

CHAPTER 13: LEISURE AND PARTICIPATION

13.1 LEISURE

- Statistical information with regard to leisure and recreation participation on the Central Coast is not currently available, however, New South Wales and national figures are provided here to illustrate some general trends.

Trends

- Across Australia boys are marginally more likely than girls to take part in organised sport and cultural activities.
- Children in New South Wales had the third highest participation rates behind Western Australia and Victoria.
- Children who lived in Couple Families where at least one parent is employed, are more likely to take part in organised sport or cultural activities. This may be due largely to the cost involved in taking part in this kind of activities.

Table 13.1: Children's Involvement in Organised Sport and Cultural Activities, 2003 - Australia.

Characteristics	% Involved	% Not Involved
Sex:		
Male	7	2
	2	7
	. 1	. 9
Female	7	2
	0	9
	. 8	. 2
Age:		
5-8 years	6	3
	4	5
	. 9	. 1
9-11 years	7	2
	7	2
	. 9	. 1
12-14 years	7	2
	3	6
	. 6	. 4
State/Territory:		
New South Wales	7	2
	2	7
	. 4	. 6
Victoria	7	2
	3	6
	. 7	. 3
Queensland	6	3
	5	4
	. 3	. 7
South Australia	7	2
	2	7
	. 2	. 8
Western Australia	7	2
	5	4
	. 8	. 2

Tasmania	6 9 . 7	3 0 . 3
Northern Territory	6 4	3 6
Aust. Capital Territory	7 0 . 7	2 9 . 3
Family Type:		
One Parent Family	6 0 . 3	3 9 . 7
Couple Family	7 4 . 5	2 5 . 5
One Parent Family:		
Parent Employed	7 2	2 8
Parent Not Employed	4 9 . 5	5 0 . 5
Couple Family:		
Both Parents Employed	8 0 . 8	1 9 . 2
One Parent Employed	6 9 . 4	3 0 . 6
Neither Parent Employed	4 0 . 2	5 9 . 8

Source: ABS Children's Participation in Cultural and Leisure Activities. 4901. April 2003.

Trends

- Across Australia in 2003, girls are almost three times as likely to take part in organised cultural activities as boys whereas a higher percentage of boys took part in organised sporting activities.
- Of the organised sporting activities, swimming followed by soccer have the highest participation rates.
- In terms of leisure activities in 2003, a higher proportion of girls participated in art and craft and reading for pleasure, while boys participated more in bike riding, and playing computer games. Participation rates for watching TV or videos were similar for girls and boys.
- Participation rates in computer activities were fairly similar for girls and boys with these rates remaining high between 2000 and 2003.

Table 13.2: Children Involved in Selected Activities, 2000 and 2003 - Australia - % Participation Rates

Activity	Male		Female		Persons	
	2000	2003	2000	2003	2000	2003
Organised Cultural Activities:						
Playing a Musical Instrument	15.8	13.2	20.2	20.7	17.9	16.8
Singing	2.9	2.3	6.7	7.0	4.7	4.6
Dancing	1.7	1.6	19.5	23.8	10.4	12.4
Drama	3.2	2.3	6.1	6.3	4.6	4.3
Total	19.7	16.8	39.7	42.8	29.4	29.5
Organised Sport:						
Swimming	13.1	15.7	15.8	17.5	14.4	16.6
Soccer (Outdoor)	19.6	22.2	2.9	4.2	11.4	13.4
Netball	0.5*	0.6*	18.2	18.1	9.1	9.1
Tennis	9.2	9.5	7.7	7.8	8.5	8.6
Basketball	8.8	8.6	6.3	6.9	7.6	7.7
Australian Rules	12.6	13.6	0.3*	0.7	6.6	7.3
Cricket (Outdoor)	9.9	9.1	0.6	0.7	5.3	5
Martial Arts	5.4	6.2	2.5	3.6	4.0	4.9
Athletics/Track and Field	3.9	3.8	4.0	3.8	3.9	3.8
Rugby League	6.8	5.6	0.2	-	3.6	2.9
Gymnastics (Trampolining)	0.9	1.7	4.3	5.4	2.6	3.5
Hockey	2.3	2.5	2.5	2.6	2.4	2.5
Other Organised Sport	15.9	17.1	12.2	12.7	14.1	15
Total	66.1	68.6	52.3	54.2	59.4	61.6
Leisure Activities:						
Skateboarding/Rollerblading	35.6	28.5	26.1	16.9	30.9	22.8
Bike Riding	71.1	70.5	56.2	53.3	63.8	62.1
Watching TV or Videos	96.9	98.6	96.9	97.9	96.9	98.2
Playing Electronic or Computer Games	79.1	81.8	58.1	58.9	68.9	70.7
Art and Craft Activities	34.4	39.0	54.7	60.6	44.3	49.5
Reading for Pleasure	-	67.7	-	82.3	-	74.8
Total	99.1	99.9	99.1	99.6	99.1	99.8
Computer Activities:						
Accessing the Internet	47.5	62.4	45.9	65.6	46.7	64.0
Using a Computer but Not the Internet	47.1	32.6	48.6	29.6	47.8	31.1
Total	94.6	95	94.5	95.2	94.6	95.1

Source: ABS Children's Participation in Cultural and Leisure Activities. 4901. April 2003.

Note: * High Error Rate. Use with Caution.

Trends

- Significant factors influencing participation rates of adults in sport and physical activities across Australia include level of education, age, and employment status. Table 13.3 summarises the rates of participation in 2001 according to these and other factors.

Table 13.3: Adult Participation in Sport and Physical Activities, 2002 - Characteristics of Participants and Participation Rates (%) in Sport and Physical Activities - Australia

	Male	Female	Persons
15-24 years	91.3	87.7	89.5
25-34 years	84.4	82.1	83.3
35-44 years	78.0	79.8	78.9
45-54 years	76.8	75.9	76.3
55-64 years	70.7	72.6	71.7
65 years and over	64.4	60.2	62.1
Capital Cities	80.4	78.1	79.2
Rest of Nation	75.6	74.9	75.3
Employed Full-Time	80.6	81.6	80.9
Employed Part-Time	86.9	84.9	85.5
Total Employed	81.7	83.2	82.4
Unemployed	80.3	80.7	80.5
Not in Labour Force	69.7	67.5	68.3
Married	76.7	75.9	76.3
Not Married	81.5	78.4	79.9
Refused/Don't Know	58.7	77.6	68.1
At Least One Child under 18 at Home	79.0	78.1	78.5
At Least One Child under 18 - None at Home	77.4	74.7	77.2
No Children Aged under 18	78.6	76.4	77.5
University Degree or Higher	87.4	87.7	87.6
Undergraduate Diploma or Associate Diploma	81.0	86.4	83.8
Certificate, Trade Qualification or Apprenticeship	78.8	79.9	79.3
Highest Level of Secondary School	79.4	74.9	77
Did Not Complete Highest Level of Secondary School	69.4	66.8	6.1
Never Went to School	38.3	37.9	38.1
Still at Secondary School	92.1	90.8	91.4
Other	72.2	68.2	70.4
Refused	41.2	63.9	52.8
Total	78.7	77	77.8

Source: Dept. of Sport and Recreation Participation in Exercise, Recreation and Sport Report, 2002.

Trends

- Table 13.4 provides a detailed age breakdown of adult participation in sport and physical activities. It illustrates a marginally higher rate of male participation and a higher level of participation in the 15 to 24 and 25 to 34 year age groups.

Table 13.4: Sport and Physical Activities – New South Wales and Australia. Age by Sex – Participation Rates %, 2002

	New South Wales	Australia
Males:		
15-24 years	91.1	91.3
25-34 years	84.9	84.4
35-44 years	76.7	78
45-54 years	76.6	76.8
55-64 years	69.2	70.7
65 years and over	62	64.4
Total	77.8	78.7
Females:		
15-24 years	86.7	87.7
25-34 years	76.8	82.1
35-44 years	75	79.8
45-54 years	72.4	75.9
55-64 years	69.6	72.6
65 years and over	62.7	60.2
Total	74.2	77
Persons:		
15-24 years	89	89.5
25-34 years	80.8	83.3
35-44 years	75.8	78.9
45-54 years	74.5	76.3
55-64 years	69.4	71.7
65 years and over	62.4	62.1
Total	76	77.8

Source: Dept. of Sport and Recreation Participation in Exercise, Recreation and Sport Report, 2002.

Trends

- For males the top five sport and physical activities are walking, swimming, golf, cycling , fitness and running.
- Top team sports are soccer, touch football and cricket.
- For females the top five sport and physical activities are walking, aerobics/fitness, swimming, tennis and bushwalking.
- Top team sports are netball and basketball.

Table 13.5: Participation Rates % in Selected Sport and Physical Activities - New South Wales 2002 Persons Aged 15 years and over

	Males	Females	Persons
Aerobics/Fitness	11.6	17	14.3
Aqua Aerobics	0.2	1.6	0.9
Athletics/Track and Field	0.8	0.7	0.7
Basketball	3.8	3.2	3.5
Canoeing/Kayaking	1.2	1.2	1.2
Cricket - Indoor	1.7	0.4	1.0
Cricket - Outdoor	5.2	0.4	2.8
Cycling	12.1	4.6	8.3
Dancing	0.8	4.0	2.4
Fishing	2.8	0.8	1.8
Golf	14.7	3.6	9.1
Hockey - Outdoor	0.3	1.2	0.8
Horse Riding and Related	0.4	2.2	1.3
Ice/Snow Sports	3.4	1.4	2.4
Lawn Bowls	3.3	1.9	2.6
Martial Arts	1.7	2.4	2.1
Motor Sports	1.7	0.1	0.9
Netball	0.4	6.4	3.4
Rock Climbing	1.1	0.6	0.8
Roller Sports	1.3	0.5	0.9
Rugby League	2.7	0	1.3
Rugby Union	2.1	0.1	1.1
Running	10.6	4.7	7.6
Sailing	0.8	0.5	0.7
Soccer - Indoor	2.8	0.7	1.8
Soccer - Outdoor	9.5	2.8	6.1
Softball	0.4	1.4	0.9
Squash/Racquetball	3.9	1.6	2.8
Surf Sports	4.7	1.0	2.9
Swimming	18.2	15.9	17.0
Tennis	9.3	8.7	9.0
Tenpin Bowling	1.1	0.5	0.8
Touch Football	5.4	2.7	4.0
Volleyball	1.5	1.5	1.5
Walking - Bush	5.5	7.6	6.6
Walking - Other	21.1	36.6	29
Waterskiing/Powerboating	1.8	0.3	1.0
Weight Training	1.9	1.3	1.6
Yoga	1.4	6.8	4.1

Source: Dept. of Sport and Recreation Participation in Exercise, Recreation and Sport Report, 2002.