

**ACTIVE**  
NZ SURVEY

Te Rangahau Korikori o Aotearoa

# Sport and Recreation Participation Levels

Findings from the 2007/2008  
Active New Zealand Survey



# INTRODUCTION

This factsheet shows participation levels for various sport and recreation activities undertaken by New Zealand adults aged 16 years and over.

The findings are based on data from the 2007/08 Active NZ Survey. Data were collected from 4,443 New Zealand adults aged 16 years and over through face-to-face interviews. The interviews were completed over a 12-month period beginning March 2007. Participants were asked to report all sport and recreation activities participated in, at least once, during the 12 months preceding the interview. The numbers provided in this factsheet, therefore, reflect the proportion of adults in New Zealand who participated in a specific activity, at least once, over a 12-month period.

Participation levels are provided for the sport and recreation activities listed on the following page. For some activities, a combined percentage has been provided. For example, cycling and mountain biking were assessed individually. A combined percentage, however, is presented by the activity 'cycling (total)' which estimates the percentage of people who participated in cycling and/or mountain biking.



## Sport and Recreational Activities

Aerobics	Gaelic football	Netball (total) <sup>12</sup>
Aquarobics (aqua/water jogging)	Gardening	Orienteering/rogaining
Archery	Gliding	Pilates/yoga
Athletics (track and field)	Golf	Polo
Australian rules football	Gymnastics	Rock climbing (indoor)
Badminton	Hockey (indoor)	Rock climbing/bouldering (outdoor)
Baseball	Hockey (outdoor)	Rollerblading
Basketball (total) <sup>1</sup>	Hockey (total) <sup>8</sup>	Rowing
Billiards/pool/snooker	Horse riding/equestrian	Rugby
BMX/FMX	Hunting (other)	Rugby league
Bowls (indoor)	Hunting (deer stalking/pig hunting)	Sailing/yachting
Bowls (outdoor/lawn)	Hunting (total) <sup>9</sup>	Shooting (rifle & pistol)
Boxing	Ice hockey (indoor)	Skateboarding
Callisthenics/stretch	Ice skating	Skiing (snow, grass)
Canoeing/kayaking	In-line skating	Snow boarding
Cricket (indoors)	Jogging/running	Snow sports (total) <sup>13</sup>
Cricket (outdoors)	Kapa Haka (poi, waiata-a-ringa)	Softball
Cricket (total) <sup>2</sup>	Kilikiti	Squash
Croquet	Korfball	Surf life saving
Cycling (cycling/biking)	Lacrosse	Surfing/body boarding
Cycling (mountain biking)	Marching	Swimming
Cycling (total) <sup>3</sup>	Martial arts (judo)	Table tennis
Dance (various) <sup>4</sup>	Martial arts (karate)	Tai chi
Dance (total) <sup>5</sup>	Martial arts (other)	Ten pin bowling
Darts	Martial arts (taekwondo)	Tennis
Diving (springboard)	Martial arts (total) <sup>10</sup>	Touch rugby
Diving/scuba diving	Mau rakau/taiaha	Tramping
Equipment-based exercise	Motorsports (cars)	Volleyball (indoor)
Fencing	Motorsports (karts)	Volleyball (outdoor)
Fishing (freshwater)	Motorsports (motorcycles)	Volleyball (total) <sup>14</sup>
Fishing (marine/saltwater)	Motorsports (total) <sup>11</sup>	Waka ama
Fishing (total) <sup>6</sup>	Mountaineering/mountain climbing	Walking
Football (indoor)	Multisport/triathlon/duathlons	Water polo
Football (outdoor)	Netball (indoor)	Water skiing
Football (total) <sup>7</sup>	Netball (outdoor)	Windsurfing

<sup>1</sup> Basketball (total) includes indoor basketball and outdoor basketball.

<sup>2</sup> Cricket (total) includes indoor cricket and outdoor cricket.

<sup>3</sup> Cycling (total) includes cycling/biking and mountain biking.

<sup>4</sup> Dance (various) includes all dance genres (e.g. ballet, ballroom, contemporary/modern, country/folk/line, cultural/national, hip-hop/break/krump, jazz/tap, latin, ceroc,) but excludes dance (club, rave, disco).

<sup>5</sup> Dance (total) includes dance (various) and dance (club, rave, disco).

<sup>6</sup> Fishing (total) includes fresh water and marine/salt water fishing.

<sup>7</sup> Football (total) includes indoor football and outdoor football.

<sup>8</sup> Hockey (total) includes indoor hockey and outdoor hockey.

<sup>9</sup> Hunting (total) includes deerstalking, hunting, and pig hunting.

<sup>10</sup> Martial arts (total) include judo, karate, tae kwon do and other forms of martial arts.

<sup>11</sup> Motorsports (total) include car, kart and motorcycle motorsports.

<sup>12</sup> Netball (total) includes indoor netball and outdoor netball.

<sup>13</sup> Snow sports (total) include snowboarding and skiing.

<sup>14</sup> Volleyball (total) includes indoor volleyball and outdoor volleyball.

# PARTICIPATION LEVELS OVER 12 MONTHS

The table below provides participation rates for specific sport and recreation activities. Activities with a combined percentage have not been ranked and are denoted by an asterisk (\*) in the ranking column.

Activity	Percentage <sup>15</sup> (%)	95% Confidence Interval <sup>16</sup>	Population Number <sup>17</sup>	Ranking <sup>18</sup>
Walking	64.1	( 62.2 - 66.0 )	2,100,277	1
Gardening	43.1	( 41.2 - 45.1 )	1,414,635	2
Swimming	34.7	( 32.8 - 36.6 )	1,139,812	3
Equipment-based exercise	26.6	( 24.8 - 28.4 )	868,271	4
Cycling (total)	22.7	( 21.0 - 24.5 )	745,182	*
Cycling (cycling/biking)	19.6	( 17.9 - 21.4 )	644,698	5
Fishing (total)	19.5	( 17.7 - 21.2 )	633,768	*
Jogging/running	17.6	( 15.9 - 19.3 )	574,107	6
Dance (total)	16.8	( 15.2 - 18.5 )	549,110	*
Fishing (marine/saltwater)	16.6	( 15.0 - 18.3 )	539,446	7
Golf	12.8	( 11.3 - 14.4 )	416,221	8
Dance (various)	11.5	( 10.0 - 13.0 )	378,607	9
Tramping	9.4	( 8.0 - 10.8 )	306,342	10
Tennis	9.3	( 7.9 - 10.7 )	304,676	11
Pilates/yoga	9.0	( 7.6 - 10.4 )	290,753	12
Aerobics	8.6	( 7.2 - 9.9 )	277,865	13
Cricket (total)	7.3	( 6.0 - 8.6 )	237,965	*
Football (total)	6.8	( 5.6 - 8.0 )	227,266	*
Cricket (outdoors)	6.8	( 5.6 - 8.0 )	221,219	14
Touch rugby	6.7	( 5.5 - 7.9 )	219,953	15
Netball (total)	6.5	( 5.3 - 7.6 )	209,771	*
Canoeing/kayaking	6.4	( 5.2 - 7.5 )	209,648	16
Basketball	6.3	( 5.1 - 7.4 )	209,427	17
Snowsports (total)	6.3	( 5.2 - 7.5 )	206,071	*
Cycling (mountain biking)	6.1	( 5.0 - 7.3 )	202,237	18=
Callisthenics/stretch	6.1	( 4.9 - 7.2 )	198,879	18=
Table tennis	5.9	( 4.7 - 7.0 )	194,198	20
Rugby	5.7	( 4.6 - 6.8 )	189,661	21=
Fishing (freshwater)	5.7	( 4.6 - 6.8 )	184,784	21=
Football (outdoor)	5.5	( 4.4 - 6.6 )	185,292	23
Hunting (total)	4.6	( 3.6 - 5.6 )	150,343	*
Surfing/body boarding	4.5	( 3.5 - 5.5 )	145,620	24
Volleyball (total)	4.4	( 3.4 - 5.4 )	148,496	*
Hunting (other)	4.4	( 3.4 - 5.4 )	143,598	25

<sup>15</sup> This column indicates the proportion of New Zealand adults who participated in the specific activity over 12-months. The data have been weighted to be representative of the New Zealand adult population. Age standardised rates are presented for activities with a percentage  $\geq 1.0$  %.

<sup>16</sup> A confidence interval (CI) is the likely range of the true value. A CI has a given probability (e.g. 95%) that a true value, such as a proportion or percentage, lies within an interval or range. A CI is provided for all activities with a percentage  $\geq 1\%$ .

<sup>17</sup> The population number indicates the number of New Zealand adults who participated in a specific activity. For example, 306,342 New Zealand adults participated in tramping at least once over 12-months.

<sup>18</sup> Each activity has been ranked from highest to lowest participation level (%), with the exception of activities where a combined percentage is presented, for example, cycling (total) and fishing (total).

Activity	Percentage <sup>15</sup> (%)	95% Confidence Interval <sup>16</sup>	Population Number <sup>17</sup>	Ranking <sup>18</sup>
Squash	3.8	( 2.9 - 4.7 )	123,443	26=
Diving/scuba diving	3.8	( 2.9 - 4.7 )	121,625	26=
Badminton	3.7	( 2.9 - 4.6 )	126,482	28=
Skiing (snow, grass)	3.7	( 2.8 - 4.6 )	123,536	28=
Netball (outdoor)	3.7	( 2.8 - 4.6 )	122,829	28=
Netball (indoor)	3.6	( 2.8 - 4.5 )	116,765	31
Bowls (outdoor/lawn)	3.2	( 2.4 - 4.0 )	105,745	32
Aquarobics (aqua/water jogging)	3.1	( 2.3 - 3.9 )	102,554	33=
Water skiing	3.1	( 2.3 - 3.9 )	99,283	33=
Shooting (rifle & pistol)	3.0	( 2.3 - 3.8 )	101,712	35=
Horse riding/equestrian	3.0	( 2.2 - 3.8 )	99,331	35=
Motorsports (total)	2.9	( 2.1 - 3.6 )	94,863	*
Snow boarding	2.7	( 2.0 - 3.5 )	87,649	37
Bowls (indoor)	2.6	( 1.9 - 3.3 )	85,285	38=
Boxing	2.6	( 1.9 - 3.3 )	84,192	38=
Volleyball (outdoor)	2.5	( 1.8 - 3.2 )	84,239	40
Martial arts (total)	2.5	( 1.8 - 3.1 )	79,931	*
Athletics (track and field)	2.4	( 1.7 - 3.0 )	82,729	41=
Volleyball (indoor)	2.4	( 1.7 - 3.0 )	81,117	41=
Sailing/yachting	2.4	( 1.8 - 3.1 )	78,209	41=
Football (soccer indoor)	2.2	( 1.6 - 2.8 )	73,453	44
Rugby league	2.1	( 1.5 - 2.7 )	68,042	45
Hockey (total)	2.0	( 1.4 - 2.5 )	68,091	*
Skateboarding	2.0	( 1.4 - 2.6 )	66,848	46
Hockey (outdoor)	1.7	( 1.2 - 2.3 )	60,203	47
Motorsports (motorcycles)	1.6	( 1.1 - 2.1 )	53,485	48=
Ice skating	1.6	( 1.1 - 2.1 )	51,227	48=
Multisport/triathlon/duathlons	1.5	( 1.0 - 2.0 )	48,454	50
Softball	1.3	( 0.9 - 1.8 )	44,925	51=
Tai chi	1.3	( 0.9 - 1.7 )	41,471	51=
Martial arts (other)	1.2	( 0.8 - 1.6 )	37,713	53
Mountaineering/mountain climbing	1.1	( 0.8 - 1.5 )	37,868	54=
Billiards/pool/snooker	1.1	( 0.7 - 1.5 )	36,769	54=
Kapa Haka (poi, waiata-a-ringa)	1.0	( 0.7 - 1.4 )	34,683	56=
Cricket (indoors)	1.0	( 0.7 - 1.3 )	34,458	56=
Motorsports (cars)	1.0	( 0.7 - 1.4 )	34,340	56=
Waka ama	< 1.0	-	-	-

Activity	Percentage <sup>15</sup> (%)	95% Confidence Interval <sup>16</sup>	Population Number <sup>17</sup>	Ranking <sup>18</sup>
Martial arts (karate)	< 1.0	-	-	-
Rollerblading	< 1.0	-	-	-
Archery	< 1.0	-	-	-
Ten pin bowling	< 1.0	-	-	-
Croquet	< 1.0	-	-	-
Orienteering/rogaining	< 1.0	-	-	-
Wrestling	< 1.0	-	-	-
Fencing	< 1.0	-	-	-
Windsurfing	< 1.0	-	-	-
Gymnastics	< 1.0	-	-	-
Martial arts (taekwondo)	< 1.0	-	-	-
Rock climbing (total)	< 1.0	-	-	-
Darts	< 1.0	-	-	-
Hunting (deer stalking/pig hunting)	< 1.0	-	-	-
Hockey (indoor)	< 1.0	-	-	-
In-line skating	< 1.0	-	-	-
Kilikiti	< 1.0	-	-	-
Marching	< 1.0	-	-	-
Motorsports (karts)	< 1.0	-	-	-
Water polo	< 1.0	-	-	-
Baseball	< 1.0	-	-	-
Diving (springboard)	< 1.0	-	-	-
Gliding	< 1.0	-	-	-
Martial arts (judo)	< 1.0	-	-	-
Rock climbing (indoor)	< 1.0	-	-	-
Rock climbing/bouldering (outdoor)	< 1.0	-	-	-
Rowing	< 1.0	-	-	-
Surf life saving	< 1.0	-	-	-
Australian rules football	< 1.0	-	-	-
BMX/FMX	< 1.0	-	-	-
Ice hockey (indoor)	< 1.0	-	-	-
Korfball	< 1.0	-	-	-
Mau rakau/taiaha	< 1.0	-	-	-
Gaelic football	< 1.0	-	-	-
Lacrosse	< 1.0	-	-	-
Polo	< 1.0	-	-	-



PO Box 2251, Wellington, New Zealand  
Phone: +64 4 472 8058 Fax: +64 4 471 0813

[www.sparc.org.nz](http://www.sparc.org.nz)

**Citation:** Sport and Recreation New Zealand (2009). *Sport and Recreation Participation Levels: Findings from the 2007/08 Active NZ Survey*. Wellington: SPARC

Published in 2009 by Sport and Recreation New Zealand.