoga and Pilates.

Table 11: Role in the Activity by Each Physical Activity (Overall Results)

|  | High frequency participants ( $n=4,516$ ) |  | Moderate frequency participants$(n=792)$ |  |
| :---: | :---: | :---: | :---: | :---: |
|  | Player/ Participant | Other role (Please specify) | Player/ Participant | Other role (please specify) |
| Abseiling | 100\% | 27\% | 100\% | 0\% |
| Artificial/indoor rock climbing | 100\% | 6\% | 100\% | 0\% |
| Athletics (track and field) | 91\% | 25\% | 90\% | 10\% |
| Australian rules football | 78\% | 31\% | 88\% | 12\% |
| Baseball | 93\% | 16\% | 100\% | 0\% |
| Basketball | 96\% | 10\% | 100\% | 0\% |
| BMX | 94\% | 8\% | 100\% | 0\% |
| Bowls | 98\% | 4\% | 100\% | 11\% |
| Boxing | 98\% | 5\% | 100\% | 0\% |
| Bushwalking | 99\% | 2\% | 98\% | 2\% |
| Challenge ropes courses | 96\% | 15\% | 100\% | 0\% |
| Console-based/guided physical activities (e.g. Nintendo Wii Fit, Sony PlayStation Move, Xbox Kinect) | 100\% | 0\% | 100\% | 2\% |
| Cricket - indoor | 98\% | 6\% | 100\% | 13\% |
| Cricket - outdoor | 95\% | 11\% | 100\% | 0\% |
| Dance | 96\% | 8\% | 100\% | 0\% |
| Dancesport | 94\% | 6\% | 100\% | 0\% |
| Fitness classes/aerobics/Zumba (Please specify) | 99\% | 3\% | 100\% | 0\% |
| Football/soccer - indoor | 99\% | 2\% | 100\% | 0\% |
| Football/soccer - outdoor | 86\% | 24\% | 93\% | 7\% |
| Golf | 99\% | 2\% | 99\% | 1\% |
| Gridiron/American football | 90\% | 10\% | - |  |
| Any gym activity | 100\% | 1\% | 99\% | 1\% |
| Gym - free weights | 100\% | 1\% | 100\% | 0\% |
| Gym - cardio | 99\% | 1\% | 99\% | 1\% |
| Gym - weight machines | 100\% | 1\% | 100\% | 0\% |
| Gymnastics | 91\% | 22\% | 100\% | 0\% |
| Hockey | 91\% | 15\% | 100\% | 0\% |
| Horse riding/equestrian | 98\% | 11\% | 100\% | 5\% |
| Ice/snow sports | 100\% | 4\% | 100\% | 0\% |
| Kayaking/canoeing | 98\% | 3\% | 100\% | 0\% |
| Leisure cycling (e.g. hybrid bike on bike paths) | 99\% | 1\% | 100\% | 0\% |
| Martial arts | 99\% | 18\% | 100\% | 0\% |
| Any motorsport activity | 95\% | 10\% | 92\% | 10\% |
| Motorsports - dirt track | 95\% | 5\% | 100\% | 0\% |
| Motorsports - enduro riding | 100\% | 0\% | 100\% | 0\% |
| Motorsports - freestyle | 100\% | 0\% | 100\% | 0\% |
| Motorsports - karting | 100\% | 0\% | 100\% | 0\% |
| Motorsports - minikhana | 100\% | 0\% | - |  |
| Motorsports - motocross | 95\% | 5\% | 84\% | 22\% |
| Motorsports - quad bike riding/all-terrain vehicles | 95\% | 11\% | 100\% | 0\% |
| Motorsports - recreational trail bike riding | 100\% | 0\% | 80\% | 20\% |
| Motorsports - speedway | 79\% | 60\% | 100\% | 37\% |
| Mountain biking | 100\% | 0\% | 100\% | 0\% |
| Netball | 94\% | 15\% | 93\% | 7\% |
| On-road cycling | 98\% | 2\% | 100\% | 0\% |
| Orienteering/rogaining | 95\% | 33\% | 100\% | 0\% |


|  | High frequency participants ( $n=4,516$ ) |  | Moderate frequency participants ( $n=792$ ) |  |
| :---: | :---: | :---: | :---: | :---: |
|  | Player/ Participant | Other role (Please specify) | Player/ Participant | Other role (please specify) |
| Oztag football | 97\% | 11\% | 100\% | 0\% |
| Recreational angling/fishing | 100\% | 0\% | 99\% | 3\% |
| Recreational caving | 100\% | 0\% | 100\% | 0\% |
| River rafting | 100\% | 0\% | 100\% | 0\% |
| Rock climbing | 96\% | 8\% | 69\% | 31\% |
| Rowing | 99\% | 1\% | 100\% | 0\% |
| Rugby league | 83\% | 22\% | 95\% | 5\% |
| Rugby union | 77\% | 28\% | 100\% | 0\% |
| Running/jogging | 99\% | 1\% | 100\% | 1\% |
| Sailing | 96\% | 4\% | 100\% | 5\% |
| Scooter riding | 93\% | 7\% | 70\% | 30\% |
| Scuba/snorkelling | 94\% | 6\% | 100\% | 0\% |
| Shooting sports | 97\% | 3\% | 100\% | 21\% |
| Skateboarding | 94\% | 6\% | 100\% | 0\% |
| Squash | 100\% | 7\% | 100\% | 0\% |
| Surfing | 99\% | 2\% | 100\% | 0\% |
| Swimming | 97\% | 3\% | 97\% | 4\% |
| Ten pin bowling | 98\% | 2\% | 100\% | 3\% |
| Tennis | 97\% | 3\% | 100\% | 0\% |
| Touch football | 93\% | 19\% | 100\% | 3\% |
| Triathlon | 100\% | 0\% | 100\% | 0\% |
| Volleyball | 99\% | 6\% | 74\% | 26\% |
| Any walking activity | 98\% | 2\% | 99\% | 1\% |
| Walking - dog | 99\% | 1\% | 99\% | 1\% |
| Walking - for exercise | 98\% | 2\% | 99\% | 1\% |
| Walking - for transport | 99\% | 1\% | 98\% | 2\% |
| Weight training | 99\% | 2\% | 96\% | 7\% |
| Yoga/Pilates | 99\% | 2\% | 100\% | 1\% |
| Other (please specify) | 96\% | 7\% | 97\% | 6\% |

Q2. Just to confirm, for <INSERT ACTIVITY SELECTED AT Q1B> were you a player or participant, or did you perform another role such as a coach, trainer or referee? (Base: High and moderate frequency participants who participated in each of the activities shown in the past 12 months $n=5,308$ )

Significantly higher than the result at a total level (statistically significant @ 95\% confidence interval) Significantly lower than the result at a total level (statistically significant @ 95\% confidence interval)
Less than $n=30$ responses obtained to this question or response option - results are indicative and should be interpreted with caution.

Those survey respondents who indicated they participated in other roles in these activities were asked to specify (via verbatim) what sort of role this was. The most common response was coaching roles, including mentions like 'coach', 'co-coach', 'captain', 'assistant instructor', 'trainer', 'teacher', 'instructor' or 'mentor'. This type of role was mentioned most commonly amongst respondents who were involved in the following:

- Orienteering/regaining $(28 \%)^{2}$
- Rugby union (24\%)

[^2]- Abseiling (23\%) ${ }^{3}$
- Australian rules football (18\%)
- Football/soccer - outdoor (18\%)
- Athletics (track and field) (17\%)
- Gymnastics (16\%)
- Martial arts (16\%)
- Rugby league (15\%)
- Challenge Ropes Courses (12\%) ${ }^{4}$
- Touch football (11\%)
- Netball (10\%)
- Horse riding/equestrian (7\%)

The second most common response was referee or umpires. This type of role was mentioned most commonly amongst respondents who were involved with the following:

- Baseball (12\%) ${ }^{5}$
- Hockey (9\%)
- Touch football (9\%)
- Netball (8\%)
- Australian rules football (7\%)
- Rugby league (6\%)

Examples of other less common roles mentioned included managers /team managers, parents of children who played these sports and volunteers.

[^3]
### 4.5. Physical Activities Participated in Most Often

Table 12 below shows the physical activities participated in most frequently by high and moderate frequency participants. Respondents were asked to specify their top 3 activities.

Amongst high frequency participants, the following are the top activities participated in most often:

1. Any walking activity (57\%)
2. Any gym activity (26\%)
3. Running/jogging (13\%)
4. Swimming ( $10 \%$ )
5. Yoga/Pilates (6\%)
6. Leisure cycling (e.g. hybrid bike on bike paths) (5\%)
7. Bushwalking (5\%)
8. Golf (4\%)
9. On-road cycling (4\%)
10. Tennis (4\%)

Amongst moderate frequency participants, the following are the top activities participated in most often:

1. Any walking activity (57\%)
2. Bushwalking ( $13 \%$ )
3. Walking - dog (13\%)
4. Any gym activity (11\%)
5. Swimming (11\%)
6. Running/jogging (9\%)
7. Golf (7\%)
8. Leisure cycling (e.g. hybrid bike on bike paths) (6\%)
9. Yoga/Pilates (6\%)
10. Recreational angling/fishing (5\%)

Walking activities clearly exceed all other physical activities in terms of the activity most frequently participated in by both groups.

Table 12: Physical Activities Participated in Most Often (Overall Results)

| Physical Activities (in alphabetical order) | High frequency participants ( $n=4,516$ ) | Moderate frequency participants ( $\mathrm{n}=792$ ) |
| :---: | :---: | :---: |
| Abseiling | 0\% | 0\% |
| Artificial/indoor rock climbing | 0\% | 0\% |
| Athletics (track and field) | 1\% | 0\% |
| Australian rules football | 1\% | 1\% |
| Baseball | 0\% | 0\% |
| Basketball | 2\% | 2\% |
| BMX | 0\% | 0\% |
| Bowls | 2\% | 2\% |
| Boxing | 1\% | 1\% |
| Bushwalking | 5\% | 13\% |
| Challenge ropes courses | 0\% | 0\% |
| Console-based/guided physical activities (e.g. Nintendo Wii Fit, Sony PlayStation Move, Xbox Kinect) | 1\% | 2\% |
| Cricket - indoor | 0\% | 0\% |
| Cricket - outdoor | 1\% | 4\% |
| Dance | 3\% | 2\% |
| Dancesport | 0\% | 0\% |
| Fitness classes/aerobics/Zumba (please specify) | 5\% | 3\% |
| Football/soccer - indoor | 1\% | 0\% |
| Football/soccer - outdoor | 3\% | 2\% |
| Golf | 4\% | 7\% |
| Gridiron/American football | 0\% | 0\% |
| Any gym activity | 26\% | 11\% |
| Gym - cardio | 16\% | 7\% |
| Gym - free weights | 15\% | 4\% |
| Gym - weight machines | 10\% | 4\% |
| Gymnastics | 0\% | 0\% |
| Hockey | 0\% | 0\% |
| Horse riding/equestrian | 1\% | 1\% |
| Ice/snow sports | 0\% | 0\% |
| Kayaking/canoeing | 1\% | 2\% |
| Leisure cycling (e.g. hybrid bike on bike paths) | 5\% | 6\% |
| Martial arts | 2\% | 1\% |
| Any motorsport activity | 1\% | 3\% |
| Motorsports - dirt track | 0\% | 0\% |
| Motorsports - enduro riding | 0\% | 1\% |
| Motorsports - freestyle | 0\% | 1\% |
| Motorsports - karting | 0\% | 0\% |
| Motorsports - minikhana | 0\% | 0\% |
| Motorsports - motocross | 0\% | 1\% |
| Motorsports - quad bike riding/all-terrain vehicles | 0\% | 0\% |
| Motorsports - recreational trail bike riding | 0\% | 0\% |
| Motorsports - speedway | 0\% | 0\% |
| Mountain-biking | 1\% | 2\% |
| Netball | 2\% | 1\% |
| On-road cycling | 4\% | 3\% |
| Orienteering/rogaining | 0\% | 0\% |
| Oztag football | 0\% | 0\% |
| Recreational angling/fishing | 2\% | 5\% |
| Recreational caving | 0\% | 0\% |
| River rafting | 0\% | 0\% |
| Rock climbing | 0\% | 0\% |
| Rowing | 1\% | 0\% |
| Rugby league | 1\% | 1\% |
| Rugby union | 1\% | 1\% |
| Running/jogging | 13\% | 9\% |


| Physical Activities (in alphabetical order) | High frequency <br> participants ( $\mathrm{n}=4,516$ ) | Moderate frequency <br> participants ( $\mathrm{n}=792$ ) |
| :--- | :---: | :---: |
| Sailing | $0 \%$ | $1 \%$ |
| Scooter riding | $0 \%$ | $0 \%$ |
| Scuba/snorkelling | $0 \%$ | $1 \%$ |
| Shooting sports | $0 \%$ | $1 \%$ |
| Skateboarding | $0 \%$ | $0 \%$ |
| Squash | $1 \%$ | $1 \%$ |
| Surfing | $1 \%$ | $1 \%$ |
| Swimming | $10 \%$ | $11 \%$ |
| Ten pin bowling | $0 \%$ | $1 \%$ |
| Tennis | $4 \%$ | $5 \%$ |
| Touch football | $2 \%$ | $1 \%$ |
| Triathlon | $0 \%$ | $0 \%$ |
| Volleyball | $1 \%$ | $0 \%$ |
| Any walking activity | $57 \%$ | $57 \%$ |
| Walking -dog | $15 \%$ | $13 \%$ |
| Walking - for exercise | $43 \%$ | $42 \%$ |
| Walking -for transport | $10 \%$ | $17 \%$ |
| Weight training | $3 \%$ | $2 \%$ |
| Yoga/Pilates | $6 \%$ | $6 \%$ |
| Other (please specify) | $11 \%$ | $9 \%$ |

Q3. You mentioned you have participated in numerous different activities in the last 12 months. Which three activities would you say you participated in most frequently? (Base: Question has been rebased to reflect all high and moderate frequency participants $n=5,308$ )

Significantly higher than the result at a total level (statistically significant @ 95\% confidence interval) Significantly lower than the result at a total level (statistically significant @ 95\% confidence interval)

Table 13 below shows the activities most frequently participated in over the past 12 months split by key sub-groups of high frequency participants.

Very few noteworthy differences exist by location. The exceptions are below:

- Central respondents report walking for exercise (49\%) or walking the dog (21\%)
- Brisbane respondents report walking for transport (15\%) and running or jogging (18\%)
- Northern participants report 'gym - weight machines' in their top 3 activities (15\%)
- Far North respondents mention recreational angling/fishing (4\%
- South West respondents mention horse riding or equestrian (3\%)

Numerous differences exist in the activities participated in most often according to age. The most noteworthy ones are below:

- Compared to older people, younger respondents are more likely to participate most often in a variety of activities. The age differentiation is greatest with respect to gym activities such as free weights, cardio and weight machines in addition to running or jogging. These activities are participated in most often by those aged 18-29 year olds but declines with age.
- On the other hand, some physical activities participated in most often increase with age. These include walking for exercise, golf and bowls.

Numerous differences also exist according to gender:

- Compared to females, males are likely to report participating in numerous activities more frequently. The largest differences are observed for gym - free weights ( $19 \%$ ), golf ( $7 \%$ ), onroad cycling ( $6 \%$ ), outdoor football/soccer ( $5 \%$ ), touch football ( $4 \%$ ) and outdoor cricket (3\%).
- Compared to males, females report participating in walking for exercise (52\%), walking the dog $(19 \%)$, swimming $(11 \%)$, yoga and Pilates ( $11 \%$ ), fitness classes/aerobics/Zumba dance $(8 \%)$ more frequently and to a lesser extent, dance (5\%) and netball (4\%).

Table 13: Physical Activities Participated in Most Often (Differences by Respondent Sub-Groups)

|  | All | Region |  |  |  |  |  |  | Age |  |  |  | Gender |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Base: High frequency participants | $\begin{aligned} & \text { ① } \\ & \stackrel{\circ}{\circ} \end{aligned}$ |  | $\overline{0}$ <br> 0 <br> 0 <br> 0 |  |  | $\begin{aligned} & \stackrel{ᄃ}{0} \\ & \frac{5}{5} \\ & \frac{1}{2} \end{aligned}$ |  |  | $\begin{aligned} & \stackrel{\infty}{\mathbb{N}} \\ & \underset{\sim}{\infty} \\ & \text { N } \\ & \text { N } \end{aligned}$ |  |  |  | $\frac{0}{\sum_{\sum}^{\pi}}$ | $\stackrel{0}{0}$ $\stackrel{\text { © }}{0}$ $\stackrel{1}{4}$ |
| Sample size (unweighted) $n=$ | 4516 | 1001 | 607 | 351 | 750 | 580 | 533 | 694 | 478 | 1283 | 1618 | 1137 | 1770 | 2746 |
| Abseiling | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% |
| Artificial <br> climbing/indoor rock climbing | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% |
| Athletics (track and field) | 1\% | 1\% | 0\% | 0\% | 1\% | 1\% | 0\% | 1\% | 2\% | 1\% | 0\% | 0\% | 1\% | 0\% |
| Australian rules football | 1\% | 2\% | 1\% | 0\% | 1\% | 2\% | 2\% | 0\% | 4\% | 1\% | 1\% | 1\% | 2\% | 1\% |
| Baseball | 0\% | 0\% | 0\% | 0\% | 1\% | 1\% | 0\% | 0\% | 1\% | 0\% | 0\% | 0\% | 0\% | 0\% |
| Basketball | 2\% | $3 \%$ | 1\% | 4\% | 1\% | 2\% | 1\% | 1\% | 5\% | 2\% | 1\% | 0\% | 3\% | 1\% |
| BMX | 0\% | 0\% | 1\% | 2\% | 0\% | 1\% | 0\% | 0\% | 1\% | 0\% | 0\% | 0\% | 1\% | 0\% |
| Bowls | 2\% | 2\% | 3\% | 2\% | 2\% | 1\% | 1\% | 2\% | 0\% | 0\% | 1\% | 6\% | 2\% | 1\% |
| Boxing | 1\% | 1\% | 1\% | 1\% | 2\% | 1\% | 1\% | 2\% | 2\% | 2\% | 1\% | 0\% | 2\% | 1\% |
| Bushwalking | 5\% | 6\% | 2\% | 8\% | 5\% | 3\% | 6\% | 5\% | 4\% | 6\% | 6\% | 4\% | 5\% | 5\% |
| Challenge Ropes Courses | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% |
| Console-based/guided physical activities (e.g. Nintendo Wii Fit, Sony PlayStation Move, Xbox Kinect) | 1\% | 1\% | 1\% | 1\% | 1\% | 1\% | 1\% | 1\% | 1\% | 2\% | 1\% | 0\% | 1\% | 1\% |
| Cricket - indoor | 0\% | 0\% | 0\% | 0\% | 1\% | 1\% | 1\% | 0\% | 0\% | 1\% | 0\% | 0\% | 1\% | 0\% |
| Cricket - outdoor | 1\% | 2\% | 1\% | 1\% | 1\% | 1\% | 1\% | 3\% | 3\% | 2\% | 1\% | 0\% | 3\% | 0\% |
| Dance | 3\% | 2\% | 2\% | 4\% | 3\% | 2\% | 3\% | 3\% | 4\% | 2\% | 2\% | 3\% | 1\% | 5\% |
| Dancesport | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 1\% | 1\% | 0\% | 0\% | 1\% | 0\% | 1\% |
| Fitness <br> classes/aerobics/Zumb <br> a (specified) | 5\% | 5\% | 4\% | 3\% | 5\% | 5\% | 5\% | 5\% | 5\% | 5\% | 4\% | 5\% | 1\% | 8\% |
| Football/soccer indoor | 1\% | 2\% | 0\% | 0\% | 2\% | 2\% | 0\% | 2\% | 3\% | 1\% | 1\% | 0\% | 2\% | 0\% |


| Base: High frequency participants | All | Region |  |  |  |  |  |  | Age |  |  |  | Gender |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | $\begin{aligned} & \text { Ł } \\ & \stackrel{1}{\circ} \end{aligned}$ |  | $\overline{0}$ $\stackrel{0}{0}$ 0 0 | $\begin{aligned} & \text { 듬 } \\ & \text { Z } \\ & \text { 류̃ } \end{aligned}$ | $\begin{aligned} & \text { } \\ & \text { D } \\ & 0 \\ & 0 \\ & \text { \# } \\ & 0 \end{aligned}$ | $\begin{aligned} & \frac{5}{0} \\ & \text { 든 } \\ & \text { Z } \end{aligned}$ |  |  |  | $\frac{\infty}{\pi}$ <br>  <br>  <br> $\vdots$ | $\stackrel{0}{\pi}$ <br>  <br>  <br> 0 <br> 0 |  | $\frac{0}{\frac{0}{2}}$ | $\stackrel{0}{0}$ $\stackrel{\text { ® }}{0}$ し |
| Football/soccer outdoor | 3\% | 3\% | 2\% | 3\% | 3\% | 3\% | 3\% | 3\% | 6\% | 4\% | 2\% | 0\% | 5\% | 1\% |
| Golf | 4\% | 4\% | 5\% | 3\% | 5\% | 2\% | 5\% | 6\% | 2\% | 4\% | 5\% | 7\% | 7\% | 2\% |
| Gridiron/American football | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% |
| Any gym activity | 23\% | 27\% | 15\% | 22\% | 23\% | 28\% | 23\% | 20\% | 36\% | 25\% | 18\% | 15\% | 25\% | 22\% |
| Gym - cardio | 16\% | 18\% | 10\% | 16\% | 17\% | 19\% | 16\% | 13\% | 23\% | 18\% | 13\% | 11\% | 15\% | 17\% |
| Gym - free weights | 15\% | 17\% | 10\% | 14\% | 15\% | 16\% | 15\% | 11\% | 27\% | 16\% | 10\% | 7\% | 19\% | 11\% |
| Gym - weight machines | 10\% | 9\% | 6\% | 8\% | 11\% | 15\% | 9\% | 7\% | 14\% | 13\% | 7\% | 5\% | 11\% | 8\% |
| Gymnastics | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 1\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% |
| Hockey | 0\% | 0\% | 0\% | 1\% | 1\% | 0\% | 1\% | 0\% | 1\% | 0\% | 1\% | 0\% | 0\% | 0\% |
| Horse riding/equestrian | 1\% | 1\% | 2\% | 1\% | 1\% | 1\% | 1\% | 3\% | 2\% | 2\% | 1\% | 1\% | 1\% | 2\% |
| Ice/snow sports | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% |
| Kayaking/canoeing | 1\% | 1\% | 1\% | 1\% | 1\% | 1\% | 1\% | 1\% | 1\% | 1\% | 2\% | 1\% | 1\% | 1\% |
| Leisure cycling (e.g. hybrid bike on bike paths) | 5\% | 6\% | 6\% | 5\% | 5\% | 5\% | 6\% | 3\% | 3\% | 4\% | 8\% | 6\% | 6\% | 4\% |
| Martial arts | 2\% | 2\% | 1\% | 1\% | 1\% | 1\% | 1\% | 3\% | 3\% | 2\% | 1\% | 1\% | 2\% | 1\% |
| Any Motorsports Activity | 1\% | 0\% | 1\% | 3\% | 1\% | 2\% | 0\% | 2\% | 1\% | 2\% | 1\% | 0\% | 2\% | 0\% |
| Motorsports - dirt track | 0\% | 0\% | 0\% | 1\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% |
| Motorsports enduro riding | 0\% | 0\% | 0\% | 0\% | 0\% | 1\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% |
| Motorsports freestyle | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% |
| Motorsports karting | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% |
| Motorsports minikhana | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% |
| Motorsports motocross | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 1\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% |
| Motorsports - quad bike riding/all-terrain vehicles | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% |
| Motorsports recreational trail bike riding | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% |
| Motorsports speedway | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% |
| Mountain biking | 1\% | 1\% | 2\% | 2\% | 1\% | 1\% | 1\% | 1\% | 1\% | 3\% | 1\% | 0\% | 2\% | 0\% |
| Netball | 2\% | $3 \%$ | 2\% | 2\% | 2\% | 2\% | 2\% | 2\% | 5\% | 3\% | 1\% | 0\% | 1\% | 4\% |
| On-road cycling | 4\% | 5\% | 3\% | 6\% | 5\% | 6\% | 4\% | 2\% | 3\% | 5\% | 6\% | 2\% | 6\% | 2\% |
| Orienteering/rogaining | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% |
| Oztag football | 0\% | 0\% | 1\% | 0\% | 1\% | 1\% | 0\% | 0\% | 1\% | 0\% | 0\% | 0\% | 0\% | 0\% |
| Recreational | 2\% | 1\% | 2\% | 4\% | 2\% | 3\% | 1\% | 1\% | 1\% | 1\% | 3\% | 2\% | 3\% | 1\% |


| Base: High frequency participants | All | Region |  |  |  |  |  |  | Age |  |  |  | Gender |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | $\begin{aligned} & \text { } \\ & \stackrel{6}{\circ} \end{aligned}$ | $\begin{aligned} & 0 \\ & \stackrel{\rightharpoonup}{\Pi} \\ & \stackrel{0}{0} \\ & \stackrel{N}{\omega} \\ & \hline \end{aligned}$ | $\overline{0}$ $\stackrel{0}{0}$ 0 0 |  | $\begin{aligned} & \text { W } \\ & 0 \\ & 0 \\ & 0 \\ & \text { F } \\ & \text { Z } \end{aligned}$ |  |  |  |  |  |  |  | $\frac{0}{\sum_{\Sigma}^{\pi}}$ | $\frac{0}{0}$ $\stackrel{\text { ® }}{0}$ L |
| angling/fishing |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Recreational caving | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% |
| River rafting | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% |
| Rock climbing | 0\% | 0\% | 0\% | 0\% | 1\% | 1\% | 1\% | 0\% | 1\% | 1\% | 0\% | 0\% | 1\% | 0\% |
| Rowing | 1\% | 0\% | 1\% | 1\% | 0\% | 0\% | 1\% | 0\% | 1\% | 1\% | 0\% | 0\% | 1\% | 0\% |
| Rugby league | 1\% | 1\% | 1\% | 0\% | 1\% | 1\% | 2\% | 1\% | 2\% | 3\% | 0\% | 0\% | 2\% | 0\% |
| Rugby union | 1\% | 1\% | 1\% | 1\% | 1\% | 1\% | 1\% | 0\% | 1\% | 1\% | 1\% | 0\% | 2\% | 0\% |
| Running/jogging | 13\% | 18\% | 11\% | 16\% | 9\% | 14\% | 12\% | 12\% | 25\% | 18\% | 9\% | 2\% | 15\% | 12\% |
| Sailing | 0\% | 0\% | 0\% | 1\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% |
| Scooter riding | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 1\% | 0\% | 0\% | 0\% | 0\% | 0\% |
| Scuba/snorkelling | 0\% | 0\% | 0\% | 1\% | 0\% | 1\% | 1\% | 0\% | 0\% | 1\% | 0\% | 0\% | 1\% | 0\% |
| Shooting sports | 0\% | 0\% | 0\% | 1\% | 0\% | 1\% | 1\% | 0\% | 0\% | 0\% | 0\% | 1\% | 1\% | 0\% |
| Skateboarding | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% |
| Squash | 1\% | 0\% | 2\% | 0\% | 1\% | 1\% | 0\% | 1\% | 0\% | 1\% | 1\% | 0\% | 1\% | 0\% |
| Surfing | 1\% | 1\% | 0\% | 0\% | 2\% | 0\% | 2\% | 0\% | 1\% | 1\% | 1\% | 0\% | 2\% | 0\% |
| Swimming | 10\% | 10\% | 10\% | 8\% | 10\% | 7\% | 12\% | 7\% | 5\% | 10\% | 11\% | 11\% | 8\% | 11\% |
| Ten pin bowling | 0\% | 0\% | 1\% | 0\% | 0\% | 1\% | 0\% | 1\% | 0\% | 0\% | 1\% | 1\% | 0\% | 1\% |
| Tennis | 4\% | 5\% | 2\% | 3\% | 4\% | 2\% | 4\% | 4\% | 2\% | 4\% | 4\% | 4\% | 4\% | 3\% |
| Touch football | 2\% | 2\% | 2\% | 2\% | 2\% | 3\% | 3\% | 2\% | 5\% | 3\% | 1\% | 0\% | 4\% | 1\% |
| Triathlon | 0\% | 0\% | 0\% | 0\% | 0\% | 1\% | 1\% | 0\% | 1\% | 0\% | 0\% | 0\% | 0\% | 0\% |
| Volleyball | 1\% | 1\% | 0\% | 0\% | 1\% | 1\% | 0\% | 0\% | 1\% | 1\% | 0\% | 0\% | 1\% | 1\% |
| Any walking activity | 57\% | 54\% | 63\% | 59\% | 57\% | 56\% | 57\% | 57\% | 42\% | 49\% | 67\% | 71\% | 46\% | 67\% |
| Walking - dog | 15\% | 11\% | 21\% | 15\% | 15\% | 13\% | 18\% | 15\% | 14\% | 12\% | 20\% | 14\% | 11\% | 19\% |
| Walking - for exercise | 43\% | 40\% | 49\% | 43\% | 43\% | 43\% | 43\% | 45\% | 23\% | 35\% | 53\% | 60\% | 34\% | 52\% |
| Walking - for transport | 10\% | 15\% | 7\% | 9\% | 9\% | 6\% | 10\% | 5\% | 10\% | 12\% | 9\% | 7\% | 8\% | 11\% |
| Weight training | 3\% | 4\% | 2\% | 4\% | 2\% | 2\% | 4\% | 2\% | 5\% | 4\% | 3\% | 1\% | 4\% | 2\% |
| Yoga/Pilates | 6\% | 9\% | 2\% | 5\% | 7\% | 3\% | 6\% | 5\% | 7\% | 6\% | 7\% | 5\% | 2\% | 11\% |
| Other (specified) | 11\% | 8\% | 14\% | 16\% | 10\% | 13\% | 9\% | 12\% | 7\% | 9\% | 10\% | 17\% | 10\% | 11\% |

Q3. You mentioned you have participated in numerous different activities in the last 12 months. Which three activities would you say you participated in most frequently? (Base: Question has been rebased to reflect all high frequency participants $n=4,516$ )

Significantly higher than the result at a total level (statistically significant @ 95\% confidence interval) Significantly lower than the result at a total level (statistically significant @ 95\% confidence interval)

### 4.6. Location of Physical Activity

Respondents were asked to indicate the location where their physical activities were participated in. The results looking across all physical activities are shown in Figure 8 below.

Across both high and moderate frequency participants, roads, streets or walking paths clearly exceed all other locations in terms of the most common locations. Almost half ( $45 \%$ ) of high and moderate frequency participants indicated they participated in physical activity on roads or streets, whilst just over four in ten ( $41 \%$ high frequency; $43 \%$ moderate frequency) indicated walking paths.

Following these two locations, the gym (27\%) and private dwellings (home/private property/home of friends or family) ( $26 \%$ ) were the next most common locations of physical activity for high frequency participants. Amongst moderate frequency participants, it was also private dwellings (27\%) followed by public playgrounds or parks (25\%).

Figure 8: Location of Physical Activity - Summary Across All Physical Activities (Overall Results)


[^4]Table 14 below shows these results split by key sub-groups of high frequency participants. The most interesting findings include:

- Brisbane respondents were the most likely to utilise the top locations overall, in particular on road/on street ( $49 \%$ ), walking paths ( $45 \%$ ) and the gym ( $33 \%$ ). Walking paths were also quite popular with those in the South East (46\%).
- 45-59 year olds were significantly more likely than other age groups to use the top 2 locations overall, that is on road/on street (53\%) and walking paths (45\%).
- The likelihood to use the gym declines with age.
- Females were more likely to utilise the top locations overall, in particular on road/on street $(48 \%)$ and walking paths ( $47 \%$ ), and to a lesser extent, the home ( $29 \%$ ) and public parks and playgrounds (25\%).

Table 14: Location of Physical Activity - Summary Across All Physical Activities (Differences by Respondent Sub-Groups)

| Base: High frequency participants | All | Region |  |  |  |  |  |  | Age |  |  |  | Gender |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | $\begin{aligned} & \text { ① } \\ & \stackrel{\circ}{\circ} \end{aligned}$ |  |  |  |  | $\begin{aligned} & \frac{5}{0} \\ & \text { ¢ } \\ & \frac{7}{0} \\ & \hline Z \end{aligned}$ |  |  |  |  |  |  | $\frac{0}{\sum_{\sum}^{\pi}}$ | $\stackrel{0}{\sigma}$ $\stackrel{\text { ® }}{0}$ $\stackrel{1}{4}$ |
| Sample size (unweighted) $n=$ | 4516 | 1001 | 607 | 351 | 750 | 580 | 533 | 694 | 478 | 1283 | 1618 | 1137 | 1770 | 2746 |
| On-road/on- street | 45\% | 49\% | 46\% | 44\% | 43\% | 44\% | 42\% | 43\% | 41\% | 42\% | 53\% | 41\% | 41\% | 48\% |
| Walking paths | 41\% | 45\% | 39\% | 39\% | 42\% | 32\% | 46\% | 33\% | 39\% | 40\% | 45\% | 40\% | 35\% | 47\% |
| Gym | 27\% | 33\% | 17\% | 20\% | 26\% | 30\% | 30\% | 19\% | 43\% | 31\% | 19\% | 14\% | 27\% | 27\% |
| Home/private property/home of friends or family | 26\% | 22\% | 23\% | 32\% | 28\% | 21\% | 31\% | 28\% | 30\% | 28\% | 25\% | 23\% | 24\% | 29\% |
| Public playgrounds and parks | 22\% | 29\% | 14\% | 12\% | 20\% | 17\% | 26\% | 19\% | 24\% | 25\% | 22\% | 16\% | 19\% | 25\% |
| Beaches/ocean | 21\% | 17\% | 23\% | 22\% | 27\% | 22\% | 27\% | 8\% | 17\% | 21\% | 25\% | 20\% | 20\% | 23\% |
| Sporting grounds | 14\% | 15\% | 12\% | 10\% | 14\% | 13\% | 15\% | 15\% | 19\% | 16\% | 12\% | 9\% | 20\% | 8\% |
| Local reserves | 13\% | 15\% | 7\% | 12\% | 15\% | 10\% | 18\% | 8\% | 9\% | 14\% | 16\% | 12\% | 13\% | 14\% |
| Off-road bikeways/bike paths | 13\% | 16\% | 10\% | 17\% | 13\% | 13\% | 12\% | 8\% | 11\% | 15\% | 16\% | 9\% | 13\% | 13\% |
| National parks | 13\% | 14\% | 7\% | 19\% | 14\% | 8\% | 15\% | 10\% | 13\% | 15\% | 13\% | 10\% | 13\% | 13\% |
| Indoor sports/fitness centres/halls | 12\% | 12\% | 8\% | 11\% | 15\% | 9\% | 11\% | 11\% | 13\% | 14\% | 9\% | 10\% | 9\% | 14\% |
| Rivers/creeks | 9\% | 9\% | 5\% | 8\% | 9\% | 11\% | 11\% | 5\% | 7\% | 11\% | 11\% | 6\% | 9\% | 9\% |
| State forests | 7\% | 8\% | 4\% | 9\% | 10\% | 5\% | 8\% | 5\% | 7\% | 8\% | 8\% | 6\% | 8\% | 7\% |
| Outdoor swimming pools | 7\% | 8\% | 6\% | 7\% | 8\% | 5\% | 9\% | 5\% | 5\% | 9\% | 8\% | 7\% | 6\% | 8\% |
| Dams/lakes | 5\% | 6\% | 3\% | 5\% | 6\% | 3\% | 6\% | 4\% | 5\% | 5\% | 5\% | 4\% | 5\% | 5\% |
| School or educational facilities | 4\% | 6\% | 2\% | 3\% | 4\% | 2\% | 3\% | 5\% | 7\% | 5\% | 3\% | 1\% | 4\% | 5\% |
| Outdoor tennis courts | 4\% | 5\% | 2\% | 3\% | 3\% | 2\% | 4\% | 3\% | 3\% | 4\% | 3\% | 4\% | 4\% | 3\% |
| Indoor courts (netball, tennis, basketball) | 4\% | 6\% | 3\% | 5\% | 4\% | 2\% | 2\% | 2\% | 7\% | 4\% | 2\% | 1\% | 4\% | 3\% |


| Base: High frequency participants | All | Region |  |  |  |  |  |  | Age |  |  |  | Gender |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  | $\begin{aligned} & 0 \\ & \frac{1}{\pi} \\ & \frac{0}{0} \\ & \stackrel{0}{2} \\ & \hline \end{aligned}$ |  |  |  | $\begin{aligned} & \frac{5}{0} \\ & \text { © } \\ & \text { 는 } \end{aligned}$ |  | $$ |  |  |  | $\begin{aligned} & \stackrel{\infty}{\overline{\#}} \\ & \stackrel{\infty}{\infty} \frac{n}{a} \\ & \vdots \end{aligned}$ | $\frac{0}{\frac{0}{2}}$ | $$ |
| Sample size (unweighted) $n=$ | 4516 | 1001 | 607 | 351 | 750 | 580 | 533 | 694 | 478 | 1283 | 1618 | 1137 | 1770 | 2746 |
| School oval | 3\% | 6\% | 1\% | 2\% | 3\% | 3\% | 4\% | 2\% | 5\% | 5\% | 2\% | 1\% | 4\% | 3\% |
| Indoor swimming pools | 3\% | 3\% | 4\% | 1\% | 3\% | 1\% | 4\% | 3\% | 2\% | 3\% | 3\% | 3\% | 2\% | 4\% |
| Other | 8\% | 8\% | 6\% | 11\% | 7\% | 10\% | 6\% | 10\% | 10\% | 6\% | 6\% | 11\% | 7\% | 8\% |
| None or nothing | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% |
| Don't know or no response | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% |

Q4. In the last 12 months, where did you participate in <INSERT ACTIVITY FROM Q3 OR Q1B IF THREE OR FEWER ACTIVITIES CHOSEN>? This may be a certain place, facility or space, such as an indoor centre, national park, public park or sporting ground. MR (Base: High frequency participants $n=4,516$ )

* Note: Responses less than 3\% are accumulated as 'other'.

Significantly higher than the result at a total level (statistically significant @ 95\% confidence interval) Significantly lower than the result at a total level (statistically significant @ 95\% confidence interval)

The top two locations for each physical activity participated in by high frequency respondents are shown below. Locations vary significantly based on activity.

Results shaded in grey highlight physical activities whereby less than $n=30$ respondents reported participating in over the last 12 months - these results should be interpreted with caution.

Table 15: Top Locations for Each Physical Activity (Overall Results)

|  | Top location | Second top location |
| :---: | :---: | :---: |
| Abseiling | National parks (100\%) | N/A |
| Artificial/indoor rock climbing | Indoor sports/fitness centres/halls/studios (74\%) | Gym (26\%) |
| Athletics (track and field) | Sporting grounds (37\%) | On-road/on-street (30\%) |
| Australian rules football | Sporting grounds (80\%) | School oval (21\%) |
| Baseball | Sporting grounds (39\%) | Dams/lakes (37\%) |
| Basketball | Indoor courts (netball, tennis, basketball) (57\%) | Outdoor basketball courts (20\%) |
| BMX | Off-road bikeways/bike paths (47\%) | Home/private property/home of friends or family (31\%) |
| Bowls | Bowls, bowling club/bowling green (49\%) | Sporting grounds (33\%) |
| Boxing | Gym (68\%) | Home/private property/home of friends or family (29\%) |
| Bushwalking | National parks (69\%) | Walking paths (50\%)/state forests (49\%) |
| Challenge ropes courses | National parks (58\%) | Public playgrounds and parks (42\%) |
| Console-based/guided physical | Home/private property/home of | N/A |


|  | Top location | Second top location |
| :---: | :---: | :---: |
| activities (e.g. Nintendo Wii Fit, Sony PlayStation Move, Xbox Kinect) | friends or family (100\%) |  |
| Cricket - indoor | Indoor sports/fitness centres/halls/studios (67\%) | Indoor courts (netball, tennis, basketball) (23\%) |
| Cricket - outdoor | Sporting grounds (89\%) | Public playgrounds and parks (30\%) |
| Dance | Indoor sports/fitness centres/halls/studios (56\%) | Home/private property/home of friends or family ( $30 \%$ ) |
| Dancesport | Indoor sports/fitness centres/halls/studios (38\%) | Gym (19\%) |
| Fitness classes/aerobics/Zumba (please specify) | Gym (43\%) | Indoor sports/fitness centres/halls/studios (27\%) |
| Football/soccer - indoor | Indoor sports/fitness centres/halls/studios (56\%) | Indoor courts (netball, tennis, basketball) ( $26 \%$ ) |
| Football/soccer - outdoor | Sporting grounds (66\%) | Public playgrounds and parks (29\%) |
| Golf | Golf course, golf club, driving range (60\%) | Sporting grounds (34\%) |
| Gridiron/American football | Sporting grounds (100\%) | Gym (75\%)/indoor swimming pools $(75 \%)^{6}$ |
| Any gym activity | Gym (81\%) | Home/private property/home of friends or family (27\%) |
| Gym - cardio | Gym (81\%) | Home/private property/home of friends or family (22\%) |
| Gym - free weights | Gym (81\%) | Home/private property/home of friends or family (26\%) |
| Gym - weight machines | Gym (91\%) | Home/private property/home of friends or family (14\%) |
| Gymnastics | Gym (49\%) | Indoor sports/fitness centres/halls/studios (29\%) |
| Hockey | Sporting grounds (78\%) | Outdoor basketball courts (28\%) |
| Horse riding/equestrian | Home/private property/home of friends or family (62\%) | Other (please specify) (19\%) |
| Ice/snow sports | Indoor sports/fitness centres/halls/studios (59\%) | State forests (23\%) |
| Kayaking/canoeing | Rivers/creeks (65\%) | Beaches/ocean/bay (48\%) |
| Leisure cycling (e.g. hybrid bike on bike paths) | On-road/on-street (68\%) | Off-road bikeways/bike paths $(59 \%)$ |
| Martial arts | Indoor sports/fitness centres/halls/studios (58\%) | School or educational facilities (37\%) |
| Any motorsports activity | Off-road bikeways/bike paths (42\%) | State forests (30\%) |
| Motorsports - dirt track | State forests (43\%) | Home/private property/home of friends or family (23\%) |
| Motorsports - enduro riding | State forests (59\%) | Off road bikeways/bike paths (41\%) |
| Motorsports - freestyle | On-road/on-street (100\%) | N/A |
| Motorsports - karting | - | - |
| Motorsports - minikhana | - | - |
| Motorsports - motocross | Off-road bikeways/bike paths (53\%) | State forests (38\%) |
| Motorsports - quad bike riding/all-terrain vehicles | Home/private property/home of friends or family (71\%) | Off-road bikeways/bike paths (29\%) |
| Motorsports - recreational trail bike riding | National parks (100\%) | State Forests (100\%)/home/private property/home of friends or family (100\%) |

[^5]|  | Top location | Second top location |
| :---: | :---: | :---: |
| Motorsports - speedway | - | - |
| Mountain biking | Off-road bikeways/bike paths (64\%) | State forests (33\%) |
| Netball | Indoor courts (netball, tennis, basketball) (42\%) | Indoor sports/fitness centres/halls/studios (32\%) |
| On-road cycling | On-road/on-street (84\%) | Off-road bikeways/bike paths (38\%) |
| Orienteering/rogaining | State forests (100\%) | Public playgrounds and parks (79\%) |
| Oztag Football | Sporting grounds (100\%) | State forests (6\%) |
| Recreational angling/fishing | Beaches/ocean/bay (80\%) | Rivers/creeks (67\%) |
| Recreational caving | National parks (100\%) | State forests (100\%) |
| River Rafting | - | - |
| Rock climbing | Local reserves (43\%) | National parks (41\%) |
| Rowing | Rivers/creeks (58\%) | Dams/lakes (32\%) |
| Rugby league | Sporting grounds (72\%) | Public playgrounds and parks $(26 \%)$ |
| Rugby union | Sporting grounds (76\%) | School oval (18\%) |
| Running/jogging | On-road/on-street (60\%) | Walking paths (50\%) |
| Sailing | Beaches/ocean/bay (100\%) | Rivers/creeks (26\%) |
| Scooter riding | On-road/on-street (100\%) | Public playgrounds and parks (52\%) |
| Scuba / snorkelling | Beaches/ocean/bay (96\%) | National parks (14\%) |
| Shooting sports | Sporting grounds (42\%) | Other (please specify) (33\%) |
| Skateboarding | Walking paths (77\%) | Public playgrounds and parks $(63 \%)$ |
| Squash | Indoor sports/fitness centres/halls/studios (68\%) | Indoor courts (netball, tennis, basketball) (31\%) |
| Surfing | Beaches/ocean/bay (98\%) | Dams/lakes (2\%) |
| Swimming | Outdoor swimming pools (61\%) | Beaches/ocean/bay (33\%) |
| Ten pin bowling | Indoor sports/fitness centres/halls/studios (45\%) | Ten pin bowling centre** (23\%) |
| Tennis | Outdoor tennis courts (81\%) | Sporting grounds (13\%) |
| Touch football | Sporting grounds (80\%) | School oval (14\%) |
| Triathlon | On-road/on-street (67\%) | Sporting grounds (28\%) |
| Volleyball | Indoor sports/fitness centres/halls/studios (55\%) | Indoor courts (netball, tennis, basketball) (33\%) |
| Any walking activity | Walking paths (59\%) | On-road/on-street (58\%) |
| Walking - dog | Walking paths (57\%) | On-road/on-street (56\%) |
| Walking - for exercise | Walking paths (60\%) | On-road/on-street (55\%) |
| Walking - for transport | On-road/on-street (72\%) | Walking paths (52\%) |
| Weight training | Home/private property/home of friends or family (61\%) | Gym (48\%) |
| Yoga/Pilates | Home/private property/home of friends or family (43\%) | Indoor sports/fitness centres/halls/studios (33\%) |
| Other (please specify) | Home/private property/home of friends or family (36\%) | Gym (9\%) |

Q4. In the last 12 months, where did you participate in <INSERT ACTIVITY FROM Q3 OR Q1B IF THREE OR FEWER ACTIVITIES CHOSEN >? This may be a certain place, facility or space, such as an indoor centre, national park, public park or sporting ground. MR (Base: High frequency participants $n=4,516$ ) **Coded up from other specify verbatims.

Less than $n=30$ responses obtained to this question or response option - results are indicative and should be interpreted with caution.

### 4.7. Distance Travelled to Participate in Physical Activity

Respondents were asked to specify the average distance they needed to travel in order to participate in each physical activity. The results for high frequency participants across all physical activities participated in are summarised in Figure 9 below. This chart shows the number of activities whereby the median response fell into each category of distance.

The chart shows that on average most physical activities require the participant to travel 5 km to less than 10 km , if not, slightly less ( 2 km to 5 km ).

The distance travelled according to each participant across all activities is unable to be calculated with any accuracy due to the way the question was asked.

Figure 9: Distance Travelled to Physical Activity (Summary Across All Physical Activities)


[^6]Table 16 below shows the distance travelled to participate in each specific physical activity. Note that any results shaded in grey indicate physical activities where less than $\mathrm{n}=30$ respondents indicated participating in and thus should be interpreted with caution.

Physical activities typically participated in the home (and therefore required no travel) included console-based/guided physical activities (e.g. Nintendo Wii Fit, Sony PlayStation Move, Xbox Kinect) and weight training. There are also indicators to suggest that quad bike riding/all-terrain vehicle riding (a motorsport) is also typically undertaken at the participants own property however small sample sizes prevent this from being conclusive.

Physical activities that typically require no travel as the journey is the activity included on-road cycling, leisure cycling (e.g. hybrid bike on bike paths), running/jogging, skateboarding, walking - for exercise, walking for transport and walking the dog.

Physical activities that typically require the most travel to get to are recreational angling/fishing and bushwalking. There are also indicators to suggest that abseiling, a variety of motorsports, recreational caving, triathlons, shooting sports, scuba/snorkelling and rock-climbing also typically require further distances for participation however small sample sizes prevent this from being conclusive.

Table 16: Distance Travelled to Physical Activity (by Physical Activity)

| Physical Activities (in alphabetical order) | Average distance (median) | Did not have to travel | Less than $10 \mathrm{~km}^{8}$ | 10km or more ${ }^{9}$ |
| :---: | :---: | :---: | :---: | :---: |
| Abseiling | 50km or more | 0\% | 0\% | 100\% |
| Artificial/indoor rock climbing | 10 km to less than 20 km | 0\% | 26\% | 74\% |
| Athletics (track and field) | 1 km to less than 2 km | 8\% | 78\% | 14\% |
| Australian rules football | 5 km to less than 10 km | 2\% | 61\% | 37\% |
| Baseball | 1 km to less than 2 km | 0\% | 76\% | 24\% |
| Basketball | 5 km to less than 10 km | 3\% | 60\% | 37\% |
| BMX | 1 km to less than 2 km | 26\% | 55\% | 18\% |
| Bowls | 2 km to less than 5 km | 3\% | 70\% | 27\% |
| Boxing | 1 km to less than 2 km | 20\% | 66\% | 14\% |
| Bushwalking | 10 km to less than 20 km | 9\% | 32\% | 59\% |
| Challenge ropes courses | 5 km to less than 10 km | 0\% | 74\% | 26\% |
| Console-based/guided physical activities (e.g. Nintendo Wii Fit, Sony PlayStation Move, Xbox Kinect) | Did not have to travel (did it at home) | 98\% | 2\% | 0\% |
| Cricket - indoor | 5 km to less than 10 km | 6\% | 50\% | 44\% |
| Cricket - outdoor | 5 km to less than 10 km | 7\% | 57\% | 36\% |
| Dance | 5 km to less than 10 km | 20\% | 49\% | 31\% |
| Dancesport | 2 km to less than 5 km | 7\% | 63\% | 29\% |
| Fitness classes/aerobics/Zumba (please specify) | 2 km to less than 5 km | 11\% | 67\% | 22\% |
| Football/soccer - indoor | 5 km to less than 10 km | 0\% | 63\% | 37\% |
| Football/soccer - outdoor | 5 km to less than 10 km | 2\% | 57\% | 40\% |
| Golf | 5 km to less than 10 km | 0\% | 58\% | 42\% |
| Gridiron/American football | 10 km to less than 20 km | 0\% | 25\% | 75\% |
| Gym - cardio | 2 km to less than 5 km | 17\% | 73\% | 11\% |
| Gym - free weights | 1 km to less than 2 km | 18\% | 73\% | 10\% |
| Gym - weight machines | 2 km to less than 5 km | 9\% | 79\% | 12\% |
| Gymnastics | 5 km to less than 10 km | 0\% | 63\% | 37\% |
| Hockey | 10 km to less than 20 km | 0\% | 47\% | 53\% |
| Horse riding/equestrian | 2 km to less than 5 km | 32\% | 22\% | 47\% |
| Ice/snow sports | 2 km to less than 5 km | 0\% | 70\% | 30\% |

[^7]| Physical Activities (in alphabetical order) | Average distance (median) | Did not have to travel ${ }^{7}$ | $\begin{gathered} \text { Less than } \\ 10 \mathrm{~km}^{8} \end{gathered}$ | 10 km or more ${ }^{9}$ |
| :---: | :---: | :---: | :---: | :---: |
| Kayaking/canoeing | 5 km to less than 10 km | 13\% | 47\% | 40\% |
| Leisure cycling (e.g. hybrid bike on bike paths) | Did not have to travel as the journey is the activity | 73\% | 19\% | 8\% |
| Martial arts | 2 km to less than 5 km | 4\% | 70\% | 26\% |
| Motorsports - dirt track | 20 km to less than 50 km | 0\% | 14\% | 86\% |
| Motorsports - enduro riding | 20km to less than 50km | 0\% | 41\% | 59\% |
| Motorsports - freestyle | 10 km to less than 20 km | 31\% | 0\% | 69\% |
| Motorsports - karting | - | - | - | - |
| Motorsports - minikhana | - | - | - | - |
| Motorsports - motocross | 50km or more | 0\% | 0\% | 100\% |
| Motorsports - quad bike riding/allterrain vehicles | Did not have to travel (did it at home) | 71\% | 29\% | 0\% |
| Motorsports - recreational trail bike riding | 50 km or more | 0\% | 0\% | 100\% |
| Motorsports - speedway | 5 km to less than 10 km | 18\% | 46\% | 36\% |
| Mountain biking | 5 km to less than 10 km | 17\% | 53\% | 30\% |
| Netball | 5 km to less than 10km | 2\% | 64\% | 35\% |
| On-road cycling | Did not have to travel as the journey is the activity (i.e. walking, cycling, skateboarding, etc.) | 67\% | 24\% | 9\% |
| Orienteering/rogaining | 5 km to less than 10 km | 0\% | 52\% | 48\% |
| Oztag football | 5 km to less than 10 km | 6\% | 67\% | 27\% |
| Recreational angling/fishing | 20km to less than 50km | 3\% | 22\% | 75\% |
| Recreational caving | 50 km or more | 0\% | 0\% | 100\% |
| River rafting | - | - | - | - |
| Rock climbing | 20km to less than 50 km | 0\% | 34\% | 66\% |
| Rowing | 5 km to less than 10 km | 2\% | 52\% | 46\% |
| Rugby league | 2 km to less than 5 km | 1\% | 72\% | 27\% |
| Rugby union | 5 km to less than 10 km | 2\% | 61\% | 37\% |
| Running/jogging | Did not have to travel as the journey is the activity | 64\% | 31\% | 5\% |
| Sailing | 5 km to less than 10 km | 15\% | 45\% | 40\% |
| Scooter riding | 2 km to less than 5 km | 20\% | 58\% | 22\% |
| Scuba/snorkelling | 50 km or more | 0\% | 38\% | 62\% |
| Shooting sports | 20km to less than 50km | 4\% | 19\% | 77\% |
| Skateboarding | Did not have to travel as the journey is the activity | 63\% | 37\% | 0\% |
| Squash | 2 km to less than 5km | 4\% | 71\% | 25\% |
| Surfing | 10km to less than 20 km | 5\% | 44\% | 51\% |
| Swimming | 2 km to less than 5 km | 27\% | 56\% | 16\% |
| Ten pin bowling | 5 km to less than 10 km | 0\% | 75\% | 25\% |
| Tennis | 2 km to less than 5 km | 3\% | 80\% | 17\% |
| Touch football | 5 km to less than 10 km | 0\% | 68\% | 32\% |
| Triathlon | 50 km or more | 0\% | 0\% | 100\% |
| Volleyball | 5 km to less than 10 km | 0\% | 74\% | 26\% |
| Walking - dog | Did not have to travel as the journey is the activity | 71\% | 27\% | 2\% |
| Walking - for exercise | Did not have to travel as the journey is the activity | 65\% | 30\% | 5\% |
| Walking - for transport | Did not have to travel as the journey is the activity | 58\% | 39\% | 3\% |
| Weight training | Did not have to travel (did it at home) | 52\% | 39\% | 9\% |
| Yoga/Pilates | 2 km to less than 5 km | 27\% | 60\% | 13\% |
| Other (Please specify) | 2 km to less than 5 km | 34\% | 72\% | 28\% |

## Q5. Thinking about <INSERT ACTIVITY FROM Q3 OR Q1B IF THREE OR FEWER ACTIVITIES

CHOSEN> on average how far did you have to travel to the location where you participated in this activity?
I'm looking for an idea of distance in terms of kilometres. SR. DO NOT READ. (Base: High frequency participants $n=4,516$ )
*NOTE: Nett results for any gym activity, any motorsports activity and any walking activity are unable to be calculated for this question.

Less than n=30 responses obtained to this question or response option - results are indicative and should be interpreted with caution.

### 4.8. Extent of Physical Activity

## Extent of physical activities participated in over past month

In this section we examine the number of sessions of physical activity and the duration of those sessions for physical activities participated in the over the past month.

High frequency participants were asked how many sessions of each physical activity they had participated in over the last month. In the interests of keeping survey length to a minimum, this question was asked only in relation to the respondent's top 3 activities participated in most often. Figure 10 below shows the number of sessions participated in by all respondents across their top 3 physical activities over the past month.

On average, high frequency participants reported having participated in just over 20 sessions of physical activity over the past month (mean=23.7; median=20). Almost one-quarter (24\%) reported participating in 10 or less sessions, a further quarter (26\%) reported participating in 11-12 sessions, and a further $22 \%$ indicated participating in 21 to 30 sessions. The remaining $28 \%$ reported participating in more than 30 sessions, which would equate to once a day or more often.

Figure 10: Number of Sessions Participated in Past Month - Top 3 Activities Summary Across all Physical Activities)


Q7A. Thinking about [ACTIVITY] on average how many sessions did you participate in during the last month? This includes any practice or training. DO NOT READ. (Base: High frequency participants in relation to top 3 activities participated in $n=4,516$ )

* Outlier responses of more than 100 have been removed from the calculation of the mean. These responses equate to $1.1 \%$ of the response amongst high frequency participants.

Table 17 below shows these results by key sub-groups within the high frequency participant sample. Across all physical activities, the number of sessions participated in over the past month is highest amongst:

- Far North (mean 25.5) and North Coast (mean 24.8) respondents; and
- 18-29 year olds (mean 25.9).

The number of sessions participated in over the past month is lowest amongst:

- South West (mean 22.0) and Central Queensland (mean 22.9) respondents; and
- 30-44 year olds (mean 22.5).

No difference exists in relation to gender.
Table 17: Number of Sessions Participated in Past Month - Top 3 Activities (Differences by Respondent Sub-Groups)

|  | All | Region |  |  |  |  |  |  | Age |  |  |  | Gender |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Base: High frequency respondents | $\begin{aligned} & \text { を } \\ & \stackrel{1}{\circ} \end{aligned}$ |  | 픈 © 0 |  |  | $\begin{aligned} & \frac{ᄃ}{0} \\ & \frac{士}{7} \\ & 0 \end{aligned}$ |  |  | $\begin{aligned} & \stackrel{\infty}{\varpi} \\ & \underset{\sim}{\infty} \\ & \underset{\sim}{\infty} \\ & \infty \end{aligned}$ |  | $\stackrel{0}{\pi}$ <br>  <br>  <br> 0 <br> 0 | $\begin{aligned} & \stackrel{\infty}{\tilde{\pi}} \\ & \overbrace{0}^{\infty} \\ & 0 \\ & 0 \end{aligned}$ | $\frac{0}{\sum_{\sum}^{\pi}}$ |  |
| Sample size (unweighted) $n=$ | 4516 | 1001 | 607 | 351 | 750 | 580 | 533 | 694 | 478 | 1283 | 1618 | 1137 | 1770 | 2746 |
| Up to 10 sessions | 24\% | 22\% | 25\% | 25\% | 23\% | 26\% | 22\% | 30\% | 17\% | 27\% | 24\% | 27\% | 24\% | 25\% |
| 11 to 20 sessions | 26\% | 28\% | 24\% | 25\% | 27\% | 25\% | 25\% | 25\% | 28\% | 26\% | 26\% | 24\% | 25\% | 26\% |
| 21 to 30 sessions | 22\% | 21\% | 28\% | 19\% | 20\% | 21\% | 22\% | 23\% | 22\% | 20\% | 21\% | 25\% | 22\% | 22\% |
| 31 to 40 sessions | 13\% | 14\% | 11\% | 10\% | 12\% | 14\% | 15\% | 10\% | 16\% | 13\% | 13\% | 10\% | 14\% | 12\% |
| 41 to 50 sessions | 6\% | 7\% | 5\% | 5\% | 6\% | 6\% | 8\% | 4\% | 8\% | 5\% | 7\% | 5\% | 6\% | 6\% |
| More than 50 sessions | 9\% | 8\% | 8\% | 15\% | 12\% | 8\% | 8\% | 8\% | 10\% | 8\% | 8\% | 10\% | 9\% | 9\% |
| Mean | 23.7 | 23.5 | 22.9 | 25.5 | 24.8 | 23.5 | 24.1 | 22.0 | 25.9 | 22.5 | 23.8 | 23.2 | 23.9 | 23.6 |
| Median | 20 | 19 | 20 | 16 | 18 | 18 | 20 | 16 | 20 | 16 | 19 | 20 | 19 | 18 |

Q7A. Thinking about [ACTIVITY] on average how many sessions did you participate in during the last month? This includes any practice or training. DO NOT READ. (Base: High frequency participants in relation to top 3 activities participated in $n=4,516$ )

* Outlier responses of more than 100 have been removed from the calculation of the mean. These responses equate to $1.1 \%$ of the response amongst high frequency participants.

Significantly higher than the result at a total level (statistically significant @ 95\% confidence interval) Significantly lower than the result at a total level (statistically significant @ 95\% confidence interval)

Table 18 below shows the number of sessions participated in by high frequency participants over the past month for each specific physical activity. For some activities, the number of respondents who indicated they had participated in them over the past 6 months was low and therefore these results
should be interpreted with caution and should be used as a guide only - these results are shaded in grey.

The results suggest that the number of sessions participated in over the past month can vary greatly depending on the physical activity. For example, the number of sessions of walking and gym activities is much higher than say bushwalking, recreational fishing/angling or squash.

Table 18: Number of Sessions Participated in Past Month - Top 3 Activities (by
Physical Activity)

| Base: High frequency participants | Average number of sessions (mean) | More than 12 sessions (specify number) | $12$ <br> sessions | Less than 12 sessions (specify number) | Did not participate in this activity in the last month |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Abseiling | 1.0 | 0\% | 0\% | 100\% | 0\% |
| Artificial/indoor rock climbing | 8.6 | 0\% | 40\% | 60\% | 0\% |
| Athletics (track and field) | 16.5 | 38\% | 16\% | 42\% | 4\% |
| Australian rules football | 9.5 | 19\% | 39\% | 20\% | 22\% |
| Baseball | 10.2 | 37\% | 8\% | 38\% | 17\% |
| Basketball | 6.8 | 8\% | 18\% | 68\% | 6\% |
| BMX | 8.5 | 26\% | 24\% | 47\% | 3\% |
| Bowls | 8.4 | 10\% | 13\% | 74\% | 3\% |
| Boxing | 11.0 | 21\% | 28\% | 40\% | 11\% |
| Bushwalking | 4.9 | 3\% | 10\% | 68\% | 19\% |
| Challenge ropes courses | 10.3 | 26\% | 0\% | 74\% | 0\% |
| Console-based/guided physical activities (e.g. Nintendo Wii Fit, Sony PlayStation Move, Xbox Kinect) | 17.0 | 19\% | 17\% | 47\% | 18\% |
| Cricket - indoor | 6.1 | 0\% | 23\% | 77\% | 0\% |
| Cricket - outdoor | 5.2 | 9\% | 16\% | 37\% | 38\% |
| Dance | 8.8 | 13\% | 21\% | 58\% | 9\% |
| Dancesport | 6.6 | 8\% | 24\% | 65\% | 4\% |
| Fitness classes/aerobics/Zumba (please specify) | 8.4 | 15\% | 11\% | 59\% | 15\% |
| Football/soccer - indoor | 6.2 | 5\% | 13\% | 57\% | 25\% |
| Football/soccer - outdoor | 7.5 | 8\% | 20\% | 64\% | 8\% |
| Golf | 5.8 | 7\% | 10\% | 71\% | 12\% |
| Gridiron/American football | 3.0 | 0\% | 25\% | 0\% | 75\% |
| Gym - free weights | 12.8 | 36\% | 24\% | 35\% | 6\% |
| Gym - cardio | 12.0 | 29\% | 23\% | 39\% | 9\% |
| Gym - weight machines | 14.0 | 33\% | 22\% | 38\% | 7\% |
| Gymnastics | 16.3 | 44\% | 22\% | 22\% | 13\% |
| Hockey | 8.8 | 16\% | 28\% | 43\% | 13\% |
| Horse riding/equestrian | 12.0 | 24\% | 21\% | 50\% | 6\% |
| Ice/snow sports | 6.2 | 34\% | 0\% | 11\% | 54\% |
| Kayaking/canoeing | 3.4 | 3\% | 14\% | 43\% | 40\% |
| Leisure cycling (e.g. hybrid bike on bike paths) | 8.8 | 21\% | 10\% | 57\% | 11\% |
| Martial arts | 8.8 | 21\% | 12\% | 63\% | 4\% |
| Motorsports - dirt track | 3.6 | 0\% | 0\% | 80\% | 20\% |
| Motorsports - enduro riding | 8.1 | 30\% | 0\% | 70\% | 0\% |
| Motorsports - freestyle | 6.2 | 31\% | 0\% | 0\% | 69\% |
| Motorsports - karting | - | - | - | - | - |
| Motorsports - quad bike riding/all-terrain vehicles | 16.7 | 46\% | 0\% | 54\% | 0\% |
| Motorsports - minikhana | - | - | - | - | - |
| Motorsports - motocross | 1.0 | 0\% | 0\% | 60\% | 40\% |
| Motorsports - recreational trail bike riding | 0.0 | 0\% | 0\% | 0\% | 100\% |
| Motorsports - speedway | 8.0 | 16\% | 46\% | 0\% | 38\% |
| Mountain biking | 6.3 | 8\% | 16\% | 68\% | 9\% |
| Netball | 5.9 | 7\% | 14\% | 58\% | 21\% |
| On-road cycling | 13.7 | 33\% | 12\% | 46\% | 9\% |


| Base: High frequency participants | Average number of sessions (mean) | More than 12 sessions (specify number) | $12$ <br> sessions | Less than 12 sessions (specify number) | Did not participate in this activity in the last month |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Orienteering/rogaining | 4.4 | 0\% | 0\% | 100\% | 0\% |
| Oztag football | 5.8 | 0\% | 25\% | 75\% | 0\% |
| Recreational angling/fishing | 4.4 | 2\% | 12\% | 62\% | 24\% |
| Recreational caving | 2.0 | 0\% | 0\% | 100\% | 0\% |
| River rafting | - | - | - | - | - |
| Rock climbing | 9.7 | 17\% | 20\% | 41\% | 22\% |
| Rowing | 10.9 | 36\% | 33\% | 28\% | 4\% |
| Rugby league | 7.5 | 4\% | 24\% | 72\% | 0\% |
| Rugby union | 6.1 | 6\% | 31\% | 38\% | 25\% |
| Running/jogging | 11.1 | 26\% | 18\% | 47\% | 9\% |
| Sailing | 3.3 | 0\% | 12\% | 60\% | 27\% |
| Scooter riding | 5.4 | 20\% | 0\% | 80\% | 0\% |
| Scuba/snorkelling | 28.9 | 39\% | 0\% | 7\% | 54\% |
| Shooting sports | 4.1 | 0\% | 13\% | 72\% | 15\% |
| Skateboarding | 21.9 | 86\% | 0\% | 0\% | 14\% |
| Squash | 3.8 | 5\% | 4\% | 68\% | 23\% |
| Surfing | 8.9 | 22\% | 16\% | 41\% | 22\% |
| Swimming | 5.0 | 8\% | 9\% | 33\% | 50\% |
| Ten pin bowling | 4.8 | 4\% | 6\% | 69\% | 21\% |
| Tennis | 6.8 | 7\% | 13\% | 63\% | 17\% |
| Touch football | 7.0 | 12\% | 13\% | 62\% | 13\% |
| Triathlon | 21.6 | 43\% | 0\% | 0\% | 57\% |
| Volleyball | 5.5 | 0\% | 22\% | 72\% | 6\% |
| Walking - dog | 19.9 | 53\% | 17\% | 26\% | 4\% |
| Walking - for exercise | 15.2 | 40\% | 18\% | 36\% | 5\% |
| Walking - for transport | 19.0 | 49\% | 13\% | 31\% | 7\% |
| Weight training | 13.5 | 40\% | 21\% | 32\% | 7\% |
| Yoga/Pilates | 8.9 | 17\% | 16\% | 59\% | 9\% |
| Other (please specify) | 12.1 | 29\% | 10\% | 46\% | 14\% |

Q7A. Thinking about [ACTIVITY] on average how many sessions did you participate in during the last month? This includes any practice or training. DO NOT READ. (Base: High frequency participants in relation to top 3 activities participated in $n=4,516$ )
*NOTE: Nett results for any gym activity, any motorsports activity and any walking activity are unable to be calculated for this question.

Less than n=30 responses obtained to this question or response option - results are indicative and should be interpreted with caution.

Table 19 below shows the average length of each session of specific physical activity participated in over the past month. Results shaded in grey should be interpreted with caution as less than $n=30$ respondents indicated participating in them over the past month. Excluding these activities, the longest sessions exist for recreational angling/fishing ( $93 \%$ more than 60 minutes), golf ( $91 \%$ more than 60 minutes), bowls ( $89 \%$ more than 60 minutes) followed by outdoor football/soccer ( $62 \%$ more than 60 minutes). Indicative findings also suggest the average length of sessions associated with a variety of motorsports, recreational caving, triathlon, shooting sports, sailing, rock-climbing, surfing, baseball, outdoor cricket, ten pin bowling and skateboarding may be longer than other types of physical activity however due to small sample sizes these results are not conclusive.

Table 19: Average Length of Session in Past Month - Top 3 Activities (By Physical Activity)

| Base: High frequency participants | More than 60 minutes per session (in minutes) | $46-60$ <br> minutes per session | 30-45 <br> minutes per session | Less than 30 minutes per session (in minutes) |
| :---: | :---: | :---: | :---: | :---: |
| Abseiling | 0\% | 0\% | 100\% | 0\% |
| Artificial/indoor rock climbing | 60\% | 40\% | 0\% | 0\% |
| Athletics (track and field) | 36\% | 54\% | 9\% | 0\% |
| Australian rules football | 58\% | 31\% | 11\% | 0\% |
| Baseball | 79\% | 21\% | 0\% | 0\% |
| Basketball | 26\% | 49\% | 24\% | 1\% |
| BMX | 55\% | 45\% | 0\% | 0\% |
| Bowls | 89\% | 7\% | 5\% | 0\% |
| Boxing | 16\% | 60\% | 24\% | 1\% |
| Bushwalking | 48\% | 37\% | 13\% | 2\% |
| Challenge ropes courses | 26\% | 74\% | 0\% | 0\% |
| Console-based/guided physical activities (e.g. Nintendo Wii Fit, Sony PlayStation Move, Xbox Kinect) | 2\% | 25\% | 54\% | 18\% |
| Cricket - indoor | 57\% | 14\% | 29\% | 0\% |
| Cricket - outdoor | 76\% | 20\% | 2\% | 2\% |
| Dance | 49\% | 36\% | 14\% | 1\% |
| Dancesport | 23\% | 53\% | 16\% | 7\% |
| Fitness classes/aerobics/Zumba (please specify) | 4\% | 71\% | 22\% | 3\% |
| Football/soccer - indoor | 3\% | 32\% | 65\% | 0\% |
| Football/soccer - outdoor | 62\% | 32\% | 3\% | 2\% |
| Golf | 91\% | 6\% | 2\% | 0\% |
| Gridiron/American football | 0\% | 100\% | 0\% | 0\% |
| Gym - cardio | 10\% | 41\% | 37\% | 12\% |
| Gym - free weights | 17\% | 47\% | 30\% | 6\% |
| Gym - weight machines | 15\% | 39\% | 35\% | 11\% |
| Gymnastics | 48\% | 52\% | 0\% | 0\% |
| Hockey | 57\% | 43\% | 0\% | 0\% |
| Horse riding/equestrian | 56\% | 29\% | 15\% | 0\% |
| Ice/snow sports | 0\% | 100\% | 0\% | 0\% |
| Kayaking/canoeing | 42\% | 46\% | 3\% | 4\% |
| Leisure cycling (e.g. hybrid bike on bike paths) | 16\% | 28\% | 43\% | 12\% |
| Martial arts | 58\% | 39\% | 2\% | 0\% |
| Motorsports - dirt track | 100\% | 0\% | 0\% | 0\% |
| Motorsports - enduro riding | 100\% | 0\% | 0\% | 0\% |
| Motorsports - freestyle | 100\% | 0\% | 0\% | 0\% |
| Motorsports - karting | - | - | - | - |
| Motorsports - minikhana | - | - | - | - |
| Motorsports - motocross | 78\% | 0\% | 0\% | 22\% |
| Motorsports - quad bike riding/all-terrain vehicles | 43\% | 32\% | 25\% | 0\% |
| Motorsports - recreational trail bike riding | - | - | - | - |
| Motorsports - speedway | 26\% | 74\% | 0\% | 0\% |
| Mountain-biking | 55\% | 22\% | 16\% | 4\% |
| Netball | 22\% | 52\% | 26\% | 0\% |
| On-road cycling | 26\% | 33\% | 29\% | 9\% |
| Orienteering/rogaining | 55\% | 45\% | 0\% | 0\% |
| Oztag football | 0\% | 49\% | 51\% | 0\% |
| Recreational angling/fishing | 93\% | 6\% | 1\% | 0\% |
| Recreational caving | 100\% | 0\% | 0\% | 0\% |
| River rafting | - | - | - | - |
| Rock climbing | 81\% | 2\% | 17\% | 0\% |
| Rowing | 51\% | 39\% | 9\% | 2\% |
| Rugby league | 53\% | 29\% | 18\% | 0\% |
| Rugby union | 52\% | 46\% | 0\% | 2\% |
| Running/jogging | 9\% | 35\% | 46\% | 10\% |
| Sailing | 92\% | 8\% | 0\% | 0\% |
| Scooter riding | 22\% | 0\% | 72\% | 6\% |
| Scuba/snorkelling | 7\% | 37\% | 41\% | 0\% |
| Shooting sports | 96\% | 4\% | 0\% | 0\% |
| Skateboarding | 73\% | 27\% | 0\% | 0\% |


| Base: High frequency participants | More than <br> 60 minutes <br> per session <br> (in minutes) | $46-60$ <br> minutes per <br> session | $30-45$ <br> minutes per <br> session | Less than <br> 30 minutes <br> per session <br> (in minutes) |
| :--- | :---: | :---: | :---: | :---: |
| Squash | $24 \%$ | $53 \%$ | $19 \%$ | $0 \%$ |

Q7B. On average, how long was each session? SR, DO NOT READ (Base: High frequency participants in relation to top 3 activities participated in $n=4,516$ )

* NOTE: If respondents indicated they had not participated in one of their top 3 physical activities in the past month at Q7A, these activities were not asked about at Q7B.
* NOTE: the average length of each session is unable to be calculated due to the way the question was asked, nor is the total amount of time participated in sessions for each specific individual.
*NOTE: Nett results for any gym activity, any motorsports activity and any walking activity are unable to be calculated for this question.

Less than $n=30$ responses obtained to this question or response option - results are indicative and should be interpreted with caution.

## Extent of physical activities conducted prior to one month ago (but within the past 6 months)

Those high frequency participants who indicated they had not participated in one of their top 3 activities over the past month were asked how many sessions they had participated in over the past 6 months instead. This may include physical activities that may be seasonal based (as the survey was conducted during winter), but may also include physical activities not participated in for other personal reasons.

Figure 11 below shows the number of sessions participated in by these respondents across their top 3 physical activities over the past 6 months. Just under half ( $47 \%$ ) of these high frequency participants reported participating in up to 10 sessions and almost three-quarters (73\%) reported participation in up to 20 sessions.

If we compare these results to earlier findings showing the number of sessions over the past month, it is evident that unless someone has participated in something recently (i.e. in the last month) then their participation in that activity is likely to be quite sporadic/more infrequent over time.

Figure 11: Number of Sessions Participated in Past 6 Months (Excluding Past Month) - Top 3 Activities Summary Across all Physical Activities)


Q8A. Thinking about [ACTIVITY FROM Q7A = 97] on average how many sessions did you participate in during the last 6 months? This includes any practice or training. SR, DO NOT READ. (Base: High frequency participants who have not participated in one of their top 3 physical activities in the past month, but have done so in the past 6 months $n=790$ )

The number of high frequency participants who responded to this question in specific relation to many physical activities is much too low to show results at a specific physical activity level. The exceptions are shown in Table 20 below. The physical activities shown here are likely to be popular but highly sporadic physical activities given many people have participated in them in the past 6 months but not in the past month.

Table 20: Number of Sessions Participated in Over Past 6 Months (Excluding Past
Month) - Top 3 Activities (By Physical Activity)

| Base: High frequency participants | Average <br> number of <br> sessions <br> (mean) | More than <br> 12 | 12 <br> sessions <br> (specify <br> number) | Less than <br> 12 <br> sessions <br> sessions <br> (specify <br> number) | Did not <br> participate <br> in this <br> activity in <br> the last <br> month | Don't <br> know/ <br> can't <br> remember |
| :--- | :---: | :---: | :---: | :---: | :---: | :---: |
| Fitness classes/aerobics/Zumba <br> (please specify) | 19.8 | $34 \%$ | $11 \%$ | $27 \%$ | $25 \%$ | $3 \%$ |
| Gym - cardio | 25.7 | $42 \%$ | $12 \%$ | $5 \%$ | $24 \%$ | $17 \%$ |
| Gym - free weights | 16.6 | $33 \%$ | $28 \%$ | $7 \%$ | $26 \%$ | $7 \%$ |
| Gym - weight machines | 27.2 | $44 \%$ | $10 \%$ | $9 \%$ | $26 \%$ | $10 \%$ |
| Swimming | 24.3 | $50 \%$ | $10 \%$ | $19 \%$ | $6 \%$ | $15 \%$ |
| Walking - for exercise | 30.9 | $42 \%$ | $11 \%$ | $11 \%$ | $16 \%$ | $20 \%$ |
| Weight Training | 10.2 | $27 \%$ | $46 \%$ | $7 \%$ | $0 \%$ | $20 \%$ |
| Other (please specify) | 15.1 | $45 \%$ | $8 \%$ | $28 \%$ | $19 \%$ | $0 \%$ |

Q8A. Thinking about [ACTIVITY FROM Q7A = 97] on average how many sessions did you participate in during the last 6 months? This includes any practice or training. SR, DO NOT READ. (Base: High frequency participants who have not participated in one of their top 3 physical activities in the past month, but have done so in the past 6 months $n=790$ ). Only those physical activities whereby $n=30$ or more respondents responded to are shown.

Those high frequency participants who indicated they had not participated in one of their top 3 activities over the past month were alternatively asked to specify the average length of each session of physical activities across the past 6 months. The number of high frequency participants who responded to this question in relation to most physical activities is much too low to show results at a specific physical activity level, however the exceptions are shown in Table 21 below.

The length of each session is very high in relation to bushwalking and lowest in relation to high cardio activities such as swimming, running/jogging and cardio sessions at the gym.

Table 21: Average Length of Session in Past 6 Months - Top 3 Activities (Overall Results)

| Base: High frequency participants | More than <br> 60 minutes <br> per session <br> (in minutes) | $46-60$ <br> minutes per <br> session | $30-45$ <br> minutes per <br> session | Less than <br> 30 minutes <br> per session <br> (in minutes) |
| :--- | :---: | :---: | :---: | :---: |
| Bushwalking | $51 \%$ | $35 \%$ | $14 \%$ | $0 \%$ |
| Fitness classes/aerobics/Zumba (please | $3 \%$ | $73 \%$ | $19 \%$ | $0 \%$ |
| specify) | $10 \%$ | $34 \%$ | $47 \%$ | $6 \%$ |
| Gym - cardio | $7 \%$ | $26 \%$ | $62 \%$ | $5 \%$ |
| Running/jogging | $10 \%$ | $35 \%$ | $39 \%$ | $16 \%$ |
| Swimming | $9 \%$ | $30 \%$ | $53 \%$ | $6 \%$ |
| Walking - for exercise | $51 \%$ | $28 \%$ | $17 \%$ | $4 \%$ |
| Other (please specify) |  |  |  |  |

Q8B. On average, how long was each session? SR, DO NOT READ. (Base: High frequency participants who have not participated in one of their top 3 physical activities in the past month, but have done so in the past 6 months $n=790$ ).

* Only those physical activities whereby $n=30$ or more respondents responded to are shown.
* Note that 'gym - free weights' and 'gym - weight machines' are not shown due to the number of don't know / can't remember responses as Q8A. Although these activities are shown in the previous table for Q8A, the number of respondents who answered this question Q8B in relation to these activities has dropped below $n=30$ and thus are no longer able to be shown.


### 4.9. Physical Activity Organisations

## Involvement with an organisation

Participants were asked to indicate the extent to which their physical activities were organised by a club, association or another organisation. Figure 12 shows the proportion of high frequency participants who indicated they participated in at least one physical activity with:

- no involvement with a club;
- some involvement with a club; or
- entirely involving a club.

The large majority of high and moderate frequency participants participate in at least one activity which has no involvement with a club ( $85 \%$ high frequency participants, $87 \%$ of moderate frequency participants). Around 1 in 3 participated in at least one physical activity where activities are entirely organised by a club, association or other organisation (30\% high frequency participants, 20\% moderate frequency participants). Around 1 in 10 participate in at least one physical activity where some activities are organised by a club, association or other organisation (11\% high frequency participants, $9 \%$ moderate frequency participants).

The likelihood to participate in physical activities entirely organised by a club, association or other organisation increases slightly according to the frequency of participation in physical activity. The exception is daily participation which is highly correlated with physical activities with no organisational involvement. Weekly participation is highly correlated with physical activities entirely organised by a club, association or other organisation.

Figure 12: Organised vs. Non-Organised Activities (Overall Results)


[^8]Table 22 below shows the results for this question split by key sub-groups of high frequency participants in the sample. Key take-outs include:

- North Coast respondents are the most likely to have some sort of involvement with a club association or other organisation ( $82 \%$ indicated 'none'). However Northern respondents are the least likely to do so ( $88 \%$ indicated 'none').
- The likelihood of participating in physical activities entirely organised by a club, association or other organisation is higher amongst younger respondents, particularly those aged 18-29 years ( $37 \%$ ) and to a lesser extent, 30-44 years (34\%).
- Little difference exists with respect to gender.

Table 22: Organised vs. Non-Organised Activities (Differences by Respondent SubGroups)

|  | All | Region |  |  |  |  |  |  | Age |  |  |  | Gender |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | ¢ |  | 픈 © 0 | $\begin{aligned} & \text { 등 } \\ & \text { Co } \\ & \text { ī } \end{aligned}$ |  |  |  |  |  |  |  |  | $\frac{0}{\frac{0}{\Sigma}}$ | $\begin{aligned} & \frac{0}{\widetilde{\widetilde{C}}} \\ & \underset{\sim}{\mathbb{O}} \\ & \hline \end{aligned}$ |
| High frequency participants ( $\mathrm{n}=$ ) | 4516 | 1001 | 607 | 351 | 750 | 580 | 533 | 694 | 478 | 1283 | 1618 | 1137 | 1770 | 2746 |
| None of the activity(ies) was/were organised by a club, association or other organisation | 85\% | 86\% | 86\% | 88\% | 82\% | 88\% | 84\% | 84\% | 87\% | 84\% | 88\% | 83\% | 84\% | 87\% |
| All activity(ies) was/were organised by a club, association or other organisation | 30\% | 33\% | 24\% | 28\% | 32\% | 32\% | 29\% | 28\% | 37\% | 34\% | 24\% | 25\% | 31\% | 29\% |
| Some activity(ies) was/were organised by a club, association or other organisation | 11\% | 13\% | 9\% | 11\% | 13\% | 7\% | 10\% | 12\% | 14\% | 13\% | 10\% | 8\% | 12\% | 10\% |

Q6. Was <INSERT ACTIVITY FROM Q3 OR Q1B IF THREE OR FEWER ACTIVITIES CHOSEN> organised by a club, association or other organisation? SR (Base: High and medium frequency participants $n=5,308$ )

* Note: Percentages add up to more than $100 \%$ as survey respondents may have participated in more than one activity).
* Sample size is less than $n=30$ - results are therefore indicative and should be interpreted with caution.

[^9]
## Type of organisation

Survey respondents were asked to specify what type of club, association or other organisation was involved in the physical activities they participated in - see Figure 13.

The most common type was sports clubs or associations that required payment of fees for membership, participation or registration (16\% high frequency participants; 9\% moderate frequency participants). The second most common type was fitness or leisure organisations or indoor sports centres that required payment for participation (12\% high frequency participants; 7\% moderate frequency participants).

Figure 13: Type of Organiser (Overall Results)


[^10]Table 23 below shows the results for this question split by key sub-groups of respondents in the sample. Looking at high frequency respondents:

- The only noteworthy difference in the types of organisations involved in physical activity according to region is in Brisbane, where significantly more are involved with a fitness or leisure organisation or indoor sports centre that required payment for participation (17\%). In addition to Northern respondents being the least likely to be involved with any organisation at all.
- The likelihood to be involved with a sports club/association that required payment of fees for membership/participation/registration decreases as age increases.
- Young adults, that is those aged 18-29 years, are the most likely to be involved with:
- a sports club/association that required payment of fees for membership/participation/registration (22\%);
- a fitness or leisure organisation or indoor sports centre that required payment for participation (18\%); or
- an educational institution or course (4\%).
- The oldest respondents, that is those aged 60 years or older, are the most likely to be involved with a local government or local council organised physical activity (2\%).
- While males are significantly more likely than females to be involved with a sports club/association that required payment of fees for membership/participation/registration (22\% vs. $10 \%$ ), females are more likely to be involved with a fitness or leisure organisation or indoor sports centre that required payment for participation (16\% vs. 9\%).

Table 23: Type of Organiser (Differences by Respondent Sub-Groups)

|  | All | Region |  |  |  |  |  |  | Age |  |  |  | Gender |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | $\begin{aligned} & \text { を } \\ & \stackrel{1}{\circ} \end{aligned}$ |  | $\begin{aligned} & \overline{\widetilde{N}} \\ & \stackrel{4}{\omega} \\ & \underset{U}{0} \end{aligned}$ |  |  | $\begin{aligned} & \frac{5}{0} \\ & \text { © } \\ & \frac{7}{0} \end{aligned}$ |  |  |  |  | $\stackrel{0}{\omega}$ <br>  <br>   <br>  |  | $\frac{0}{\sum_{\sum}^{\pi}}$ | $\frac{0}{0}$ $\stackrel{\rightharpoonup}{0}$ $\stackrel{1}{4}$ |
| High frequency participants ( $\mathrm{n}=$ ) | 4516 | 1001 | 607 | 351 | 750 | 580 | 533 | 694 | 478 | 1283 | 1618 | 1137 | 1770 | 2746 |
| None | 85\% | 86\% | 86\% | 88\% | 82\% | 88\% | 84\% | 84\% | 87\% | 84\% | 88\% | 83\% | 84\% | 87\% |
| Sport club/association that required payment of fees for membership /participation/registrati on | 16\% | 16\% | 14\% | 15\% | 17\% | 19\% | 16\% | 17\% | 22\% | 18\% | 14\% | 12\% | 22\% | 10\% |
| Fitness or leisure organisation or indoor sports centre that required payment for participation | 12\% | 17\% | 7\% | 8\% | 12\% | 11\% | 13\% | 9\% | 18\% | 15\% | 9\% | 8\% | 9\% | 16\% |
| Recreation club/association that required payment of fees for membership/participati on/registration | 4\% | 4\% | 4\% | 6\% | 6\% | 4\% | 3\% | 6\% | 5\% | 4\% | 3\% | 6\% | 4\% | 5\% |
| Community groups (e.g. local social club) | 3\% | 3\% | 3\% | 3\% | 3\% | 1\% | 3\% | 3\% | 2\% | 3\% | 3\% | 4\% | 3\% | 3\% |
| Educational institution or course (Please specify e.g. school, university, TAFE) | 2\% | 1\% | 1\% | 3\% | 2\% | 2\% | 2\% | 1\% | 4\% | 1\% | 1\% | 1\% | 2\% | 2\% |
| Work | 1\% | 1\% | 0\% | 1\% | 1\% | 2\% | 1\% | 2\% | 1\% | $2 \%$ | 1\% | 0\% | 2\% | 1\% |
| Local government/local council | 1\% | 1\% | 0\% | 1\% | 1\% | 1\% | 1\% | 1\% | 0\% | 1\% | 1\% | 2\% | 0\% | 1\% |
| Commercial events organiser/sponsor (e.g. Bridge to Brisbane) | 0\% | 1\% | 0\% | 0\% | 1\% | 0\% | 0\% | 0\% | 0\% | 1\% | 0\% | 0\% | 0\% | 0\% |
| Other (specified) | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% |

Q6A. Which of the following best describes the organiser of <INSERT ACTIVITIES WITH A 1 OR 2 RESPONSE IN Q6>? SR, READ. (Base: All high and moderate frequency participants $n=5,308$ )

* Sample size is less than $n=30$ - results are therefore indicative and should be interpreted with caution

Significantly higher than the result at a total level (statistically significant @ 95\% confidence interval)
Significantly lower than the result at a total level (statistically significant @ 95\% confidence interval)

### 4.10. Drivers to Participation in Physical Activity

## Drivers amongst those who participate frequently

High and moderate frequency participants were asked what factors had enabled them to participate in physical activities over the last 12 months. They were given a list of statements as shown in Figure 14 below.

Below are the top 4 drivers to participation amongst high frequency participants:

- Personal interest and motivation (41\%)
- Making the time or having more time available (38\%)
- Meeting with friends to socialise or gaining/having an exercise buddy/ies (37\%)
- Having a car (36\%)

The top 4 drivers to participation amongst moderate frequency participants were the same as high frequency participants but in different order:

- Meeting with friends to socialise or gaining/having an exercise buddy/ies (33\%)
- Having a car (33\%)
- Personal interest and motivation (31\%)
- Making the time or having more time available (26\%)

Figure 14: Drivers to Participation Amongst High and Moderately Frequent Participators (Overall Results)


Q10. For the next section, I am going to read out a list of statements. For each statement, please tell me if it has or has not been an important factor that has allowed you to participate in physical activities over the last 12 months. MR, READ (Base: High and moderate frequency participants $n=5,308$ )
**Coded up from other specify verbatims.

Drivers to participation amongst key sub-groups of high frequency participants are shown in Table 24 below. Key findings are as follows:

- High frequency participants in Far North and Northern areas tend to report a number of drivers to participation, more so than elsewhere. In particular, they are both more likely to mention the top 3 drivers overall:
- Being interested/motivated (49\% Far North, 50\% Northern)
- Made the time/had more time available (53\% far North, $43 \%$ Northern)
- Meeting with friends to socialise or gaining/having an exercise buddy (43\% Far North, 42\% Northern)
Having a car is also a key driver to participation amongst Far North respondents (46\%) this may be because they need to travel further to participate in activities.
- Numerous differences according to age exist; the key ones being:
- Motivation to participate wanes over time (i.e. with age)
- Medical advice as a driver to participation increases over time
- Younger respondents (particularly those aged 18-29 years) being most likely to report the below drivers:
- Motivation (50\%)
- Meeting with friends to socialise or gaining/having an exercise buddy (43\%)
- Better knowledge of facilities/sites/services/activities/clubs/organisations available (34\%)
- Affordable options became/were available (34\%)
- Flexible options became/were available (30\%)
- Facilities/sites/services/activities/clubs/organisations became/were available near me (24\%)
- Better public transport (15\%)
- On the other hand, older respondents (particularly those aged 60 years or older) were most likely to report the following:
- Medical advice (31\%)
- Walkable/cycle-able streets/roads (26\%)
- Recovered from temporary illness/injury (20\%)
- Women are more likely than men to mention affordable options becoming/being available (26\%) and having childcare/babysitter/teacher/school/coach to supervise children (9\%).

Table 24: Drivers to Participation Amongst High Frequency Participants (Differences by Respondent Sub-Groups)

| Base: High frequency participants | All | Region |  |  |  |  |  |  | Age |  |  |  | Gender |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | $\begin{aligned} & \text { } \\ & \stackrel{\circ}{\circ} \end{aligned}$ |  | $\overline{0}$ $\stackrel{\pi}{0}$ 0 |  |  |  |  |  |  | $\begin{aligned} & \stackrel{\infty}{\overleftarrow{\varpi}} \\ & \stackrel{1}{\sim} \\ & \underset{\sim}{\ddagger} \\ & \hline \end{aligned}$ | $\frac{0}{\pi}$ <br> $\stackrel{2}{2}$ <br> 0 <br> 0 <br> 0 <br>  |  | $\frac{0}{\frac{0}{N}}$ | $\begin{aligned} & \frac{0}{\widetilde{0}} \\ & \underset{\sim}{0} \\ & \hline \end{aligned}$ |
| $\mathrm{n}=$ | 4516 | 1001 | 607 | 351 | 750 | 580 | 533 | 694 | 478 | 1283 | 1618 | 1137 | 1770 | 2746 |
| Becoming more interested/motivated (specified) | 41\% | 39\% | 43\% | 49\% | 37\% | 50\% | 35\% | 43\% | 50\% | 41\% | 40\% | 32\% | 40\% | 41\% |
| Made the time/have more time available (please specify what you mean exactly) | 38\% | 33\% | 45\% | 53\% | 37\% | 43\% | 34\% | 42\% | 43\% | 37\% | 39\% | 35\% | 39\% | 38\% |
| Meeting with friends/socialise or gained exercise buddy/ies | 37\% | 33\% | 42\% | 43\% | 35\% | 42\% | 32\% | 41\% | 43\% | 37\% | 30\% | 37\% | 38\% | 35\% |
| Having a car | 36\% | 33\% | 37\% | 46\% | 38\% | 40\% | 27\% | 41\% | 39\% | 36\% | 31\% | 38\% | 36\% | 35\% |
| Better knowledge of facilities/sites/services/ activities/clubs/organis ations available | 24\% | 25\% | 27\% | 27\% | 20\% | 28\% | 22\% | 24\% | 34\% | 25\% | 18\% | 20\% | 25\% | 24\% |
| Affordable options became available | 24\% | 24\% | 26\% | 26\% | 24\% | 22\% | 24\% | 23\% | 34\% | 25\% | 19\% | 19\% | 22\% | 26\% |
| Walkable/cycle-able streets/roads (please specify e.g. <br> landscaping elements such as trees and shade, traffic flow, ease of street crossings, continuity of footpath, grid vs. cul-de-sac streets, topography/hills) | 22\% | 23\% | 24\% | 31\% | 22\% | 22\% | 19\% | 21\% | 21\% | 19\% | 25\% | 26\% | 20\% | 24\% |
| Flexible options became available | 22\% | 23\% | 23\% | 24\% | 22\% | 24\% | 17\% | 22\% | 30\% | 23\% | 18\% | 17\% | 21\% | 22\% |
| Medical advice | 20\% | 19\% | 23\% | 22\% | 18\% | 20\% | 19\% | 23\% | 12\% | 14\% | 23\% | 31\% | 20\% | 20\% |
| Availability of activities that suited my physical capabilities (specified) | 18\% | 16\% | 19\% | 22\% | 19\% | 23\% | 16\% | 20\% | 22\% | 16\% | 16\% | 21\% | 18\% | 18\% |
| Facilities/sites/services /activities/clubs/organis ations became available near me | 18\% | 20\% | 13\% | 24\% | 20\% | 19\% | 15\% | 16\% | 24\% | 20\% | 15\% | 13\% | 17\% | 19\% |
| Recovered from temporary illness/injury | 17\% | 17\% | 17\% | 19\% | 16\% | 21\% | 16\% | 19\% | 15\% | 16\% | 18\% | 20\% | 17\% | 18\% |
| Changing my work patterns (specified) | 17\% | 17\% | 19\% | 22\% | 13\% | 20\% | 16\% | 15\% | 19\% | 16\% | 19\% | 12\% | 15\% | 18\% |
| Having childcare/babysitter/tea cher/school/coach to | 7\% | 6\% | 8\% | 10\% | 7\% | 7\% | 5\% | 7\% | 4\% | 16\% | 2\% | 1\% | 4\% | 9\% |


| Base: High frequency participants | All | Region |  |  |  |  |  |  | Age |  |  |  | Gender |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | $\underset{\stackrel{1}{\mathbb{}}}{\stackrel{\circ}{\bullet}}$ |  |  |  | $\begin{aligned} & \text { W} \\ & 0 \\ & 0 \\ & 0 \\ & \text { I } \\ & \stackrel{7}{0} \end{aligned}$ | $\begin{aligned} & \frac{ᄃ}{\otimes} \\ & \frac{士}{t} \\ & \frac{0}{Z} \end{aligned}$ |  |  |  | $\begin{aligned} & \stackrel{\infty}{\mathbb{N}} \\ & \underset{\sim}{\infty} \\ & \underset{\sim}{ \pm} \\ & \hline \end{aligned}$ |  |  | $\frac{0}{\sum_{\sum}^{\pi}}$ | $\begin{aligned} & \frac{0}{\mathbb{0}} \\ & \stackrel{1}{\mathbb{O}} \\ & \stackrel{1}{4} \end{aligned}$ |
| supervise children |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Better public transport | 6\% | 10\% | 4\% | 7\% | 5\% | 5\% | 6\% | 4\% | 15\% | 5\% | 3\% | 4\% | 7\% | 6\% |
| Had help with caring commitments (not parenting) | 5\% | 5\% | 6\% | 6\% | 3\% | 5\% | 5\% | 5\% | 4\% | 8\% | 3\% | 4\% | 5\% | 5\% |
| Influence or support from others (family, friends, children, grandchildren)** | 1\% | 1\% | 1\% | 1\% | 1\% | 2\% | 1\% | 0\% | 0\% | 1\% | 1\% | 0\% | 1\% | 1\% |
| Workplace encouragement/facilita tion** | 1\% | 0\% | 0\% | 1\% | 1\% | 0\% | 0\% | 1\% | 1\% | 0\% | 1\% | 0\% | 1\% | 0\% |
| Weather improved/no longer winter/no longer too dark/too cold** | 0\% | 0\% | 0\% | 1\% | 0\% | 0\% | 1\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% |
| Having more money to afford to do physical activities** | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% | 0\% |
| Other (specified) | 4\% | 5\% | 2\% | 7\% | 4\% | 4\% | 3\% | 6\% | 2\% | 4\% | 6\% | 6\% | 4\% | 4\% |
| Don't know | 6\% | 7\% | 7\% | 5\% | 6\% | 5\% | 8\% | 5\% | 7\% | 7\% | 6\% | 6\% | 6\% | 6\% |

Q10. For the next section, I am going to read out a list of statements. For each statement, please tell me if it has or has not been an important factor that has allowed you to participate in physical activities over the last 12 months. MR, READ (Base: High frequency participants $n=4,516$ )
**Coded up from other specify verbatims

Significantly higher than the result at a total level (statistically significant @ 95\% confidence interval) Significantly lower than the result at a total level (statistically significant @ 95\% confidence interval)

## Changes that would be required to drive non-frequent participators

Low frequency participants and non-participants were asked what things (or changes) would need to happen for them to be able to participate in physical activities for sport, exercise or recreation more frequently. The results are shown in Figure 15 below.

The most common response for both groups was affordable options becoming available ( $22 \%$ low frequency participants; $21 \%$ non-participants). Needing to recover from temporary illness or injury ( $18 \%$ low frequency participants; $17 \%$ non-participants) and becoming more interested or motivated (15\% low frequency participants; $13 \%$ non-participants) and were the next most common responses.

Interestingly, some of the verbatims provided in response to this question suggest that some people feel as though they are too unfit, too overweight or too unhealthy to even begin to participate in any physical activity. There is evidence to suggest that they need to be encouraged to undertake physical activity as the first step to improving the issue - rather than just waiting until the 'condition' improves.

Figure 15: Changes That Would be Required to Enable Low Frequency and NonParticipants to Participate in Physical Activity More Frequently (Overall Results)


Q17. What things would need to happen for you to be able to participate in physical activities for sport, exercise or recreation more frequently? MR, DO NOT READ (Base: Low frequency and non-participants $n=1,900$ )

* Coded up from other specify verbatims.

Table 25 below shows the results for this question split by key sub-groups of non-participants (note that the sample size of low frequency participants is too small to be able to show the same results for this group).

The results largely coincide with earlier findings when high frequency participants were asked what had driven them to participate in physical activity to the extent they had. Key findings include:

- Changing work patterns (17\%) and having more time available (21\%) was more commonly mentioned by Northern respondents.
- Affordable options becoming available was more commonly mentioned amongst younger people, particularly those aged 18-29 years (28\%) or 30-44 years (28\%).
- The likelihood of mentioning making the time or having more time available decreases over time.
- Having childcare/babysitter/teacher/school/coach to supervise children was most commonly mentioned amongst those in the 30-44 years age group (22\%).
- Transportation was more likely to be mentioned by the youngest respondents aged 18-29 years - this includes accessible public transport (9\%) and having a car (11\%).
- Health and medical issues were more likely to be mentioned by the oldest respondents aged 60 years plus - this includes recovering from temporary illness/injury (25\%), 'nothing could help me - I have a permanent disability or ongoing illness/injury**' (10\%) and 'nothing could help me - I'm too old**' (5\%).
- Changing work patterns is more likely to be mentioned by males (14\%) whereas having childcare/babysitter/teacher/school/coach to supervise children is more likely to be mentioned by females (11\%).

Table 25: Changes That Would be Required to Enable Low Frequency and NonParticipants to Participate in Physical Activity More Frequently (Differences By Respondent Sub-Groups)

|  | All |  |  |  | Region |  |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | $\begin{aligned} & \text { } \\ & \stackrel{\circ}{\circ} \end{aligned}$ |  | $\overline{0}$ $\stackrel{0}{0}$ 0 |  |  | $\begin{aligned} & \text { 등 } \\ & \text { 士 } \\ & \text { © } \\ & \hline Z \end{aligned}$ |  |  |  | $\begin{aligned} & \stackrel{\infty}{\mathbb{N}} \\ & \stackrel{y}{\infty} \\ & \underset{\sim}{+} \\ & \stackrel{户}{\prime} \end{aligned}$ | $\stackrel{0}{0}$ <br>  <br>   <br>  |  | $\frac{0}{\sum_{\sum}^{\pi}}$ | $$ |
| Non-participants (n=) | 1856 | 310 | 300 | 108 | 363 | 195 | 271 | 309 | 154 | 398 | 681 | 623 | 683 | 1173 |
| Affordable options become available | 21\% | 23\% | 15\% | 13\% | 17\% | 20\% | 26\% | 20\% | 28\% | 28\% | 21\% | 11\% | 18\% | 23\% |
| Recovering from temporary illness/injury | 17\% | 16\% | 18\% | 24\% | 18\% | 17\% | 16\% | 17\% | 6\% | 11\% | 19\% | 25\% | 15\% | 19\% |
| Becoming more interested/motivated (specified) | 13\% | 11\% | 8\% | 9\% | 17\% | 16\% | 15\% | 11\% | 10\% | 16\% | 15\% | 10\% | 12\% | 14\% |
| Making the time/have more time available (please specify what you mean exactly) | 12\% | 10\% | 11\% | 13\% | 13\% | 21\% | 10\% | 11\% | 23\% | 17\% | 9\% | 5\% | 13\% | 11\% |
| Flexible options become available | 11\% | 15\% | 8\% | 7\% | 11\% | 12\% | 10\% | 10\% | 17\% | 17\% | 10\% | 5\% | 9\% | 13\% |
| Changing my work patterns (specified) | 10\% | 9\% | 16\% | 12\% | 8\% | 17\% | 8\% | 9\% | 14\% | 13\% | 13\% | 4\% | 14\% | 7\% |
| Facilities/sites/services\| | 9\% | 12\% | 8\% | 12\% | 8\% | 13\% | 5\% | 9\% | 13\% | 10\% | 7\% | 7\% | 7\% | 10\% |


|  | All | Region |  |  |  |  |  |  | Age |  |  |  | Gender |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | $\begin{aligned} & \text { } \\ & \stackrel{\circ}{\circ} \end{aligned}$ |  | © $\stackrel{0}{0}$ 0 0 |  | $\begin{aligned} & \text { W } \\ & 0 \\ & 0 \\ & 0 \\ & \stackrel{5}{7} \\ & 0 \\ & Z \end{aligned}$ | $\begin{aligned} & \frac{ᄃ}{0} \\ & \text { © } \\ & \frac{1}{0} \end{aligned}$ |  |  |  | $\begin{aligned} & \stackrel{\infty}{\infty} \\ & \underset{\sim}{\infty} \\ & \underset{\sim}{ \pm} \\ & \hline \end{aligned}$ |  |  | $\frac{0}{\frac{0}{2}}$ | $\stackrel{0}{0}$ $\stackrel{1}{0}$ $\stackrel{1}{0}$ ㄴ |
| /activities/clubs/organis ations become available near me |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Better knowledge of facilities/sites/services/ activities/clubs/organis ations available | 8\% | 9\% | 4\% | 7\% | 7\% | 11\% | 9\% | 7\% | 12\% | 11\% | 7\% | 5\% | 7\% | 9\% |
| Having childcare/babysitter/tea cher/school/coach to supervise children | 8\% | 10\% | 8\% | 7\% | 5\% | 11\% | 8\% | 6\% | 14\% | 22\% | 1\% | 0\% | 4\% | 11\% |
| Nothing could help me - I have a permanent disability or ongoing illness/injury** | 6\% | 4\% | 8\% | 7\% | 5\% | 4\% | 5\% | 8\% | 0\% | 2\% | 7\% | 10\% | 5\% | 6\% |
| Access to/better public transport | 4\% | 4\% | 2\% | 1\% | 3\% | 4\% | 6\% | 4\% | 9\% | 4\% | 3\% | 3\% | 4\% | 5\% |
| Walkable/cycle-able streets/roads (specified) | 4\% | 4\% | 4\% | 1\% | 4\% | 4\% | 4\% | 5\% | 3\% | 4\% | 5\% | 4\% | 3\% | 5\% |
| Having a car | 4\% | 4\% | 4\% | 4\% | 3\% | 3\% | 4\% | 2\% | 11\% | 3\% | 2\% | 2\% | $3 \%$ | 4\% |
| Availability of activities that suit my physical capabilities (specified) | 4\% | 3\% | 3\% | 1\% | 5\% | 4\% | 4\% | 3\% | 2\% | 3\% | 3\% | 5\% | 3\% | 4\% |
| Help with caring commitments (not parenting) | 2\% | 1\% | 4\% | 2\% | 3\% | 2\% | 1\% | 3\% | 1\% | 2\% | 4\% | 2\% | 2\% | 3\% |
| Nothing could help me <br> - I'm too old** | 2\% | 2\% | 3\% | 5\% | 1\% | 3\% | 1\% | 3\% | 0\% | 0\% | 1\% | 5\% | 2\% | 2\% |
| Nothing (no further info given)/I simply have no not wish to participate** | 2\% | 1\% | 2\% | 3\% | 2\% | 1\% | 2\% | 2\% | 2\% | 1\% | 2\% | 2\% | 1\% | 2\% |
| Meeting with friends to socialise/have exercise buddy/ies** | 1\% | 3\% | 1\% | 1\% | 1\% | 1\% | 1\% | 1\% | 2\% | 0\% | 1\% | 2\% | 1\% | 2\% |
| Having more money to afford to do physical activities** | 1\% | 0\% | 1\% | 0\% | 1\% | 1\% | 1\% | 2\% | 0\% | 1\% | 2\% | 0\% | 1\% | 1\% |
| Weather improved/no longer winter/no longer too dark/too cold** | 0\% | 0\% | 1\% | 0\% | 0\% | 1\% | 0\% | 1\% | 0\% | 0\% | 1\% | 0\% | 0\% | 0\% |
| Other (specified) | $3 \%$ | 3\% | 3\% | 4\% | 2\% | 4\% | 3\% | 2\% | 2\% | 2\% | 3\% | 3\% | 3\% | 3\% |
| Don't know | 19\% | 20\% | 18\% | 17\% | 22\% | 10\% | 21\% | 15\% | 17\% | 15\% | 20\% | 22\% | 18\% | 19\% |

Q17. What things would need to happen for you to be able to participate in physical activities for sport, exercise or recreation more frequently? MR, DO NOT READ (Base: Non-participants n=1,856)

* Coded up from other specify verbatims.

Significantly higher than the result at a total level (statistically significant @ 95\% confidence interval)
Significantly lower than the result at a total level (statistically significant @ 95\% confidence interval)

### 4.11. Barriers to Participation in Physical Activity

Low frequency participants and non-participants were asked the main reasons why they did not participate in physical activities for sport, exercise or recreation in the last 12 months at all, or more frequently - see Table 26 below for results.

Lack of time due to other commitments such as work, study and family is the key barrier to participation, with $39 \%$ of low frequency participants and $33 \%$ of non-participants citing this as their main reason.

Amongst low frequency participants, physical activities being too expensive was the second most common reason (26\%) followed by work commitments (19\%). Amongst non-participants the second most common reason was ongoing illness or injury (24\%) followed by work commitments (19\%).

The detailed sample profile in Section 5 (see Table 31) also suggests that age, adverse health or disabilities appear to be heightened issues amongst these groups of respondents as opposed to respondents who participate in physical activities more frequently. Language barriers may also be a barrier for low frequency participants.

Table 26: Barriers to Participation in Physical Activity (Overall Results)

|  | Low frequency <br> participants (n=44) | Non-Participants <br> $(\mathrm{n}=1,856)$ |
| :--- | :---: | :---: |
| Lack of time (e.g. work, study, family) | $39 \%$ | $33 \%$ |
| Too expensive | $26 \%$ | $15 \%$ |
| Work commitments | $19 \%$ | $19 \%$ |
| Illness/injury (ongoing) | $17 \%$ | $24 \%$ |
| Not interested/motivated (please specify: why aren't you <br> interested/ motivated?) | $17 \%$ | $16 \%$ |
| Don't know what <br> facilities/sites/services/activities/clubs/organisations are <br> available | $12 \%$ | $6 \%$ |
| No facilities/sites/services/activities/clubs/organisations <br> available near me | $11 \%$ | $6 \%$ |
| Lack of flexible options (e.g. drop-in, drop-out activities with <br> no weekly commitment, arrive, pay to participate, placed <br> into team or activity) | $10 \%$ | $7 \%$ |
| Disability (specified) | $8 \%$ | $12 \%$ |
| Parenting commitments | $7 \%$ | $13 \%$ |
| No car or poor public transport | $6 \%$ | $4 \%$ |
| Caring commitments (not parenting commitments) | $5 \%$ | $3 \%$ |
| Illness/ injury (temporary) | $4 \%$ | $6 \%$ |
| Streets/roads are not walkable/easy or safe to cycle | $2 \%$ | $6 \%$ |
| Too old** | - | $3 \%$ |
| My other commitments are physical (e.g. work or property <br> maintenance*** | - | $1 \%$ |
| Too tired because of other commitments** | - | $0.2 \%$ |
| Other (specified) | $3 \%$ | $3 \%$ |
| Don't know | $15 \%$ | $6 \%$ |

Q14. What are the main reasons why you did not participate in physical activities for sport, exercise or recreation in the last 12 months? MR (Base: Non-Participants $n=1,856$ )
Q15. What are the main reasons why you did not participate in physical activities for sport, exercise or recreation more frequently? MR (Base: Low Frequency Participants n=44)
**Coded up from other specify verbatims.

Barriers to participation in physical activity amongst key sub-groups of non-participants is shown in Table 27 below. Note that the results for low frequency respondents cannot be shown by sub-groups due to small sample sizes.

Barriers vary most according to age. Age specific findings are noted below.

- The top barrier cited at an overall level is a lack of time as a result of work, study or family commitments. This appears to be a heightened barrier for those in younger age groups, specifically those aged 18-29 years (50\%) and 30-44 years (50\%). The degree to which this is a barrier drops over time after the age of 44 years, with those aged 60 years or older the least likely to report this as a barrier (14\%).
- The degree to which an ongoing illness or injury is a barrier increase significantly with age.
- Work commitments are not as much a barrier for those aged 60 years or older (7\%).
- Caring commitments (not parenting commitments) is a heightened barrier for those in the 45-59 years age bracket (6\%).
- Those in the 30-44 year age bracket are the most likely to cite parenting commitments (32\%) or physical activities being too expensive (22\%) as a barrier. Work commitments are also heightened in this age bracket. These barriers may help to explain earlier findings which show a dip in physical activity levels amongst this age group.

A small number of differences are observable according to gender. Males are more likely than females to report work commitments as a barrier ( $23 \%$ vs. $16 \%$ ), which may help to explain why females consider the expense as more of an issue ( $18 \%$ vs. $12 \%$ ). Females are also more likely to report parenting commitments ( $17 \%$ vs. $7 \%$ ) as a barrier.

A handful of differences exist according to location:

- Brisbane non-participants are the most likely to report the most common barrier overall which is a lack of time due to work, study or family commitments (33\%).
- Work commitments are most likely to be reported amongst Central (26\%) and Northern (30\%) non-participants.
- Central non-participants are also more likely to report parenting commitments (17\%).
- No car or poor public transport is a heightened issue amongst non-participants in the Far North (9\%).

Table 27: Barriers to Participation in Physical Activity (Differences by Respondent Sub-Groups)

|  | All | Region |  |  |  |  |  |  | Age |  |  |  | Gender |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | $\begin{aligned} & \text { ① } \\ & \stackrel{\circ}{\circ} \end{aligned}$ | $\begin{aligned} & 0 \\ & \stackrel{0}{0} \\ & \frac{0}{0} \\ & \stackrel{n}{\infty} \end{aligned}$ | $\begin{aligned} & \overline{\text { ®o }} \\ & \stackrel{\rightharpoonup}{0} \\ & 0 \end{aligned}$ |  |  |  |  |  |  |  |  |  | $\frac{0}{\sum^{N}}$ | $\begin{aligned} & \frac{0}{\omega} \\ & \stackrel{\rightharpoonup}{0} \\ & \hline \end{aligned}$ |
| Non- participants ( $\mathrm{n}=$ ) | 1856 | 310 | 300 | 108 | 363 | 195 | 271 | 309 | 154 | 398 | 681 | 623 | 683 | 1173 |
| Lack of time (e.g. work, study, family) | 33\% | 39\% | 35\% | 33\% | 34\% | 30\% | 31\% | 30\% | 50\% | 50\% | 32\% | 14\% | 34\% | 33\% |
| Illness/injury (ongoing) | 24\% | 22\% | 25\% | 26\% | 27\% | 23\% | 23\% | 25\% | 5\% | 14\% | 29\% | 36\% | 23\% | 25\% |
| Work commitments | 19\% | 19\% | 26\% | 17\% | 16\% | 30\% | 16\% | 18\% | 26\% | 27\% | 23\% | 7\% | 23\% | 16\% |
| Not interested/ motivated (please specify why?) | 16\% | 14\% | 15\% | 19\% | 20\% | 11\% | 17\% | 14\% | 18\% | 17\% | 16\% | 15\% | 19\% | 14\% |


|  | All | Region |  |  |  |  |  |  | Age |  |  |  | Gender |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | $\begin{aligned} & \text { ৷ } \\ & \stackrel{1}{\circ} \end{aligned}$ |  |  |  | $\begin{aligned} & \text { ت్ } \\ & 0 \\ & 0 \\ & \text { 듬 } \\ & \text { Z } \end{aligned}$ | $\begin{aligned} & \text { 등 } \\ & \text { © } \\ & \text { 둔 } \end{aligned}$ |  | $\begin{aligned} & \stackrel{\rightharpoonup}{\infty} \\ & \sum^{2} \\ & \stackrel{y}{亏} \\ & \stackrel{0}{c} \end{aligned}$ |  |  |  | $\begin{aligned} & \frac{\infty}{\bar{\omega}} \\ & \overbrace{0}^{\infty} \frac{n}{a} \\ & 0_{0}^{\circ} \end{aligned}$ | $\frac{0}{\sum_{\sum}^{\pi}}$ |  |
| Too expensive | 15\% | 15\% | 12\% | 11\% | 16\% | 14\% | 18\% | 16\% | 20\% | 22\% | 17\% | 8\% | 12\% | 18\% |
| Parenting commitments | 13\% | 12\% | 17\% | 10\% | 10\% | 16\% | 13\% | 12\% | 18\% | 32\% | 7\% | 1\% | 7\% | 17\% |
| Disability (specified) | 12\% | 12\% | 9\% | 15\% | 13\% | 12\% | 13\% | 13\% | 2\% | 6\% | 15\% | 20\% | 13\% | 12\% |
| Lack of flexible options (e.g. drop-in, drop-out activities with no weekly commitment etc.) | 7\% | 9\% | 5\% | 2\% | 8\% | 5\% | 9\% | 7\% | 13\% | 9\% | 7\% | 3\% | 5\% | 9\% |
| IIIness/ injury (temporary) | 6\% | 8\% | 7\% | 13\% | 6\% | 7\% | 5\% | 5\% | 4\% | 4\% | 6\% | 9\% | 4\% | 8\% |
| No facilities/sites/service s/activities/ clubs/organisations available near me | 6\% | 5\% | 7\% | 7\% | 5\% | 9\% | 5\% | 9\% | 8\% | 8\% | 6\% | 4\% | 6\% | 6\% |
| Don't know what facilities/sites/service s/activities/clubs/orga nisations are available | 6\% | 8\% | 2\% | 1\% | 7\% | 6\% | 6\% | 4\% | 9\% | 9\% | 5\% | 3\% | 4\% | 7\% |
| Streets/roads are not walkable/easy or safe to cycle | 6\% | 5\% | 5\% | 5\% | 5\% | 5\% | 8\% | 4\% | 5\% | 5\% | 7\% | 5\% | 5\% | 6\% |
| No car or poor public transport | 4\% | 3\% | 4\% | 9\% | 3\% | 6\% | 3\% | 2\% | 8\% | 4\% | 3\% | 2\% | 3\% | 4\% |
| Caring commitments (not parenting commitments) | 3\% | 3\% | 5\% | 4\% | 4\% | 4\% | 2\% | 4\% | 0\% | 2\% | 6\% | 4\% | 2\% | 4\% |
| Too old** | 3\% | 2\% | 3\% | 3\% | 2\% | 4\% | 3\% | 1\% | 0\% | 0\% | 1\% | 6\% | 3\% | 2\% |
| My other commitments are physical (e.g. work or property maintenance)** | 1\% | 1\% | 1\% | 0\% | 0\% | 2\% | 1\% | 1\% | 0\% | 1\% | 1\% | 1\% | 1\% | 1\% |
| Too tired because of other commitments** | 0\% | 0\% | 0\% | 0\% | 0\% | 1\% | 0\% | 0\% | 1\% | 0\% | 0\% | 0\% | 0\% | 0\% |
| Other (specified) | 3\% | 3\% | 4\% | 2\% | 3\% | 5\% | 5\% | 3\% | 9\% | 3\% | 2\% | 3\% | 3\% | 4\% |
| Don't know | 6\% | 6\% | 4\% | 3\% | 7\% | 4\% | 6\% | 5\% | 7\% | 6\% | 4\% | 6\% | 5\% | 6\% |

Q14. What are the main reasons why you did not participate in physical activities for sport, exercise or recreation in the last 12 months? MR (Base: Non-Participants $n=1,856$ )
**Coded up from other specify verbatims.
Significantly higher than the result at a total level (statistically significant @ 95\% confidence interval)
Significantly lower than the result at a total level (statistically significant @ 95\% confidence interval)

Non-participants were asked which physical activities they would likely participate in if there were no barriers; the results of which are shown in Figure 16 below. Walking for exercise is by far the most desired activity ( $40 \%$ ). Other physical activities mentioned by approximately one in five nonparticipants include swimming (21\%), bushwalking (20\%) and walking a dog (17\%). Following this are mentions of dancing (12\%), ten pin bowling (12\%), tennis (12\%) and yoga or Pilates (11\%).

Figure 16: Physical Activities Desired if There Were No Barriers (Overall Results)


Q11. If there were no constraints to you participating in physical activities for sport, exercise or recreation what kinds of activities would you like to participate in? MR, DO NOT READ, PROBE WITH 'Is there anything else?' AND SPECIFY TYPE WHERE INDICATED. (Base: Non-Participants $n=1,856$ )

The results for this question amongst key sub-groups of non-participants are shown in Table 28 below.

Only a small number of differences exist according to location, including:

- North Coast respondents express a higher desire for swimming (27\%).
- Brisbane non-participants express a higher desire for tennis (17\%), dance/Zumba (16\%), walking for transport (10\%) and basketball (6\%).
- Northern non-participants express a higher desire for running / jogging (9\%).
- South West non-participants express a higher desire for motorsports, particularly speedway (5\%) and motocross (3\%).
- Far North non-participants are much more likely to say 'nothing' (16\%).

Table 28: Physical Activities Desired if There Were No Barriers (Differences by Respondent Sub-Groups)

|  | All | Region |  |  |  |  |  |  | Age |  |  |  | Gender |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | $\begin{aligned} & \text { ґ } \\ & \stackrel{\circ}{\circ} \end{aligned}$ |  | $\overline{0}$ $\stackrel{0}{0}$ 0 |  |  | $\begin{aligned} & \frac{5}{0} \\ & \text { ¢ } \\ & \frac{7}{0} \\ & \hline Z \end{aligned}$ |  |  |  |  | $\stackrel{0}{0}$ <br>  <br>  <br> 0 <br> 6 <br> 6 |  | $\frac{0}{\sum_{\sum}^{\pi}}$ | $\stackrel{0}{0}$ $\stackrel{1}{0}$ $\stackrel{\text { L }}{\sim}$ |
| Non- participants ( $\mathrm{n}=$ ) | 1856 | 310 | 300 | 108 | 363 | 195 | 271 | 309 | 154 | 398 | 681 | 623 | 683 | 1173 |
| Abseiling | 2\% | 2\% | 1\% | 5\% | 3\% | 3\% | 3\% | 1\% | 4\% | 3\% | 3\% | 1\% | 2\% | 2\% |
| Artificial/indoor rock climbing | 2\% | 2\% | 0\% | 1\% | 1\% | 2\% | 3\% | 1\% | 4\% | 2\% | 2\% | 0\% | 1\% | 2\% |
| Athletics (track and field) | 2\% | 2\% | 2\% | 1\% | 3\% | 2\% | 3\% | 1\% | 4\% | 2\% | 2\% | 1\% | 3\% | 1\% |
| Australian rules football | 2\% | 1\% | 4\% | 0\% | 2\% | 0\% | 3\% | 1\% | 3\% | 2\% | 2\% | 1\% | 3\% | 1\% |
| Baseball | 2\% | 3\% | 1\% | 1\% | 1\% | 0\% | 2\% | 2\% | 1\% | 3\% | 2\% | 1\% | 2\% | 2\% |
| Basketball | 3\% | 6\% | 1\% | 5\% | 2\% | 2\% | 3\% | 4\% | 5\% | 5\% | 2\% | 2\% | 3\% | 3\% |
| BMX | 1\% | 2\% | 1\% | 0\% | 0\% | 2\% | 0\% | 0\% | 3\% | 2\% | 0\% | 0\% | 1\% | 1\% |
| Bowls | 5\% | 4\% | 5\% | 2\% | 6\% | 6\% | 7\% | 5\% | 2\% | 4\% | 5\% | 8\% | 7\% | 4\% |
| Boxing | 3\% | 4\% | 3\% | 7\% | 3\% | 3\% | 2\% | 2\% | 8\% | 6\% | 1\% | 0\% | 3\% | 4\% |
| Bushwalking | 20\% | 20\% | 19\% | 17\% | 22\% | 17\% | 21\% | 18\% | 18\% | 21\% | 22\% | 18\% | 18\% | 21\% |
| Challenge Ropes Courses | 1\% | 1\% | 0\% | 1\% | 1\% | 2\% | 1\% | 0\% | 1\% | 2\% | 1\% | 0\% | 1\% | 1\% |
| Console based/guided physical activities (e.g. Nintendo Wii Fit, Sony PlayStation Move, Xbox Kinect) | 6\% | 8\% | 5\% | 1\% | 4\% | 5\% | 7\% | 6\% | 15\% | 9\% | 4\% | 1\% | 4\% | 7\% |
| Cricket - indoor | 4\% | 2\% | 4\% | 3\% | 5\% | 2\% | 5\% | 3\% | 2\% | 5\% | 3\% | 3\% | 6\% | 2\% |
| Cricket - outdoor | 5\% | 6\% | 4\% | 4\% | 5\% | 5\% | 6\% | 5\% | 7\% | 5\% | 5\% | 5\% | 9\% | 2\% |
| Dance | 12\% | 16\% | 9\% | 8\% | 14\% | 9\% | 11\% | 8\% | 13\% | 13\% | 10\% | 11\% | 4\% | 18\% |
| Dancesport | 1\% | 2\% | 1\% | 1\% | 0\% | 1\% | 2\% | 0\% | 1\% | 1\% | 2\% | 0\% | 0\% | 2\% |
| Fitness classes/aerobics/Zum ba(please specify) | 2\% | 3\% | 2\% | 1\% | 3\% | 0\% | 2\% | 1\% | 2\% | 2\% | 2\% | 3\% | 0\% | 4\% |


|  | All | Region |  |  |  |  |  |  | Age |  |  |  | Gender |  |
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| Football/soccer indoor | 2\% | 3\% | 1\% | 1\% | 1\% | 1\% | 1\% | 2\% | 0\% | 4\% | 1\% | 1\% | 3\% | 0\% |
| Football/soccer outdoor | 6\% | 8\% | 8\% | 3\% | 5\% | 7\% | 4\% | 3\% | 7\% | 9\% | 4\% | 3\% | 10\% | 1\% |
| Golf | 8\% | 10\% | 6\% | 7\% | 9\% | 6\% | 9\% | 8\% | 6\% | 6\% | 9\% | 11\% | 12\% | 6\% |
| Gridiron/American football | 1\% | 1\% | 1\% | 1\% | 1\% | 2\% | 1\% | 0\% | 2\% | 1\% | 1\% | 0\% | 1\% | 0\% |
| Any gym activity | 13\% | 15\% | 8\% | 8\% | 12\% | 15\% | 16\% | 7\% | 18\% | 22\% | 12\% | 4\% | 11\% | 14\% |
| Gym free weights | 7\% | 8\% | 5\% | 5\% | 7\% | 10\% | 9\% | 4\% | 10\% | 13\% | 7\% | 2\% | 7\% | 7\% |
| Gym cardio | 9\% | 13\% | 6\% | 5\% | 10\% | 7\% | 10\% | 7\% | 13\% | 18\% | 7\% | 3\% | 7\% | 12\% |
| Gym weight machines | 6\% | 8\% | 6\% | 2\% | 7\% | 6\% | 7\% | 4\% | 7\% | 13\% | 7\% | 2\% | 6\% | 6\% |
| Gymnastics | 1\% | 3\% | 1\% | 1\% | 1\% | 0\% | 1\% | 0\% | 2\% | 2\% | 2\% | 0\% | 1\% | 2\% |
| Hockey | 2\% | 2\% | 4\% | 4\% | 1\% | 0\% | 2\% | 1\% | 3\% | 1\% | 2\% | 2\% | 1\% | 2\% |
| Horse riding/equestrian | 6\% | 5\% | 6\% | 3\% | 6\% | 4\% | 6\% | 6\% | 6\% | 7\% | 5\% | 5\% | 3\% | 7\% |
| Ice/snow sports | 4\% | 5\% | 1\% | 1\% | 4\% | 3\% | 5\% | 2\% | 6\% | 5\% | 4\% | 1\% | 2\% | 5\% |
| Kayaking/canoeing | 5\% | 5\% | 4\% | 7\% | 6\% | 5\% | 4\% | 5\% | 6\% | 7\% | 8\% | 2\% | 4\% | 6\% |
| Leisure cycling (e.g. hybrid bike on bike paths) | 8\% | 10\% | 5\% | 9\% | 12\% | 6\% | 9\% | 7\% | 8\% | 7\% | 10\% | 8\% | 7\% | 10\% |
| Martial arts | 6\% | 9\% | 5\% | 7\% | 3\% | 7\% | 6\% | 4\% | 13\% | 7\% | 6\% | 1\% | 7\% | 5\% |
| Any motorsports activity | 7\% | 4\% | 7\% | 8\% | 6\% | 9\% | 7\% | 12\% | 8\% | 9\% | 9\% | 4\% | 10\% | 4\% |
| Motorsports dirt track | 1\% | 0\% | 1\% | 2\% | 1\% | 4\% | 1\% | 3\% | 3\% | 2\% | 1\% | 1\% | 2\% | 1\% |
| Motorsports enduro riding | 1\% | 0\% | 1\% | 0\% | 0\% | 2\% | 0\% | 2\% | 3\% | 1\% | 0\% | 0\% | 2\% | 0\% |
| Motorsports freestyle | 1\% | 1\% | 0\% | 0\% | 2\% | 2\% | 1\% | 1\% | 0\% | 1\% | 1\% | 1\% | 2\% | 1\% |
| Motorsports karting | 3\% | 2\% | 4\% | 1\% | 3\% | 3\% | 3\% | 4\% | 4\% | 4\% | 4\% | 1\% | 5\% | 2\% |
| Motorsports minikhana | 0\% | 0\% | 0\% | 0\% | 1\% | 1\% | 0\% | 1\% | 0\% | 1\% | 0\% | 0\% | 1\% | 0\% |
| Motorsports motocross | 1\% | 1\% | 2\% | 0\% | 1\% | 2\% | 0\% | 3\% | 3\% | 2\% | 1\% | 1\% | 2\% | 0\% |
| Motorsports quad bike riding/all-terrain vehicles | 2\% | 1\% | 3\% | 3\% | 3\% | 5\% | 2\% | 3\% | 2\% | 4\% | 4\% | 1\% | 4\% | 1\% |
| Motorsports recreational trail bike riding | 1\% | 0\% | 4\% | 0\% | 1\% | 2\% | 2\% | 1\% | 2\% | 1\% | 2\% | 1\% | 3\% | 0\% |
| Motorsports speedway | 3\% | 0\% | 3\% | 4\% | 2\% | 3\% | 3\% | 5\% | 3\% | 2\% | 4\% | 1\% | 5\% | 1\% |
| Mountain biking | 2\% | 3\% | 2\% | 1\% | 1\% | 2\% | 3\% | 1\% | 2\% | 6\% | 1\% | 0\% | $3 \%$ | 1\% |
| Netball | 4\% | 3\% | 3\% | 1\% | 5\% | 4\% | 5\% | 2\% | 5\% | 6\% | 4\% | 1\% | 0\% | 7\% |
| On-road cycling | 4\% | 5\% | 5\% | 6\% | 3\% | 2\% | 3\% | 5\% | 4\% | 7\% | 3\% | 2\% | 6\% | 2\% |
| Orienteering/ rogaining | 1\% | 1\% | 1\% | 2\% | 2\% | 1\% | 1\% | 0\% | 0\% | 1\% | 2\% | 1\% | 1\% | 1\% |


|  | All | Region |  |  |  |  |  |  | Age |  |  |  | Gender |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | $\begin{aligned} & \text { を } \\ & \stackrel{1}{\circ} \end{aligned}$ |  |  |  | $\begin{aligned} & \text { ت} \\ & \text { O} \\ & 0 \\ & \text { 듬 } \\ & \text { Z } \end{aligned}$ | $\begin{aligned} & \stackrel{ᄃ}{0} \\ & \stackrel{y}{士} \\ & \text { 딜 } \end{aligned}$ |  |  |  |  |  |  | $\frac{0}{\frac{0}{\Sigma}}$ |  |
| Oztag football | 1\% | 0\% | 2\% | 0\% | 0\% | 2\% | 1\% | 0\% | 2\% | 1\% | 1\% | 0\% | 1\% | 1\% |
| Recreational angling/fishing | 9\% | 5\% | 10\% | 15\% | 12\% | 11\% | 10\% | 8\% | 7\% | 8\% | 12\% | 10\% | 14\% | 6\% |
| Recreational caving | 2\% | 2\% | 1\% | 3\% | 2\% | 3\% | 1\% | 1\% | 3\% | 2\% | 2\% | 1\% | 2\% | 2\% |
| River rafting | 3\% | 3\% | 2\% | 5\% | 4\% | 3\% | 3\% | 5\% | 7\% | 4\% | 4\% | 1\% | 3\% | 4\% |
| Rock climbing | 4\% | 6\% | 2\% | 2\% | 2\% | 5\% | 3\% | 4\% | 9\% | 4\% | 3\% | 1\% | 3\% | 4\% |
| Rowing | 2\% | 3\% | 2\% | 2\% | 1\% | 4\% | 3\% | 2\% | 2\% | 3\% | 2\% | 2\% | 3\% | 2\% |
| Rugby league | 5\% | 3\% | 6\% | 5\% | 2\% | 7\% | 7\% | 5\% | 11\% | 4\% | 5\% | 3\% | 10\% | 1\% |
| Rugby union | 3\% | 4\% | 2\% | 0\% | 1\% | 3\% | 4\% | 2\% | 7\% | 3\% | 2\% | 2\% | 5\% | 1\% |
| Running/jogging | 5\% | 5\% | 4\% | 5\% | 4\% | 9\% | 5\% | 2\% | 7\% | 8\% | 4\% | 2\% | 5\% | 4\% |
| Sailing | 4\% | 4\% | 2\% | 4\% | 4\% | 6\% | 4\% | 4\% | 3\% | 2\% | 5\% | 5\% | 5\% | 3\% |
| Scooter riding | 1\% | 2\% | 1\% | 0\% | 1\% | 0\% | 3\% | 1\% | 0\% | 3\% | 1\% | 1\% | 1\% | 2\% |
| Scuba/snorkelling | 6\% | 4\% | 4\% | 7\% | 8\% | 5\% | 6\% | 6\% | 7\% | 8\% | 6\% | 4\% | 7\% | 4\% |
| Shooting sports | 5\% | 6\% | 2\% | 4\% | 5\% | 6\% | 6\% | 8\% | 5\% | 7\% | 6\% | 4\% | 9\% | 3\% |
| Skateboarding | 1\% | 2\% | 0\% | 0\% | 1\% | 1\% | 1\% | 0\% | 2\% | 1\% | 1\% | 0\% | 1\% | 1\% |
| Squash | 3\% | 4\% | 5\% | 2\% | 6\% | 2\% | 2\% | 2\% | 2\% | 2\% | 6\% | 3\% | 4\% | 3\% |
| Surfing | 3\% | 5\% | 1\% | 2\% | 4\% | 1\% | 2\% | 2\% | 3\% | 2\% | 3\% | 3\% | 4\% | 2\% |
| Swimming | 21\% | 23\% | 14\% | 20\% | 27\% | 16\% | 20\% | 17\% | 19\% | 22\% | 21\% | 20\% | 14\% | 26\% |
| Ten pin bowling | 12\% | 11\% | 12\% | 9\% | 13\% | 10\% | 16\% | 11\% | 12\% | 12\% | 15\% | 11\% | 11\% | 14\% |
| Tennis | 12\% | 17\% | 13\% | 10\% | 10\% | 7\% | 10\% | 10\% | 13\% | 14\% | 12\% | 10\% | 10\% | 13\% |
| Touch football | 3\% | 3\% | 3\% | 2\% | 1\% | 4\% | 4\% | 1\% | 6\% | 3\% | 4\% | 1\% | 4\% | 2\% |
| Triathlon | 0\% | 1\% | 0\% | 0\% | 0\% | 0\% | 1\% | 0\% | 0\% | 1\% | 0\% | 0\% | 0\% | 0\% |
| Volleyball | 3\% | 4\% | 3\% | 4\% | 3\% | 3\% | 4\% | 2\% | 4\% | 7\% | 3\% | 1\% | 3\% | 4\% |
| Any walking activity | 49\% | 50\% | 39\% | 42\% | 51\% | 50\% | 53\% | 42\% | 39\% | 41\% | 51\% | 56\% | 37\% | 59\% |
| Walking - dog | 17\% | 15\% | 16\% | 15\% | 19\% | 21\% | 17\% | 14\% | 20\% | 16\% | 17\% | 15\% | 12\% | 21\% |
| Walking - for exercise | 40\% | 40\% | 31\% | 35\% | 42\% | 37\% | 44\% | 36\% | 24\% | 35\% | 42\% | 48\% | 30\% | 48\% |
| Walking - for transport | 7\% | 10\% | 2\% | 5\% | 7\% | 7\% | 7\% | 4\% | 11\% | 8\% | 5\% | 5\% | 5\% | 8\% |
| Weight training | 3\% | 3\% | 3\% | 3\% | 3\% | 3\% | 4\% | 2\% | 4\% | 4\% | 4\% | 1\% | 4\% | 3\% |
| Yoga/Pilates | 11\% | 15\% | 4\% | 10\% | 12\% | 7\% | 13\% | 6\% | 15\% | 18\% | 10\% | 4\% | 2\% | 18\% |
| Other (please specify | 5\% | 5\% | 4\% | 7\% | 3\% | 9\% | 5\% | 4\% | 3\% | 4\% | 5\% | 6\% | 5\% | 5\% |
| None/nothing | 7\% | 3\% | 8\% | 16\% | 10\% | 7\% | 6\% | 9\% | 8\% | 6\% | 6\% | 9\% | 8\% | 7\% |
| Don’t know/not answered | 0\% | 0\% | 1\% | 0\% | 0\% | 0\% | 1\% | 0\% | 0\% | 1\% | 0\% | 0\% | 0\% | 0\% |

Q11. If there were no constraints to you participating in physical activities for sport, exercise or recreation what kinds of activities would you like to participate in? MR, DO NOT READ, PROBE WITH 'Is there anything else?' AND SPECIFY TYPE WHERE INDICATED. (Base: Non-Participants $n=1,856$ )

Significantly higher than the result at a total level (statistically significant @ 95\% confidence interval)
Significantly lower than the result at a total level (statistically significant @ 95\% confidence interval)

### 4.12. Future Involvement in Physical Activity

## Expected frequency of participation in next 12 months

All survey respondents were asked whether they expected their level of physical activity for exercise or recreation will increase, decrease or stay the same over the next 12 months - see Figure 17.

Overall, respondents were optimistic. While many expected their levels of physical activity to remain the same (54\%), respondents were much more likely to expect their levels of physical activity to increase ( $41 \%$ ) rather than decrease ( $5 \%$ ). This finding was evident across all types of respondents regardless of their current level of physical activity - including low frequency and non-participants.

Moderate frequency participants were the most optimistic, with over half (52\%) reporting they expected their levels of physical activity to increase.

Even though non- participants by definition report they have not participated in physical activity for the purpose of sport, exercise or recreation $7 \%$ reported they expected their physical activity levels to decrease over the next 12 months - this is likely to be due to the fact that this group contain a much higher proportion of respondents aged 60 years or older compared to other groups, and it is likely that this group may expect their day-to-day mobility to decrease.

Figure 17: Expectations and Intentions for Future Physical Activity (Overall Results)


Q9. Over the next 12 months, do you expect your current level of physical activity for sport, exercise or recreation will increase, decrease or stay the same? SR, DO NOT READ (Base: High and moderate frequency participants, base size as shown)

Q16. Over the next 12 months, do you expect your current level of physical activity for sport, exercise or recreation will increase, decrease or stay the same? SR, DO NOT READ (Base: Less Frequent and nonparticipants, base size as shown)

Table 29 below shows the results for this question split by key sub-groups of respondents in the sample. Key take-outs include:

- Expectations of future physical activity decline with age. The younger a respondent is, the more likely they are to believe their physical activity levels will increase over the next 12 months. Those in the oldest age bracket (60 years plus) are the most likely to believe their activity levels will decrease.
- Females are more likely than males to expect their physical activities to increase (44\% vs. $38 \%)$. Males are more likely than females to expect their physical activities to stay the same (57\% vs. 52\%).
- Those in the Central (59\%) or South West (59\%) locations are the least likely to believe their physical activities will increase over the next 12 months. Age may be an explanation amongst Central respondents as they are the oldest group surveyed, however this is no explanation for South West respondents.

Table 29: Expectations and Intentions for Future Physical Activity (Differences by Respondent Sub-Groups)

| Base: Total respondents | All | Region |  |  |  |  |  |  | Age |  |  |  | Gender |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | $\begin{aligned} & \text { Ł! } \\ & \stackrel{\circ}{\circ} \end{aligned}$ |  |  |  | $\begin{aligned} & \text { ్ָ } \\ & \text { O} \\ & \text { O} \\ & \text { 士 } \\ & \text { Z } \end{aligned}$ | $\begin{aligned} & \text { 등 } \\ & \text { 士 } \\ & \text { Z } \end{aligned}$ |  |  |  |  | $\stackrel{0}{\pi}$ <br>  <br>   <br>  <br> 0 |  | $\frac{0}{\frac{0}{N}}$ | $\begin{aligned} & \frac{0}{\mathbb{V}} \\ & \underset{\sim}{0} \\ & \hline \end{aligned}$ |
|  | 7208 | 1534 | 994 | 518 | 1272 | 858 | 904 | 1128 | 759 | 1997 | 2576 | 1876 | 2808 | 4400 |
| Increase | 41\% | 43\% | 37\% | 44\% | 42\% | 40\% | 40\% | 37\% | 51\% | 45\% | 39\% | 28\% | 38\% | 44\% |
| Stay the same | 54\% | 51\% | 59\% | 54\% | 54\% | 53\% | 54\% | 59\% | 43\% | 50\% | 58\% | 65\% | 57\% | 52\% |
| Decrease | 5\% | 6\% | 4\% | 2\% | 4\% | 6\% | 6\% | 4\% | 5\% | 5\% | 3\% | 7\% | 5\% | 5\% |

Q9. Over the next 12 months, do you expect your current level of physical activity for sport, exercise or recreation will increase, decrease or stay the same? SR, DO NOT READ (Base: High and moderate frequency participants, base size as shown)

Q16. Over the next 12 months, do you expect your current level of physical activity for sport, exercise or recreation will increase, decrease or stay the same? SR, DO NOT READ (Base: Less Frequent and nonparticipants, base size as shown)

Significantly higher than the result at a total level (statistically significant @ 95\% confidence interval)
Significantly lower than the result at a total level (statistically significant @ 95\% confidence interval)

## Anticipated effect of Olympic and Commonwealth Games of physical activity levels

All Queenslanders surveyed were asked whether they were more likely to participate in sport, exercise or recreation activities as a result of watching the Olympic Games or the Commonwealth Games - see Figure 18.

These events have no self-reported effect on the majority of survey respondents, with over threequarters stating their level of participation isn't likely to change as a result of watching the Olympics or Commonwealth Games (78\%). Fifteen per cent (15\%) of all Queenslanders surveyed reported they were more likely to participate in physical activity as a result of watching the Olympic Games, and a similar proportion (14\%) said they were more likely to do so as a result of watching the Commonwealth Games. The finding is slightly diluted by the fact that $8 \%$ of respondents said they had not heard or seen anything about either event.

Figure 18: Anticipated Effect of Olympic and Commonwealth Games on Physical Activity Levels (Overall Results)


Q17A. Are you more likely to participate in sport, exercise or recreation activities as a result of watching the Olympic Games? How about the Commonwealth Games? DO NOT READ (Base: All survey participants $n=7,208$ )

Figure 19 below shows the results for this question according to the respondent's current level of activity. Whilst there appears to be little differentiation in the likely effect of each event on anticipated levels of physical activity, the result for non-participants is statistically significant (i.e. lower) compared to the result at an overall level for both events ( $11 \%$ vs. $15 \%$ total respondents for Olympic Games; $10 \%$ vs. $14 \%$ for Commonwealth Games), as is the result for low frequency participants in relation to the Commonwealth Games ( $5 \%$ vs. $14 \%$ total respondents).

Figure 19: Anticipated Effect of Olympic and Commonwealth Games on Physical Activity Levels (By Current Physical Activity Level)


Q17A. Are you more likely to participate in sport, exercise or recreation activities as a result of watching the Olympic Games? How about the Commonwealth Games? DO NOT READ (Base: As shown)

Table 30 below shows the results for this question split by key sub-groups of respondents in the sample. Key take-outs are below:

- These events appear to become less influential as age increases.
- Respondents in Brisbane are the most likely to be influenced by these events, however those in the South West are the least likely to be influenced.
- Females are more likely to have lower levels of awareness with regards to these events - this therefore affects the degree to which they are likely to have an impact on their physical activity levels.

Table 30: Anticipated Effect of Olympic and Commonwealth Games on Physical Activity Levels (Differences by Respondent Sub-Groups)

| Base: Total respondents | All | Region |  |  |  |  |  |  | Age |  |  |  | Gender |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | 」 |  | $\overline{0}$ $\stackrel{\pi}{0}$ 0 |  |  | $\begin{aligned} & \frac{5}{0} \\ & \frac{5}{ \pm} \\ & \frac{1}{Z} \end{aligned}$ |  |  |  |  |  |  | $\frac{0}{\sum_{\sum}^{\pi}}$ | $\begin{aligned} & \frac{0}{\mathbb{0}} \\ & \underset{\sim}{\mathbb{O}} \\ & \hline \end{aligned}$ |
|  | 7208 | 1534 | 994 | 518 | 1272 | 858 | 904 | 1128 | 759 | 1997 | 2576 | 1876 | 2808 | 4400 |
| Olympic Games |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Yes | 15\% | 18\% | 13\% | 14\% | 13\% | 14\% | 15\% | 12\% | 25\% | 18\% | 11\% | 7\% | 16\% | 14\% |
| No | 78\% | 75\% | 80\% | 80\% | 79\% | 80\% | 76\% | 80\% | 66\% | 74\% | 82\% | 87\% | 78\% | 77\% |
| I haven't watched anything about these events | 8\% | 7\% | 7\% | 6\% | 8\% | 6\% | 9\% | 9\% | 9\% | 9\% | 7\% | 7\% | 7\% | 9\% |
| Commonwealth Games |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Yes | 14\% | 17\% | 13\% | 13\% | 12\% | 12\% | 14\% | 11\% | 21\% | 17\% | 11\% | 7\% | 15\% | 12\% |
| No | 78\% | 75\% | 80\% | 80\% | 79\% | 81\% | 76\% | 80\% | 68\% | 74\% | 82\% | 87\% | 78\% | 78\% |
| I haven't watched anything about these events | 8\% | 8\% | 7\% | 7\% | 9\% | 7\% | 10\% | 9\% | 11\% | 9\% | 7\% | 7\% | 7\% | 10\% |

Q17A. Are you more likely to participate in sport, exercise or recreation activities as a result of watching the Olympic Games? How about the Commonwealth Games? DO NOT READ (Base: All survey participants $n=7,208$ )

Significantly higher than the result at a total level (statistically significant @ 95\% confidence interval)
Significantly lower than the result at a total level (statistically significant @ 95\% confidence interval)

## 5. Sample Profile

Table 31 below shows a detailed demographic profile of the sample of respondents surveyed at an overall level and according to frequency of self-reported participation in physical activity.

A demographic profile according to frequency of self-reported participation is below.

- High frequency participants are significantly more likely to:
- be aged 18-24 years;
- employed, working full time, more than 35 hours a week;
- have high incomes (\$1,600 plus per week / \$83,200 plus per year);
- have volunteered in the past 12 months;
- be located in Brisbane - West; and
- not identify as having a disability.
- Medium frequency participants are more likely to:
- be male;
- be aged 25-39 years;
- be located in Brisbane, particularly Brisbane Inner City;
- be employed, working full time, more than 35 hours a week;
- have high household incomes (\$1,600 plus per week / \$83,200 plus per year);
- not identify as having a disability; and
- not have volunteered in the past 12 months.
- Low frequency participants are more likely to:
- be aged 24-34 years; and
- speak a language at home other than English.
- Non-participants are significantly more likely to:
- be female;
- be aged 60 years plus;
- identify themselves as having a disability, particularly a physical disability;
- have lower levels of income;
- be retired or on a pension;
- be at home full-time doing domestic duties;
- be unemployed; and
- be located in Central or South East - or more specifically, Logan - Beaudesert, Moreton Bay - North and Wide Bay.

Table 31: Sample Profile (Detailed)

|  |  | Total respondents surveyed |  |  | Participant's frequency of participation in physical activity (weighted profile) |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Characteristic | Detail | \% of sample (weighted) | \% of sample (unweighted) | Unweighted sample count (n) | $\frac{\text { 운 }}{\text { 位 }}$ | $\begin{aligned} & \underline{E} \\ & \frac{1}{\bar{D}} \\ & \sum \end{aligned}$ | $3$ |  |
| Gender (S1) | Male | 49\% | 39\% | 2808 | 50\% | 54\% | 40\% | 46\% |
|  | Female | 51\% | 61\% | 4400 | 50\% | 46\% | 60\% | 54\% |
| Age-4 categories (S1) | 18-29 years | 20\% | 11\% | 759 | 21\% | 24\% | 30\% | 16\% |
|  | 30-44 years | 30\% | 28\% | 1997 | 30\% | 41\% | 35\% | 23\% |
|  | 45-59 years | 26\% | 36\% | 2576 | 26\% | 24\% | 16\% | 28\% |
|  | 60 years plus | 23\% | 26\% | 1876 | 22\% | 11\% | 19\% | 33\% |
| Age-6 categories (S1) | 18-24 years | 13\% | 5\% | 373 | 14\% | 13\% | 6\% | 10\% |
|  | 25-34 years | 18\% | 13\% | 970 | 18\% | 27\% | 45\% | 15\% |
|  | 35-44 years | 19\% | 20\% | 1413 | 19\% | 24\% | 14\% | 15\% |
|  | 45-54 years | 18\% | 24\% | 1701 | 18\% | 16\% | 14\% | 18\% |
|  | 55-64 years | 15\% | 21\% | 1547 | 14\% | 12\% | 4\% | 18\% |
|  | 65 years plus | 17\% | 17\% | 1204 | 16\% | 7\% | 17\% | 25\% |
| $\begin{aligned} & \text { Age - detailed } \\ & \text { (S2) } \end{aligned}$ | 18-19 | 3\% | 1\% | 93 | 4\% | 4\% | 6\% | 1\% |
|  | 20-24 | 9\% | 4\% | 280 | 10\% | 9\% | - | 9\% |
|  | 25-29 | 7\% | 5\% | 386 | 7\% | 11\% | 24\% | 6\% |
|  | 30-34 | 11\% | 8\% | 584 | 11\% | 16\% | 21\% | 9\% |
|  | 35-39 | 8\% | 9\% | 615 | 8\% | 12\% | 7\% | 7\% |
|  | 40-44 | 11\% | 11\% | 798 | 11\% | 12\% | 7\% | 8\% |
|  | 45-49 | 9\% | 12\% | 835 | 9\% | 9\% | 10\% | 8\% |
|  | 50-54 | 9\% | 12\% | 866 | 9\% | 7\% | 4\% | 9\% |
|  | 55-59 | 9\% | 12\% | 875 | 8\% | 8\% | 2\% | 10\% |
|  | 60-64 | 7\% | 9\% | 672 | 6\% | 4\% | 2\% | 9\% |
|  | 65 years or older | 17\% | 17\% | 1204 | 16\% | 7\% | 17\% | 25\% |
|  | Median Age | 40-44 years | 45-49 years | - | $40-44$ <br> years | $35-39$ <br> years | 30-34 <br> years | 50-54 years |
| Region | Brisbane | 25\% | 21\% | 1534 | 26\% | 30\% | 28\% | 21\% |
|  | Central | 10\% | 14\% | 994 | 10\% | 8\% | 15\% | 12\% |
|  | Far North | 6\% | 7\% | 518 | 6\% | 6\% | 2\% | 4\% |
|  | North Coast | 17\% | 18\% | 1272 | 16\% | 19\% | 10\% | 18\% |
|  | Northern | 9\% | 12\% | 858 | 10\% | 8\% | 6\% | 8\% |
|  | South East | 21\% | 13\% | 904 | 20\% | 18\% | 27\% | 25\% |
|  | South West | 11\% | 16\% | 1128 | 11\% | 10\% | 11\% | 12\% |



|  |  | Total respondents surveyed |  |  | Participant's frequency of participation in physical activity (weighted profile) |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Characteristic | Detail | \% of sample (weighted) | \% of sample (unweighted) | Unweighted sample count (n) | $\frac{\mathbf{\overline { \prime }}}{\stackrel{\rightharpoonup}{\top}}$ | 3 $\frac{3}{0}$ $\frac{2}{3}$ $\frac{1}{3}$ | $\stackrel{\square}{\circ}$ |  |
| Employment status (Q18) | Employed, working full time, more than 35 hours a week | 38\% | 34\% | 2454 | 41\% | 45\% | 31\% | 26\% |
|  | Retired | 17\% | 17\% | 1243 | 16\% | 7\% | 17\% | 24\% |
|  | Employed, working part time, less than 35 hours a week | 16\% | 8\% | 561 | 17\% | 16\% | 22\% | 14\% |
|  | Self employed | 7\% | 2\% | 126 | 7\% | 8\% | 8\% | 6\% |
|  | Domestic duties | 6\% | 2\% | 155 | 4\% | 7\% | 12\% | 8\% |
|  | Student | 6\% | 1\% | 105 | 6\% | 7\% | 4\% | 3\% |
|  | Pension, beneficiary or welfare recipient | 5\% | 3\% | 224 | 4\% | 3\% | 1\% | 9\% |
|  | Unemployed, looking for part time work, less than 35 hours a week | 2\% | 6\% | 440 | 2\% | 1\% | - | 3\% |
|  | Unemployed, looking for full time work, more than 35 hours a week | 2\% | 18\% | 1286 | 1\% | 2\% | 4\% | 3\% |
|  | Not employed, and not looking for work | 1\% | 7\% | 501 | 1\% | 2\% | - | 2\% |
|  | Other (please specify) | 1\% | 2\% | 113 | 1\% | 1\% | 1\% | 1\% |


|  |  | Total respondents surveyed |  |  | Participant's frequency of participation in physical activity (weighted profile) |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Characteristic | Detail | \% of sample (weighted) | \% of sample (unweighted) | Unweighted sample count (n) | $\frac{\overline{\mathbf{B}}}{\substack{\mathrm{O}}}$ | $\begin{aligned} & \frac{3}{0} \\ & \frac{2}{C} \\ & \frac{1}{3} \end{aligned}$ | $\stackrel{\square}{¢}$ |  |
| Volunteer work in past 12 months (Q19) | Yes | 35\% | 36\% | 2611 | 40\% | 31\% | 24\% | 23\% |
|  | No | 65\% | 64\% | 4597 | 60\% | 69\% | 76\% | 77\% |
| Type of volunteer work (Q20) (Base: Volunteered in past 12 months $n=2,611$ ) | Community / Welfare | 35\% | 36\% | 930 | 36\% | 26\% | 16\% | 38\% |
|  | Sport and active recreation (Please specify activity) | 20\% | 21\% | 550 | 24\% | 13\% | 13\% | 11\% |
|  | Education and training | 16\% | 17\% | 441 | 16\% | 20\% | - | 13\% |
|  | Religious | 12\% | 12\% | 312 | 11\% | 20\% | 14\% | 13\% |
|  | Health | 12\% | 12\% | 316 | 12\% | 12\% | 11\% | 10\% |
|  | Parenting, children and youth | 11\% | 12\% | 302 | 10\% | 14\% | 17\% | 10\% |
|  | Animal welfare | 5\% | 5\% | 134 | 5\% | 5\% | 13\% | 6\% |
|  | Emergency services | 5\% | 5\% | 131 | 5\% | 4\% | - | 6\% |
|  | Arts/heritage | 5\% | 6\% | 147 | 4\% | 7\% | 23\% | 6\% |
|  | Environment | 4\% | 3\% | 89 | 5\% | 1\% | 0\% | 4\% |
|  | Business/profe ssional/union | 3\% | 3\% | 75 | 3\% | 4\% | - | 2\% |
|  | Aged care/(nursing homes)** | 1\% | 1\% | 27 | 1\% | 1\% | - | 1\% |
|  | Military or veterans groups (Incl. RSL)** | 1\% | 1\% | 16 | 1\% | 0\% | - | 1\% |
|  | Political** | 1\% | 0.5\% | 12 | 0\% | 1\% | - | 1\% |
|  | Tourism** | 0.3\% | 0.4\% | 11 | 0\% | 0\% | - | 1\% |
|  | Other (specified) | 2\% | 3\% | 69 | 2\% | 3\% | - | 3\% |
|  | Don't remember | 1\% | 1\% | 18 | 1\% | 1\% | - | 1\% |


|  |  | Total respondents surveyed |  |  | Participant's frequency of participation in physical activity (weighted profile) |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Characteristic | Detail | \% of sample (weighted) | \% of sample (unweighted) | Unweighted sample count (n) | $\frac{\text { 든 }}{\text { 읃 }}$ | $\begin{aligned} & \text { 틀 } \\ & \frac{0}{2} \end{aligned}$ | 3 |  |
| Disability (Q23) | Yes identify as having disability | 12\% | 14\% | 1013 | 10\% | 8\% | 4\% | 22\% |
|  | No do not identify as having a disability | 86\% | 84\% | 6081 | 90\% | 91\% | 88\% | 74\% |
|  | I prefer not to answer | 2\% | 2\% | 114 | 1\% | 2\% | 8\% | 3\% |
| Type of disability (Q24) (Base: Identify as having a disability) | Physical disability | 72\% | 75\% | 761 | 69\% | 63\% | 100\% | 78\% |
|  | Psychiatric disability | 17\% | 16\% | 163 | 19\% | 28\% | 23\% | 14\% |
|  | Sensory disability | 8\% | 8\% | 76 | 8\% | 6\% | - | 7\% |
|  | Acquired brain injury | 4\% | 3\% | 27 | 5\% | - | - | 3\% |
|  | Intellectual disability | 2\% | 2\% | 19 | 2\% | 2\% | - | 3\% |
|  | Neurological disorder | 2\% | 2\% | 23 | 3\% | 1\% | - | 1\% |
|  | Autism spectrum disorder | 1\% | 1\% | 11 | 2\% | - | - | 2\% |
|  | Pain/chronic pain illness | 1\% | 1\% | 12 | 1\% | 2\% | - | 1\% |
|  | Developmental delay | 1\% | 0.4\% | 4 | 1\% | - | - | 0\% |
|  | Cancer/tumour | 1\% | 1\% | 6 | 1\% | - | - | 1\% |
|  | Chronic Fatigue | 0.3\% | 0.3\% | 3 | 0.2\% | - | - | 0\% |
|  | Other disability (Please specify) | 1\% | 1\% | 9 | 1\% | 3\% | - | 0\% |
|  | I prefer not to answer | 4\% | 4\% | 41 | 4\% | 5\% | - | 4\% |


|  |  | Total respondents surveyed |  |  | Participant's frequency of participation in physical activity (weighted profile) |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Characteristic | Detail | $\%$ of sample (weighted) | \% of sample (unweighted) | Unweighted sample count (n) | $\begin{gathered} \frac{I}{\bar{\prime}} \\ \hline \boldsymbol{J} \end{gathered}$ | $\begin{aligned} & \frac{3}{0} \\ & \frac{0}{2} \\ & \frac{1}{3} \end{aligned}$ | $\stackrel{5}{\circ}$ |  |
| Household income summary (Q25) | Low income (less than $\$ 800$ per week/\$50,000 per year) | 29\% | 31\% | 2209 | 27\% | 23\% | 23\% | 39\% |
|  | Medium (\$800-\$1,599 per week/\$67,600\$83,199 per year) | 28\% | 28\% | 2036 | 29\% | 31\% | 33\% | 26\% |
|  | $\begin{aligned} & \text { High (\$1,600 } \\ & \text { plus per } \\ & \text { week } / \$ 83,200 \\ & \text { plus per year) } \end{aligned}$ | 27\% | 26\% | 1842 | 30\% | 34\% | 17\% | 18\% |
|  | I prefer not to answer | 15\% | 16\% | 1121 | 14\% | 13\% | 27\% | 17\% |
| Household income detailed (Q25) | \$1-\$149 per week | 1\% | 1\% | 95 | 1\% | 1\% | - | 2\% |
|  | \$150-\$249 per week | 2\% | 2\% | 137 | 2\% | 1\% | - | 2\% |
|  | \$250-\$399 per week | 6\% | 6\% | 450 | 5\% | 5\% | 6\% | 8\% |
|  | \$400-\$599 per week | 11\% | 11\% | 810 | 9\% | 9\% | 8\% | 15\% |
|  | \$600-\$799 per week | 9\% | 9\% | 642 | 8\% | 7\% | 8\% | 11\% |
|  | \$800-\$999 per week | 9\% | 10\% | 694 | 10\% | 10\% | 13\% | 8\% |
|  | $\begin{aligned} & \$ 1,000-\$ 1,299 \\ & \text { per week } \end{aligned}$ | 10\% | 10\% | 715 | 10\% | 12\% | 9\% | 9\% |
|  | $\begin{aligned} & \$ 1,300-\$ 1,599 \\ & \text { per week } \end{aligned}$ | 9\% | 9\% | 627 | 9\% | 9\% | 11\% | 9\% |
|  | $\begin{aligned} & \text { \$1,600-\$1,999 } \\ & \text { per week } \end{aligned}$ | 10\% | 9\% | 641 | 10\% | 11\% | 1\% | 8\% |
|  | $\$ 2,000$ or more per week | 18\% | 17\% | 1201 | 20\% | 22\% | 16\% | 9\% |
|  | No income | 1\% | 1\% | 70 | 1\% | 0.3\% | 1\% | 1\% |
|  | Negative income | 0.1\% | 0.1\% | 5 | 0.1\% | - | - | 0.1\% |
|  | I prefer not to answer | 15\% | 16\% | 1121 | 14\% | 13\% | 27\% | 17\% |

## ** Coded up from other specify verbatims

Significantly higher than the result at a total level (statistically significant @ 95\% confidence interval)
Significantly lower than the result at a total level (statistically significant @ 95\% confidence interval)

## 7. Appendix A: Telephone (CATI) Questionnaire

## QMS CATI QUESTIONNAIRE

NOTE TO INTERVIEWER:
TEXT IN CAPITALS ARE INSTRUCTIONS
TEXT IN SENTENCE CASE IS THE SCRIPT, WHICH SHOULD BE READ EXACTLY AS WRITTEN
SR = SINGLE RESPONSE
MR = MULTIPLE RESPONSE

## SURVEY INTRODUCTION

Good morning/afternoon/evening. My name is [INTERVIEWER NAME] from [COMPANY NAME]. We are conducting research for Sport and Recreation Services, a Queensland Government agency, about participation in physical activity for people aged 18 years and over. The survey takes around 10 minutes.

May I please speak to a person who is 18 years of age or older?

## INTRODUCTION AND PROCESS HERE

Your responses are strictly confidential and will only be used for research purposes. Some calls may be monitored by my supervisor for training and quality purposes.

## SCREENER

S0 Have you completed this survey online? SR, DO NOT READ

1. Yes
2. No

TERMINATE IF CODE 1 AT SO

S1 NOTE GENDER. SR, DO NOT READ

1. Male
2. Female

S2 What is your age? SR, DO NOT READ

1. $18-19$
2. 20-24
3. $25-29$
4. $30-34$
5. $35-39$
6. 40-44
7. $45-49$
8. $50-54$
9. 55-59
10. 60-64
11. 65 years or older

## S3 What is the name of your suburb or town you live in?

## RECORD TOWN/SUBURB

S4. And your postcode?
RECORD POSTCODE
PLEASE CHECK QUOTAS BASED ON POSTCODE

## PARTICIPANTS

## PARTICIPATION

Q1 In the last 12 months did you participate in any physical activities for sport, exercise or recreation? DO NOT READ (SR)

1. Yes
2. No

IF Q1 = 1 YES CONTINUE Q1A
IF Q1 = 2 NO GO TO Q11 (NON-PARTICIPANTS)
Q1A. How regularly would you say you had participated in physical activity over the last 12 months? Would you say at least...READ

1. At least once a day
2. At least once a week
3. At least once a fortnight
4. At least once a month
5. At least once every three months
6. At least once every six months
7. At least once a year
8. DO NOT READ Don't know/can't remember

IF Q1A = 1-6 CONTINUE Q1B (FREQUENT PARTICIPANTS)
IF Q1A = 7-98 GO TO Q11 (LESS FREQUENT PARTICIPANTS)

## PARTICIPATION ACTIVITIES

Q1B In the last 12 months, what activities did you participate in for sport, exercise or recreation?
MR, SEE OPTIONS AT Q2A
DO NOT READ (ALLOW FOR UP TO 5 ACTIVITIES)
PROBE WITH 'Is there anything else?'
SPECIFY TYPE WHERE INDICATED
FOR WALKING, CRICKET, FOOTBALL, SOCCER, RUGBY, ROCK CLIMBING, GYM, MOTORSPORTS, THEN DRILL DOWN TO SPECIFIC TYPE

Q2 Just to confirm, for <INSERT ACTIVITY SELECTED AT Q1B> were you a player or participant, or did you perform another role such as a coach, trainer or referee?

|  |  | Q1B Activities Participation |  | Q2 <br> Role in the activity |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
|  |  | Yes | No | Player / Participant | Other role (Please specify) |
| 1 | Athletics (track and field) | 1 | 2 | 1 | 2 |
| 2 | Australian Rules Football | 1 | 2 | 1 | 2 |
| 3 | Baseball | 1 | 2 | 1 | 2 |
| 4 | Basketball | 1 | 2 | 1 | 2 |
| 5 | Boxing | 1 | 2 | 1 | 2 |
| 6 | Bowls | 1 | 2 | 1 | 2 |
| 7 | Bushwalking | 1 | 2 | 1 | 2 |
| 8 | Console-based/guided physical activities (e.g. Nintendo Wii Fit, Sony PlayStation Move, Xbox Kinect) | 1 | 2 | 1 | 2 |
| 9 | Indoor cricket | 1 | 2 | 1 | 2 |
| 10 | Outdoor cricket | 1 | 2 | 1 | 2 |
| 11 | On-road cycling | 1 | 2 | 1 | 2 |
| 12 | Mountain-biking | 1 | 2 | 1 | 2 |
| 13 | BMX | 1 | 2 | 1 | 2 |
| 14 | Leisure cycling (e.g. hybrid bike on bike paths) | 1 | 2 | 1 | 2 |
| 15 | Dance | 1 | 2 | 1 | 2 |
| 16 | Dancesport | 1 | 2 | 1 | 2 |
| 17 | Football/soccer - indoor | 1 | 2 | 1 | 2 |
| 18 | Football/soccer - outdoor | 1 | 2 | 1 | 2 |
| 19 | Gridiron/American Football, | 1 | 2 | 1 | 2 |
| 20 | Oztag Football | 1 | 2 | 1 | 2 |
| 21 | Golf | 1 | 2 | 1 | 2 |
| 22 | Fitness classes/aerobics/Zumba (Please specify) | 1 | 2 | 1 | 2 |
| 23 | Gym - free weights | 1 | 2 | 1 | 2 |
| 24 | Gym - cardio | 1 | 2 | 1 | 2 |
| 25 | Gym - weight machines | 1 | 2 | 1 | 2 |
| 26 | Gymnastics | 1 | 2 | 1 | 2 |
| 27 | Horse riding/equestrian | 1 | 2 | 1 | 2 |
| 28 | Hockey | 1 | 2 | 1 | 2 |
| 29 | Ice/snow sports | 1 | 2 | 1 | 2 |
| 30 | Kayaking/ canoeing | 1 | 2 | 1 | 2 |
| 31 | Martial arts | 1 | 2 | 1 | 2 |
| 32 | Motorsports - motocross | 1 | 2 | 1 | 2 |
| 33 | Motorsports - speedway | 1 | 2 | 1 | 2 |
| 34 | Motorsports - dirt track | 1 | 2 | 1 | 2 |
| 35 | Motorsports - enduro-riding | 1 | 2 | 1 | 2 |
| 36 | Motorsports - recreational trail bike riding | 1 | 2 | 1 | 2 |
| 37 | Motorsports - freestyle | 1 | 2 | 1 | 2 |
| 38 | Motorsports - minikhana | 1 | 2 | 1 | 2 |
| 39 | Motorsports - karting | 1 | 2 | 1 | 2 |


| 40 | Motorsports - quad bike <br> riding/all-terrain vehicles | 1 | 2 | 1 | 2 |
| :--- | :--- | :--- | :--- | :--- | :--- |
| 41 | Netball | 1 | 2 | 1 | 2 |
| 42 | Orienteering/rogaining | 1 | 2 | 1 | 2 |
| 43 | Rock climbing | 1 | 2 | 1 | 2 |
| 44 | Rowing | 1 | 2 | 1 | 2 |
| 45 | Rugby league | 1 | 2 | 1 | 2 |
| 46 | Rugby union | 1 | 2 | 1 | 2 |
| 47 | Running/jogging | 1 | 2 | 1 | 2 |
| 48 | Sailing | 1 | 2 | 1 | 2 |
| 49 | Scooter riding | 1 | 2 | 1 | 2 |
| 50 | Shooting sports | 1 | 2 | 1 | 2 |
| 51 | Skateboarding | 1 | 2 | 1 | 2 |
| 52 | Squash | 1 | 2 | 1 | 2 |
| 53 | Scuba / snorkelling | 1 | 2 | 1 | 2 |
| 54 | Surfing | 1 | 2 | 1 | 2 |
| 55 | Swimming | 1 | 2 | 1 | 2 |
| 56 | Ten Pin Bowling | 1 | 2 | 1 | 2 |
| 57 | Tennis | 1 | 2 | 1 | 2 |
| 58 | Touch football | 1 | 2 | 1 | 2 |
| 59 | Triathlon | 1 | 2 | 1 | 2 |
| 60 | Volleyball | 1 | 2 | 1 | 2 |
| 61 | Walking - for exercise | 1 | 2 | 1 | 2 |
| 62 | Walking - for transport | 1 | 2 | 1 | 2 |
| 63 | Walking - dog | 1 | 2 | 1 | 2 |
| 64 | Weight Training | 1 | 2 | 1 | 2 |
| 65 | Yoga/Pilates | 1 | 2 | 1 | 2 |
| 66 | Abseiling | 1 | 2 | 1 | 2 |
| 67 | Artificial/indoor rock climbing | 1 | 2 | 1 | 2 |
| 68 | Challenge Ropes Courses | 1 | 2 | 1 | 2 |
| 69 | Recreational angling/fishing | 1 | 2 | 1 | 2 |
| 70 | Recreational caving | 2 | 1 | 2 |  |
| 71 | River Rafting | 1 | 2 | 1 | 2 |
| 96 | Other (Please specify) | 1 | 2 | 1 | 2 |

## IF MORE THAN 3 ACTIVITIES SELECTED IN Q1B ASK Q3

Q3 You mentioned you have participated in numerous different activities in the last 12 months. Which three activities would you say you participated in most frequently? MR (UP TO 3 OPTIONS) READ THEIR SELECTED ACTIVITIES IF REQUIRED

| ACTIVITY 1 | RECORD ACTIVITY |
| :--- | :--- |
| ACTIVITY 2 | RECORD ACTIVITY |
| ACTIVITY 3 | RECORD ACTIVITY |

Q4 In the last 12 months, where did you participate in <INSERT ACTIVITY FROM Q3 OR Q1B IF THREE OR FEWER ACTIVITIES CHOSEN>? This may be a certain place, facility or space, such as an indoor centre, national park, public park or sporting ground. MR

1. Sporting grounds
2. School oval
3. Public playgrounds and parks
4. Outdoor swimming pools
5. Outdoor tennis courts
6. Outdoor basketball courts
7. Off-road bikeways/bike paths
8. On-Road / On-Street
9. Walking paths
10. National Parks
11. State Forests
12. Beaches/Ocean
13. Local reserves
14. Indoor sports/fitness centres/halls
15. Rivers/Creeks
16. Dams/Lakes
17. Gym
18. Indoor swimming pools
19. Indoor courts (netball, tennis, basketball)
20. Home
21. School or educational facilities
22. Other (Please specify)

## AVERAGE DISTANCE TRAVELLED

Q5 Thinking about <INSERT ACTIVITY FROM Q3 OR Q1B IF THREE OR FEWER ACTIVITIES
CHOSEN> on average how far did you have to travel to the location where you participated in this activity? I'm looking for an idea of distance in terms of kilometres. SR. DO NOT READ. PROMPT OPTIONS IF NECESSARY.

|  |  | ACTIVITY 1 | ACTIVITY 2 | ACTIVITY 3 |
| :--- | :--- | :---: | :---: | :---: |
| 8 | Did not have to travel (e.g. did activity at <br> home, I used gym or pool in my <br> building/complex) | 8 | 8 | 8 |
| 9 | Did not have to travel as the journey is the <br> activity (i.e. walking, cycling, running, <br> skateboarding, etc.) | 9 | 9 | 9 |
| 1 | Less than 1km | 1 | 1 | 1 |
| 2 | 1 km to less than 2km | 2 | 2 | 2 |
| 3 | 2 km to less than 5 km | 3 | 3 | 3 |
| 4 | 5 km to less than 10 km | 4 | 4 | 4 |
| 5 | 10 km to less than 20 km | 5 | 5 | 5 |
| 6 | 20 km to less than 50 km | 6 | 6 | 6 |
| 7 | 50 km or more | 7 | 7 | 7 |

ORGANISED VS NON-ORGANISED ACTIVITIES
Q6 Was <INSERT ACTIVITY FROM Q3 OR Q1B IF THREE OR FEWER ACTIVITIES CHOSEN> organised by a club, association or other organisation? SR, PROMPT IF NECESSARY

|  | ACTIVITY 1 | ACTIVITY 2 | ACTIVITY 3 |
| :--- | :---: | :---: | :---: |
| All activity(ies) was/were organised by a <br> club, association or other organisation | 1 | 1 | 1 |
| Some activity(ies) was/were organised <br> by a club, association or other <br> organisation | 2 | 2 | 2 |
| None of the activity(ies) was/were <br> organised by a club, association or <br> other organisation | 3 | 3 | 3 |

IF ANY 1 OR 2 IN Q6 (ALL OR SOME ACTIVITIES ORGANISED) ASK Q6A IF ALL 3 IN Q6 (NO ACTIVITIES ORGANISED) GO TO Q7

Q6A Which of the following best describes the organiser of <INSERT ACTIVITIES WITH A 1 OR 2 RESPONSE IN Q6>? SR, READ.

|  | ACTIVITY 1 | ACTIVITY 2 | ACTIVITY 3 |
| :---: | :---: | :---: | :---: |
| Fitness or leisure organisation or indoor sports centre that required payment for participation (For example, private gyms) | 1 | 1 | 1 |
| Sport club or association that required payment of fees for either membership, participation and/or registration (For example, Rugby, soccer clubs) | 2 | 2 | 2 |
| Recreation club/association that required payment of fees for membership/participation/registration (For example, scouts, YMCA, PCYC etc.) | 3 | 3 | 3 |
| Work | 6 | 6 | 6 |
| Educational institution or course (For example, school, University or TAFE? | 7 | 7 | 7 |
| Community groups (For example, local social club) | 8 | 8 | 8 |
| Commercial events organiser / sponsor (For example, Bridge to Brisbane) | 9 | 9 | 9 |
| Local government/ local council | 10 | 10 | 10 |
| [IF NO TO ALL OF THE ABOVE THEN ASK] Or was it some other type of club, association or organisation? (Record answer) | 96 | 96 | 96 |
| DO NOT READ. IF THEY ARE UNSURE: None of the above | 99 | 99 | 99 |

## FOR THIS SECITION - READ Q7A AND THEN Q7B FOR THE FIRST ACTIVITY, AND THEN REPEAT FOR THE SECOND AND THEN THIRD ACTIVITY.

## TOP THREE ACTIVITIES IN LAST MONTH

Q7A Thinking about [ACTIVITY] on average how many sessions did you participate in during the last month? This includes any practice or training. DO NOT READ. ONLY PROMPT IF NECESSARY.

Q7B On average, how long was each session? SR, DO NOT READ. ONLY PROMPT IF NECESSARY.

|  | Q7A Number of sessions in the last month | Q7B Average length IF 97 IN Q7A DON'T SHOW Q7B |
| :---: | :---: | :---: |
| ACTIVITY 1 | 1.More than 12 sessions (specify number) <br> 2.12 sessions <br> 3.Less than 12 sessions (specify number) <br> 97. DO NOT READ Did not participate in this activity in the last month | 1.More than 60 minutes per session (please specify) <br> 2. Between 46 and 60 minutes per session <br> 3. Between 30 and 45 minutes per session <br> 4.Less than 30 minutes per session (please specify) |
| ACTIVITY 2 | 1.More than 12 sessions (specify number) <br> 2.12 sessions <br> 3.Less than 12 sessions (specify number) <br> 97. DO NOT READ Did not participate in this activity in the last month | 1. More than 60 minutes per session (please specify) <br> 2. Between 46 and 60 minutes per session <br> 3. Between 30 and 45 minutes per session <br> 4. Less than 30 minutes per session (please specify) |
| ACTIVITY 3 | 1.More than 12 sessions (specify number) <br> 2.12 sessions <br> 3.Less than 12 sessions (specify number) <br> 97. DO NOT READ Did not participate in this activity in the last month | 1. More than 60 minutes per session (please specify) <br> 2. Between 46 and 60 minutes per session <br> 3. Between 30 and 45 minutes per session <br> 4. Less than 30 minutes per session (please specify) |

ASK Q8 TO THOSE WHO HAVEN'T PARTICIPATED IN THE ACTIVITIES IN THE LAST MONTH (ACTIVITY 1, 2 OR 3 = 97)

## FOR THIS SECITION - READ Q7A AND THEN Q7B FOR THE FIRST ACTIVITY, AND THEN REPEAT FOR THE SECOND AND THEN THIRD ACTIVITY.

## AVERAGE LENGTH/DURATION AND FREQUENCY OF EACH SESSION OF ACTIVITY IN THE LAST 6 MONTHS

Q8A Thinking about [ACTIVITY FROM Q7A = 97] on average how many sessions did you participate in during the last 6 months? This includes any practice or training. SR, DO NOT READ. ONLY PROMPT IF NECESSARY.

Q8B On average, how long was each session? SR, SR, DO NOT READ. ONLY PROMPT IF NECESSARY.
RECORD NUMBER

|  | Q8A Number of sessions in the last 6 months | Q8B Average length IF 97 IN Q8A DON'T SHOW Q8B |
| :---: | :---: | :---: |
| $\begin{aligned} & \text { ACTIVITY } 1 \\ & \text { IF Q7A }=97 \end{aligned}$ | 1. More than 6 sessions (specify number) <br> 2. 6 sessions <br> 3. Less than 6 sessions (specify number) <br> 98. Don't know/can't remember <br> 97. DO NOT READ Did not participate in this activity in the last 6 months | 1. More than 60 minutes per session (please specify) <br> 2. Between 46 and 60 minutes per session <br> 3. Between 30 and 45 minutes per session <br> 4. Less than 30 minutes per session (please specify) |
| ACTIVITY 2 <br> IF Q7A = 97 | 1. More than 6 sessions (specify number) <br> 2. 6 sessions <br> 3. Less than 6 sessions (specify number) <br> 98. DO NOT READ Don't <br> know/can't remember <br> 97. DO NOT READ Did not participate in this activity in the last 6 months | 1. More than 60 minutes per session (please specify) <br> 2. Between 46 and 60 minutes per session <br> 3. Between 30 and 45 minutes per session <br> 4. Less than 30 minutes per session (please specify) |
| $\begin{aligned} & \text { ACTIVITY } 3 \\ & \text { IF Q7A }=97 \end{aligned}$ | 1. More than 6 sessions (specify number) <br> 2. 6 sessions <br> 3. Less than 6 sessions (specify number) <br> 98. DO NOT READ Don't <br> know/can't remember <br> 97. DO NOT READ Did not participate in this activity in the last 6 months | 1. More than 60 minutes per session (please specify) <br> 2. Between 46 and 60 minutes per session <br> 3. Between 30 and 45 minutes per session <br> 4. Less than 30 minutes per session (please specify) |

## EXPECTATIONS AND INTENTIONS FOR FUTURE PHYSICAL ACTIVITY

Q9 Over the next 12 months, do you expect your current level of physical activity for sport, exercise or recreation will increase, decrease or stay the same? SR, DO NOT READ

1. Increase
2.Decrease
2. Stay the same

Q10 For the next section, I am going to read out a list of statements. For each statement, please tell me if it has or has not been an important factor that has allowed you to participate in physical activities over the last 12 months. MR, READ, PROBE FOR A SPECIFIC ANSWER FOR STATEMENTS WITH 'PLEASE SPECIFY'. PROBE FOR 'OTHER' WITH "Are there any other important factors that have allowed you to participate in physical activities over the last 12 months?"
$\left.\begin{array}{|l|l|l|}\hline & \begin{array}{c}\text { ONLY SELECT IF } \\ \text { "YES" }\end{array} \\ \hline \text { 1. } \begin{array}{l}\text { Activities that suited your physical capabilities became available. } \\ \text { (Please specify) }\end{array} & \\ \hline \text { 2. Affordable options became available } & \\ \hline \text { 3. You gained more knowledge of the different facilities, activities or } \\ \text { organisations available }\end{array}\right]$

## GO TO Q17A

colmar brunton.

## LESS-FREQUENT OR NON-PARTICIPANTS

## POTENTIAL FUTURE ACTIVITIES <br> ASK NON-PARTICIPANTS

Q11 If there were no constraints to you participating in physical activities for sport, exercise or recreation what kinds of activities would you like to participate in? MR, DO NOT READ, PROBE
WITH 'Is there anything else?' AND SPECIFY TYPE WHERE INDICATED.
PROBE FOR MORE SPECIFIC ANSWER IF THEY SAY WALKING, RIDING, CYCLING,
CLIMBING, MOTORSPORTS, FOOTBALL, SOCCER, CRICKET, BOWLS, GYM, RUGBY)

## ASK LESS FREQUENT PARTICIPANTS

Q11. In the last 12 months, which activities did you participate in for sport, exercise or recreation? MR - ROTATE

1. Athletics (track and field)
2. Australian Rules Football
3. Baseball
4. Basketball
5. Boxing
6. Bowls
7. Bushwalking
8. Console-based/guided physical activities (e.g. Nintendo Wii Fit, Sony PlayStation Move, Xbox Kinect)
9. Indoor cricket
10. Outdoor cricket
11. On-road cycling
12. Mountain-biking
13. BMX
14. Leisure cycling (e.g. hybrid bike on bike paths)
15. Dance
16. Dancesport
17. Football/soccer - indoor
18. Football/soccer - outdoor
19. Gridiron/American Football,
20. Oztag Football
21. Golf
22. Fitness classes/aerobics/Zumba (please specify)
23. Gym - free weights
24. Gym - cardio
25. Gym - weight machines
26. Gymnastics
27. Horse riding/equestrian
28. Hockey
29. Ice/snow sports
30. Kayaking/ canoeing
31. Martial arts
32. Motorsports - motocross
33. Motorsports - speedway
34. Motorsports - dirt track
35. Motorsports - enduro-riding
36. Motorsports - recreational trail bike riding
37. Motorsports - freestyle
38. Motorsports - minikhana
39. Motorsports - karting
40. Motorsports - quad bike riding/all-terrain vehicles
41. Netball
42. Orienteering/rogaining
43. Rock climbing
44. Rowing
45. Rugby league
46. Rugby union
47. Running/jogging
48. Sailing
49. Scooter riding
50. Shooting sports
51. Skateboarding
52. Squash
53. Scuba / snorkelling
54. Surfing
55. Swimming
56. Ten Pin Bowling
57. Tennis
58. Touch football
59. Triathlon
60. Volleyball
61. Walking - for exercise
62. Walking - for transport
63. Walking - dog
64. Weight Training
65. Yoga/Pilates
66. Abseiling
67. Artificial/indoor rock climbing
68. Challenge Ropes Courses
69. Recreational angling/fishing
70. Recreational caving
71. River Rafting
72. Rock Climbing
73. Other (Please specify)

## BARRIERS

ASK IF 2 IN Q1 (NON-PARTICIPANTS)
Q14 What are the main reasons why you did not participate in physical activities for sport, exercise or recreation in the last 12 months? MR, SEE OPTIONS AT Q15, PROMPT OPTIONS IF NECESSARY, SPECIFY TYPE WHERE INDICATED.

## ASK IF 4-98 IN Q1A (LESS-FREQUENT PARTICIPANTS)

Q15 What are the main reasons why you did not participate in physical activities for sport, exercise or recreation more frequently? MR, DO NOT READ, PROMPT OPTIONS IF NECESSARY, PROBE WITH 'Is there anything else?' SPECIFY TYPE WHERE INDICATED.

1. Parenting commitments
2. Caring commitments (not parenting commitments)
3. Work commitments
4. Disability (Please specify)
5. No car or poor public transport
6. Don't know what facilities/ sites / services/ activities/ clubs/organisations are available
7. No facilities/ sites / services/ activities/ clubs/organisations available near me
8. Lack of time (e.g. work, study, family)
9. Lack of flexible options (e.g. drop-in, drop-out activities with no weekly commitment, arrive, pay to participate, placed into team or activity)
10. Illness/ injury (ongoing)
11. Illness/ injury (temporary)
12. Not interested/ motivated (Please specify: Why aren't you interested/ motivated?)
13. Streets/roads are not walkable/easy or safe to cycle (e.g. traffic flow, landscaping elements such as trees and shade, traffic flow, ease of street crossings, continuity of footpath, grid vs. cul-de-sac streets, topography/hills)
14. Too expensive
15. Other (Please specify)
16. Don't know

## EXPECTATIONS AND INTENTIONS FOR FUTURE PHYSICAL ACTIVITY

Q16 Over the next 12 months, do you expect your current level of physical activity for sport, exercise or recreation will increase, decrease or stay the same? SR, DO NOT READ

1. Increase
2. Decrease
3. Stay the same

Q17 What things would need to happen for you to be able to participate in physical activities for sport, exercise or recreation more frequently? MR, DO NOT READ, PROMPT OPTIONS IF NECESSARY, PROBE WITH 'Is there anything else?'

READ AS Q17 What would need to happen for you to be able to participate in physical activities more frequently? MR, DO NOT READ, PROMPT OPTIONS IF NECESSARY, PROBE WITH 'Is there anything else?' SPECIFY TYPE WHERE INDICATED.

1. Availability of activities that suit my physical capabilities (Please specify)
2. Affordable options become available
3. Better knowledge of facilities/sites/services/activities/clubs/organisations available
4. Flexible options become available
5. Having childcare/babysitter to support
6. Help with caring commitments (not parenting)
7. Having a car
8. Access to/Better public transport
9. Becoming more interested/motivated (Please specify)
10. Changing my work patterns (Please specify)
11. Facilities/sites/services/activities/clubs/organisations become available near me
12. Making the time (please specify what you mean exactly)
13. Recovering from temporary illness/injury
14. Walkable/ cycle-able streets/roads (Please specify e.g. traffic flow, landscaping elements such as trees and shade, traffic flow, ease of street crossings, continuity of footpath, grid vs. cul-de-sac streets, topography/hills)
15. Other (please specify)
16. Don't know

ASK ALL:
Q17A. Are you more likely to participate in sport, exercise or recreation activities as a result of watching the Olympic Games? How about the Commonwealth Games? DO NOT READ OPTIONS

|  | Yes | No | I haven't watched <br> anything about these <br> events |
| :--- | :--- | :--- | :--- |
| Olympic Games |  |  |  |
| Commonwealth Games |  |  |  |

## DEMOGRAPHICS

Finally a few questions about you to ensure that we survey a proper cross section of people. The answers you give will remain completely confidential.

## EMPLOYMENT STATUS

Q18 What is your current employment status? SR, DO NOT READ, PROMPT OPTIONS IF NECESSARY

1. Employed, working full time, more than 35 hours a week
2. Employed, working part time, less than 35 hours a week
3. Self employed
4. Unemployed, looking for full time work, more than 35 hours a week
5. Unemployed, looking for part time work, less than 35 hours a week
6. Not employed, and not looking for work
7. Student
8. Pension, beneficiary or welfare recipient
9. Retired
10. Domestic duties
11. Other - please specify

Q19 In the last 12 months have you undertaken any volunteering? Volunteering is defined as willingly giving unpaid help in the form of time, service or skills, through an organisation or group but may involve payment of costs like out-of-pocket expenses. This does not include any volunteering required for work, for example, work for the dole, or required as part of study commitments. SR, DO NOT READ

1. Yes
2. No

IF Q19 = 1 ASK Q20
IF Q19 = 2 SKIP TO Q21
Q20 What kinds of organisations did you volunteer for in the last 12 months? MR, DO NOT READ, PROMPT OPTIONS IF NECESSARY

1. Animal welfare
2. Arts/Heritage
3. Business/Professional/Union
4. Community / Welfare
5. Education and training
6. Emergency services
7. Environment
8. Health
9. Parenting, children and youth
10. Religious
11. Sport and active recreation (Please specify activity)
12. Other (Please specify)
13. Don't Remember

ATSI
Q21 Are you of Aboriginal or Torres Strait Island origin? SR, DO NOT READ

1. No
2. Yes, Aboriginal
3. Yes, Torres Strait Islander
4. Yes, both Aboriginal and Torres Strait Islander
5. I prefer not to answer

## ENGLISH

Q22 Do you speak a language other than English at home? SR, DO NOT READ

1. Yes (Please Specify)
2. No, English only

Q23 Do you identify as having a disability? SR, DO NOT READ

1. Yes
2. No
3. I prefer not to answer

## IF 1 IN Q23 (YES) GO TO Q24, OTHERWISE GO TO Q25

Q24 What kind of disability do you have? MR, DO NOT READ OUT.

1. Acquired brain injury
2. Autism spectrum disorder
3. Developmental delay
4. Intellectual disability
5. Physical disability
6. Psychiatric disability
7. Sensory disability
8. Other disability (Please specify)
9. I prefer not to answer

Q25 What is the total of all wages, salaries, Government benefits, pensions, allowances and other income that your household usually receives before tax and superannuation deductions per year? SR, DO NOT READ

Q25 Which bracket best describes your total household income before tax and superannuation deductions? This includes all wages, salaries, Government benefits, pensions, allowances and other income. SR, READ

1. Between \$1-\$149 per week
2. Between \$150-\$249 per week
3. Between \$250-\$399 per week
4. Between \$400-\$599 per week
5. Between \$600-\$799 per week
6. Between \$800-\$999 per week
7. Between \$1,000-\$1,299 per week
8. Between \$1,300-\$1,599 per week
9. Between \$1,600-\$1,999 per week
10. $\$ 2,000$ or more per week
11. DO NOT READ No income
12. DO NOT READ Negative income
13. DO NOT READ I prefer not to answer

## 8. Appendix B: Online Questionnaire

## INTRODUCTION

## SURVEY INTRODUCTION

Hello and thanks for agreeing to do this survey! We appreciate your time and value your answers
We are conducting a research for Sport and Recreation Services, a Queensland Government agency, about participation in physical activity for sport, exercise and recreation for people aged 18 years and over.

The survey will take approximately 10 minutes to complete. Any feedback that you provide will be anonymous, strictly confidential and will only be used for research purposes.

Just follow the prompts in the survey to answer the questions, and if you need to talk to anyone please don't hesitate to contact us.

Please click on "next" to enter the survey.
PROGRAMMING NOTE: CONFIDENTIALITY CLAUSE MUST APPEAR AFTER INTRO UNLESS SPECFIED

## SCREENER

S1 GENDER
S1. Please indicate your gender: SR

1. Male
2. Female
3. Other (please specify)

## S2 AGE

S2. Which one of the following age groups do you fall into? SR

1. 18-19
2. 20-24
3. 25-29
4. $30-34$
5. $35-39$
6. $40-44$
7. $45-49$
8. 50-54
9. 55-59
10. 60-64
11. 65 years or older

## IF UNDER 18 YEARS TERMINATE.

S3. What is the name of your suburb or town?
Record town/suburb $\qquad$
S4. What is your postcode?
Enter postcode

## PLEASE CHECK QUOTAS BASED ON POSTCODE

## IF UNSUCCESSFUL

Unfortunately for this particular survey, we need responses from people who suit specific criteria. Thank you for your participation and we will contact you again shortly for another survey!
Regards
IF SUCCESSFUL, CONTINUE

## PARTICIPANTS

## PARTICIPATION

Q1. In the last 12 months did you participate in any physical activities for sport, exercise or recreation? (Including any physically active official role such as referee/umpire)

1. Yes
2. No

IF Q1 = 1 YES CONTINUE Q1A IF Q1 = 2 NO GO TO Q11 (NON-PARTICIPANTS)

Q1A. How many times did you participate in any physical activities for sport, exercise or recreation during the last 12 months?

1. At least once a day
2. At least once a week
3. At least once a fortnight
4. At least once a month
5. At least once every three months
6. At least once every six months
7. At least once a year
8. Don't know / can't remember

IF Q1A = 1-6 CONTINUE Q1B (FREQUENT PARTICIPANTS)
IF Q1A = 7-98 GO TO Q11 (LESS FREQUENT PARTICIPANTS)

## PARTICIPATION IN ACTIVITIES

## SHOW Q1B FIRST AND THEN Q2

Q1B. In the last 12 months, which activities did you participate in for sport, exercise or recreation? MR
JUST INCLUDE SELECTED ACTIVITIES FROM Q1B
Q2. Were you involved in these activities as a player/participant or/and another physically active role (e.g. coach, referee, trainer, instructor, ball boy, etc.)?

MR PER LINE

|  |  | Q1B. Activities Participation |  | Q2. <br> Role in the activity |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
|  |  | Yes | No | Player / Participant | Other role (please specify) |
| 1 | Athletics (track and field) | 1 | 2 | 1 | 2 |
| 2 | Australian Rules Football | 1 | 2 | 1 | 2 |
| 3 | Baseball | 1 | 2 | 1 | 2 |
| 4 | Basketball | 1 | 2 | 1 | 2 |
| 5 | Boxing | 1 | 2 | 1 | 2 |
| 6 | Bowls | 1 | 2 | 1 | 2 |
| 7 | Bushwalking | 1 | 2 | 1 | 2 |
| 8 | Console-based/guided physical activities (e.g. Nintendo Wii Fit, Sony PlayStation Move, Xbox Kinect) | 1 | 2 | 1 | 2 |
| 9 | Indoor cricket | 1 | 2 | 1 | 2 |
| 10 | Outdoor cricket | 1 | 2 | 1 | 2 |
| 11 | On-road cycling | 1 | 2 | 1 | 2 |
| 12 | Mountain-biking | 1 | 2 | 1 | 2 |
| 13 | BMX | 1 | 2 | 1 | 2 |
| 14 | Leisure cycling (e.g. hybrid bike on bike paths) | 1 | 2 | 1 | 2 |
| 15 | Dance | 1 | 2 | 1 | 2 |
| 16 | Dancesport | 1 | 2 | 1 | 2 |
| 17 | Football/soccer - indoor | 1 | 2 | 1 | 2 |
| 18 | Football/soccer - outdoor | 1 | 2 | 1 | 2 |
| 19 | Gridiron/American Football, | 1 | 2 | 1 | 2 |
| 20 | Oztag Football | 1 | 2 | 1 | 2 |
| 21 | Golf | 1 | 2 | 1 | 2 |
| 22 | Fitness classes/aerobics/Zumba (please specify) | 1 | 2 | 1 | 2 |
| 23 | Gym - free weights | 1 | 2 | 1 | 2 |
| 24 | Gym - cardio | 1 | 2 | 1 | 2 |
| 25 | Gym - weight machines | 1 | 2 | 1 | 2 |
| 26 | Gymnastics | 1 | 2 | 1 | 2 |
| 27 | Horse riding/equestrian | 1 | 2 | 1 | 2 |
| 28 | Hockey | 1 | 2 | 1 | 2 |
| 29 | Ice/snow sports | 1 | 2 | 1 | 2 |
| 30 | Kayaking/ canoeing | 1 | 2 | 1 | 2 |
| 31 | Martial arts | 1 | 2 | 1 | 2 |
| 32 | Motorsports - motocross | 1 | 2 | 1 | 2 |
| 33 | Motorsports - speedway | 1 | 2 | 1 | 2 |
| 34 | Motorsports - dirt track | 1 | 2 | 1 | 2 |
| 35 | Motorsports - enduro-riding | 1 | 2 | 1 | 2 |
| 36 | Motorsports - recreational trail bike riding | 1 | 2 | 1 | 2 |
| 37 | Motorsports - freestyle | 1 | 2 | 1 | 2 |
| 38 | Motorsports - minikhana | 1 | 2 | 1 | 2 |
| 39 | Motorsports - karting | 1 | 2 | 1 | 2 |


| 40 | Motorsports - quad bike riding/all-terrain <br> vehicles | 1 | 2 | 1 | 2 |
| :--- | :--- | :--- | :--- | :--- | :--- |
| 41 | Netball | 1 | 2 | 1 | 2 |
| 42 | Orienteering/rogaining | 1 | 2 | 1 | 2 |
| 43 | Rock climbing | 1 | 2 | 1 | 2 |
| 44 | Rowing | 1 | 2 | 1 | 2 |
| 45 | Rugby league | 1 | 2 | 1 | 2 |
| 46 | Rugby union | 1 | 2 | 1 | 2 |
| 47 | Running/jogging | 1 | 2 | 1 | 2 |
| 48 | Sailing | 1 | 2 | 1 | 2 |
| 49 | Scooter riding | 1 | 2 | 1 | 2 |
| 50 | Shooting sports | 1 | 2 | 1 | 2 |
| 51 | Skateboarding | 1 | 2 | 1 | 2 |
| 52 | Squash | 1 | 2 | 1 | 2 |
| 53 | Scuba / snorkelling | 1 | 2 | 1 | 2 |
| 54 | Surfing | 1 | 2 | 1 | 2 |
| 55 | Swimming | 1 | 2 | 1 | 2 |
| 56 | Ten Pin Bowling | 1 | 2 | 1 | 2 |
| 57 | Tennis | 1 | 2 | 1 | 2 |
| 58 | Touch football | 1 | 2 | 1 | 2 |
| 59 | Triathlon | 1 | 2 | 1 | 2 |
| 60 | Volleyball | 1 | 2 | 1 | 2 |
| 61 | Walking - for exercise | 1 | 2 | 1 | 2 |
| 62 | Walking - for transport | 1 | 2 | 1 | 2 |
| 63 | Walking - dog | 1 | 2 | 1 | 2 |
| 64 | Weight Training | 1 | 2 | 1 | 2 |
| 65 | Yoga/Pilates | 1 | 2 | 1 | 2 |
| 66 | Abseiling | 1 | 2 | 1 | 2 |
| 67 | Artificial/indoor rock climbing | 1 | 2 | 1 | 2 |
| 68 | Challenge Ropes Courses | 1 | 2 | 1 | 2 |
| 69 | Recreational angling/fishing | 1 | 2 | 1 | 2 |
| 70 | Recreational caving | 1 | 2 | 1 | 2 |
| 71 | River Rafting | 1 | 2 | 1 | 2 |
| 96 | Other (Please specify) |  |  | 2 | 2 |
|  |  | 2 | 2 | 2 |  |

## THIS QUESTION IF JUST FOR THOSE WHO SELECTED MORE THAN 3 ACTIVITIES IN Q1B.

Q3. You mentioned you have participated in numerous different activities in the last 12 months. Which three activities from this set would you say you had the highest frequency of participation in? MR (up to 3 options only)

| LIST ALL ACTIVITIES FROM <br> Q1B | ALLOW THEM TO <br> CHOOSE THREE <br> ACTIVITIES ONLY |
| :---: | :---: |
|  |  |
|  |  |
|  |  |
|  |  |

## FACILITIES, PLACES \& SPACES

Q4. Thinking about [INSERT ACTIVITY FROM Q3 OR Q1B IF LESS THAN THREE CHOSEN], which facilities, places or spaces did you use during the last 12 months? MR - RANDOMISE

## REPLICATE THIS QUESTION FOR UP TO 3 ACTIVITIES SELECTED IN EITHER Q1B OR Q3

1. Sporting grounds
2. School oval
3. Public playgrounds and parks
4. Outdoor swimming pools
5. Outdoor tennis courts
6. Outdoor basketball courts
7. Off-road bikeways/bike paths
8. On-Road / On-Street
9. Walking paths
10. National Parks
11. State Forests
12. Beaches/Ocean
13. Local reserves
14. Indoor sports/fitness centres/halls
15. Rivers/Creeks
16. Dams/Lakes
17. Gym
18. Indoor swimming pools
19. Indoor courts (netball, tennis, basketball)
20. Home
21. School or educational facilities
22. Other (Please specify)

## AVERAGE DISTANCE TRAVELLED

Q5. Thinking about [INSERT ACTIVITY FROM Q3 OR Q1B IF LESS THAN THREE CHOSEN], on average how far did you have to travel to the location where you participated in this activity?

## REPLICATE THIS QUESTION FOR EACH ACTIVITY TESTED IN EITHER Q1B OR Q3

1. Did not have to travel (e.g. did activity at home, I used gym or pool in my building/complex)
2. Did not have to travel as the journey is the activity (i.e. walking, cycling, skateboarding, etc.)
3. Less than 1 km
4. 1 km to less than 2 km
5. 2 km to less than 5 km
6. 5 km to less than 10 km
7. 10 km to less than 20 km
8. 20 km to less than 50 km
9. 50 km or more

## ORGANISED VS. NON-ORGANISED ACTIVITIES

Q6. Was any of the following activity(ies) organised by a club, association or other organisation? SR

## INCLUDE ACTIVITIES SELECTED IN EITHER Q1B OR Q3

|  | ACTIVITY 1 | ACTIVITY 2 | ACTIVITY 3 |
| :--- | :---: | :---: | :---: |
| All activity(ies) was/were <br> organised by a club, <br> association or other <br> organisation | 1 | 1 | 1 |
| Some activity(ies) <br> was/were organised by a <br> club, association or other <br> organisation | 2 | 2 | 2 |
| None of the activity(ies) <br> was/were organised by a <br> club, association or other <br> organisation | 3 | 3 | 3 |

```
IF Q6 = 1 OR 2 ASK Q6A
IF Q6 = 3 GO TO Q7
```

Q6A. Thinking about [INSERT ACTIVITIES FROM Q6 = 1 OR 2], what type of club, association or organisation organised this activity? SR

INCLUDE ACTIVITIES SELECTED IN EITHER Q1B OR Q3

|  | ACTIVITY 1 | ACTIVITY 2 | ACTIVITY 3 |
| :---: | :---: | :---: | :---: |
| Fitness or leisure organisation or indoor sports centre that required payment for participation (e.g. private gyms) | 1 | 1 | 1 |
| Sport club/association that required payment of fees for membership /participation / registration (e.g. Rugby, soccer clubs) | 2 | 2 | 2 |
| Recreation club/association that required payment of fees for membership/participation/registration (e.g. scouts, YMCA, PCYC etc.) | 3 | 3 | 3 |
| Work | 6 | 6 | 6 |
| Educational institution or course (Please specify e.g. school, university, TAFE) | 7 | 7 | 7 |
| Community groups (e.g. local social club) | 8 | 8 | 8 |
| Commercial events organiser / sponsor (e.g. Bridge to Brisbane) | 9 | 9 | 9 |
| Local government/ local council | 10 | 10 | 10 |
| Other (please specify) | 96 | 96 | 96 |
| None of the above | 99 | 99 | 99 |

## TOP THREE ACTIVITIES IN LAST MONTH

Q7. Thinking about [INSERT ACTIVITY FROM Q3 OR Q1B IF LESS THAN THREE CHOSEN], including any practice or training, on average how many sessions did you participate in during the last month? On average, how long was each session of this/these activity-during the last month?

Please enter number of sessions during last month and average length/duration of each session (in minutes).
RECORD NUMBER
IF 97 IN Q7A/Q8A DON'T SHOW Q7B/Q8B

|  | Q7A. Number of sessions in the last month | Q7B. Average length <br> IF 97 IN Q7A DON'T SHOW Q7B |
| :---: | :---: | :---: |
| ACTIVITY 1 | 1.More than 12 sessions (specify number) <br> 2.12 sessions <br> 3.Less than 12 sessions (specify number) <br> 97 Did not participate in this activity in the last month | 1.More than 60 minutes per session (please specify) <br> 2.46-60 minutes per session 3.30-45 minutes per session <br> 4.Less than 30 minutes per session (please specify) |
| ACTIVITY 2 | 1.More than 12 sessions (specify number) <br> 2.12 sessions <br> 3.Less than 12 sessions (specify number) <br> 97. Did not participate in this activity in the last month | 1.More than 60 minutes per session (please specify) <br> 2.46-60 minutes per session <br> 3.30-45 minutes per session <br> 4.Less than 30 minutes per session (please specify) |
| ACTIVITY 3 | ```1.More than 12 sessions (specify number) 2.12 sessions 3.Less than 12 sessions (specify number) 97 Did not participate in this activity in the last month``` | 1.More than 60 minutes per session (please specify) <br> 2.46-60 minutes per session 3.30-45 minutes per session <br> 4.Less than 30 minutes per session (please specify) |

## JUST ASK THIS QUESTION TO THOSE WHO HAVEN'T PARTICIPATED IN THE ACTIVITIES IN THE LAST MONTH (ACTIVITY 1, 2 OR 3 = 97)

## AVERAGE LENGTH/DURATION AND FREQUENCY OF EACH SESSION OF ACTIVITY IN THE LAST 6 MONTHS

Q8. Now thinking about [INSERT ACTIVITY FROM Q3 OR Q1B IF LESS THAN THREE CHOSEN], including any practice or training, on average how many sessions did you participate in during the last 6 months? On average, how long was each session of this activity during the last 6 months?

Please enter number of sessions during last 6 months and average length/duration of each session (in minutes).

## RECORD NUMBER

|  | Q8A. Number of sessions in the last 6 months | Q8B. Average length <br> IF 97 IN Q8A DON'T SHOW Q8B |
| :---: | :---: | :---: |
| ACTIVITY 1 | 1. More than 6 sessions (specify number) <br> 2. 6 sessions <br> 3. Less than 6 sessions (specify number) <br> 98. Don't Know/ Can't remember <br> 97. Did not participate in this activity in the last 6 months | 1. More than 60 minutes per session (please specify) <br> 2. 46-60 minutes per session <br> 3. 30-45 minutes per session <br> 4. Less than 30 minutes per session (please specify) |
| ACTIVITY 2 | 1. More than 6 sessions (specify number) <br> 2. 6 sessions <br> 3. Less than 6 sessions (specify number) <br> 98. Don't Know/ Can't remember <br> 97. Did not participate in this activity in the last 6 months | 1. More than 60 minutes per session (please specify) <br> 2. 46-60 minutes per session <br> 3. 30-45 minutes per session <br> 4. Less than 30 minutes per session (please specify) |
| ACTIVITY 3 | 1. More than 6 sessions (specify number) <br> 2. 6 sessions <br> 3. Less than 6 sessions (specify number) <br> 98. Don't Know/ Can't remember <br> 97. Did not participate in this activity in the last 6 months | 1.More than 60 minutes per session (please specify) <br> 2.46-60 minutes per session <br> 3.30-45 minutes per session <br> 4. Less than 30 minutes per session (please specify) |

NOTE: ALLOW FOR A THREE-DIGIT RESPONSE; ALLOW FOR A RANGE FROM 1-999
Expectations \& Intentions for Future Physical Activity
Q9. Over the next 12 months, do you expect your current level of physical activity for sport, exercise or recreation will increase, decrease or stay the same? SR

1. Increase
2. Decrease
3. Stay the same

Q10. What are the most important factors that have allowed you to participate in physical activities for sport, exercise or recreation over the last 12 months? MR ROTATE

1. Availability of activities that suited my physical capabilities (Please specify)
2. Affordable options became available
3. Better knowledge of facilities/sites/services/activities/clubs/organisations available
4. Flexible options became available
5. Having childcare/babysitter to support
6. Had help with caring commitments (not parenting)
7. Having a car
8. Better public transport
9. Becoming more interested/motivated (Please specify)
10. Changing my work patterns (Please specify)
11. Facilities/sites/services/activities/clubs/organisations became available near me
12. Made the time (please specify what you mean exactly)
13. Recovered from temporary illness/injury
14. Walkable/ cycle-able streets/roads (Please specify e.g. landscaping elements such as trees and shade, traffic flow, ease of street crossings, continuity of footpath, grid vs. cul-de-sac streets, topography/hills)
15. Meeting with friends / socialise
16. Medical Advice
17. Other (please specify)
18. Don't know

## POTENTIAL FUTURE ACTIVITIES

## NON-PARTICIPANTS

Q11. If there were no constraints to you participating in physical activities for sport, exercise or recreation what kinds of activities would you like to participate in? MR - ROTATE

## LESS FREQUENT PARTICIPANTS

Q11. In the last 12 months, which activities did you participate in for sport, exercise or recreation? MR

- ROTATE

1. Athletics (track and field)
2. Australian Rules Football
3. Baseball
4. Basketball
5. Boxing
6. Bowls
7. Bushwalking
8. Console-based/guided physical activities (e.g. Nintendo Wii Fit, Sony PlayStation Move, Xbox Kinect)
9. Indoor cricket
10. Outdoor cricket
11. On-road cycling
12. Mountain-biking
13. BMX
14. Leisure cycling (e.g. hybrid bike on bike paths)
15. Dance
16. Dancesport
17. Football/soccer - indoor
18. Football/soccer - outdoor
19. Gridiron/American Football,
20. Oztag Football
21. Golf
22. Fitness classes/aerobics/Zumba (please specify)
23. Gym - free weights
24. Gym - cardio
25. Gym - weight machines
26. Gymnastics
27. Horse riding/equestrian
28. Hockey
29. Ice/snow sports
30. Kayaking/ canoeing
31. Martial arts
32. Motorsports - motocross
33. Motorsports - speedway
34. Motorsports - dirt track
35. Motorsports - enduro-riding
36. Motorsports - recreational trail bike riding
37. Motorsports - freestyle
38. Motorsports - minikhana
39. Motorsports - karting
40. Motorsports - quad bike riding/all-terrain vehicles
41. Netball
42. Orienteering/rogaining
43. Rock climbing
44. Rowing
45. Rugby league
46. Rugby union
47. Running/jogging
48. Sailing
49. Scooter riding
50. Shooting sports
51. Skateboarding
52. Squash
53. Scuba / snorkelling
54. Surfing
55. Swimming
56. Ten Pin Bowling
57. Tennis
58. Touch football
59. Triathlon
60. Volleyball
61. Walking - for exercise
62. Walking - for transport
63. Walking - dog
64. Weight Training
65. Yoga/Pilates
66. Abseiling
67. Artificial/indoor rock climbing
68. Challenge Ropes Courses
69. Recreational angling/fishing
70. Recreational caving
71. River Rafting
72. Other (Please specify)

## BARRIERS

## IF Q1=2 ASK Q14.

Q14. What are the main reasons you did not participate in physical activities for sport, exercise or recreation in the last 12 months? MR ROTATE

IF Q1A = 7-98 (LESS FREQUENT PARTICIPANTS)
Q15. What are the main reasons you did not participate in physical activities for sport, exercise or recreation more frequently? MR ROTATE

1. Parenting commitments
2. Caring commitments (not parenting commitments)
3. Work commitments
4. Disability (please specify)
5. No car or poor public transport
6. Don't know what facilities/ sites / services/ activities/ clubs/organisations are available
7. No facilities/ sites / services/ activities/ clubs/organisations available near me
8. Lack of time (e.g. work, study, family)
9. Lack of flexible options (e.g. drop-in, drop-out activities with no weekly commitment, arrive, pay to participate, placed into team or activity)
10. Illness/ injury (ongoing)
11. Illness/ injury (temporary)
12. Not interested/ motivated (Please specify: Why aren't you interested/ motivated?)
13. Streets/roads are not walkable/easy or safe to cycle (e.g. traffic flow, landscaping elements such as trees and shade, traffic flow, ease of street crossings, continuity of footpath, grid vs. cul-de-sac streets, topography/hills)
14. Too expensive
15. Other (Please specify :)
16. Don't know

## EXPECTATIONS \& INTENTIONS FOR FUTURE PHYSICAL ACTIVITY

Q16. Over the next 12 months, do you expect your current level of physical activity for sport, exercise or recreation will increase, decrease or stay the same? SR

1. Increase
2. Decrease
3. Stay the same

Q17. What things would need to happen for you to be able to participate in physical activities for sport, exercise or recreation more frequently? MR ROTATE

1. Availability of activities that suit my physical capabilities (Please specify)
2. Affordable options become available
3. Better knowledge of facilities/sites/services/activities/clubs/organisations available
4. Flexible options become available
5. Having childcare/babysitter to support
6. Help with caring commitments (not parenting)
7. Having a car
8. Access to/Better public transport
9. Becoming more interested/motivated (Please specify)
10. Changing my work patterns (Please specify)
11. Facilities/sites/services/activities/clubs/organisations become available near me
12. Making the time (please specify what you mean exactly)
13. Recovering from temporary illness/injury
14. Walkable/ cycle-able streets/roads (Please specify e.g. traffic flow, landscaping elements such as trees and shade, traffic flow, ease of street crossings, continuity of footpath, grid vs. cul-de-sac streets, topography/hills)
15. Other (please specify)
16. Don't know

ASK ALL:
Q17A. Are you more likely to participate in sport, exercise or recreation activities as a result of watching any of the following events:

|  | Yes | No | I haven't watched <br> anything about these <br> events |
| :--- | :---: | :---: | :---: |
| Olympic Games |  |  |  |
| Commonwealth Games |  |  |  |

## DEMOGRAPHICS

## Q18. EMPLOYMENTSTATUS

Q18. What is your current employment status? SR

1. Employed, working full time, more than 35 hours a week
2. Employed, working part time, less than 35 hours a week
3. Self employed
4. Unemployed, looking for full time work, more than 35 hours a week
5. Unemployed, looking for part time work, less than 35 hours a week
6. Not employed, and not looking for work
7. Student
8. Pension, beneficiary or welfare recipient
9. Retired
10. Domestic duties
11. Other - please specify

Q19. In the last 12 months have you undertaken any volunteering? SR
Volunteering is defined as willingly giving unpaid help in the form of time, service or skills, through an organisation or group but may involve payment of costs like out-of-pocket expenses. This does not include any volunteering required for work, e.g. work for the dole, or required as part of study commitments

1. Yes
2. No

## IF Q19 = 1 ASK Q20

IF Q19 = 2 SKIP TO Q21
Q20. What kinds of organisations did you volunteer for in the last 12 months? MR - ROTATE

1. Animal welfare
2. Arts/Heritage
3. Business/Professional/Union
4. Community / Welfare
5. Education and training
6. Emergency services
7. Environment
8. Health
9. Parenting, children and youth
10. Religious
11. Sport and active recreation (Please specify activity) $\qquad$
12. Other (Please specify) $\qquad$
13. Don't Remember

Q21 ATSI
Q21. Are you of Aboriginal or Torres Strait Island origin? SR

1. No
2. Yes, Aboriginal
3. Yes, Torres Strait Islander
4. Yes, both Aboriginal and Torres Strait Islander
5. I prefer not to answer

Q22 ENGLISH
Q22. Do you speak a language, other than English at home? SR

1. Yes (Please Specify:)
2. No, English only

Q23. Do you identify as having a disability?

1. Yes
2. No
3. I prefer not to answer

## IF Q23= 1 GO TO Q24, OTHERWISE GO TO Q25

Q24. What kind of disability/ disabilities do you have: MR

1. Acquired brain injury
2. Autism spectrum disorder
3. Developmental delay
4. Intellectual disability
5. Physical disability
6. Psychiatric disability
7. Sensory disability
8. Other disability (Please specify)
9. I prefer not to answer

## Q25 HOUSEHOLD INCOME

Q25.What is the total of all wages, salaries, Government benefits, pensions, allowances and other income that YOUR HOUSEHOLD usually receives before tax and superannuation deductions?

1. $\$ 1-\$ 149$ per week ( $\$ 1-\$ 7,799$ per year)
2. \$150-\$249 per week ( $\$ 7,800-\$ 12,999$ per year)
3. \$250-\$399 per week (\$13,000-\$20,799 per year)
4. \$400-\$599 per week (\$20,800-\$31,199 per year)
5. \$600-\$799 per week (\$31,200-\$41,599 per year)
6. $\$ 800-\$ 999$ per week ( $\$ 41,600-\$ 51,999$ per year)
7. $\$ 1,000-\$ 1,299$ per week ( $\$ 52,000-\$ 67,599$ per year)
8. $\$ 1,300-\$ 1,599$ per week ( $\$ 67,600-\$ 83,199$ per year)
9. \$1,600-\$1,999 per week (\$83,200-\$103,999 per year)
10. $\$ 2,000$ or more per week ( $\$ 104,000$ or more per year)
11. No income
12. Negative income
13. I prefer not to answer

## 9. Appendix C: Comparing QSERSA Results to ABS

At the request of the Department, a comparison of the results from the QSERSA Survey in 2015 versus the Queensland and National results from the Australian Bureau of Statistics Survey of Participation in Sport and Physical Recreation, Australia, 2013-14 (4177.0) is shown below.

As a note, the ABS Survey included persons aged 15-17 years whereas the QSERSA survey did not. Therefore the results below should be interpreted with caution.

The comparison shows that the incidence of participation in Sport and Recreation in the QSERSA Survey is significantly higher than that measured via the ABS Survey.

Figure 20 QSERSA Survey compared to ABS Survey of Participation in Sport and Physical Recreation Australia, 2013-14 (4177.0)

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■QSERA Survey (QLD) ■ABS Survey (QLD) ■ABS Survey (National)
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[^0]:    ${ }^{1}$ Sub-activities of walking, gym and motorsports are counted as one activity each.

[^1]:    Significantly higher than the result at a total level (statistically significant @ 95\% confidence interval) Significantly lower than the result at a total level (statistically significant @ 95\% confidence interval)
    Less than $n=30$ responses obtained to this question or response option - results are indicative and should be interpreted with caution.

[^2]:    ${ }^{2}$ Note small sample size (results are indicative only).

[^3]:    ${ }^{3}$ Note small sample size (results are indicative only).
    ${ }^{4}$ Note small sample size (results are indicative only).
    ${ }^{5}$ Note small sample size (results are indicative only).

[^4]:    Q4. In the last 12 months, where did you participate in <INSERT ACTIVITY FROM Q3 OR Q1B IF THREE OR FEWER ACTIVITIES CHOSEN >? This may be a certain place, facility or space, such as an indoor centre, national park, public park or sporting ground. MR (Base: High and moderate frequency participants $n=5,308$ ).

    * Note: Responses less than 3\% are accumulated as 'other'.

[^5]:    ${ }^{6}$ It is assumed these location responses are associated with training for gridiron/American football.

[^6]:    Q5. Thinking about <INSERT ACTIVITY FROM Q3 OR Q1B IF THREE OR FEWER ACTIVITIES
    CHOSEN> on average how far did you have to travel to the location where you participated in this activity? I'm looking for an idea of distance in terms of kilometres. SR. DO NOT READ. (Base: High frequency participants $n=4,516$ )

    * Note that any physical activities whereby less than $n=30$ respondents indicated participating in are included in the figure above.

[^7]:    ${ }^{7}$ Includes combined response options 'I did not need to travel - I did activity at home/ I used gym or pool in my building/complex' and 'I did not have to travel as the journey is the activity (i.e. walking, cycling, skateboarding, etc.). Please see topline report for detailed breakdown of results.
    ${ }^{8}$ Includes combined response options 'Less than 1 km ', ' 1 km to less than 2 km ', ' 2 km to less than 5 km ' and ' 5 km to less than 10 km '. Please see topline report for detailed breakdown of results.
    ${ }^{9}$ Includes combined response options ' 10 km to less than 20 km ', ' 20 km to less than 50 km ' and ' 50 km or more'. Please see topline report for detailed breakdown of results.

[^8]:    Q6. Was <INSERT ACTIVITY FROM Q3 OR Q1B IF THREE OR FEWER ACTIVITIES CHOSEN> organised by a club, association or other organisation? SR (Base: High and medium frequency participants $n=5,308)$. * Note: Percentages add up to more than $100 \%$ as survey respondents may have participated in more than one activity).

[^9]:    Significantly higher than the result at a total level (statistically significant @ 95\% confidence interval) Significantly lower than the result at a total level (statistically significant @ 95\% confidence interval)

[^10]:    Q6A. Which of the following best describes the organiser of <INSERT ACTIVITIES WITH A 1 OR 2 RESPONSE IN Q6>? SR, READ. (Base: All high and moderate frequency participants $n=5,308$ )

