

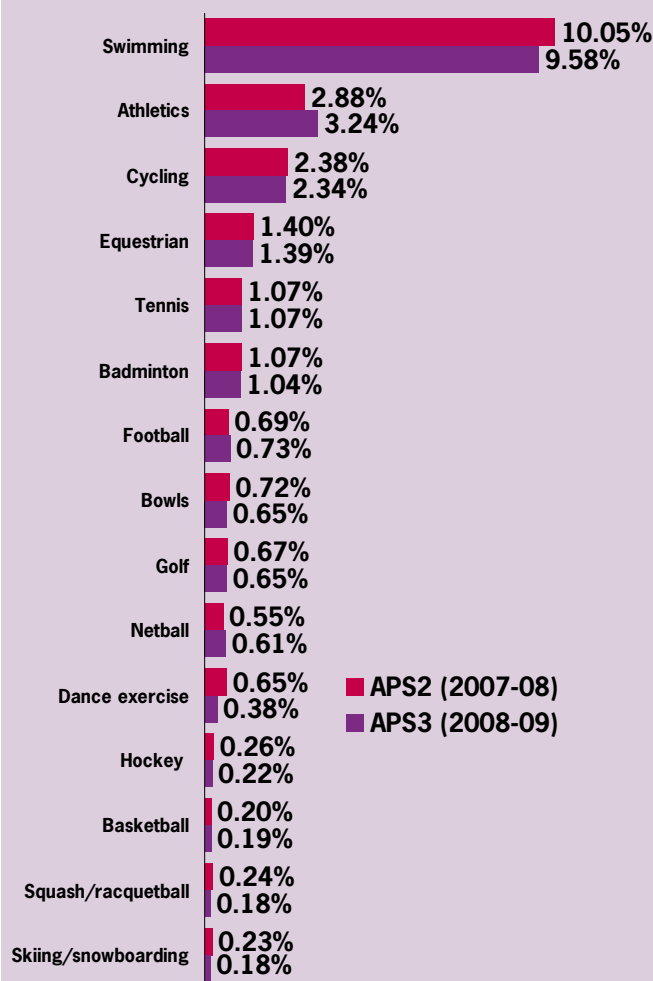
# Trends in female sport participation

## Results from Active People Survey 1, 2 and 3

### Overview:

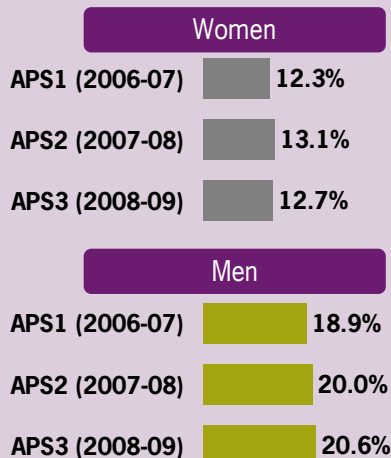
- 2.727 million women (12.7%) take part in regular sport every week, but this is a fall since 2007-08
- Swimming, athletics and cycling are the greatest participant sports for women (once a week)

### Top 15 female participation sports



Base: All female respondents. Sport participation at least once in the last week

### Trends in sport participation by gender 3 x 30 mins a week (moderate intensity)



Base: All respondents

### Participation trends in sport

- There has been a significant decrease between 2007-08 and 2008-09 in women's regular sport participation (down 61,000 to 2.727 million) while men have seen a significant increase (up 176,600 to 4.203 million)
- There has been significant increases in women taking part in athletics, netball and canoeing on a weekly basis
- There has been a significant decrease in numbers of female swimmers, dance exercisers, gymnasts, skiers, squash players and those playing rugby union

### Notes:

Sport participation **does not** include recreational walking or infrequent recreational cycling but does include cycling if done at least once a week at moderate intensity and for at least 30 minutes. It also includes more intense/strenuous walking activities such as power walking, hill trekking, cliff walking and gorge walking.

Regular participation is defined as participation in sport for at least 30 minutes at moderate intensity at least three times a week.