



# Department of National Parks, Sport and Racing.

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

### Research Report.

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2015  
Survey

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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 Queensland 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

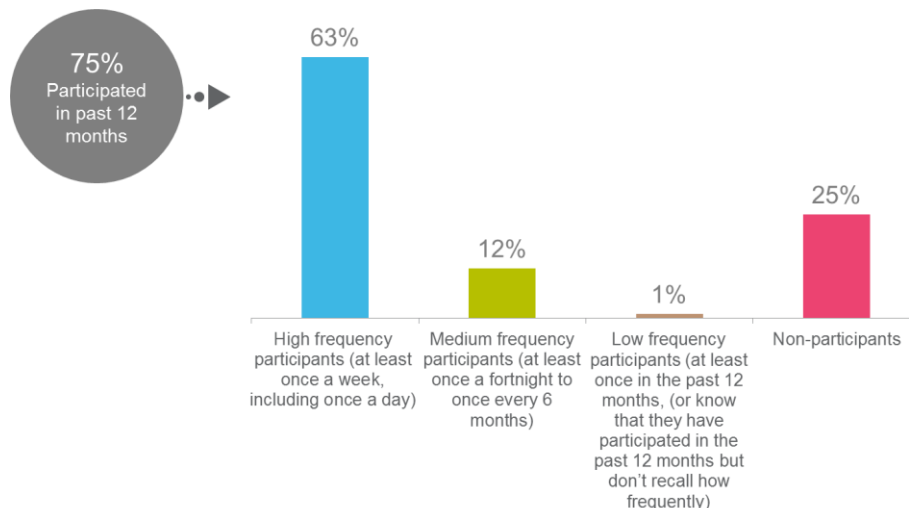
### Participation rates in sports, exercise and recreation

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.

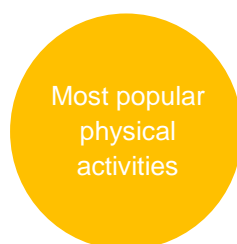
- Almost two-thirds (63%) of all Queenslanders surveyed could be described as **high frequency participants**, that is, they participate in physical activity once a week or more often. This includes twenty-one per cent (21%) who report they undertake physical activity at least once a day.
- Just over 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%)

Physical activities participated in most often/frequently

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%)

Number of physical activities participated in

On average, they participate in two to three physical activities<sup>1</sup>.

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

Role in physical activity

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.

Location of physical activity

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.

Distance travelled to participate

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

Involvement with an organisation

- 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%).

<sup>1</sup> Sub-activities of walking, gym and motorsports are counted as one activity each.





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

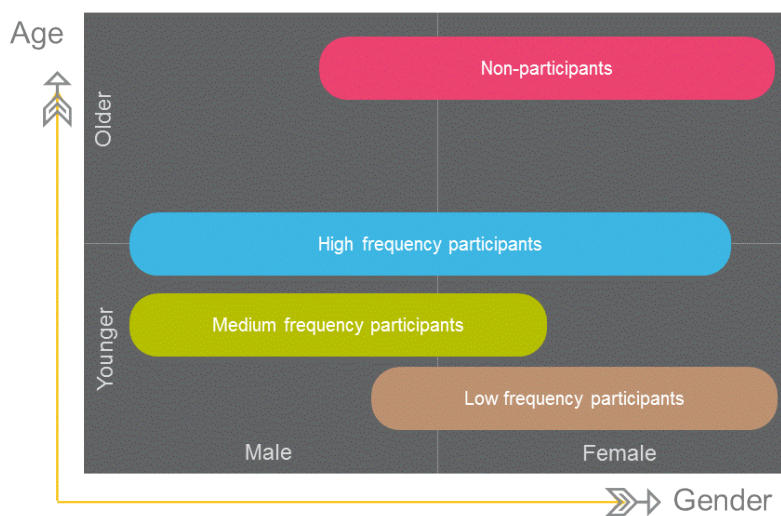
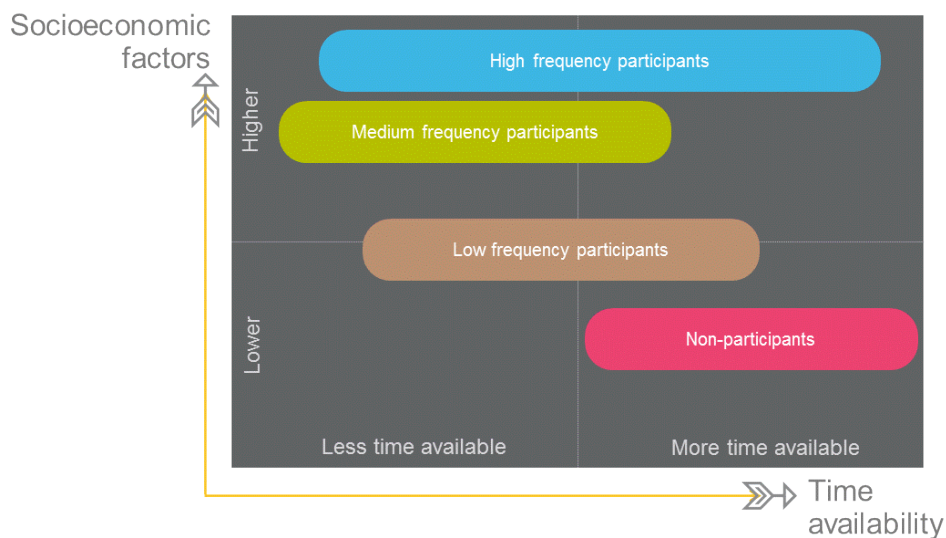


Figure 3 below summarises how participation rates tend to vary according to socioeconomic and time availability factors.

Figure 3: Participation Rates According to Socioeconomic 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 Queensland 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

South-East Queensland												
	Toowoomba	Sunshine Coast	Moreton Bay North	Moreton Bay South	Ipswich	Logan	Gold Coast	Brisbane - North	Brisbane - West	Brisbane Inner City	Brisbane - South	Brisbane - East
Online	100	1600 (combination of above, with at least n=30 per location)										
CATI	200	2410 (combination of the above mentioned, with at least n=100 each location)										
Total	300	4010 (combination of above, meeting minimum quotas specified)										
Other Queensland												
	Cairns	Townsville	Mackay	Fitzroy	Wide Bay	QLD Outback	Darling Downs					
Online	160	150	60	80	200	0	50					
CATI	300	290	290	380	420	150	360					
Total	460	440	350	460	620	150	410					

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 (n=)	Unweighted % of sample	Characteristic	Number of respondents (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%
- <i>Top languages:</i>			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 CATI questionnaire can be seen in Appendix A.

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 National Parks, Sport and Racing)
ABS	Australian Bureau of Statistics
LGA	Local Government Area
SR	Single Response
MR	Multiple Response
ATSI	Aboriginal or Torres Strait Islander
LOTE	Language Other Than English
High frequency participants	Has participated in physical activities for sport, exercise or recreation at least once a week (including once a day) over the past 12 months
Moderate frequency participants	Has participated in physical activities for sport, exercise or recreation at least once a fortnight to once every 6 months
Less frequent participants	Has participated in physical activities for sport, exercise or recreation at least once in the past 12 months (or know that they have participated in the past 12 months but don't recall how frequently)
Non participants	Has <u>not</u> participated in physical activities for sport, exercise or 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/Romana
	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	Pompuraaw		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.

	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.

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%<sup>a</sup> 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 (81%<sup>b</sup>) and 30-44 year olds (81%<sup>c</sup>) 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 (65%<sup>d</sup>).

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

	All	Age			
	TOTAL	18-29 years	30-44 years	45-59 years	60 years plus
Sample size (unweighted) n=	7208	759	1997	2576	1876
Yes, I have participated in physical activities in the past 12 months	75% <sup>a</sup>	81% <sup>b</sup>	81% <sup>c</sup>	74%	65% <sup>d</sup>
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.

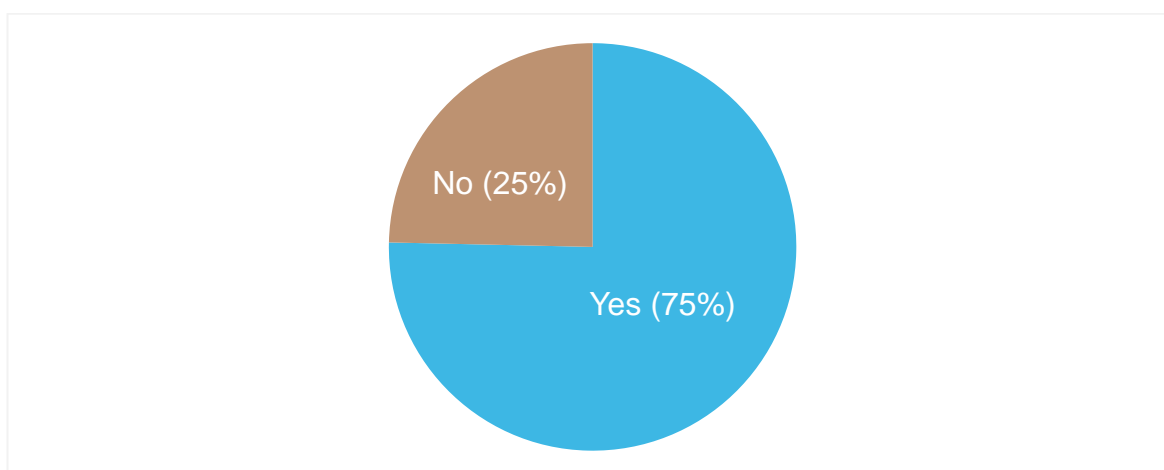
# 4. Findings

## 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							Age				Gender	
	TOTAL	Brisbane	Central	Far North	North Coast	Northern	South East	South West	18-29 years	30-44 years	45-59 years	60 years plus	Male	Female
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)

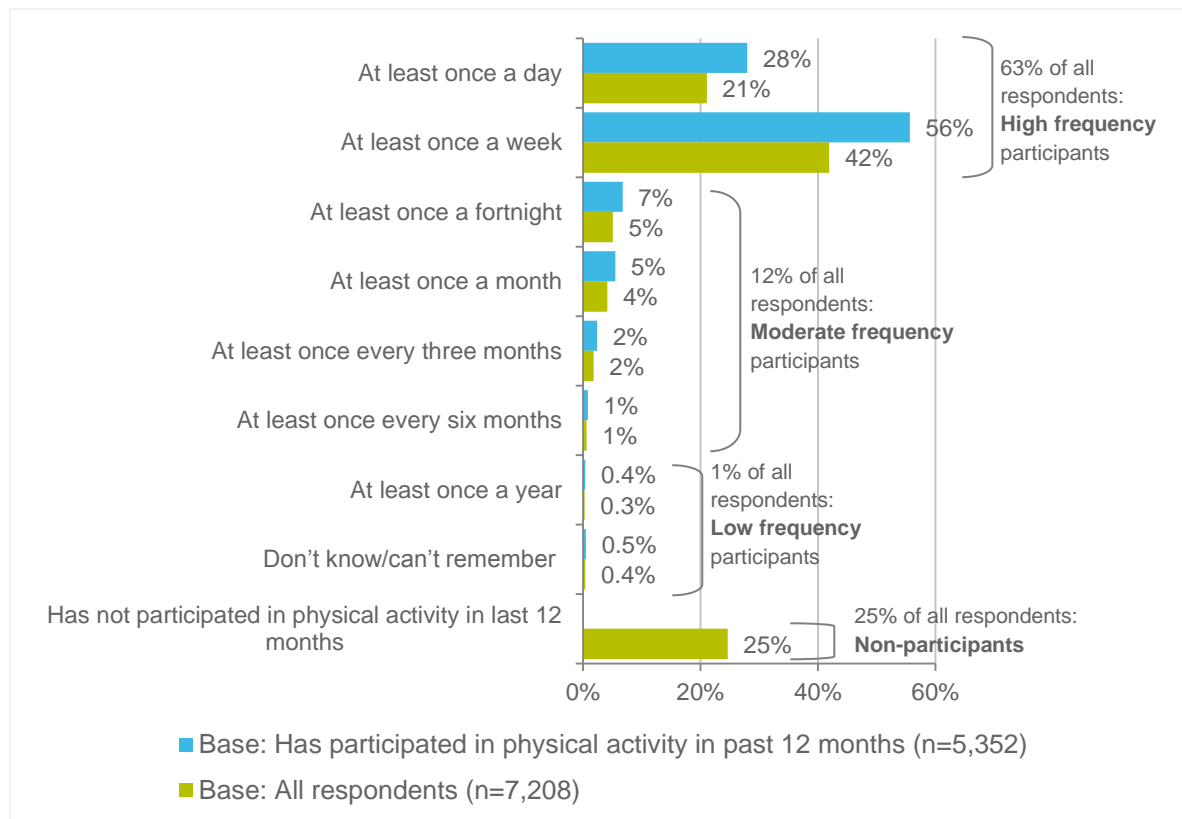
	Significantly higher than the result at a total level (statistically significant @ 95% confidence interval)
	Significantly lower than the result at a total level (statistically significant @ 95% confidence interval)

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	
	TOTAL	Brisbane	Central	Far North	North Coast	Northern	South East	South West	18-29 years	30-44 years	45-59 years	60 years plus	Male	Female
Sample size (unweighted) n=	7208	1534	994	518	1272	858	904	1128	759	1997	2576	1876	2808	4400
<b>Frequency of participation (summary)</b>														
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-participants (has not participated in physical activity in past 12 months)	25%	20%	29%	18%	26%	21%	29%	26%	19%	19%	26%	35%	23%	26%
<b>Frequency of participation (detailed)</b>														
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 (n=4,516)	Moderate frequency participants (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%
<i>Gym - cardio</i>	22%	11%
<i>Gym - free weights</i>	21%	7%
<i>Gym - weight machines</i>	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%
<i>Motorsports - dirt track</i>	0%	0%
<i>Motorsports – enduro riding</i>	0%	1%
<i>Motorsports - freestyle</i>	0%	1%
<i>Motorsports - karting</i>	0%	1%
<i>Motorsports - minikhana</i>	0%	0%
<i>Motorsports - motocross</i>	0%	1%
<i>Motorsports - quad bike riding/all-terrain vehicles</i>	0%	1%
<i>Motorsports - recreational trail bike riding</i>	0%	1%
<i>Motorsports - speedway</i>	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 participants (n=4,516)	Moderate frequency 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 sub-groups 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							Age				Gender	
	TOTAL	Brisbane	Central	Far North	North Coast	Northern	South East	South West	18-29 years	30-44 years	45-59 years	60 years plus	Male	Female
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/Zumba (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	
	TOTAL	Brisbane	Central	Far North	North Coast	Northern	South East	South West	18-29 years	30-44 years	45-59 years	60 years plus	Male	Female
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%
<i>Motorsports - dirt track</i>	0%	0%	0%	1%	0%	0%	1%	0%	1%	0%	0%	0%	1%	0%
<i>Motorsports – enduro riding</i>	0%	0%	0%	0%	0%	1%	0%	0%	0%	0%	0%	0%	0%	0%
<i>Motorsports - freestyle</i>	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%
<i>Motorsports - karting</i>	0%	0%	1%	0%	0%	0%	0%	0%	0%	1%	0%	0%	0%	0%
<i>Motorsports - minikhana</i>	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%
<i>Motorsports - motocross</i>	0%	0%	0%	0%	0%	0%	0%	1%	0%	0%	0%	0%	0%	0%
<i>Motorsports - quad bike riding/all-terrain vehicles</i>	0%	0%	0%	0%	0%	1%	1%	0%	0%	1%	1%	0%	0%	0%
<i>Motorsports - recreational trail bike riding</i>	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%
<i>Motorsports - speedway</i>	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	
	TOTAL	Brisbane	Central	Far North	North Coast	Northern	South East	South West	18-29 years	30-44 years	45-59 years	60 years plus	Male	Female
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)

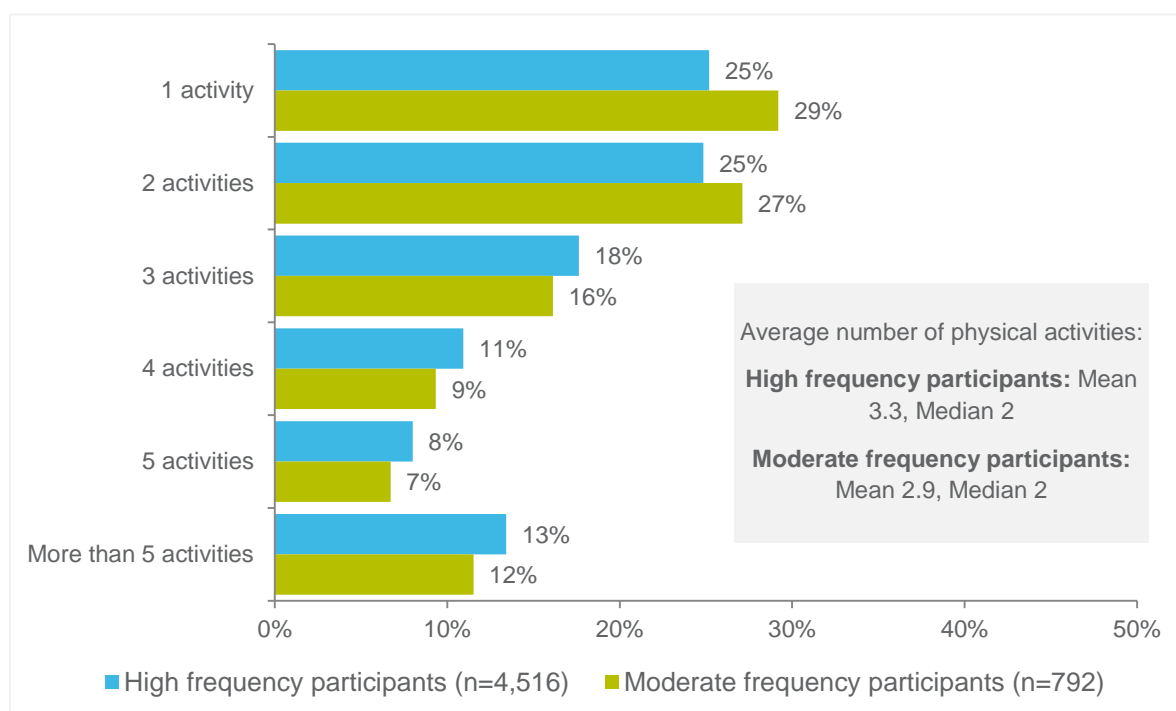
### 4.3. Number of Physical Activities Participated In

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	
	TOTAL	Brisbane	Central	Far North	North Coast	Northern	South East	South West	18-29 years	30-44 years	45-59 years	60 years plus	Male	Female
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)

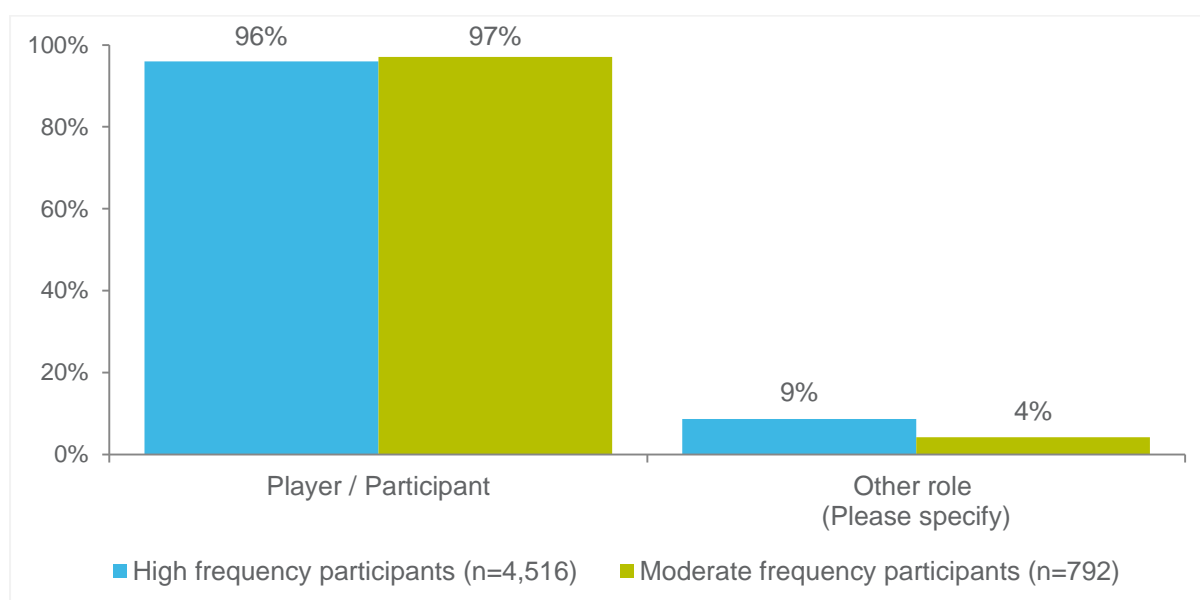
\* Note that 'other (specify)' responses are included in this calculation.

## 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 Sub-Groups)

	All	Region							Age				Gender	
	TOTAL	Brisbane	Central	Far North	North Coast	Northern	South East	South West	18-29 years	30-44 years	45-59 years	60 years plus	Male	Female
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

<span style="color: #0070C0;">■</span>	Significantly higher than the result at a total level (statistically significant @ 95% confidence interval)
<span style="color: #FFC000;">■</span>	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 in 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%
<i>Gym - free weights</i>	100%	1%	100%	0%
<i>Gym - cardio</i>	99%	1%	99%	1%
<i>Gym - weight machines</i>	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%
<i>Motorsports - dirt track</i>	95%	5%	100%	0%
<i>Motorsports – enduro riding</i>	100%	0%	100%	0%
<i>Motorsports - freestyle</i>	100%	0%	100%	0%
<i>Motorsports - karting</i>	100%	0%	100%	0%
<i>Motorsports - minikhana</i>	100%	0%	-	-
<i>Motorsports - motocross</i>	95%	5%	84%	22%
<i>Motorsports - quad bike riding/all-terrain vehicles</i>	95%	11%	100%	0%
<i>Motorsports - recreational trail bike riding</i>	100%	0%	80%	20%
<i>Motorsports - speedway</i>	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%)<sup>2</sup>
- Rugby union (24%)

<sup>2</sup> Note small sample size (results are indicative only).

- Abseiling (23%)<sup>3</sup>
- 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%)<sup>4</sup>
- 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%)<sup>5</sup>
- 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.

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<sup>3</sup> Note small sample size (results are indicative only).

<sup>4</sup> Note small sample size (results are indicative only).

<sup>5</sup> Note small sample size (results are indicative only).

## 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 (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 participants (n=4,516)	Moderate frequency participants (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%), on-road 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)

Base: High frequency participants	All	Region							Age				Gender	
	TOTAL	Brisbane	Central	Far North	North Coast	Northern	South East	South West	18-29 years	30-44 years	45-59 years	60 years plus	Male	Female
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 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 classes/aerobics/Zumba (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	
	TOTAL	Brisbane	Central	Far North	North Coast	Northern	South East	South West	18-29 years	30-44 years	45-59 years	60 years plus	Male	Female
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	
	TOTAL	Brisbane	Central	Far North	North Coast	Northern	South East	South West	18-29 years	30-44 years	45-59 years	60 years plus	Male	Female
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)

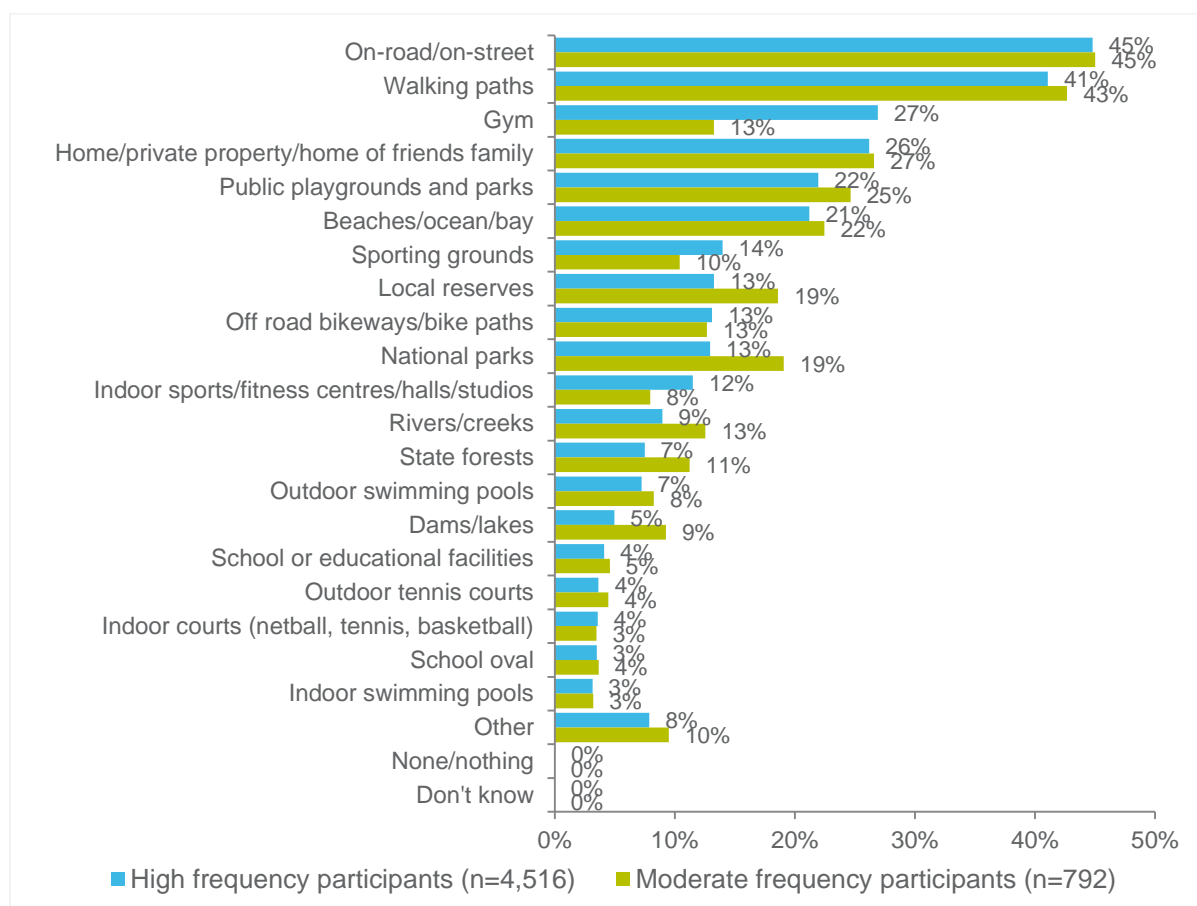
## 4.6. Location of Physical Activity

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)



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'.

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	
	TOTAL	Brisbane	Central	Far North	North Coast	Northern	South East	South West	18-29 years	30-44 years	45-59 years	60 years plus	Male	Female
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	
	TOTAL	Brisbane	Central	Far North	North Coast	Northern	South East	South West	18-29 years	30-44 years	45-59 years	60 years plus	Male	Female
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'.

<span style="background-color: #ADD8E6; border: 1px solid black; display: inline-block; width: 15px; height: 10px;"></span> Significantly higher than the result at a total level (statistically significant @ 95% confidence interval)
<span style="background-color: #FFD700; border: 1px solid black; display: inline-block; width: 15px; height: 10px;"></span> 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%) <sup>6</sup>
Any gym activity	Gym (81%)	Home/private property/home of friends or family (27%)
<i>Gym - cardio</i>	<i>Gym (81%)</i>	<i>Home/private property/home of friends or family (22%)</i>
<i>Gym - free weights</i>	<i>Gym (81%)</i>	<i>Home/private property/home of friends or family (26%)</i>
<i>Gym - weight machines</i>	<i>Gym (91%)</i>	<i>Home/private property/home of friends or family (14%)</i>
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%)
<i>Motorsports - dirt track</i>	<i>State forests (43%)</i>	<i>Home/private property/home of friends or family (23%)</i>
<i>Motorsports – enduro riding</i>	<i>State forests (59%)</i>	<i>Off road bikeways/bike paths (41%)</i>
<i>Motorsports - freestyle</i>	<i>On-road/on-street (100%)</i>	<i>N/A</i>
<i>Motorsports - karting</i>	<i>-</i>	<i>-</i>
<i>Motorsports - minikhana</i>	<i>-</i>	<i>-</i>
<i>Motorsports - motocross</i>	<i>Off-road bikeways/bike paths (53%)</i>	<i>State forests (38%)</i>
<i>Motorsports - quad bike riding/all-terrain vehicles</i>	<i>Home/private property/home of friends or family (71%)</i>	<i>Off-road bikeways/bike paths (29%)</i>
<i>Motorsports - recreational trail bike riding</i>	<i>National parks (100%)</i>	<i>State Forests (100%)/home/private property/home of friends or family (100%)</i>

<sup>6</sup> It is assumed these location responses are associated with training for gridiron/American football.

	Top location	Second top location
<i>Motorsports - speedway</i>	-	-
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%)
<i>Walking - dog</i>	<i>Walking paths (57%)</i>	<i>On-road/on-street (56%)</i>
<i>Walking - for exercise</i>	<i>Walking paths (60%)</i>	<i>On-road/on-street (55%)</i>
<i>Walking - for transport</i>	<i>On-road/on-street (72%)</i>	<i>Walking paths (52%)</i>
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.

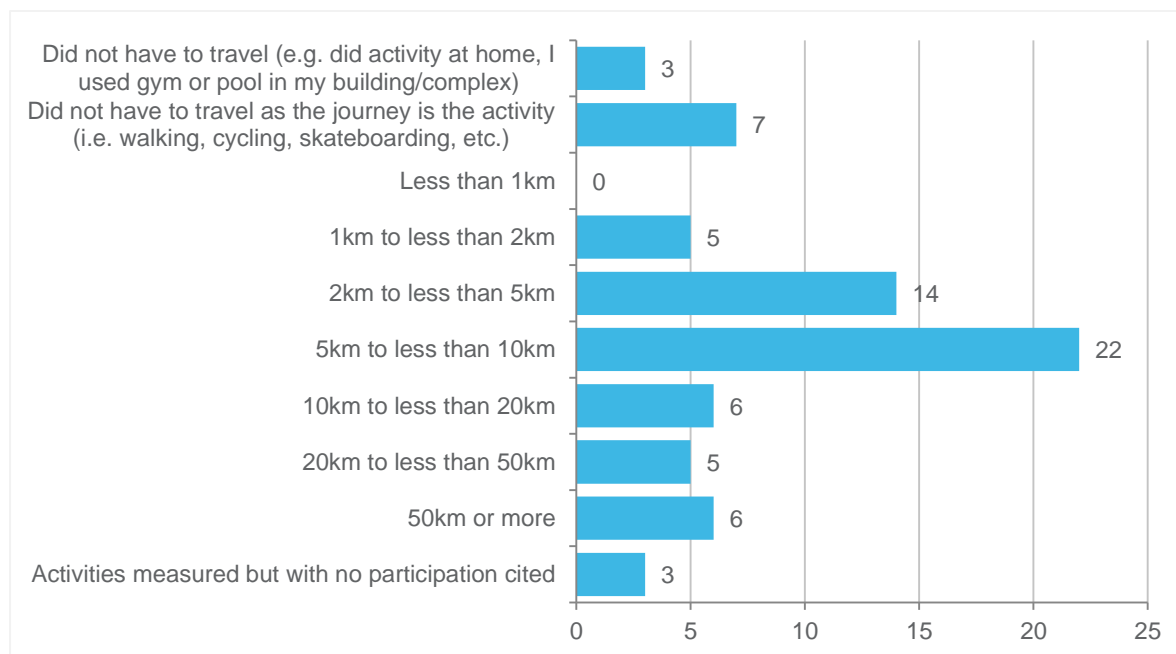
## 4.7. Distance Travelled to Participate in Physical Activity

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 5km to less than 10km, if not, slightly less (2km to 5km).

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)



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.

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 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 <sup>7</sup>	Less than 10km <sup>8</sup>	10km or more <sup>9</sup>
Abseiling	50km or more	0%	0%	100%
Artificial/indoor rock climbing	10km to less than 20km	0%	26%	74%
Athletics (track and field)	1km to less than 2km	8%	78%	14%
Australian rules football	5km to less than 10km	2%	61%	37%
Baseball	1km to less than 2km	0%	76%	24%
Basketball	5km to less than 10km	3%	60%	37%
BMX	1km to less than 2km	26%	55%	18%
Bowls	2km to less than 5km	3%	70%	27%
Boxing	1km to less than 2km	20%	66%	14%
Bushwalking	10km to less than 20km	9%	32%	59%
Challenge ropes courses	5km to less than 10km	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	5km to less than 10km	6%	50%	44%
Cricket - outdoor	5km to less than 10km	7%	57%	36%
Dance	5km to less than 10km	20%	49%	31%
Dancesport	2km to less than 5km	7%	63%	29%
Fitness classes/aerobics/Zumba (please specify)	2km to less than 5km	11%	67%	22%
Football/soccer - indoor	5km to less than 10km	0%	63%	37%
Football/soccer - outdoor	5km to less than 10km	2%	57%	40%
Golf	5km to less than 10km	0%	58%	42%
Gridiron/American football	10km to less than 20km	0%	25%	75%
Gym - cardio	2km to less than 5km	17%	73%	11%
Gym - free weights	1km to less than 2km	18%	73%	10%
Gym - weight machines	2km to less than 5km	9%	79%	12%
Gymnastics	5km to less than 10km	0%	63%	37%
Hockey	10km to less than 20km	0%	47%	53%
Horse riding/equestrian	2km to less than 5km	32%	22%	47%
Ice/snow sports	2km to less than 5km	0%	70%	30%

<sup>7</sup> 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.

<sup>8</sup> Includes combined response options 'Less than 1km', '1km to less than 2km', '2km to less than 5km' and '5km to less than 10km'. Please see topline report for detailed breakdown of results.

<sup>9</sup> Includes combined response options '10km to less than 20km', '20km to less than 50km' and '50km or more'. Please see topline report for detailed breakdown of results.

Physical Activities (in alphabetical order)	Average distance (median)	Did not have to travel <sup>7</sup>	Less than 10km <sup>8</sup>	10km or more <sup>9</sup>
Kayaking/canoeing	5km to less than 10km	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	2km to less than 5km	4%	70%	26%
Motorsports - dirt track	20km to less than 50km	0%	14%	86%
Motorsports - enduro riding	20km to less than 50km	0%	41%	59%
Motorsports - freestyle	10km to less than 20km	31%	0%	69%
Motorsports - karting	-	-	-	-
Motorsports - minikhana	-	-	-	-
Motorsports - motocross	50km or more	0%	0%	100%
Motorsports - quad bike riding/all-terrain vehicles	Did not have to travel (did it at home)	71%	29%	0%
Motorsports - recreational trail bike riding	50km or more	0%	0%	100%
Motorsports - speedway	5km to less than 10km	18%	46%	36%
Mountain biking	5km to less than 10km	17%	53%	30%
Netball	5km 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	5km to less than 10km	0%	52%	48%
Oztag football	5km to less than 10km	6%	67%	27%
Recreational angling/fishing	20km to less than 50km	3%	22%	75%
Recreational caving	50km or more	0%	0%	100%
River rafting	-	-	-	-
Rock climbing	20km to less than 50km	0%	34%	66%
Rowing	5km to less than 10km	2%	52%	46%
Rugby league	2km to less than 5km	1%	72%	27%
Rugby union	5km to less than 10km	2%	61%	37%
Running/jogging	Did not have to travel as the journey is the activity	64%	31%	5%
Sailing	5km to less than 10km	15%	45%	40%
Scooter riding	2km to less than 5km	20%	58%	22%
Scuba/snorkelling	50km 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	2km to less than 5km	4%	71%	25%
Surfing	10km to less than 20km	5%	44%	51%
Swimming	2km to less than 5km	27%	56%	16%
Ten pin bowling	5km to less than 10km	0%	75%	25%
Tennis	2km to less than 5km	3%	80%	17%
Touch football	5km to less than 10km	0%	68%	32%
Triathlon	50km or more	0%	0%	100%
Volleyball	5km to less than 10km	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	2km to less than 5km	27%	60%	13%
Other (Please specify)	2km to less than 5km	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

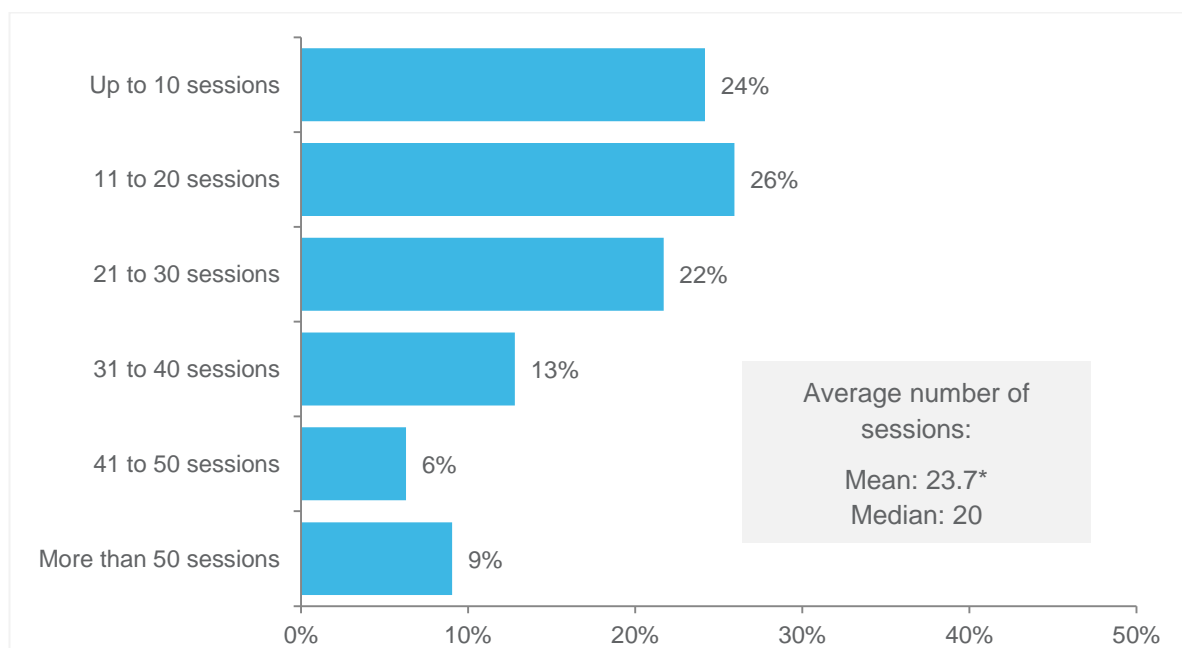
### Extent of physical activities participated in over past month

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)

Base: High frequency respondents	All	Region							Age				Gender	
	TOTAL	Brisbane	Central	Far North	North Coast	Northern	South East	South West	18-29 years	30-44 years	45-59 years	60 years plus	Male	Female
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.

<span style="background-color: #ADD8E6; border: 1px solid black; display: inline-block; width: 15px; height: 10px;"></span> Significantly higher than the result at a total level (statistically significant @ 95% confidence interval)
<span style="background-color: #FFD700; border: 1px solid black; display: inline-block; width: 15px; height: 10px;"></span> 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 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 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 minutes per session	30 - 45 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 60 minutes per session (in minutes)	46 - 60 minutes per session	30 - 45 minutes per session	Less than 30 minutes per session (in minutes)
Squash	24%	53%	19%	0%
Surfing	81%	12%	7%	0%
Swimming	9%	38%	44%	9%
Ten pin bowling	74%	19%	7%	0%
Tennis	58%	33%	9%	0%
Touch football	12%	48%	40%	0%
Triathlon	100%	0%	0%	0%
Volleyball	26%	59%	15%	0%
Walking - dog	4%	30%	53%	13%
Walking - for exercise	12%	34%	43%	10%
Walking - for transport	11%	13%	36%	39%
Weight training	6%	44%	34%	16%
Yoga/Pilates	19%	50%	21%	10%
Other (please specify)	46%	29%	16%	9%

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)

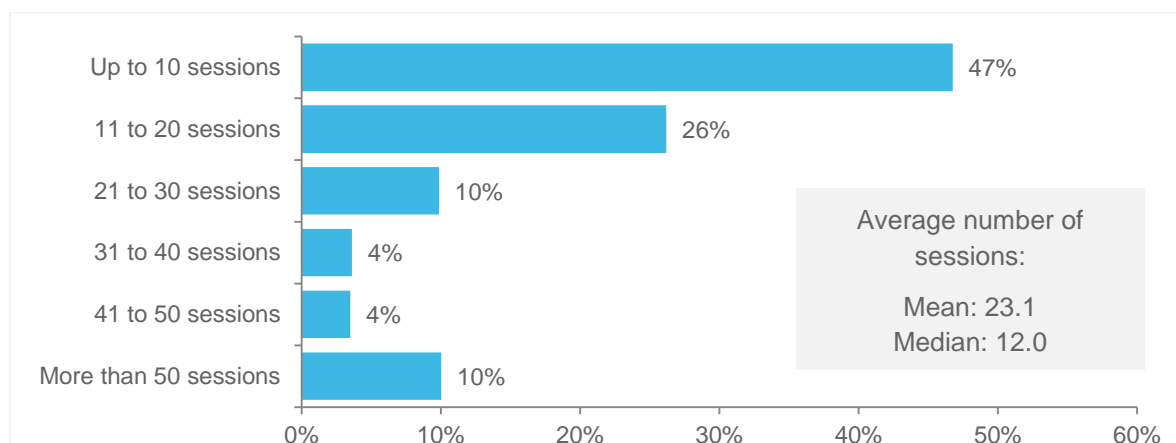
Those **high frequency participants** who indicated they had not participated in one of their top 3 activities over the past month were asked how many sessions they had participated in **over the past 6 months instead**. This may include physical activities that may be seasonal based (as the survey was 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 number of sessions (mean)	More than 12 sessions (specify number)	12 sessions	Less than 12 sessions (specify number)	Did not participate in this activity in the last month	Don't know / can't remember
Fitness classes/aerobics/Zumba (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 60 minutes per session (in minutes)	46 - 60 minutes per session	30 - 45 minutes per session	Less than 30 minutes per session (in minutes)
Bushwalking	51%	35%	14%	0%
Fitness classes/aerobics/Zumba (please specify)	3%	73%	19%	0%
Gym - cardio	10%	34%	47%	6%
Running/jogging	7%	26%	62%	5%
Swimming	10%	35%	39%	16%
Walking - for exercise	9%	30%	53%	6%
Other (please specify)	51%	28%	17%	4%

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

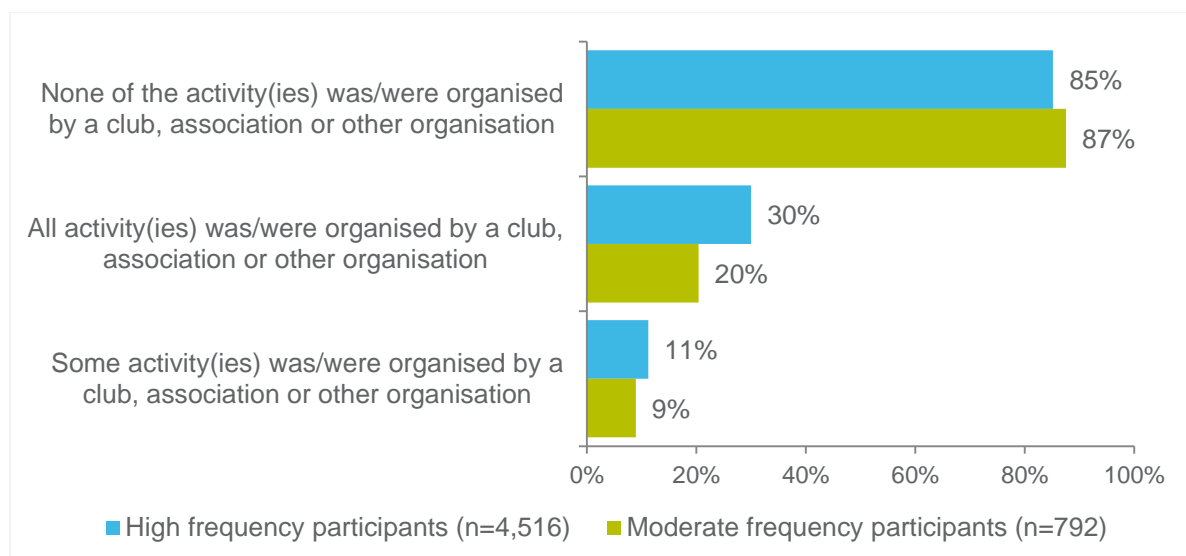
Participants were asked to indicate the extent to which their physical activities were organised by a club, association or another organisation. Figure 12 shows the proportion of **high frequency participants** who indicated they participated in at least one physical activity with:

- 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)



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).

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 Sub-Groups)

	All	Region							Age				Gender	
	TOTAL	Brisbane	Central	Far North	North Coast	Northern	South East	South West	18-29 years	30-44 years	45-59 years	60 years plus	Male	Female
High frequency participants (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.

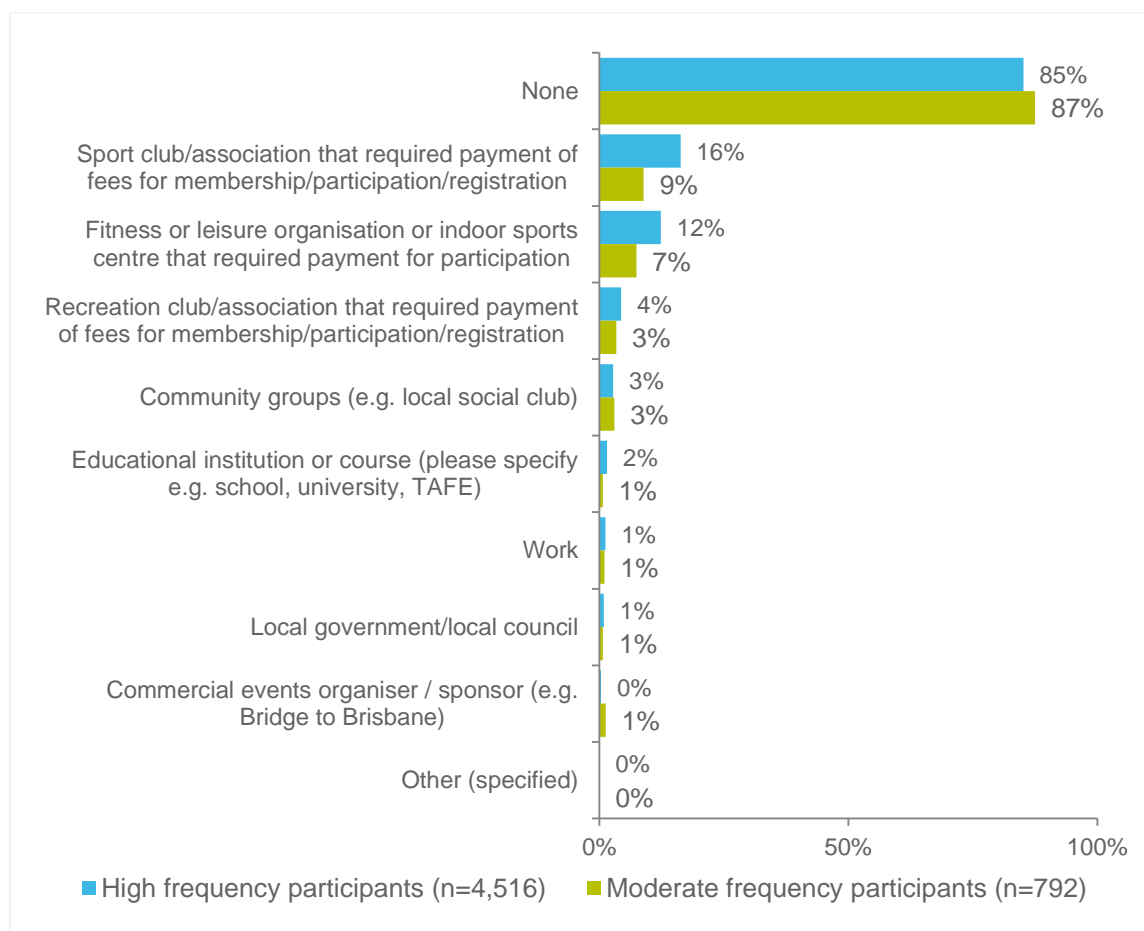
	Significantly higher than the result at a total level (statistically significant @ 95% confidence interval)
	Significantly lower than the result at a total level (statistically significant @ 95% confidence interval)

## 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)



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)

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	
	TOTAL	Brisbane	Central	Far North	North Coast	Northern	South East	South West	18-29 years	30-44 years	45-59 years	60 years plus	Male	Female
High frequency participants (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/registration	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/participation/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**:

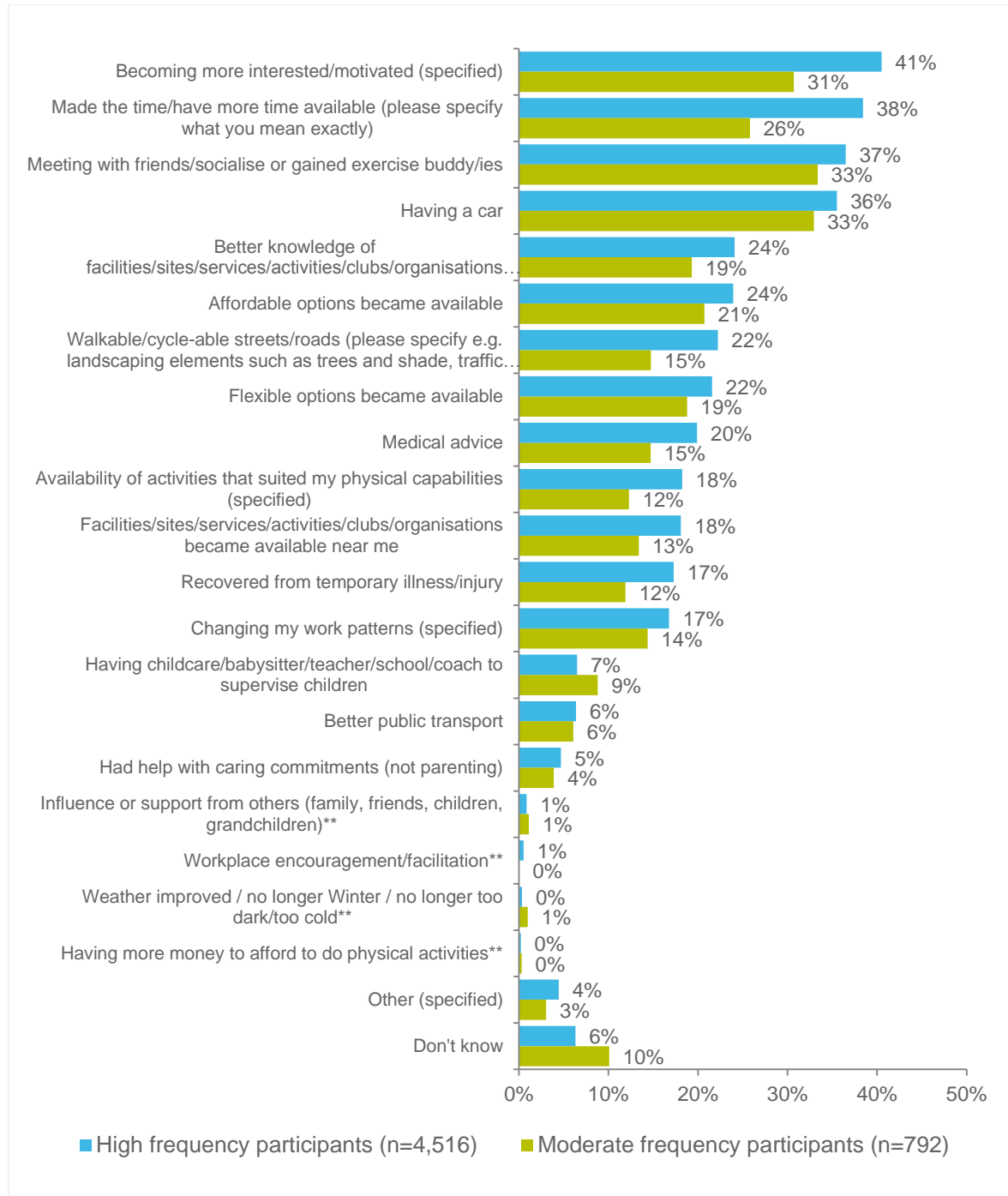
- Personal interest and motivation (41%)
- Making the time or having more time available (38%)
- Meeting with friends to socialise or gaining/having an exercise buddy/ies (37%)
- Having a car (36%)

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	
	TOTAL	Brisbane	Central	Far North	North Coast	Northern	South East	South West	18-29 years	30-44 years	45-59 years	60 years plus	Male	Female
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/organisations 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. 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/organisations 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/teacher/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	
	TOTAL	Brisbane	Central	Far North	North Coast	Northern	South East	South West	18-29 years	30-44 years	45-59 years	60 years plus	Male	Female
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/facilitation**	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

<span style="display:inline-block; width:15px; height:15px; background-color:#ADD8E6; border:1px solid black;"></span> Significantly higher than the result at a total level (statistically significant @ 95% confidence interval)
<span style="display:inline-block; width:15px; height:15px; background-color:#FFD700; border:1px solid black;"></span> Significantly lower than the result at a total level (statistically significant @ 95% confidence interval)

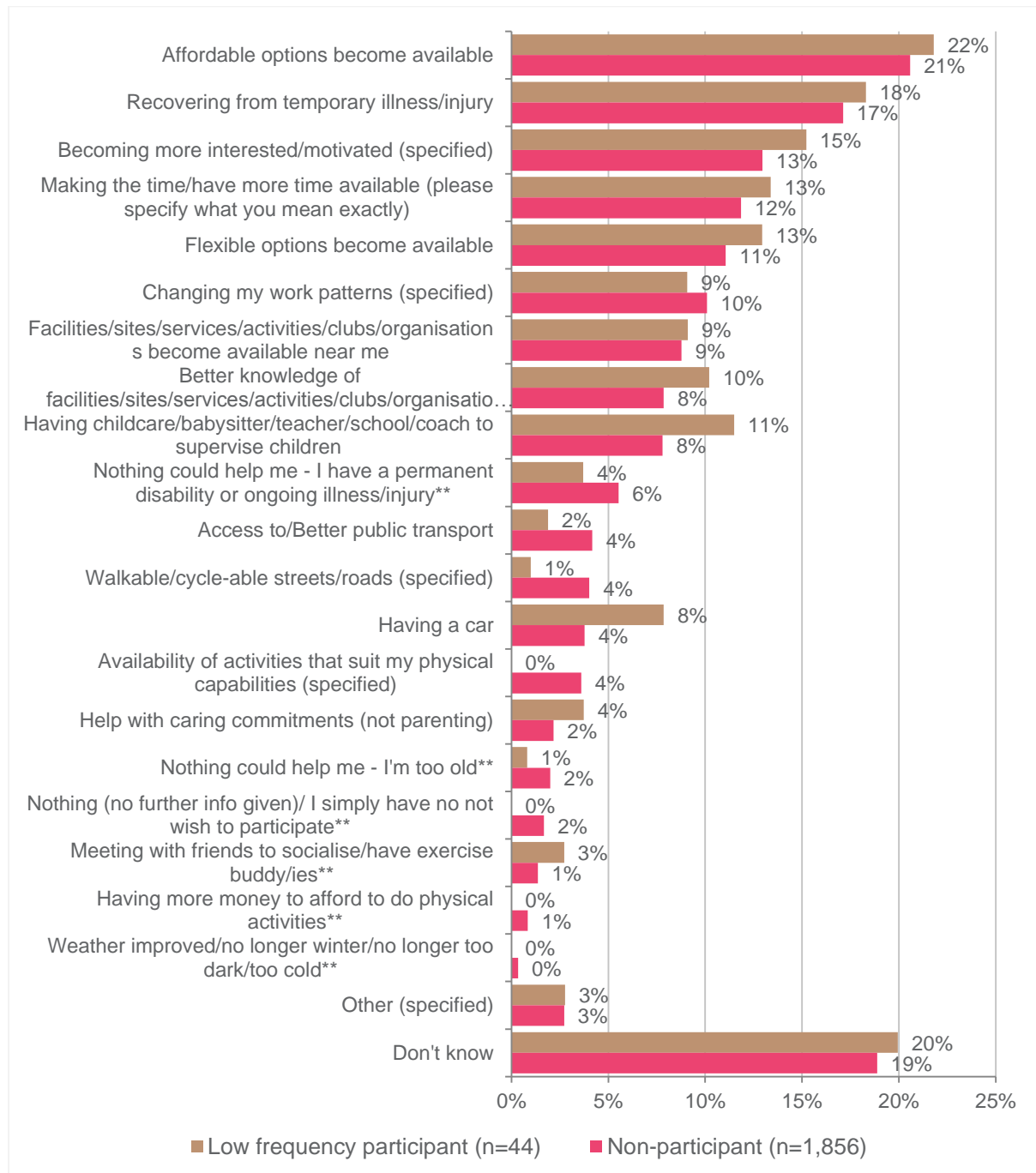
## Changes that would be required to drive non-frequent participators

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 Non-Participants 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 Non-Participants to Participate in Physical Activity More Frequently (Differences By Respondent Sub-Groups)

	All	Region							Age				Gender	
	TOTAL	Brisbane	Central	Far North	North Coast	Northern	South East	South West	18-29 years	30-44 years	45-59 years	60 years plus	Male	Female
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	
	TOTAL	Brisbane	Central	Far North	North Coast	Northern	South East	South West	18-29 years	30-44 years	45-59 years	60 years plus	Male	Female
/activities/clubs/organisations become available near me														
Better knowledge of facilities/sites/services/activities/clubs/organisations available	8%	9%	4%	7%	7%	11%	9%	7%	12%	11%	7%	5%	7%	9%
Having childcare/babysitter/teacher/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 - 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 participants (n=44)	Non-Participants (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 interested/ motivated?)	17%	16%
Don't know what facilities/sites/services/activities/clubs/organisations are available	12%	6%
No facilities/sites/services/activities/clubs/organisations available near me	11%	6%
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%	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 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	
	TOTAL	Brisbane	Central	Far North	North Coast	Northern	South East	South West	18-29 years	30-44 years	45-59 years	60 years plus	Male	Female
Non- participants (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	
	TOTAL	Brisbane	Central	Far North	North Coast	Northern	South East	South West	18-29 years	30-44 years	45-59 years	60 years plus	Male	Female
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%
Illness/ 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%

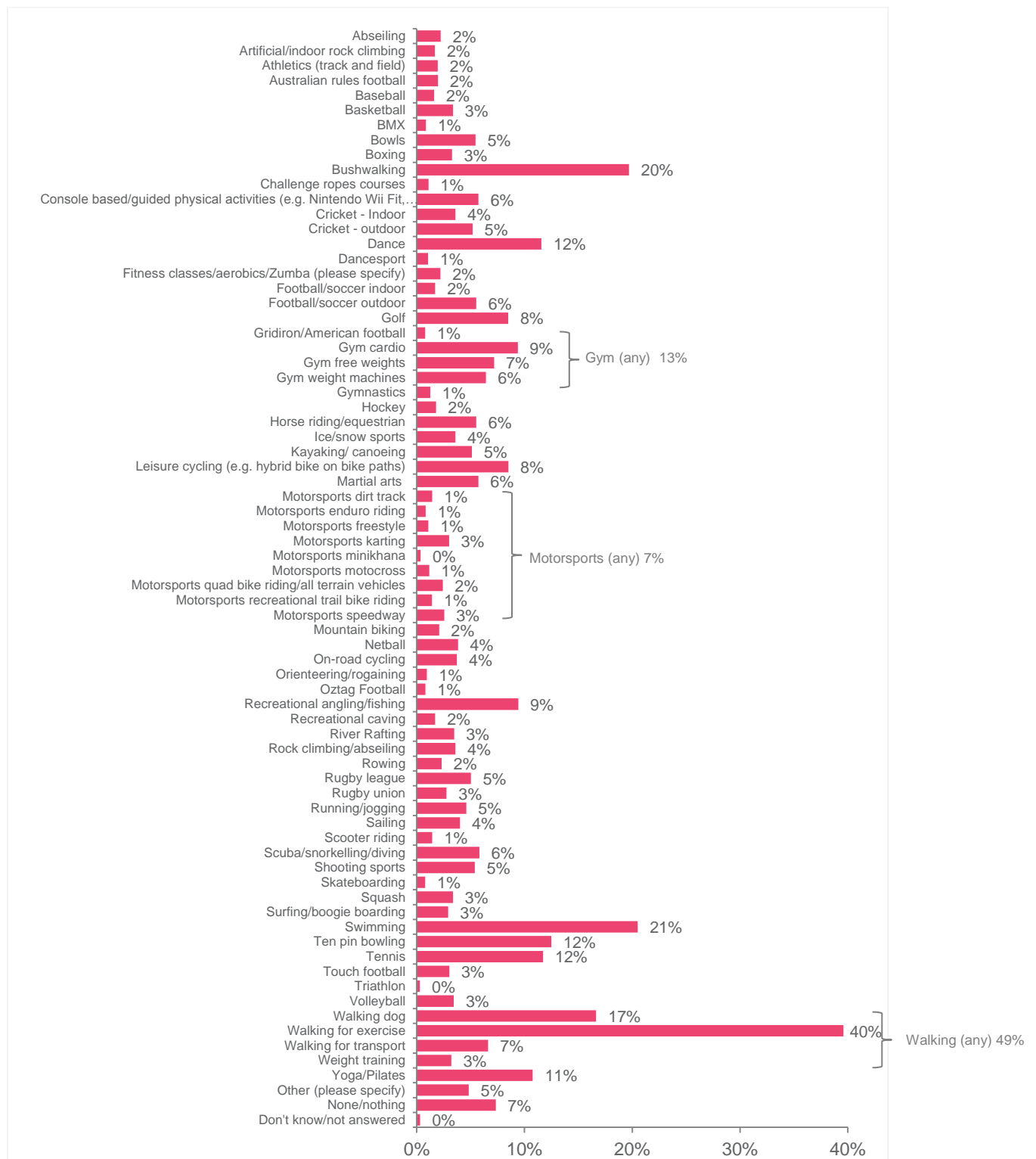
Q14. What are the main reasons why you did not participate in physical activities for sport, exercise or recreation in the last 12 months? MR (Base: Non-Participants n=1,856)

\*\*Coded up from other specify verbatims.

<span style="background-color: #ADD8E6; border: 1px solid black; display: inline-block; width: 15px; height: 10px; vertical-align: middle;"></span> Significantly higher than the result at a total level (statistically significant @ 95% confidence interval)
<span style="background-color: #FFD700; border: 1px solid black; display: inline-block; width: 15px; height: 10px; vertical-align: middle;"></span> 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 non-participants 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	
	TOTAL	Brisbane	Central	Far North	North Coast	Northern	South East	South West	18-29 years	30-44 years	45-59 years	60 years plus	Male	Female
Non- participants (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/Zumba (please specify)	2%	3%	2%	1%	3%	0%	2%	1%	2%	2%	2%	3%	0%	4%

	All	Region							Age				Gender	
	TOTAL	Brisbane	Central	Far North	North Coast	Northern	South East	South West	18-29 years	30-44 years	45-59 years	60 years plus	Male	Female
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	
	TOTAL	Brisbane	Central	Far North	North Coast	Northern	South East	South West	18-29 years	30-44 years	45-59 years	60 years plus	Male	Female
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

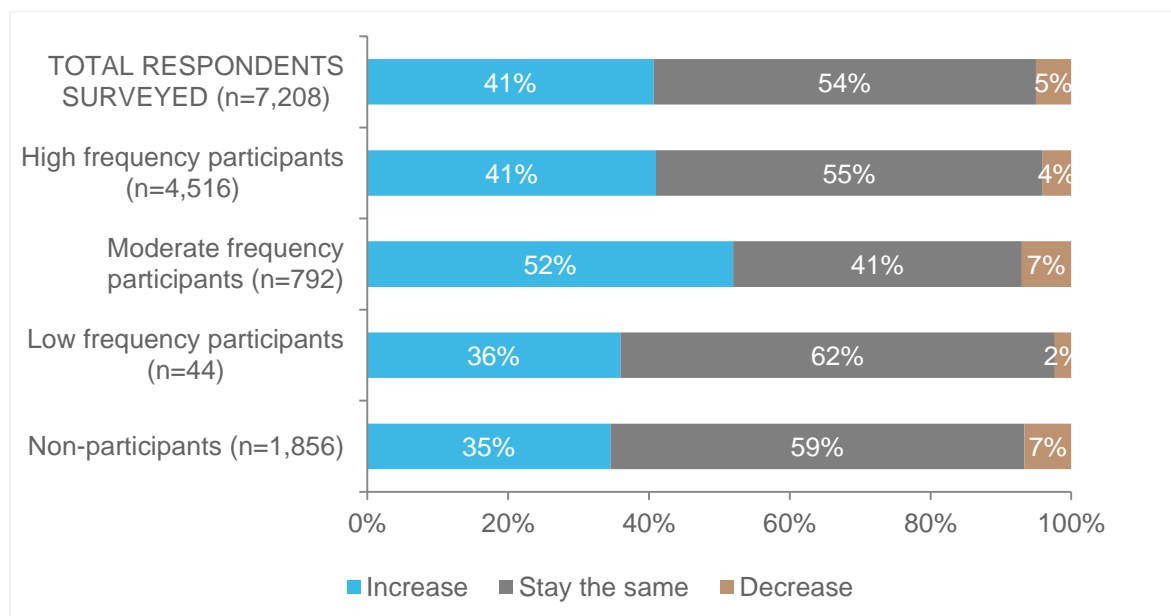
All survey respondents were asked whether they expected their level of physical activity for exercise or recreation will increase, decrease or stay the same over the next 12 months – see Figure 17.

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 non-participants, 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	
	TOTAL	Brisbane	Central	Far North	North Coast	Northern	South East	South West	18-29 years	30-44 years	45-59 years	60 years plus	Male	Female
	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 non-participants, base size as shown)

<span style="background-color: #ADD8E6; border: 1px solid black; display: inline-block; width: 15px; height: 10px; vertical-align: middle;"></span> Significantly higher than the result at a total level (statistically significant @ 95% confidence interval)
<span style="background-color: #FFDAB9; border: 1px solid black; display: inline-block; width: 15px; height: 10px; vertical-align: middle;"></span> Significantly lower than the result at a total level (statistically significant @ 95% confidence interval)

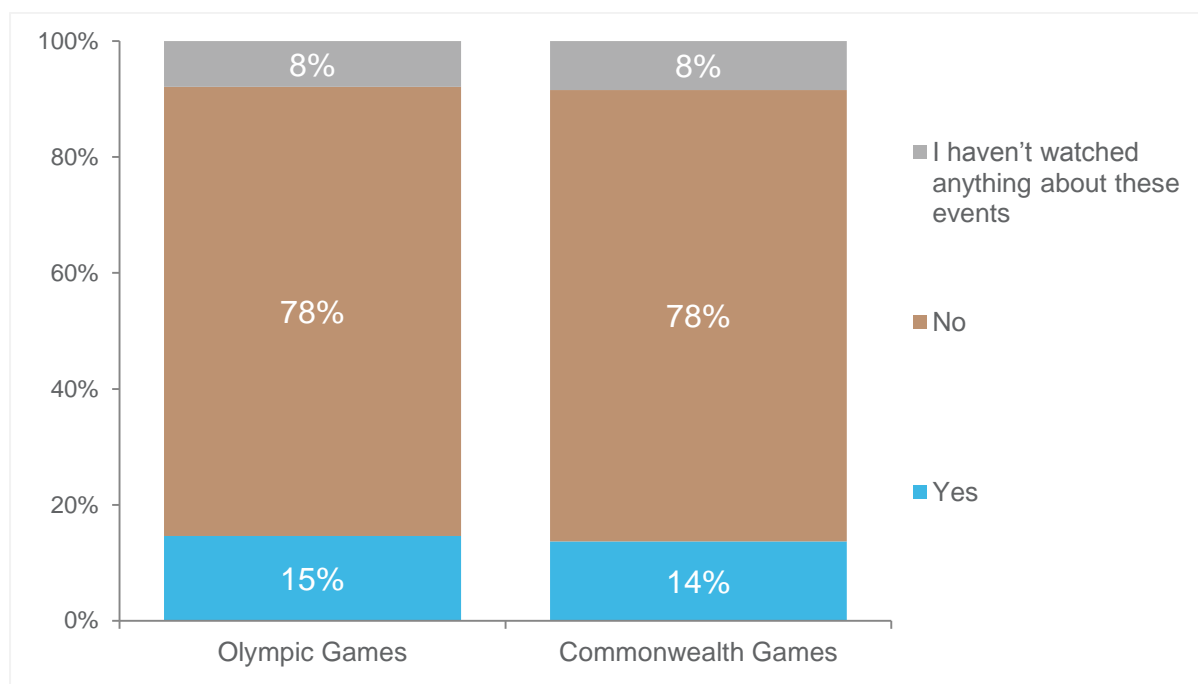


## Anticipated effect of Olympic and Commonwealth Games of physical activity levels

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 three-quarters 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.

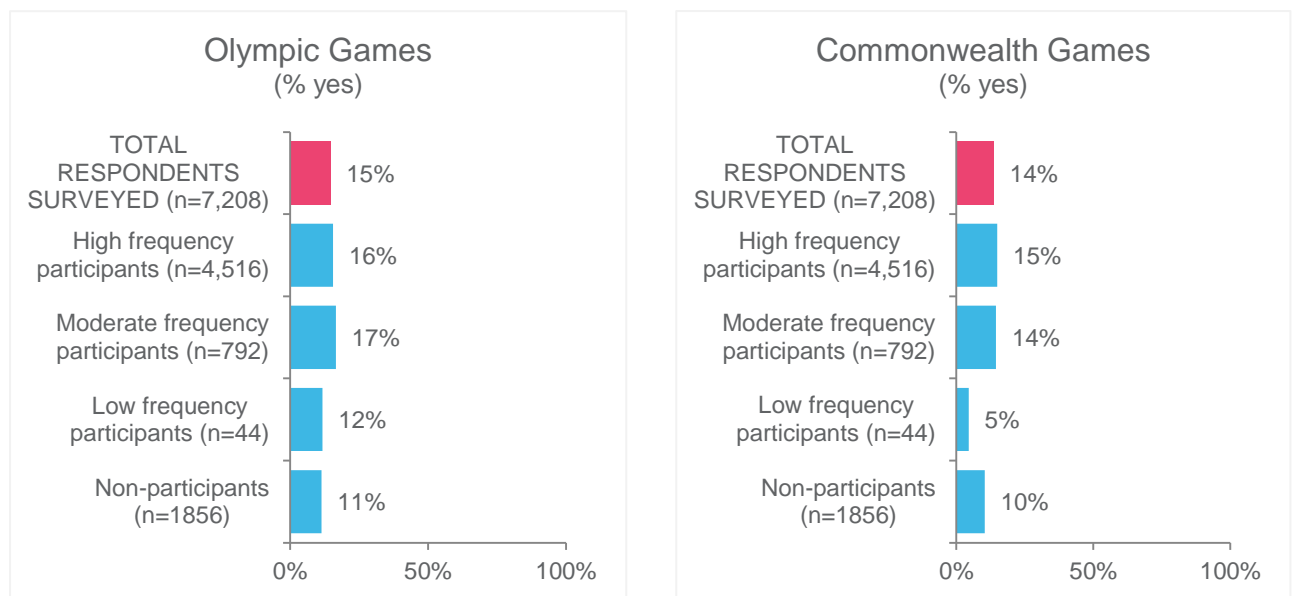
Figure 18: Anticipated Effect of Olympic and Commonwealth Games on Physical Activity Levels (Overall Results)



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	
	TOTAL	Brisbane	Central	Far North	North Coast	Northern	South East	South West	18-29 years	30-44 years	45-59 years	60 years plus	Male	Female
	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)

Characteristic	Detail	Total respondents surveyed			Participant's frequency of participation in physical activity (weighted profile)			
		% of sample (weighted)	% of sample (unweighted)	Unweighted sample count (n)	High	Medium	Low	Non-participant
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%
Age – detailed (S2)	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%
	<i>Median Age</i>	<i>40-44 years</i>	<i>45-49 years</i>	-	<i>40-44 years</i>	<i>35-39 years</i>	<i>30-34 years</i>	<i>50-54 years</i>
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%

Characteristic	Detail	Total respondents surveyed			Participant's frequency of participation in physical activity (weighted profile)			
		% of sample (weighted)	% of sample (unweighted)	Unweighted sample count (n)	High	Medium	Low	Non-participant
Region (quotas) (S3/S4)	Brisbane - East	7%	5%	365	8%	6%	9%	7%
	Brisbane - North	6%	5%	368	6%	7%	5%	5%
	Brisbane - South	6%	5%	378	6%	8%	6%	7%
	Brisbane - West	6%	5%	370	7%	5%	6%	3%
	Brisbane Inner City	6%	5%	366	7%	9%	9%	3%
	Cairns	5%	7%	475	6%	6%	1%	4%
	Darling Downs - Maranoa	4%	5%	364	4%	3%	3%	3%
	Fitzroy	5%	6%	460	5%	4%	4%	5%
	Gold Coast	8%	5%	375	9%	7%	5%	8%
	Ipswich	4%	5%	364	4%	6%	4%	6%
	Logan - Beaudesert	8%	5%	367	7%	8%	18%	12%
	Mackay	4%	5%	354	4%	3%	5%	3%
	Moreton Bay - North	4%	5%	342	4%	4%	4%	6%
	Moreton Bay - South	5%	5%	355	5%	6%	2%	4%
	Queensland - Outback	1%	2%	151	2%	1%	1%	1%
	Sunshine Coast	5%	5%	370	5%	5%	4%	5%
	Toowoomba	3%	4%	306	3%	3%	1%	3%
	Townsville	5%	6%	453	6%	4%	1%	4%
	Wide Bay	6%	9%	625	6%	5%	11%	9%
Aboriginal or Torres Strait Island (ATSI) origin (Q21)	No (neither)	97%	97%	6995	97%	97%	96%	97%
	Yes, Aboriginal	2%	2%	139	2%	2%	4%	2%
	Yes, Torres Strait Islander	0.3%	0.2%	16	0.3%	0.5%	-	0.3%
	Yes, both Aboriginal and Torres Strait Islander	0.1%	0.1%	7	0.1%	-	-	0.4%
	I prefer not to answer	1%	1%	51	0.5%	1%	-	1%
Speak Language Other than English (LOTE) at home (Q22)	Yes, speak another language at home	9%	7%	528	9%	9%	25%	9%
	No, speak English only	91%	93%	6680	91%	91%	75%	91%

Characteristic	Detail	Total respondents surveyed			Participant's frequency of participation in physical activity (weighted profile)			
		% of sample (weighted)	% of sample (unweighted)	Unweighted sample count (n)	High	Medium	Low	Non-participant
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%

Characteristic	Detail	Total respondents surveyed			Participant's frequency of participation in physical activity (weighted profile)			
		% of sample (weighted)	% of sample (unweighted)	Unweighted sample count (n)	High	Medium	Low	Non-participant
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: <i>Volunteered in past 12 months n=2,611</i> )	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/professional/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%	



Characteristic	Detail	Total respondents surveyed			Participant's frequency of participation in physical activity (weighted profile)			
		% of sample (weighted)	% of sample (unweighted)	Unweighted sample count (n)	High	Medium	Low	Non-participant
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%

Characteristic	Detail	Total respondents surveyed			Participant's frequency of participation in physical activity (weighted profile)			
		% of sample (weighted)	% of sample (unweighted)	Unweighted sample count (n)	High	Medium	Low	Non-participant
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%
	High (\$1,600 plus per week/\$83,200 plus per year)	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%
	\$1,000-\$1,299 per week	10%	10%	715	10%	12%	9%	9%
	\$1,300-\$1,599 per week	9%	9%	627	9%	9%	11%	9%
	\$1,600-\$1,999 per week	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 S0**

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
98. **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 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 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)	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**

<b>ACTIVITY 1</b>	RECORD ACTIVITY
<b>ACTIVITY 2</b>	RECORD ACTIVITY
<b>ACTIVITY 3</b>	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
96. 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 home, I used gym or pool in my building/complex)	8	8	8
9	Did not have to travel as the journey is the activity (i.e. walking, cycling, running, skateboarding, etc.)	9	9	9
1	Less than 1km	1	1	1
2	1km to less than 2km	2	2	2
3	2km to less than 5km	3	3	3
4	5km to less than 10km	4	4	4
5	10km to less than 20km	5	5	5
6	20km to less than 50km	6	6	6
7	50km 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 club, association or other organisation	1	1	1
Some activity(ies) was/were organised by a club, association or other organisation	2	2	2
None of the activity(ies) was/were organised by a club, association or 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 <b>required payment</b> for participation (For example, private gyms)	1	1	1
Sport club or association that required <b>payment of fees</b> for either membership, participation and/or registration (For example, Rugby, soccer clubs)	2	2	2
Recreation club/association that required <b>payment of fees</b> 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
<b>[IF NO TO ALL OF THE ABOVE THEN ASK]</b> Or was it some other type of club, association or organisation? (Record answer)	96	96	96
<b>DO NOT READ. IF THEY ARE UNSURE:</b> None of the above	99	99	99

FOR THIS SECTION – 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.**

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

	<b>Q8A Number of sessions in the last 6 months</b>	<b>Q8B Average length IF 97 IN Q8A DON'T SHOW Q8B</b>
<b>ACTIVITY 1 IF Q7A = 97</b>	1. More than 6 sessions (specify number) 2. 6 sessions 3. Less than 6 sessions (specify number) 98. Don't know/can't remember 97. <b>DO NOT READ</b> Did not participate in this activity in the last 6 months	1. More than 60 minutes per session (please specify) 2. Between 46 and 60 minutes per session 3. Between 30 and 45 minutes per session 4. Less than 30 minutes per session (please specify)
<b>ACTIVITY 2 IF Q7A = 97</b>	1. More than 6 sessions (specify number) 2. 6 sessions 3. Less than 6 sessions (specify number) 98. <b>DO NOT READ</b> Don't know/can't remember 97. <b>DO NOT READ</b> Did not participate in this activity in the last 6 months	1. More than 60 minutes per session (please specify) 2. Between 46 and 60 minutes per session 3. Between 30 and 45 minutes per session 4. Less than 30 minutes per session (please specify)
<b>ACTIVITY 3 IF Q7A = 97</b>	1. More than 6 sessions (specify number) 2. 6 sessions 3. Less than 6 sessions (specify number) 98. <b>DO NOT READ</b> Don't know/can't remember 97. <b>DO NOT READ</b> Did not participate in this activity in the last 6 months	1. More than 60 minutes per session (please specify) 2. Between 46 and 60 minutes per session 3. Between 30 and 45 minutes per session 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
3. 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?"**

	ONLY SELECT IF "YES"
1. Activities that suited your physical capabilities became available. (Please specify)	
2. Affordable options became available	
3. You gained more knowledge of the different facilities, activities or organisations available	
4. More flexible options became available	
5. You had childcare or a babysitter	
6. You had help with caring commitments other than parenting commitments	
7. Having a car	
8. Better public transport	
9. You became more interested or motivated (Please specify)	
10. Your work patterns changed (Please specify)	
11. Facilities, activities or organisations became available near you	
12. You made the time (please specify what you mean exactly)	
13. You recovered from a temporary illness/injury	
14. As a result of having walkable or cycle-able roads (Please specify) READ IF NECESSARY: For example, landscaping elements such as trees and shade, traffic flow, ease of street crossings, continuity of footpath, grid vs. cul-de-sac streets, topography or hills)	
15. Meeting with friends to socialise	
16. Medical Advice	
96. Are there any other important factors that have allowed you to participate in physical activities over the last 12 months? (please specify)	
98. <b>DO NOT READ</b> Don't know	

GO TO Q17A

## LESS-FREQUENT OR NON-PARTICIPANTS

### POTENTIAL FUTURE ACTIVITIES

#### 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
96. 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
- 96. Other (Please specify)
- 99. 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)
- 96. Other (please specify)
- 99. 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 anything about these 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
96. 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)
96. Other (Please specify)
98. 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
99. 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
99. 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)
99. 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
99. **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 SPECIFIED

#### SCREENER

##### S1 GENDER

S1. Please indicate your gender: **SR**

1. Male
2. Female
96. 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 \_\_\_\_\_

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
98. 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. 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 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)	1	2	1	2

**THIS QUESTION IS 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 Q1B	ALLOW THEM TO CHOOSE THREE 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
97. 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 1km
4. 1km to less than 2km
5. 2km to less than 5km
6. 5km to less than 10km
7. 10km to less than 20km
8. 20km to less than 50km
9. 50km 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**

	<b>ACTIVITY 1</b>	<b>ACTIVITY 2</b>	<b>ACTIVITY 3</b>
All activity(ies) was/were organised by a club, association or other organisation	1	1	1
Some activity(ies) was/were organised by a club, association or other organisation	2	2	2
None of the activity(ies) was/were organised by a club, association or other 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 <b>required payment</b> for participation (e.g. private gyms)	1	1	1
Sport club/association that required <b>payment of fees</b> for membership /participation / registration (e.g. Rugby, soccer clubs)	2	2	2
Recreation club/association that required <b>payment of fees</b> 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**

	<b>Q7A. Number of sessions in the last month</b>	<b>Q7B. Average length IF 97 IN Q7A DON'T SHOW Q7B</b>
<b>ACTIVITY 1</b>	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) 2. 46 - 60 minutes per session 3. 30 - 45 minutes per session 4. Less than 30 minutes per session (please specify)
<b>ACTIVITY 2</b>	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) 2. 46 - 60 minutes per session 3. 30 - 45 minutes per session 4. Less than 30 minutes per session (please specify)
<b>ACTIVITY 3</b>	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) 2. 46 - 60 minutes per session 3. 30 - 45 minutes per session 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**

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

**GO TO Q17A**

## LESS FREQUENT OR NON-PARTICIPANTS

### 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
96. 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
- 96. Other (Please specify :)
- 99. 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)
- 97. Other (please specify)
- 99. 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 anything about these 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
96. 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) \_\_\_\_\_
96. Other (Please specify) \_\_\_\_\_
99. 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
99. 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
99. 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
96. Other disability (Please specify)\_\_\_\_\_
99. 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? **SR**

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
99. 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)

