

WEIGHT TRAINING

PROFILE

There are just over 56,200 people over the age of 18 years participating in weight training in Australia.

On average, weight training participants:

- Are male, aged 34 years or younger
- Reside in capital city regions of Victoria or New South Wales
- Are Australian born
- Will be married

Participants in this sport usually only participate in this sport. Of those who do participate in other sports, aerobics and fitness and swimming are popular.

AGE AND GENDER

There are 56,200 Australians who participate in organised weight training, a participation rate of four persons in every one thousand or 0.4%. More men than women participate in this activity – 61.1% (34,300 persons) of those who take part are males and 38.9% (21,900) are females.

For males and females, the greatest number of participants are in the 25-34 year age group – 37.6% of male participants and 32.9% of female participants are aged between 25-34 years. The next highest participation group is the 18-24 year olds with 28.1% of participants being of that age. The participation rate is highest for the 18-24 year olds with 0.9% of that population participating, while the rate for 25-34 years olds is 0.7%. The rates progressively decline to 0.2% for persons aged 45 years or more.

RESIDENCE

Victoria and New South Wales each have 14,100 weight trainers who together, comprise 50.1% of all players nationally. However, the highest participation rates occur in the Territories – the Australian Capital Territory has a rate of 1.2% and the Northern Territory 1%. Western Australia (0.6%) and Queensland, South Australia and Tasmania each with rates of 0.5%, also have participation rates higher than the Australian average of 0.4%. The lowest participation rate is in New South Wales, where only 0.3% of adults participate in weight training.

For all organised sports and physical activities, people living in non-capital city regions have a higher participation rate than those people living in capital-cities, 31% compared to 26.2%. However, the reverse is true for weight training for which the rate of 0.3% for non-capital city residents is lower than the rate of 0.5% for people living in the capital-cities.

BIRTHPLACE

The proportion of Australian-born people who participate (76.1%) is slightly higher than the percentage of Australian-born people in the population (72.6%). For weight trainers born overseas in countries other than the United Kingdom, Ireland or New Zealand, the proportion of participants is 14.7%. This is higher than this groups percentage of participants in organised sport and physical activity (8.3%), and less than that for all people aged 18 years or more born in these countries (17.3%).

MARITAL STATUS

The proportion of married people participating in weight training (52.4%) is both less than the proportion of married people participating in all organised sport and physical activities (61.1%) and the percentage of Australians who are married (64.5%). The situation is reversed for persons who have never been married – 40.5% of weight trainers have never been married while for all organised sports and physical activity participants and all people aged over the age of 18 years, the proportions in this category are 29.5% and 22.1% respectively.

LABOUR FORCE STATUS

The percentage of weight trainers who are employed is 62.7%, less than the proportion of all sport and physical activity participants who are employed which is 73.1%. About 18% of participants are not in the labour force which is less than the proportions of all adults and all sports participants in this labour force status category – 33.8% and 22.8% respectively.

INCOME

More than 36% of people in weight training earn an income of \$13,000 or less per annum. This is higher than the proportion of all sport and physical activity participants whose income is in this range (30.4%). For higher incomes, the position is reversed – 23.2% of participants in all sports and physical activities earn an income of over \$38,000 while just 16.2% of persons who take part in weight training have incomes in this group.

HIGHEST EDUCATIONAL QUALIFICATION

The highest educational qualification attained by more weight trainers than any other qualification is a secondary school certificate, held by 52.4% of people involved. This percentage is higher than the proportions of all organised sport and physical activity participants with a secondary school certificate (45.2%) and of all persons with this qualification (51.6%).

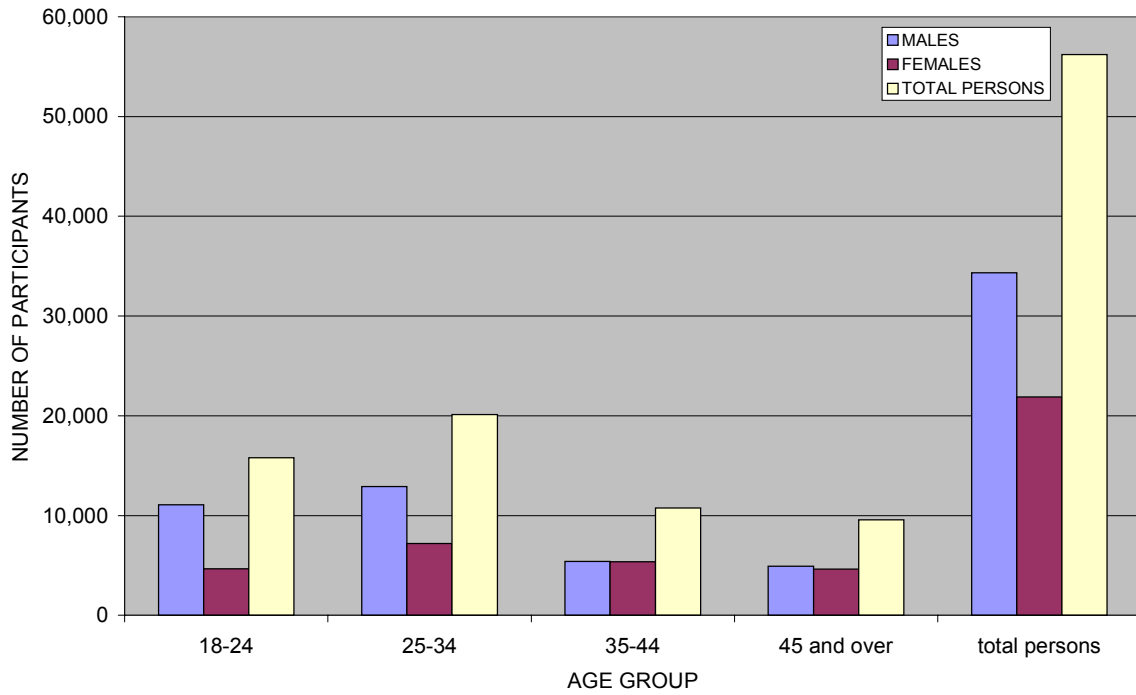
A bachelors degree is held by 14% of weight trainers. This proportion is similar to that of participants in all sport and physical activities (15.5%) as well as the percentage of all people with a bachelors degree (13.4%).

OTHER ORGANISED SPORTS AND PHYSICAL ACTIVITIES UNDERTAKEN

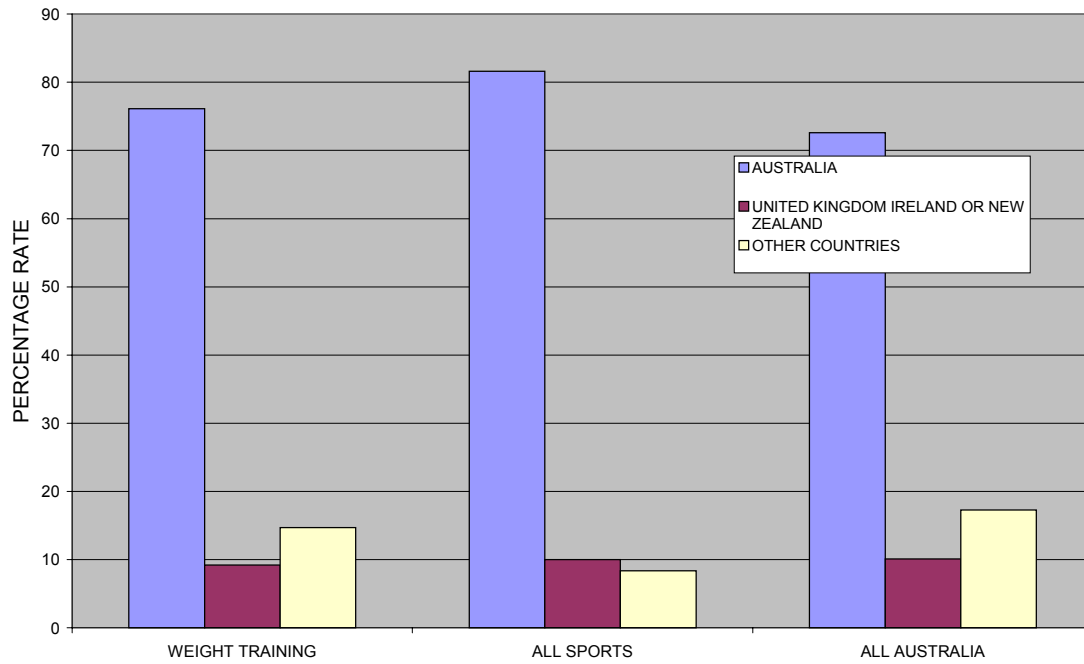
Weight training is the only organised sport or physical activity undertaken by 45.2% of weight trainers. Over 36% (20,200 people) participate in one additional sport or physical activity, while 13.7% (7,700 participants) take part in two others and a further 5.1% (2,900 people) play in three or more sports or physical activities.

The more popular sports and physical activities undertaken by weight trainers are aerobics and fitness (10,800 participants), swimming (6,300 participants) and netball (1,800).

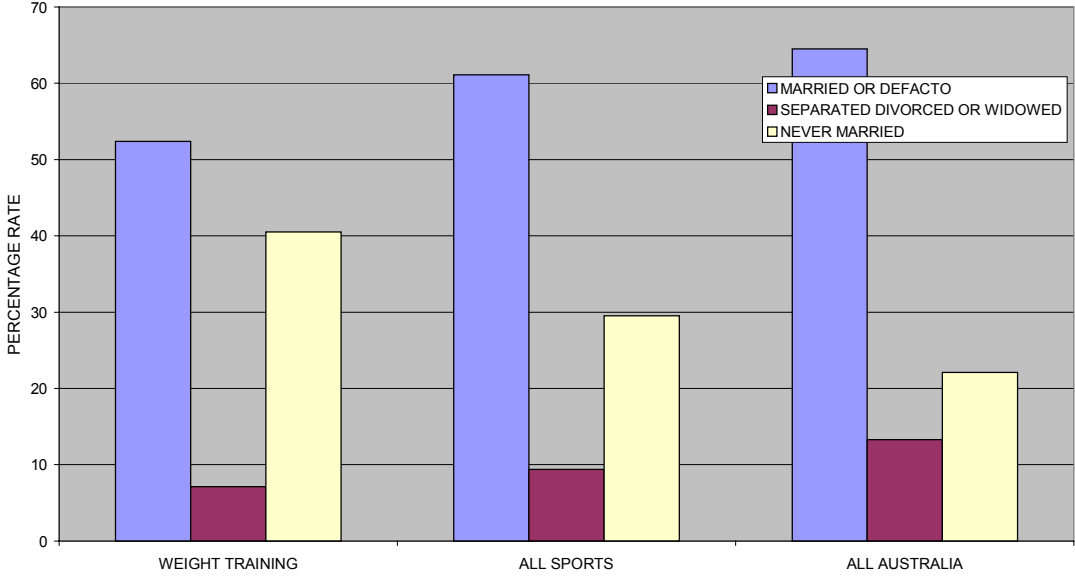
NUMBER OF PARTICIPANTS BY AGE AND GENDER



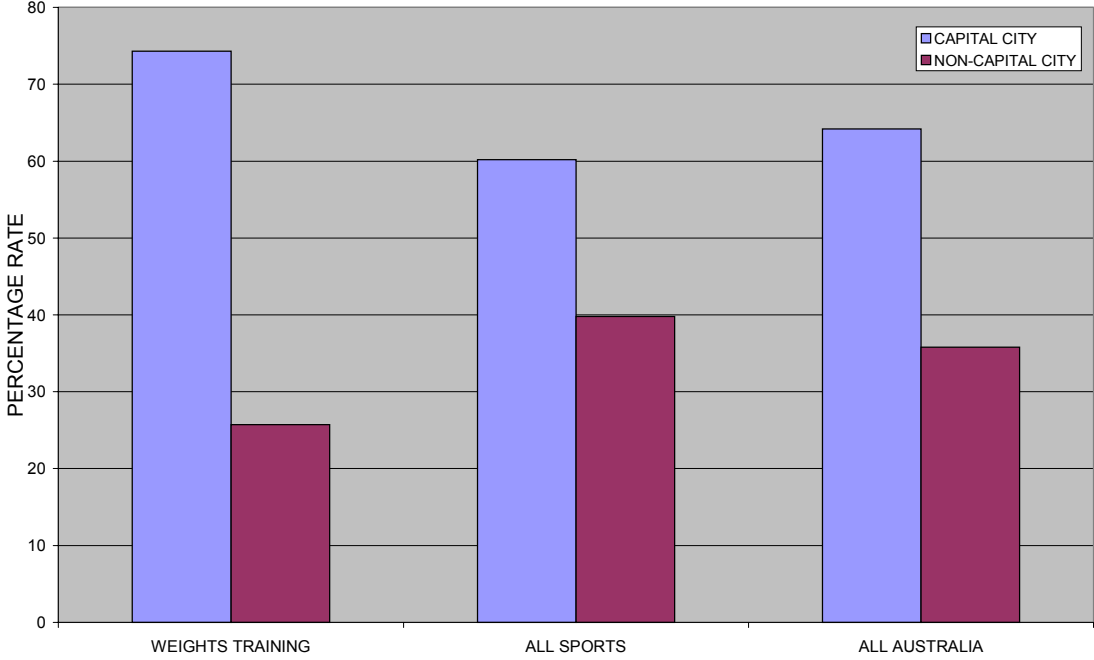
RATE OF PARTICIPATION BY COUNTRY OF BIRTH



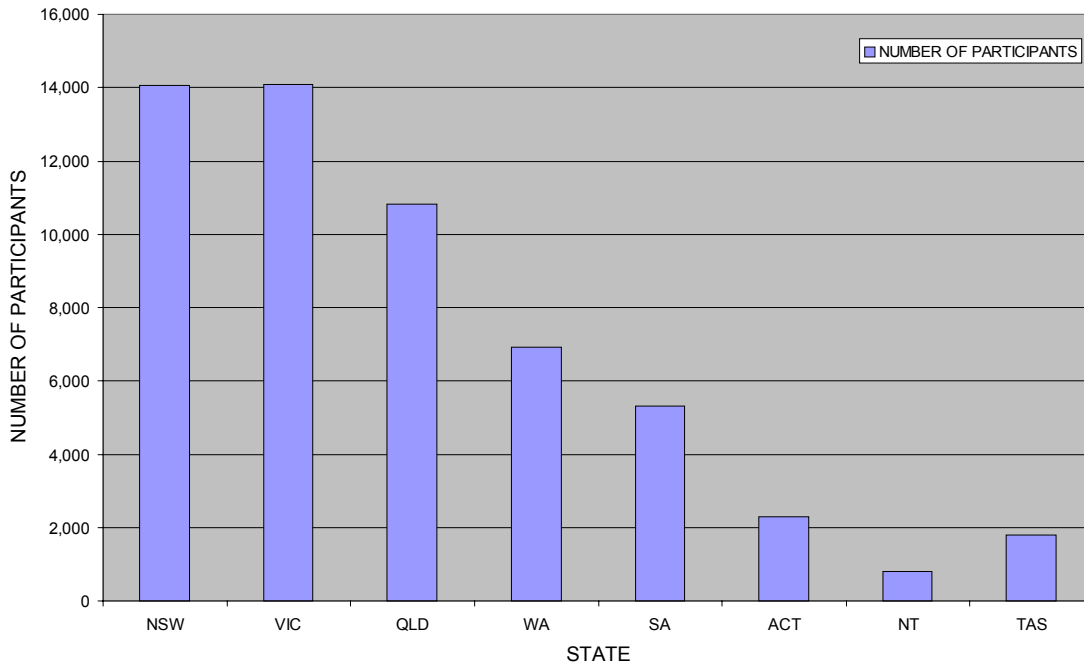
RATE OF PARTICIPATION BY MARITAL STATUS



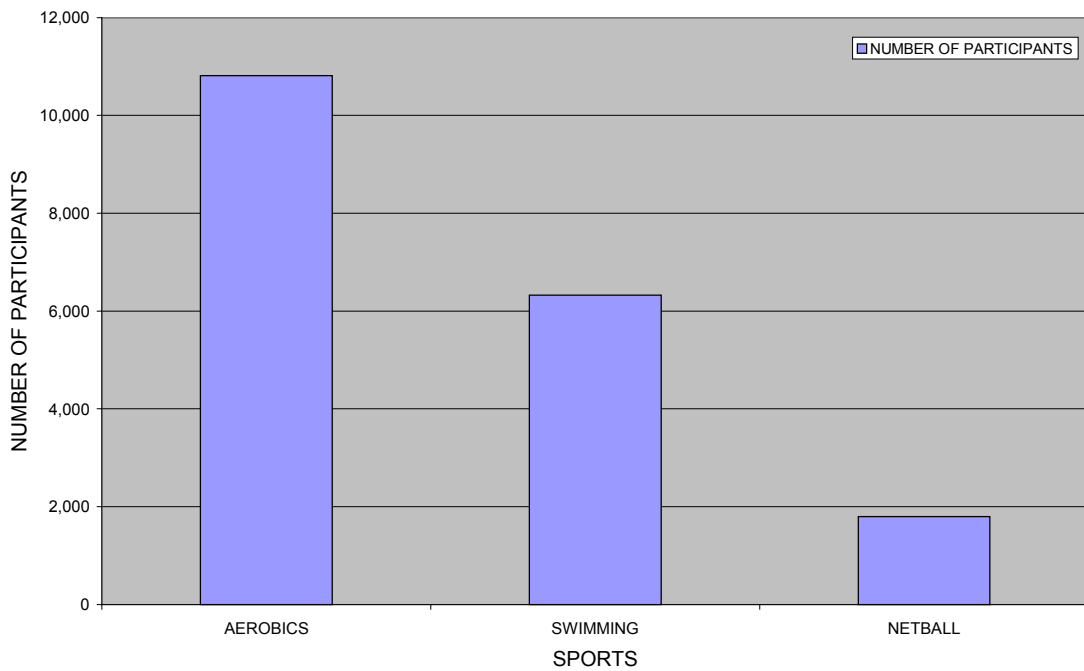
RATE OF PARTICIPATION BY CAPITAL CITY VS NON-CAPITAL CITY



NUMBER OF PARTICIPANTS BY STATE



OTHER SPORTS PLAYED BY WEIGHTS TRAINING PARTICIPANTS



NUMBER OF OTHER SPORTS PLAYED BY WEIGHT TRAINING PARTICIPANTS AND ALL PARTICIPANTS

