

AEROBICS AND FITNESS

Aerobics and fitness includes calisthenics, exercise bike, circuits and gym, but excludes weight training.

PROFILE

Aerobics and fitness is clearly the most popular organised sport and physical activity in which adult Australians participate. There are just over 600,000 participants aged 18 years or over taking part in this activity. This is a participation rate of 4.6%.

On average, aerobics and fitness participants:

- Have never been married
- Are young women
- Are employed mainly part time as professional/senior clerical or sales persons
- Have a high income
- Live in a city from a smaller populated State
- Are Australian born or from an English speaking country.

Participants in aerobics and fitness tend to take part in this type of activity only. Of those who do participate in other sports and physical activities the most popular are netball, swimming, tennis and martial arts.

AGE AND GENDER

Unlike the majority of sports and physical activities, females dominate participation in aerobics and fitness. This is highlighted by the fact that 7.4% of Australian women and 1.7% of men take part in aerobics and fitness. Whereas women comprise 45% of participants in all sports and physical activities, in aerobics and fitness, 81.4% of participants are women.

Aerobics and fitness tends to be dominated by younger people, more so than all the other sports and activities. Indeed, 57.7% of participants in aerobics and fitness are aged 35 years and younger. This compares to an average of 48.3% of participants in all other sports and physical activities falling into this age group.

As with the majority of other sports and physical activities, participation rates decline progressively with age. Many sports witness a significant drop in participation rates between the 18-24 and 25-34 year age groups. However, for aerobics and fitness, although the rate does decline, the fall is relatively small, with participation decreasing from 8.1% to 7.3% respectively.

RESIDENCE

The Australian Capital Territory has the highest participation rate of people taking part in aerobics and fitness, with 7.8% of the population benefiting from this activity. Western Australia and the Northern Territory have participation rates of

6.6% and 6.3% respectively. These rates are higher than the Australian average of 4.6%. The participation rates are lowest among New South Wales and Queensland populations, with only 4% of the population in both States participating in aerobics and fitness.

For all organised sports and physical activities, people residing in non-capital city region have higher participation rates than those people living in a capital city (31.0% compared to 26.2%). However the opposite is true for aerobics and fitness, with 5.2% of capital city populations and 3.5% of non-capital city populations participating in this sport.

BIRTHPLACE

People who were born in the United Kingdom, Ireland or New Zealand have a greater participation rate in aerobics and fitness than people born in Australia or “other countries”. The participation rate for people born in the United Kingdom, Ireland or New Zealand is 5.3%. For persons born in Australia the rate is 4.9%. This decreases again to only 3.1% for people born in “other countries”.

While the participation rate is low for persons born in “other countries”, this figure represents almost one quarter of all sports participants from this population group. In other words, of the 13.5% of people born in “other countries” participating in sport, 3.1% of these people participate in aerobics and fitness, making it one of the most popular sports among this population group.

MARITAL STATUS

Aerobics and fitness is most popular among people who have never married with 7.1% of Australian adults participating. Married people (4.0%) and those who are separated or divorced (3.2%) have lower participation rates.

Married people comprise 56.7% of all people participating in aerobics and fitness. This figure is less than the proportion of married people participating in all organised sport and physical activity (61.1%) and the percentage of the entire Australian population who is married (64.5%). The situation is reversed for people who have never been married. Of all participants in aerobics and fitness, 33.9% of them have never been married, while for all organised sport and physical activity participants and all Australian adults, the proportions of these groups who have never been married are 29.5% and 22.1% respectively.

EDUCATION

It appears that participants in aerobics and fitness have achieved greater educational status than the average Australian adult and the average sports participant. Over 21% of persons who participate in aerobics and fitness have bachelors degrees or higher. Of all people in sports and physical activity, only 15.5% have a bachelors degree, and only 13.4% of all Australian adults have attained this qualification.

The number of aerobics and fitness participants who only have a secondary school certificate stands at 43.1%. This figure is lower than the proportion of all participants in sport and physical activity (45.2%) and of all Australians aged 18 years or over (51.6%) with this qualification.

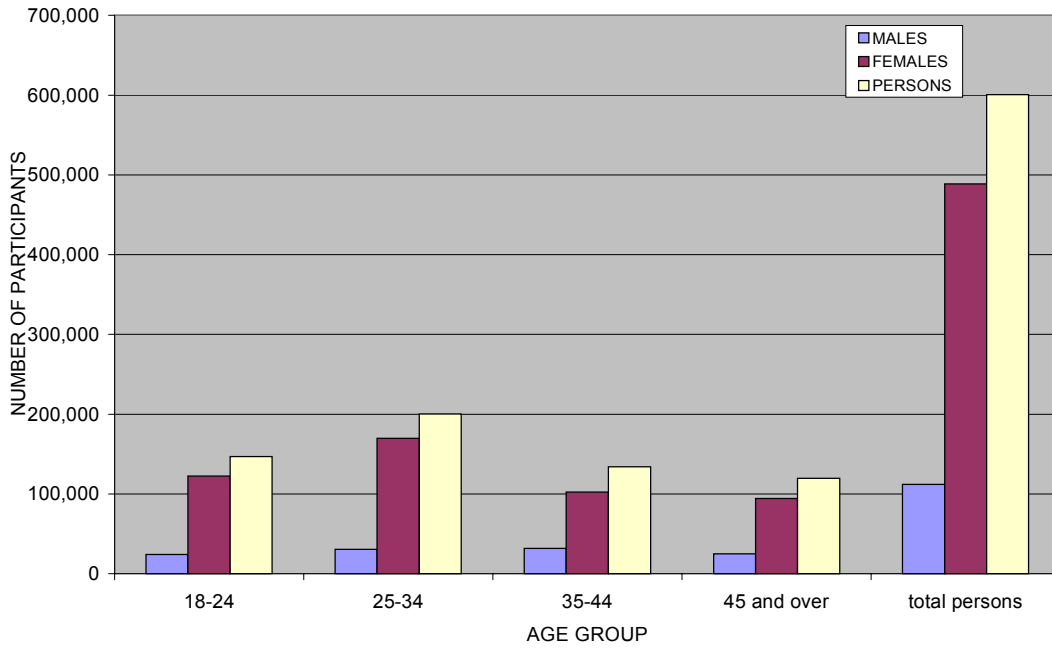
The number of aerobics and fitness participants with a trade certificate is 6.8%. This figure is lower than the number of people in all sports and physical activities with this qualification, which is 13.1%. This reflects the fact that trade certificates are predominately held by males who represent less than 20% of people who take part in this activity.

OTHER ORGANISED SPORTS AND PHYSICAL ACTIVITIES UNDERTAKEN

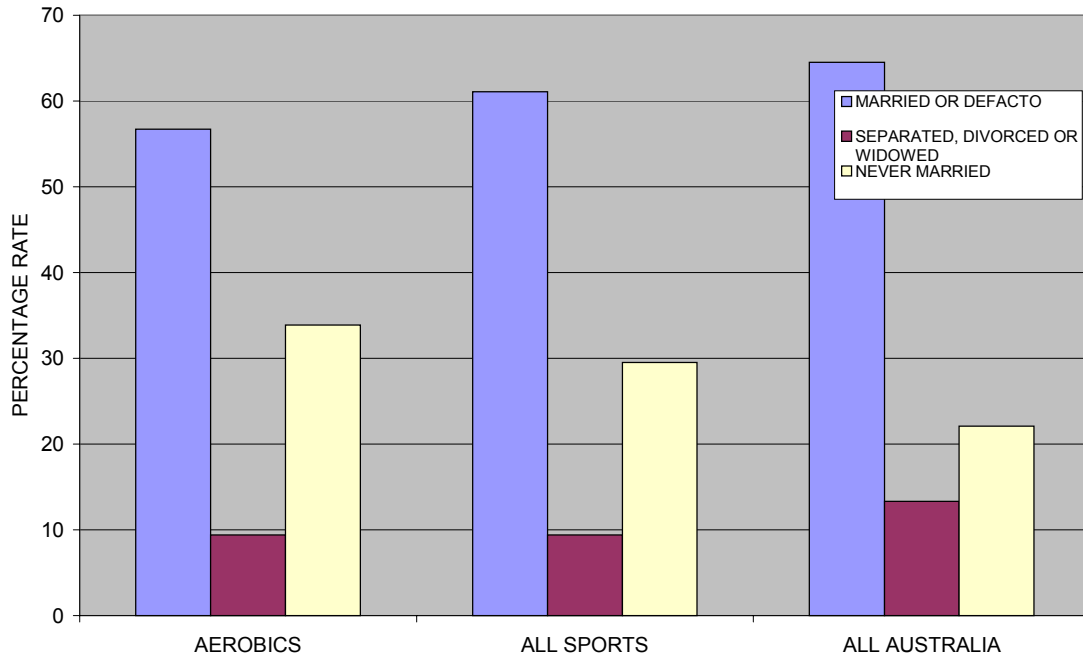
Aerobics and fitness is the only sport undertaken by approximately 60% of all aerobics and fitness participants. Just over 25% of participants take part in one additional sport, 10% play two other sports and only 4% participate in three or more sports.

Aerobics and fitness participants take part in a variety of other sports and physical activities. The most popular of which are netball and swimming, while tennis, martial arts and tenpin bowling also rank highly as alternative activities.

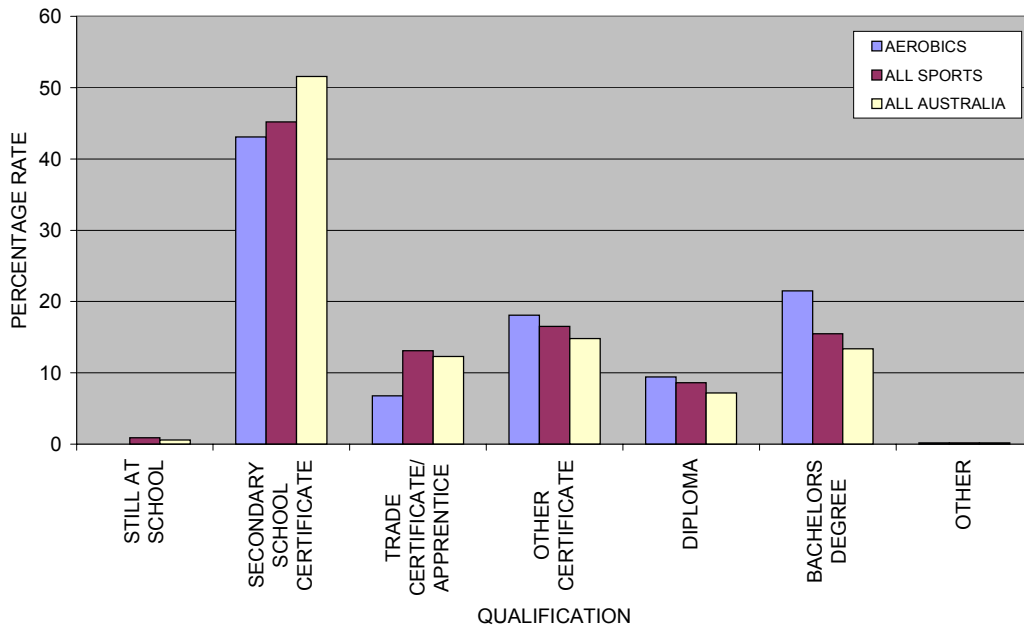
RATE OF PARTICIPATION BY AGE AND GENDER



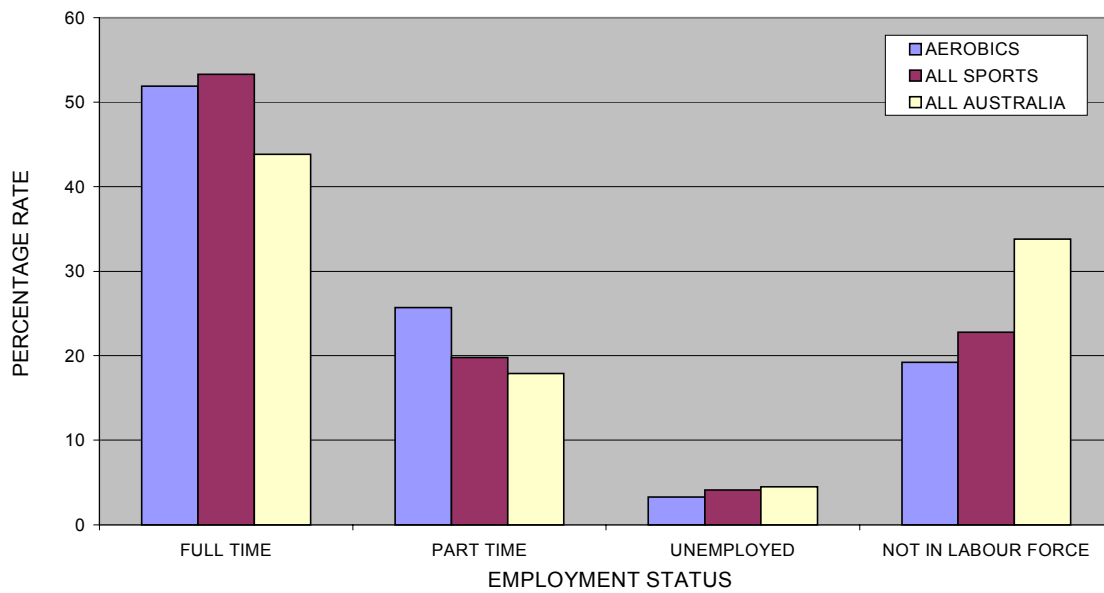
RATE OF PARTICIPATION BY MARITAL STATS



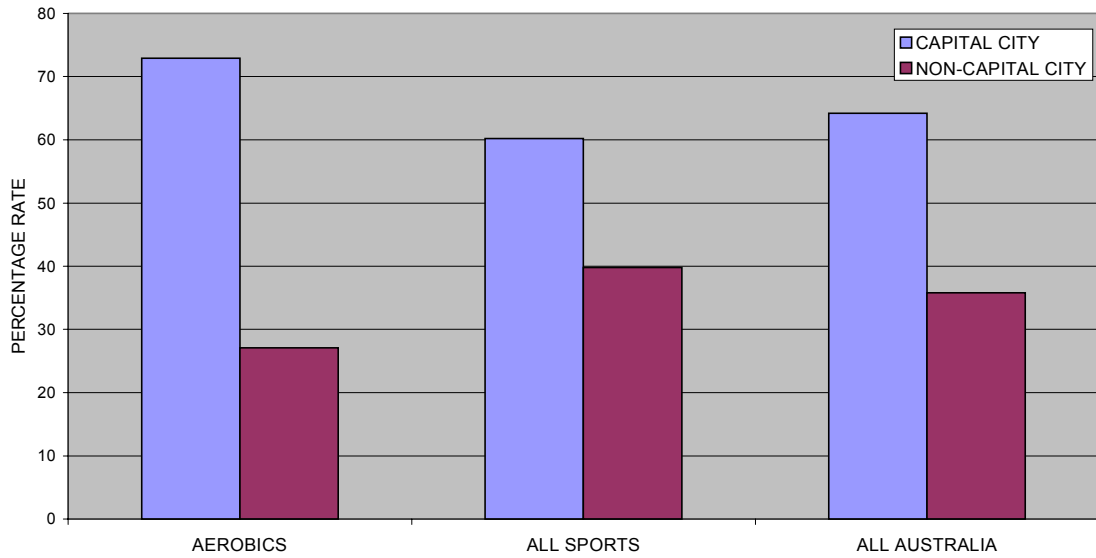
RATE OF PARTICIPATION BY EDUCATIONAL QUALIFICATION



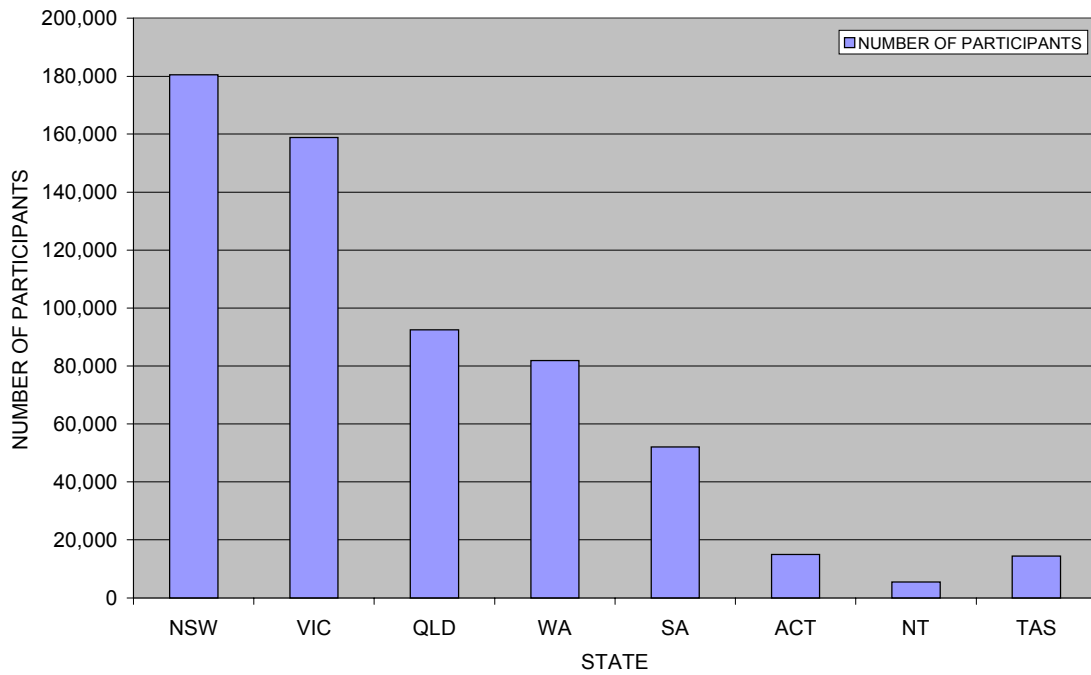
RATE OF PARTICIPATION BY EMPLOYMENT STATUS



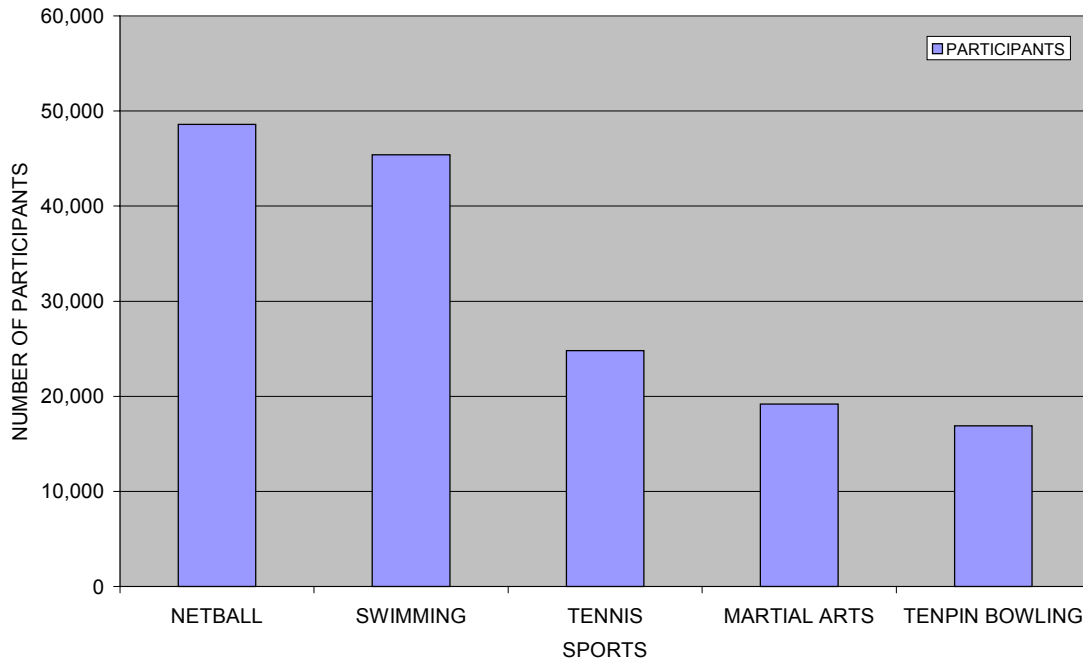
RATE OF PARTICIPATION BY CAPITAL CITY VS NON-CAPITAL CITY



NUMBER OF PARTICIPANTS BY STATE



OTHER SPORTS PLAYED BY AEROBICS AND FITNESS PARTICIPANTS



NUMBER OF SPORTS PLAYED BY AEROBICS PARTICIPANTS AND ALL PARTICIPANTS

