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## Research Paper

**Culture, Tourism and the Centre for Education Statistics**

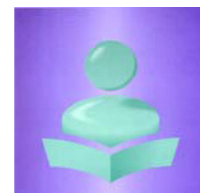
# **Sport Participation in Canada, 2005**

by Fidelis Ifedi

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**Fidelis Ifedi**

*Statistics Canada*

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## Note of appreciation

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## Acronyms

CATI	Computer Assisted Telephone Interviewing
GDP	Gross Domestic Product
GSS	General Social Survey
NLSCY	National Longitudinal Survey of Children and Youth
NPHS	National Population Health Survey

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### Note to readers

This report looks at sport participation by Canadians. It is based mainly on data from the 1992, 1998 and 2005 General Social Survey (GSS) on time use, including information on sports activities of household members. In addition to how they spent their time, respondents aged 15 and over in the 10 provinces were asked whether they or any other household members had **regularly** participated in any sport during the previous 12 months. Regularly means at least once a week during the season or for a certain period of the year. They were also asked whether they or any other household member had participated in amateur sport as a coach, sports official/referee/umpire, administrator or helper.

**Sport:** mainly team or organized activity such as hockey, baseball, basketball, golf, competitive swimming, soccer, downhill skiing, volleyball and tennis. A number of popular recreational physical activities were not defined as sport by the survey. It excluded activities such as non-competitive aerobics, aquafit, bicycling for recreation/transportation only, body building/body sculpting, car racing, dancing, fishing, fitness classes, hiking, jogging, lifting weights (non-competitive), motorcycling, snowmobiling, and non-competitive walking.

Respondents classified as non participants or inactive may in fact be very physically active in activities that were excluded from the survey's definition of sport.

The target population included all people 15 and over, except full-time residents of institutions and residents of the Yukon, Nunavut and the Northwest Territories. The responding household member provided information on behalf of children aged 5 to 14.



# 1. Highlights

## National sport participation rate continues to decline

The national sport participation rate<sup>1</sup> dropped in 2005, a continuation of the downward trend that was observed in the 1998 General Social Survey results. Participation in sport declined from 45% in 1992 to 28% in 2005 in Canada. In 1998, more than a third (34%) of the Canadian population aged 15 and over had participated in sport on a regular basis; seven years later, the figure was about one quarter of the population. That was down from 9.6 million Canadians in 1992 to 7.3 million in 2005.

## Decreased sport participation across all age groups

Young Canadians aged 15 to 18 had the highest sport participation rate, but that too declined from 77% in 1992 to 59% in 2005. Canadians aged 55 and over had the lowest participation rate at 17%, down from 25% in 1992. A similar trend was observed in the other age groups. As Canadians 15 years and over get older, their rate of participation in sport decreases. With over two-thirds of the Canadian adult population 35 years of age and over in 2005, this downward trend may continue as the population continues to age.

## Gender makes a difference

Men participate in sport much more actively than women. While there remains a huge gender gap in sport participation between the two sexes, the spread narrowed over the last seven years. In 1998, the spread between the two sexes was 17 percentage points with 43% of men and 26% of women participating in sport. By 2005, the gap had dropped to 15 percentage points, with just 36% of men and 21% of women participating in sport.

## Nova Scotia is the new leader in sport participation

In 2005, participation in sport declined in all provinces except Prince Edward Island, dropping the most in Quebec and British Columbia.

In 1998, Quebec led the nation with a sport participation rate of 38%. By 2005, the participation rate in Quebec had dropped to 27%. Nova Scotia took over the lead with over 32% participation, followed by Alberta with 30%. Newfoundland and Labrador had the lowest participation rate at 24%.

### **Educational attainment an indicator of active sport participation**

Active participation increases with education, rising steadily through successive levels of education to the attainment of a university degree. The higher the level of education, the more likely a person is to participate actively in sport. In 2005, one quarter of Canadians (aged 15 and over) with a high school diploma or less participated in sport. This compares with 30% for those with a postsecondary diploma and 33% for those with a university degree.

### **Higher income earners more likely to participate in sport**

Income has a profound influence on sport participation. Sport participation increases as household income grows. In 2005, families in the income range of \$80,000 and over were twice as likely to participate in sport as those with household incomes of less than \$30,000.

### **The influence of language on sport participation is minimal**

As in 1998, mother tongue (the first childhood language) had little impact on the rate of sport participation in 2005. This is most apparent at the national level, where the participation rate was the same for both anglophones and francophones (30%). However, further disaggregation of data shows that anglophone men were slightly more apt to participate in sport than francophone men. The reverse was the case for females, with francophone women having a slight edge in sport participation.

### **People born in Canada participate in sport more than immigrants**

People born in Canada are more likely to participate in sport than people born outside Canada. Recent immigrants<sup>2</sup> reported a participation rate of 27%, almost three percentage points below the Canadian-born rate. However, those who came to Canada before 1990 were much less likely to participate in sport, with only a 19% participation rate.

### **Students participate more actively in sport than any other group**

Students remain the most active group in Canada. However, their active involvement in sport has slowed from a 64% participation rate in 1998 to 51% in 2005. The rate was highest for male students at 59%, down from 76% in 1998.

### **Participation highly concentrated in a few sports**

Out of nearly 100 sports played in Canada, participation is highly concentrated in about 20 sports led by golf, ice hockey, swimming, soccer, basketball, baseball, volleyball, skiing and cycling. For men, concentration was mostly in hockey, golf, basketball, baseball and soccer, in that order. A quite different picture emerges for women. They preferred swimming, golf, soccer, volleyball and skiing.

## Canadian children aged 5 to 14 prefer soccer

Soccer has become the sport of choice for Canadian children aged 5 to 14. Boys and girls recorded the same participation rate (44%) in 2005. Soccer was followed by ice hockey, swimming and baseball.

While overall, boys (55%) were more actively involved in sport than girls (44%), girls maintained the same level of participation as in 1998, while boys' involvement in sport dropped from 59% over the same period.

Household income continued to be a major determinant of sport participation for children. In 2005, only 43% of children from households in the lower income range of less than \$40,000 were active in sport compared with 63% of those from households with incomes of over \$80,000.

## Slightly fewer Canadians belong to a sport club or league

In 2005, 18% of all Canadians (aged 15 and older) reported belonging to a club, a local community league or other local or regional amateur sport organization, down 1 percentage-point from the 19% belonging to sport clubs or leagues in 1998.

## Gender gap among active Canadians participating in tournaments and competitions

The proportion of active Canadians participating in tournaments and competitions continues to grow, from 36% in 1998 to 39% in 2005.

While more active males participated in competitive sports than active females, the gap between them has narrowed from a 12 percentage point spread in 1998 to 10 percentage points in 2005. In 1998, 29% of active females participated in competitive sports. By 2005, the proportion had reached 33%.

## Active participation declining while volunteering in sports increasing

In contrast to a declining active sport participation, volunteering in sports showed notable increases overall. The number of amateur coaches increased 1.6% from 1998 to almost 1.8 million in 2005. Similarly, over 2 million Canadians volunteered their time as administrators or helpers, up 18% from 1998.

However, the number of adult Canadians who volunteered as referees, officials or umpires decreased 15% to 800,000 in 2005 after it peaked at 937,000 in 1998.

## Women coaches outnumber their male counterparts in amateur sport

Besides actively participating in sport, women were indirectly involved in sport, volunteering their time as coaches, administrators, referees and spectators. In 2005, women involved in amateur sport as coaches reached 882,000, 15% higher than in 1998. They outnumbered their male counterparts by a slight margin. Over the same period, the number of male coaches dropped 9% to 874,000. Overall, 7% of Canadians were involved in amateur coaching in 2005, up from 4% in 1992 when men dominated the field.

Similarly, the number of female volunteer administrators jumped nearly 15% to 992,000. The number of male administrators also grew, reaching 1,020,000 in 2005, a 17% increase from 1998.

### **Involvement in amateur sport as spectators almost doubled in 13 years**

The number of adult Canadians involved in amateur sport as spectators reached 9.2 million in 2005. That was 20.3% higher than reported in 1998. In 1992, only 5 million Canadians were involved in amateur sport as spectators.

### **Relaxation ranked the most important benefit of sport participation**

Active Canadians cited relaxation as the most important benefit of sport participation. In 2005, 73% of active Canadians ranked relaxation as the most beneficial outcome of participating in sport. Physical health and fitness came second with 68%. Improvement in social networks through association with new friends and acquaintances was ranked the least important at 34%.

## 2. Introduction

Sport is a universal activity. People all over the world participate in sport in one form or another. While certain sports are unique to certain countries because of their geography, climate and culture, the benefits from participating are universal.

Involvement in sport is not restricted to direct active participation, but also includes all those who participate indirectly as coaches, officials, administrators or spectators. Many Canadians participate in sport directly, others indirectly and many in both ways.

This report looks at sport participation by Canadians. It takes into account certain socio-economic variables such as age, sex, income, education and family composition that may influence the level of involvement. It uses historical data from the *General Social Survey* (GSS) to show the level and rate of participation over time. The report also looks at the kinds of sports Canadians like to play, the influence of parental involvement on their children's participation, the rationale for participation or non participation in sport, and the barriers to sport participation.

### 3. Objectives

This report is an update of the 1998 report entitled *Sport Participation in Canada* prepared by Statistics Canada for Sport Canada.<sup>3</sup> Some studies (e.g., releases by the *Canadian Fitness and Lifestyle Research Institute*<sup>4</sup>) include sport in a broader context of physical activities such as brisk walking, jogging, dancing, and other forms of exercise. Sport as used in this report excludes a number of physical and leisure activities such as aerobics, dancing, bicycling for recreation or transportation, body building, car racing, fishing, jogging and walking.

The report analyzes trend data where possible using the 1992, 1998, and 2005 sport supplements to the *General Social Survey* (GSS). These data provide vital information on the magnitude of, and changes in, sport participation in Canada.

The main objective of this paper is to improve our knowledge of sport participation in Canada by examining the following in detail:

- participation in sport by socio-demographic factors (e.g., age, mother tongue, gender, household type, education, household income, occupation, and type of employment)
- Canadian born and immigrants both recent and those who came to Canada before 1990
- Canadians who are directly involved in sport as participants
- Canadians who are indirectly involved through coaching, refereeing, officiating or being a spectator at amateur sporting events
- participation in competitive sport
- benefits from participation
- barriers to participation
- the relationship between general social indicators and sport participation (e.g., health, social and community contact and time use including leisure time)

#### 3.1 Definition of sport

The General Social Survey determined each respondent's involvement in sport by asking the question:

*“Did you regularly participate in any sports during the past 12 months?”*

“Regularly” meant that the respondent participated in a sport at least once a week during the season or for a certain period of the year. For example, although bowling is not a seasonal sport, the respondent was to include bowling if it was played on a regular basis during a period of the year.

Guidelines for determining whether a physical activity fell within scope as a 'sport' were determined by Sport Canada. Specifically, a sport is an activity that involves two or more participants engaging for the purpose of competition. Sport involves formal rules and procedures, requires tactics and strategies, specialized neuromuscular skills and a high degree of difficulty and effort. The competitive nature of sport implies the development of trained coaching personnel. It does not include activities in which the performance of a motorized vehicle is the primary determinant of the competitive outcome.

Based on these general guidelines, a list of sports was provided by Sport Canada. A number of physical and leisure activities were excluded such as non-competitive aerobics, aqua-fitness, bicycling for recreation/transportation only, body building/body sculpting, car racing, dancing, fishing, fitness classes, hiking, jogging, lifting weights (non-competitive), motorcycling, snowmobiling, and non-competitive walking. Details about the GSS survey design, the survey questions, and a list of sports included and those excluded are all contained in Appendix 1.

### 3.2 Calculation of rates

Participation rates can be calculated in a number of different ways. The participation rates in most of the tables in the report use the total Canadian population aged 15 years and older as the denominator. Participation rates were also calculated using the total number of males 15 years and older and total females 15 years and older as denominators. This allows one to view the proportion of sport participants within the total population, as well as within the male and female populations.

A second set of percentages were calculated using the population that actively participates in sport as the base (denominator), thus giving us a rate of 'active Canadians'. This allows for comparisons within the active population. Footnotes at the end of each table indicate which sub-population was used in the calculation of the rates.

## 4. National trends in sport participation, 1992, 1998 and 2005

### 4.1 Sport participation in Canada on the decline

Fewer Canadians aged 15 and older participated in sport in 2005 than in 1998 or in 1992. In 1992, the results of the General Social Survey showed that 45% of Canadians aged 15 and older or 9.6 million people participated in sport. In 1998, the figure dropped to 34% of the population. By 2005, the number of participants had decreased further to 7.3 million Canadians, representing 28% of the population.

A combination of factors may have brought about this decline. The aging population is perhaps the dominant factor. Others include time pressures, family responsibilities, child rearing, careers, lack of interest and participation in other leisure time activities such as watching television, and surfing and chatting on the Internet. Gender, household composition, educational attainment and income all influence sport participation. Active participation decreases steadily as the population ages.

Between 1991 and 2005, Canada recorded a big increase in the proportion of the population aged 65 and over (defined as seniors). The census counted 3.5 million seniors in 1991. They represented 11.6% of the total population, up from 8.1% in 1971. In 2005, the number of seniors had increased to 4.2 million. Their share of the population reached 13.1% mainly due to lower fertility rates and longer life expectancy. At the same time, children under the age of 15 dropped from 20.7% of the population in 1991 to 17.6% in 2005. Life expectancy for both sexes combined surpassed 80 years for the first time ever in 2004, up from 79.9 year in 2003 and 78 years in 1992.

Household composition also has a big influence on sport participation. The presence of children in a household increases the likelihood of family involvement in sports either as active participants or as volunteers. Household income and the level of education of household members also have an impact on sport participation. In 1992, 1998 and 2005, individuals and households with higher incomes were more likely to participate in sport than those with lower incomes. The same was true of education. More educated Canadians were more likely to be active in sports than those with less education.

The downward trend in sport participation does not mean that Canadians do not engage in physical activities. Many Canadians actually engage in regular exercise through various physical programs or classes, others enjoy jogging, gardening, power walking, etc.

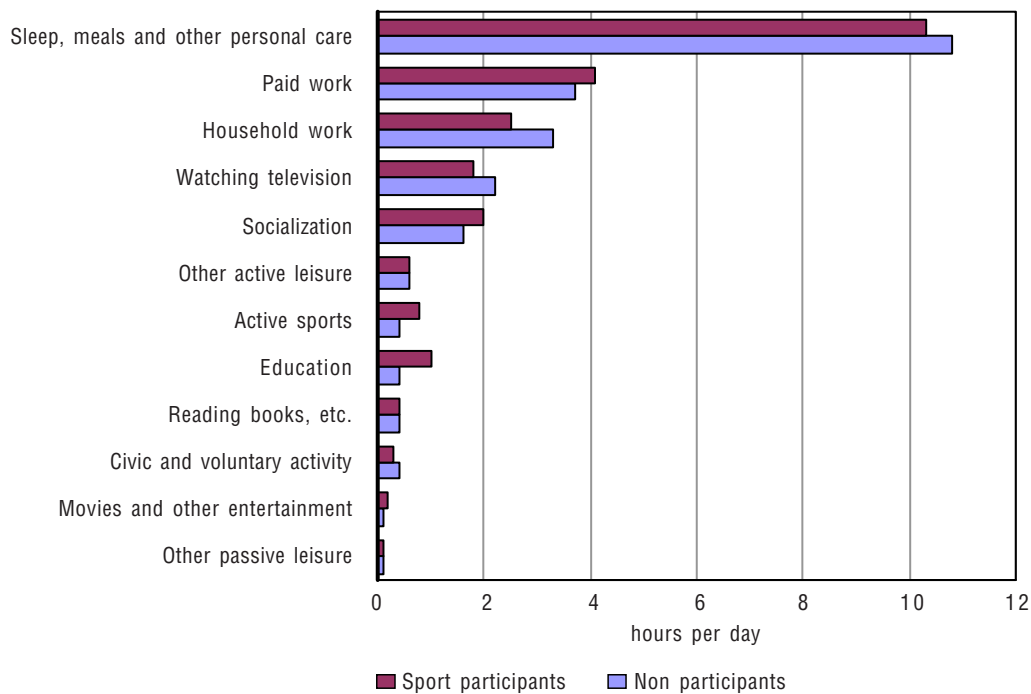


According to the 2005 Canadian Community Health Survey, 13.8 million people, representing 51% of Canadians aged 12 and older, were involved in leisure-time physical activity of some sort. That was up from the 46% observed in the 1998/99 National Population Health Survey. In both surveys, the level of physical activity was based on the respondents' answers to questions about the frequency, duration and intensity of their participation in leisure-time physical activity.

The GSS data on sport participation by definition exclude a number of recreational physical activities. Their exclusion may have the effect of lowering the participation rate calculated using the GSS data on sport. A cross tabulation of the GSS data on the time use data on sport suggests that the non participants were active in sport, though not regularly (once a week), and they engaged in physical activities. In 2005, the non participants spent an average of 24 minutes per day on active sport. By comparison, sport participants spent 48 minutes per day on active sport. That was double the amount of time spent by the non-participants. Canadians are indeed active at various levels of physical activity but the focus of this report is participation in sport.

Chart 1

**Average time per day spent on activities by sports participants and non participants, 2005**



## 4.2 Comparison with other countries

International statistics on sport participation are not comparable to the Canadian data because of definitions and methodologies used. However, international trends are interesting to observe.

In Australia, sport participation is broadly defined to include participation in organized sport and non-organized sport plus physical activities. According to the Australian Bureau of Statistics, the 2005-06 Australian participation rate for organized sport and physical activity was 29%.<sup>5</sup> The Australian participation rate has remained fairly steady since 1993, hovering around 30%.

In the United States, participation in sport and physical activity among adults has changed very little. The 2005 National Health Interview Survey indicates that 30% of adult Americans engaged in regular-time physical activities, down from 32% in 1997.<sup>6</sup> For the United States, regular leisure-time physical activities means engaging in light to moderate leisure-time physical activity for at least 30 minutes, five times per week or engaging in vigorous leisure time physical activity for at least 20 minutes, three times per week.

As in Canada, sport participation in Great Britain has declined over the years. However, their data include physical and leisure activities with sport participation. According to the General Household Survey carried out by the Office for National Statistics in Great Britain, adult participation in sport and physical activities in at least one activity (excluding walking) in the previous four weeks before the interview dropped from 48% in 1990 to 43% in 2002. A greater proportion of British men participate in sport than women. However, the decline in sport seen between 1990 and 2002 was greater for men than for women. Again, as in Canada, the gender gap in participation between both sexes continued to narrow.

## 4.3 Men participate in sport much more actively than women

In Canada men are more likely to participate in sport than women, although participation rates have declined for both sexes over the years. The gender gap in sport participation has narrowed a little, from a 17 percentage-point spread in 1998 to a 15 percentage-point spread in 2005.

The participation rate for men dropped from 43% in 1998 to 36% in 2005 and for women from 26% to 21%. The fall was steepest for young males aged 15 to 18 with a 14 percentage-point drop over the period to a 66% participation rate. The smallest decline was among older men aged 55 and over, with a drop of only one percentage-point, to 24%.

Among women, the smallest decline was seen in the 15 to 18 age group. Young females in the 15 to 18 age range, with a rate of 52% in 2005, recorded less than a 4 percentage-point drop from 1998, compared to the 14 percentage-point drop noted for males in that age group. For women, the greatest decline was in the 25 to 34 age group, down 8 percentage points from 1998.

#### 4.4 Age is a major factor in sport participation

Active lifestyle decreases with age and so does sport participation. As Canadians age, their rate of participation in sport is likely to decrease. With over two-thirds of the Canadian adult population currently 35 years of age and older, the percentage of the population that is not active is likely to increase as the population continues to age. In 1992, people 35 years of age and over represented 60% of the adult population and their participation rate was 36%. By 2005, more Canadians (67%) were in this age cohort and their participation rate was down to 22%. Thus, the society is aging and becoming less active.

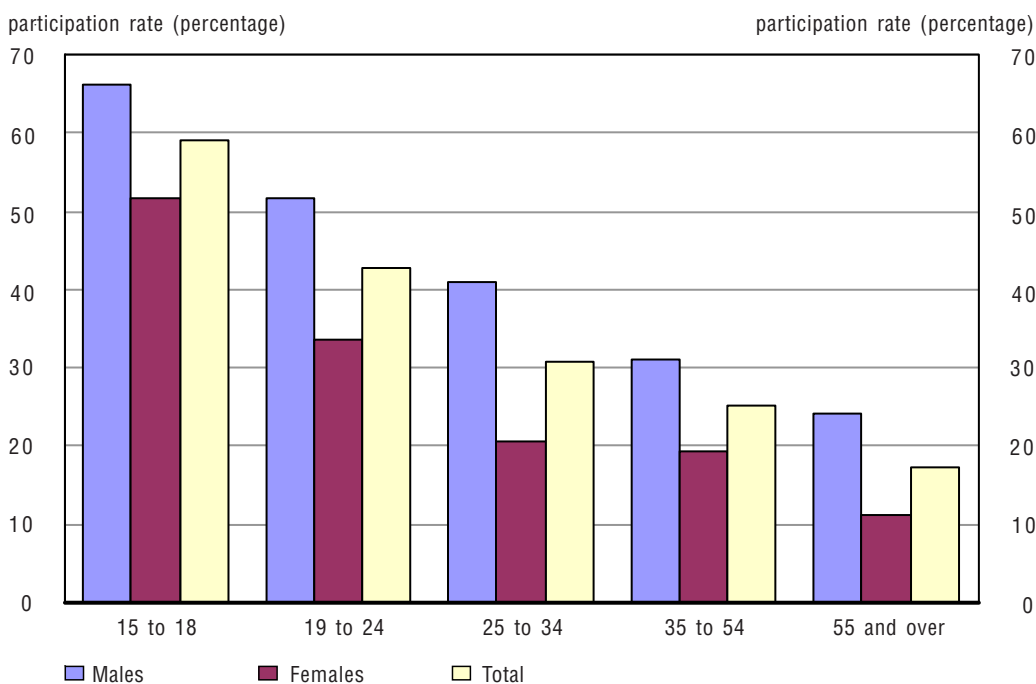
Adult Canadians 25 to 34 years old are an interesting cohort. In 1992, more than half of them (53%) participated in sport. By 2005, less than a third (31%) was actively engaged in sport. While the level of activity of the 25 to 34 year olds had slowed down, their participation rate was still above the national rate (28%). With much of their hours devoted to family, child rearing and careers, they still managed to find time for participation in sport.

Young Canadians aged 15 to 18 had the highest participation rate at 59% in 2005 but this was down from 77% in 1992. The 19 to 24 year olds had a rate of 43%, down from 61% in 1992. Those aged 55 and over recorded the lowest rate (17%), falling from a 25% rate in 1992.

Youths spend three quarters of their leisure time (7.1 hours per day) socializing with friends, relatives and talking on the phone, watching the television, surfing and chatting on the Internet.

Chart 2

#### Sport participation rates by age and sex, 2005



## 4.5 Provincial/regional trend

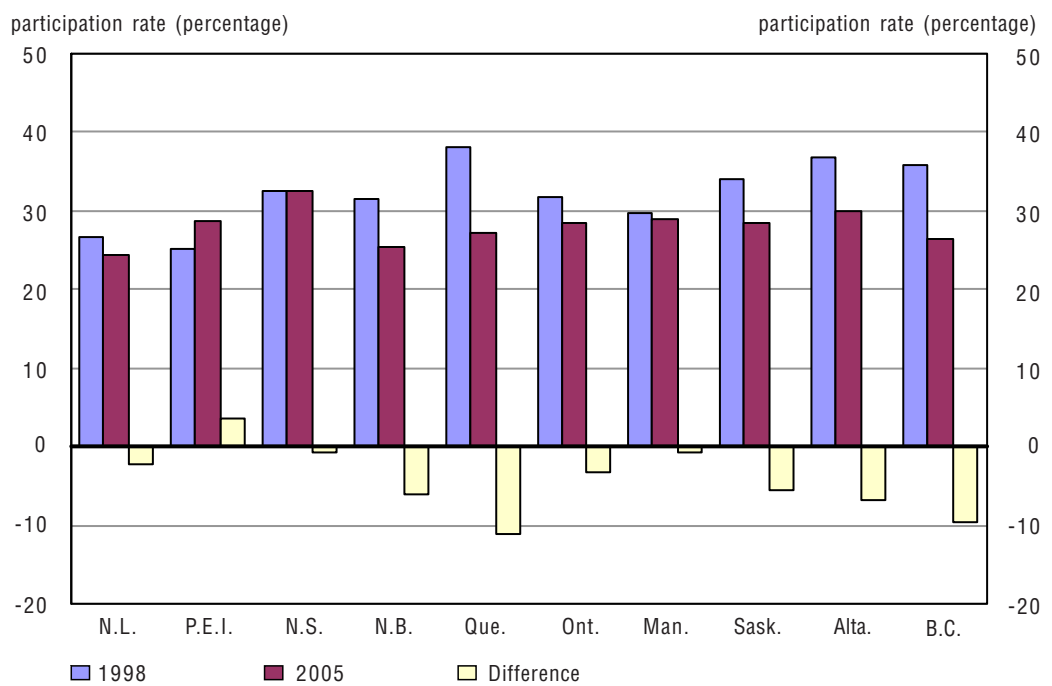
### Participation rates highest in Nova Scotia and Alberta

Reflecting the national trend, participation in sport declined in all provinces except Prince Edward Island, dropping the most in Quebec and British Columbia. In 1998, Quebec led the nation in sport participation with a rate of 38%. In 2005, the participation rate in Quebec had dropped to 27%. Nova Scotia took over the lead with over 32% participating. Nova Scotia, along with Manitoba, showed almost no change between the two survey cycles.

The real success story was Prince Edward Island. The province had the lowest rate in 1998 but by 2005, it ranked fourth overall, behind Nova Scotia, Alberta and Manitoba. Newfoundland and Labrador had the lowest participation rate, at 24% in 2005.

Chart 3

Sport participation rates by province, 1998 and 2005



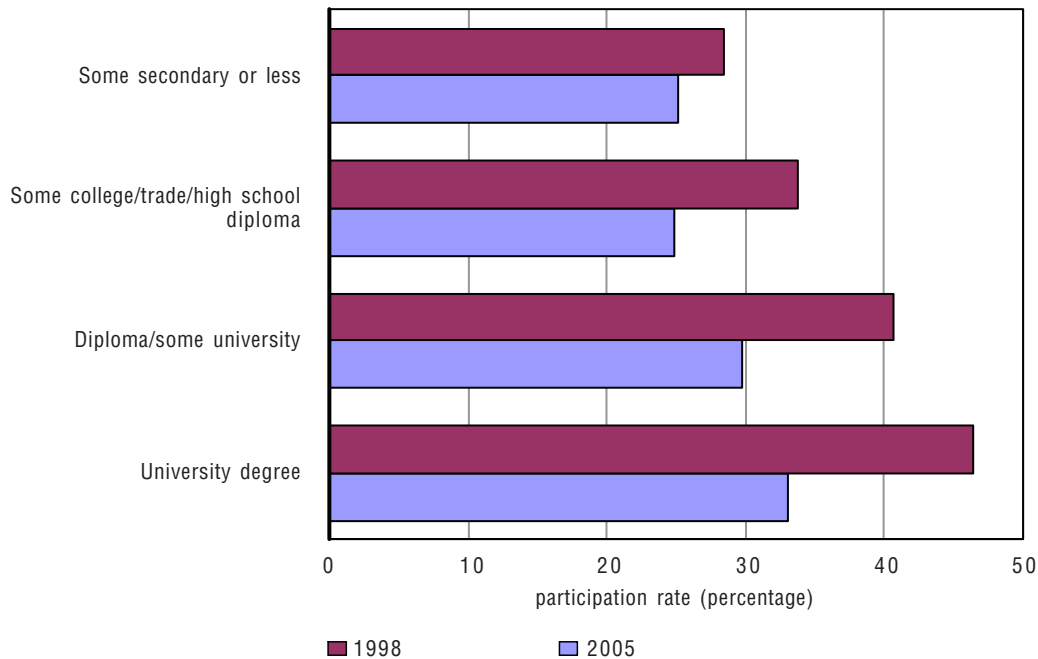
## 4.6 Education matters when it comes to sport

Canadians with higher levels of education tend to have higher participation rate than those with lower levels of education. This tendency was observed in both sexes, increasing steadily through to the attainment of a university degree. In 2005, one quarter of Canadians aged 15 and over with a high school diploma or less participated in sport. This compares with 30% for those with a postsecondary diploma and 33% for those with a university degree. The same was true in the previous survey cycles. In the 1998 survey cycle, 41% of those with a post secondary diploma or some university and 46% of university degree holders participated in sport compared with 29% of those with some secondary schooling or less. In the

1992 survey cycle, more than half of those with a post secondary diploma or some university and 46% of university degree holders participated in sport compared with 36% of those with some secondary schooling or less. The good news is that the gap in the participation rate between the highest and the lowest education levels has narrowed over the years from 22 percentage points in 1992 to 8 percentage points in 2005.

Chart 4

#### Sport participation rates by level of education, 1998 and 2005



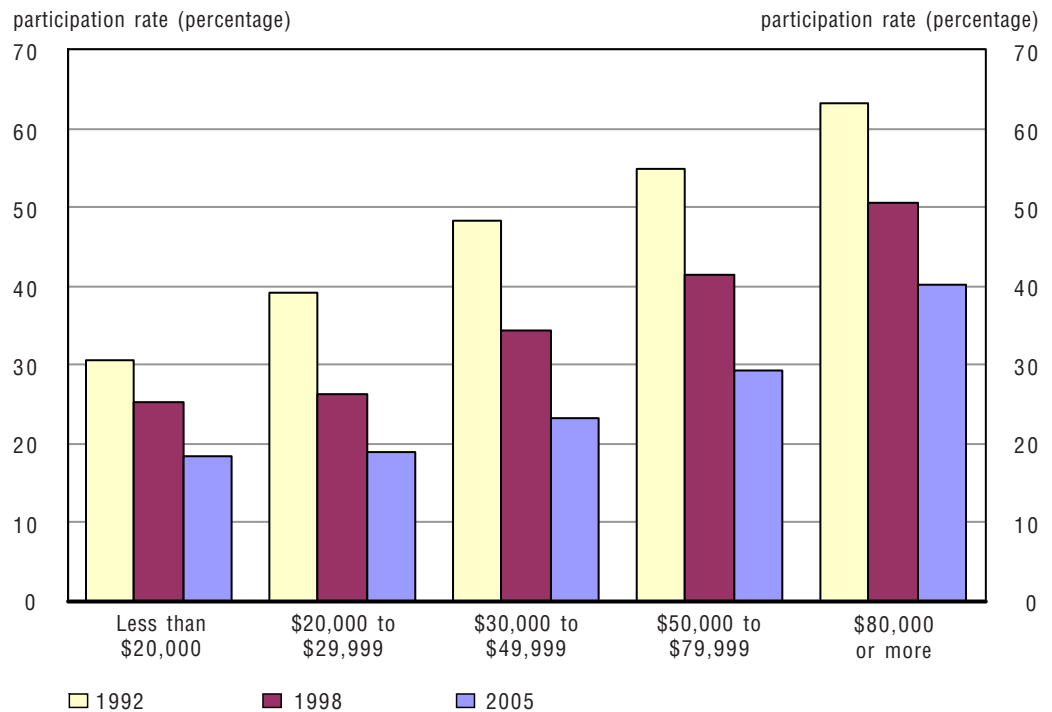
#### 4.7 Level of household income influences sport participation

Like education, household income has a measure of influence on sport participation. In fact, given that persons with higher education are more likely to have higher income and vice versa, both factors have impacts on participation in sport activities in Canada.

In 2005, participation in sport was more than twice as high (40% rate) for adult Canadians with household incomes of \$80,000 or more compared with those with household incomes under \$30,000. A similar pattern was also observed in 1992 and 1998.

Participation in sport typically involves expenditures on registration fees, equipment, uniforms, travel, accommodation and food. These outlays may be beyond the economic means of lower income earners.<sup>7</sup> The amount that can be spent on sport activities is dependent on the amount of discretionary income that is left after other household essentials are covered.

**Chart 5**  
**Sport participation rates by family income, 1992, 1998 and 2005**



#### 4.8 Language has little impact on sport participation

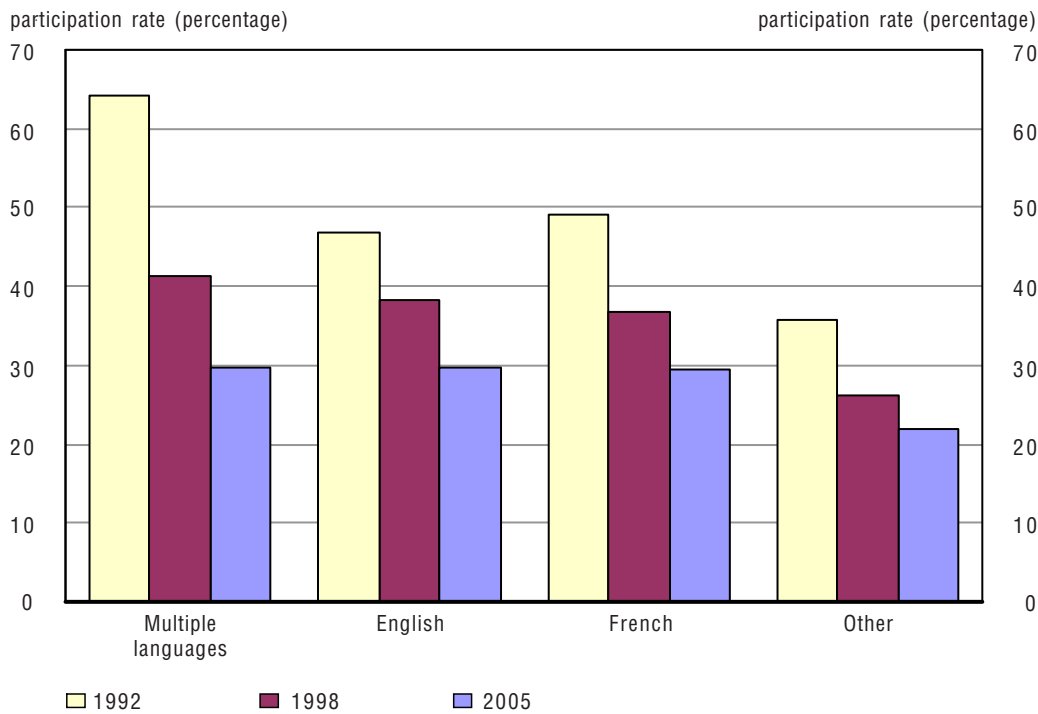
Mother tongue has minimal impact on the rate of sport participation. In 2005, the same participation rate (30%) was observed for both anglophones and francophones. However, a further disaggregation of the data shows that anglophone men were slightly more involved in sports than francophone men. The reverse was the case for females; francophone women had a slight edge over their anglophone counterparts.

In 1998, nearly 49% of adult anglophone males participated in sport. This compares with 45% of adult francophone males. In 2005, the gap between the two had narrowed to one-percentage point with the anglophones still holding the edge. For females, the francophones had a higher participation rate (29%) in 1998, one percentage point more than anglophone females. The gap between the two remained unchanged in 2005.

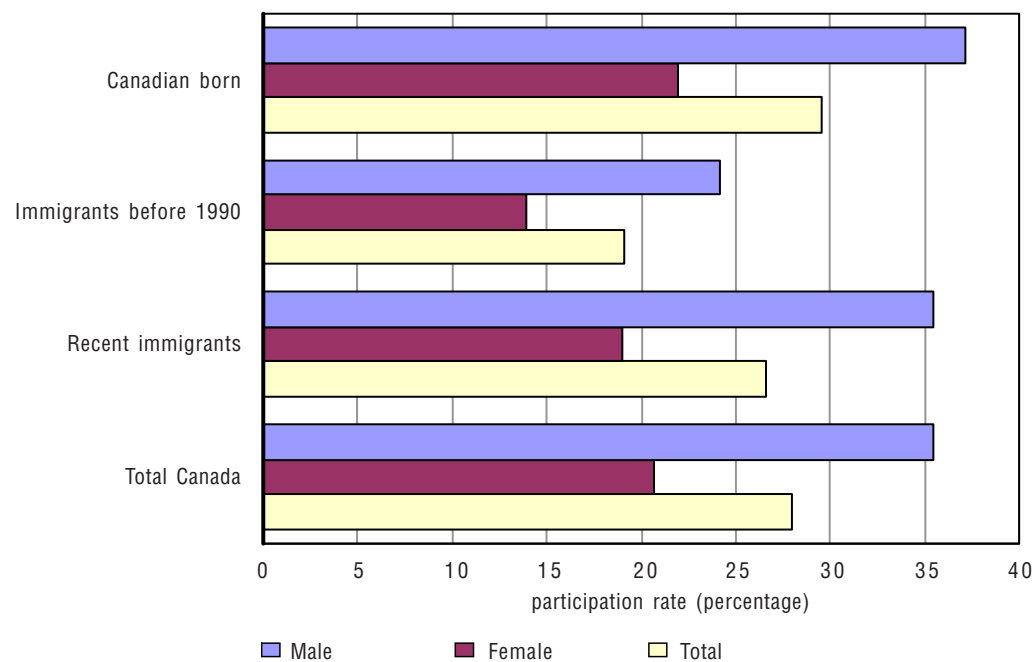
For those who spoke languages other than English and French, the participation rate was much lower at 22% in 2005, down from 26% in 1998.

People born in Canada are more likely to participate in sport than people born outside Canada. Recent immigrants (those who came to Canada after 1990) reported a participation rate of 27%, almost three percentage points below the Canadian-born rate. However, those who came to Canada before 1990 were much less likely to participate in sport with only a 19% rate.

**Chart 6**  
**Sport participation rates by mother tongue, 1992, 1998 and 2005**



**Chart 7**  
**Sport participation by immigration status, 2005**



### 4.9 Students are the most active in sport, followed by full-time workers

Similar to what was found in 1998, students (with or without employment) had the highest participation rate in 2005 at 51%, driven mainly by male students between the ages of 15 and 24. Student participation was down from 64% in 1998.

Full-time employees were the next most active participants in sport with a rate of almost 31%. Part-timers recorded a lower rate of 27% even though they would appear to have more leisure time at their disposal than the full-timers.<sup>8</sup> However, some part-timers may have had more than one job and this may have limited their participation in sport.

**Chart 8**  
**Sport participation rates by labour force status, 1992, 1998 and 2005**

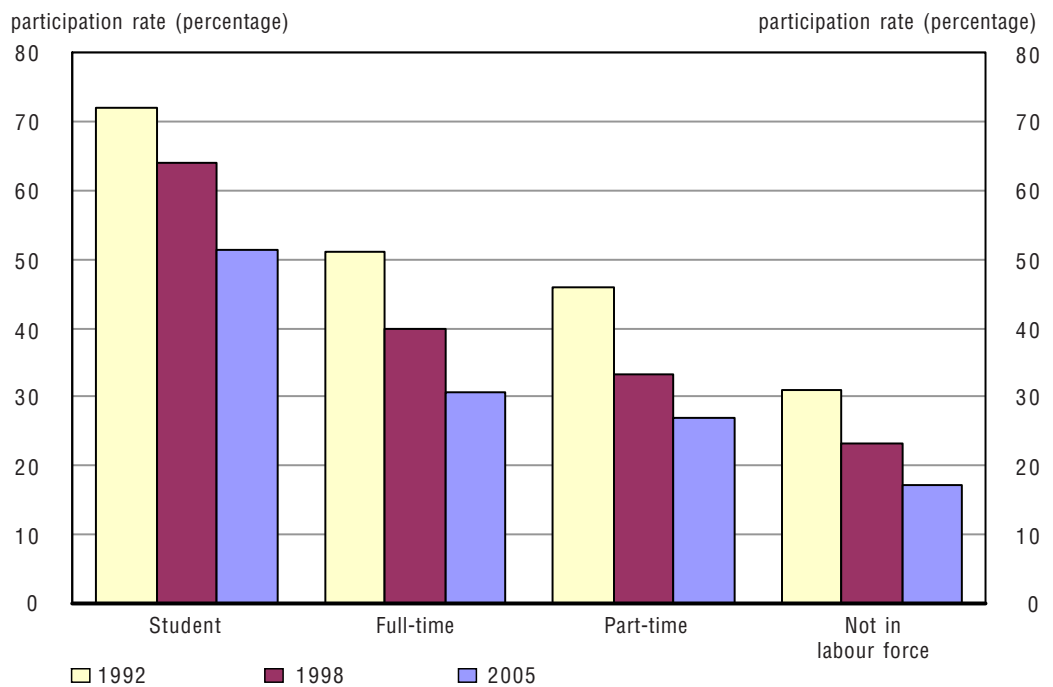




Table 1

### Canadians aged 15 years and over who regularly participated in sport by immigration status, Canada, 2005

	Both sexes			Male			Female		
	Population	Participants		Population	Participants		Population	participants	
	thousands	thousands	per-centage	thousands	thousands	per-centage	thousands	participants	per-centage
<b>Total</b>	<b>26,106</b>	<b>7,314</b>	<b>28.0</b>	<b>12,867</b>	<b>4,568</b>	<b>35.5</b>	<b>13,239</b>	<b>2,745</b>	<b>20.7</b>
Recent immigrants	1,814	482	26.6	836	297	35.5	978	185	19.0
Before 1990	2,918	556	19.1	1,453	352	24.2	1,465	204	13.9
Canadian born	21,258	6,271	29.5	10,526	3,915	37.2	10,732	2,356	22.0
Don't know/not stated	116 <sup>E</sup>	F	F	F	F	F	64 <sup>E</sup>	F	F

<sup>E</sup> use with caution

F too unreliable to be published

Source: Statistics Canada, General Social Survey, 2005.

Table 2

### Profile of adult Canadians regularly participating in sport by sex, 1992, 1998 and 2005

	1992			1998			2005			Percentage point change (1998 to 2005)
	Population	Participants		Population	Participants		Population	Participants		
	thousands	thousands	per-centage	thousands	thousands	per-centage	thousands	thousands	per-centage	
Male	10,421	5,454	52.3	11,937	5,140	43.1	12,867	4,568	35.5	-7.6
Female	10,873	4,141	38.1	12,323	3,169	25.7	13,239	2,745	20.7	-5.0
<b>Total</b>	<b>21,294</b>	<b>9,594</b>	<b>45.1</b>	<b>24,260</b>	<b>8,309</b>	<b>34.2</b>	<b>26,106</b>	<b>7,314</b>	<b>28.0</b>	<b>-6.2</b>

Notes: Population counts include Canadians 15 years of age and older.

Participation rates were calculated using total Canadians 15 years and older within each gender category, thus providing gender-specific rates.

Sources: General Social Survey, 1992, 1998, 2005.

**Table 3**  
**Age profile of Canadians regularly participating in sport, 1992, 1998 and 2005**

	1992			1998			2005			Percentage point change (1998 to 2005)
	Population		Participants per-centage	Population		Participants per-centage	Population		Participants per-centage	
	thousands	thousands		thousands	thousands		thousands	thousands		
<b>Total</b>	<b>21,294</b>	<b>9,594</b>	<b>45.1</b>	<b>24,260</b>	<b>8,309</b>	<b>34.2</b>	<b>26,106</b>	<b>7,314</b>	<b>28.0</b>	<b>-6.2</b>
<b>Age group</b>										
15 to 18	1,542	1,185	76.8	1,644	1,121	68.2	1,796	1,061	59.1	-9.1
19 to 24	2,244	1,375	61.3	2,417	1,235	51.1	2,567	1,099	42.8	-8.3
25 to 34	4,703	2,483	52.8	4,614	1,781	38.6	4,365	1,348	30.9	-7.7
35 to 54	7,440	3,196	43.0	9,353	2,937	31.4	9,942	2,509	25.2	-6.2
55 and over	5,365	1,355	25.3	6,232	1,234	19.8	7,436	1,296	17.4	-2.4

**Notes:** Population counts include Canadians 15 years of age and older.

Participation rates were calculated using total Canadians 15 years and older within each category.

**Sources:** General Social Survey, 1992, 1998, 2005.

**Table 4**  
**Sport participation, Canada and provinces, 1992, 1998 and 2005**

	1992			1998			2005			Percentage point change (1998 to 2005)
	Population		Participants per-centage	Population		Participants per-centage	Population		Participants per-centage	
	thousands	thousands		thousands	thousands		thousands	thousands		
<b>Canada</b>	<b>21,294</b>	<b>9,594</b>	<b>45.1</b>	<b>24,260</b>	<b>8,309</b>	<b>34.2</b>	<b>26,106</b>	<b>7,314</b>	<b>28.0</b>	<b>-6.2</b>
Newfoundland and Labrador	441	160	36.4	447	119	26.6	431	105	24.3	-2.3
Prince Edward Island	98 <sup>E</sup>	40 <sup>E</sup>	40.3 <sup>E</sup>	107	27	25.2	112	32	28.6	3.4
Nova Scotia	711	333	46.8	761	248	32.6	775	251	32.4	-0.2
New Brunswick	569	251	44.1	613	194	31.6	620	158	25.5	-6.1
Quebec	5,451	2,655	48.7	6,006	2,288	38.1	6,224	1,684	27.1	-11.0
Ontario	7,911	3,234	40.9	9,184	2,921	31.8	10,128	2,890	28.5	-3.3
Manitoba	840	349	41.5	893	265	29.7	930	269	28.9	-0.8
Saskatchewan	741	335	45.3	787	267	33.9	784	222	28.4	-5.5
Alberta	1,935	869	44.9	2,261	833	36.8	2,592	778	30.0	-6.8
British Columbia	2,597	1,368	52.7	3,201	1,147	35.8	3,511	925	26.3	-9.5

<sup>E</sup> use with caution

**Notes:** Population counts include Canadians 15 years of age and older.

Participation rates were calculated using total Canadians 15 years and older within each category.

**Sources:** General Social Survey, 1992, 1998, 2005.

**Table 5**  
**Profile of Canadians who regularly participate in sport, 2005**

	Total			Male			Female		
	Population	Participants	per-centage	Population	Participants	per-centage	Population	Participants	per-centage
	thousands	thousands		thousands	thousands		thousands	thousands	
<b>Total</b>	<b>26,106</b>	<b>7,314</b>	<b>28.0</b>	<b>12,867</b>	<b>4,568</b>	<b>35.5</b>	<b>13,239</b>	<b>2,745</b>	<b>20.7</b>
<b>Age group</b>									
15 to 18	1,796	1,061	59.1	919	608	66.1	877	454	51.7
19 to 24	2,567	1,099	42.8	1,314	678	51.6	1,253	421	33.6
25 to 34	4,365	1,348	30.9	2,198	899	40.9	2,167	449	20.7
35 to 54	9,942	2,509	25.2	4,965	1,545	31.1	4,977	965	19.4
55 and over	7,436	1,296	17.4	3,472	839	24.2	3,964	457	11.5
<b>Level of education</b>									
Some secondary or less	5,199	1,310	25.2	2,570	794	30.9	2,629	516	19.6
Some college/trade/ high school diploma	6,682	1,665	24.9	3,273	1,095	33.5	3,409	570	16.7
Postsecondary diploma/ some university	8,031	2,396	29.8	3,906	1,485	38.0	4,125	911	22.1
University degree	5,861	1,934	33.0	2,980	1,188	39.9	2,880	746	25.9
Don't know/not stated	334	F	F	138	F	F	195	F	F
<b>Family income</b>									
Less than \$20,000	1,852	340	18.4	679	183	26.9	1,173	158	13.4
\$20,000 to \$29,999	1,546	293	18.9	697	175	25.2	849	118 <sup>E</sup>	13.8 <sup>E</sup>
\$30,000 to \$49,999	4,082	949	23.3	1,937	576	29.7	2,145	374	17.4
\$50,000 to \$79,999	5,267	1,551	29.4	2,695	957	35.5	2,571	594	23.1
\$80,000 or more	6,351	2,560	40.3	3,745	1,747	46.7	2,606	813	31.2
Don't know/not stated	7,009	1,621	23.1	3,115	931	29.9	3,894	690	17.7
<b>Province of residence</b>									
Newfoundland and Labrador	431	105	24.3	211	72	34.2	220	33	14.8
Prince Edward Island	112	32	28.6	54	20	36.9	58	12 <sup>E</sup>	21.4 <sup>E</sup>
Nova Scotia	775	251	32.4	377	159	42.3	398	91	23.0
New Brunswick	620	158	25.5	304	101	33.4	316	57	18.0
Quebec	6,224	1,684	27.1	3,063	1,031	33.7	3,161	653	20.6
Ontario	10,128	2,890	28.5	4,977	1,885	37.9	5,151	1,005	19.5
Manitoba	930	269	28.9	459	159	34.6	471	110	23.4
Saskatchewan	784	222	28.4	387	127	32.9	397	95	24.0
Alberta	2,592	778	30.0	1,306	432	33.1	1,286	345	26.8
British Columbia	3,511	925	26.3	1,730	581	33.6	1,781	344	19.3
<b>Labour force status</b>									
Full time	13,422	4,114	30.7	7,911	2,869	36.3	5,511	1,246	22.6
Part time	1,708	459	26.9	527	190	36	1,181	269	22.8
Student with/ without employment	2,474	1,270	51.3	1,187	696	58.6	1,286	574	44.6
Not employed	8,153	1,404	17.2	3,084	775	25.1	5,069	629	12.4
Don't know/not stated	349	66 <sup>E</sup>	19.0 <sup>E</sup>	158	39.0 <sup>E</sup>	24.7 <sup>E</sup>	191	F	F
<b>Mother tongue</b>									
English only	15,201	4,513	29.7	7,640	2,881	37.7	7,561	1,632	21.6
French only	5,871	1,733	29.5	2,875	1,051	36.6	2,996	682	22.8
Other only	4,393	956	21.8	2,107	576	27.3	2,286	380	16.6
Multiple languages	345	102 <sup>E</sup>	29.7 <sup>E</sup>	136 <sup>E</sup>	57 <sup>E</sup>	42.1 <sup>E</sup>	209	F	F
Don't know/not stated	296	F	F	109 <sup>E</sup>	F	F	187	F	F

<sup>E</sup> use with caution

F too unreliable to be published

**Notes:** Population counts include Canadians 15 years of age and older.

Participation rates were calculated using total Canadians 15 years and older within each gender category, thus providing gender-specific rates.

**Source:** General Social Survey, 2005.

## 5. Most played sports in Canada

### 5.1 Canadians participated in many sports but were most active in a few key ones

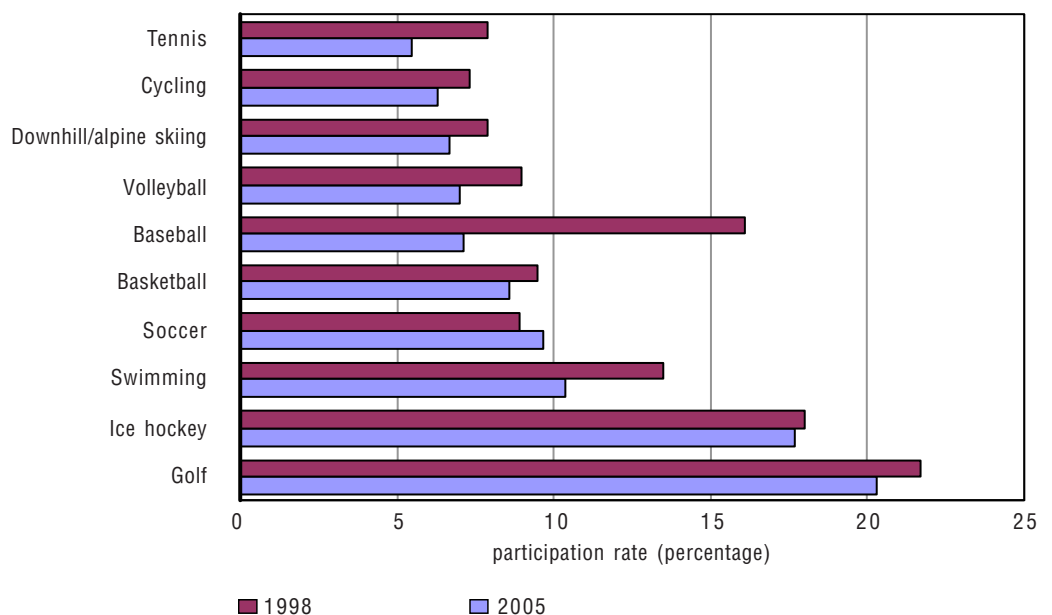
Adult Canadians 15 years and over are involved in over 100 sports ranging from bobsleigh to ice hockey. Numerically, few of the sports attract a large number of participants. According to the GSS, golf engaged the largest number of adult Canadians in 2005, as it had in 1998.

Almost 1.5 million adult Canadians were golfers in 2005, with males representing over three quarters (78%) of the participants. Among the 30 most popular sports in Canada, ice hockey ranked second behind golf, drawing 1.3 million Canadians. Other popular sports include swimming, soccer, basketball, baseball and volleyball. Each of these drew between 500,000 and 800,000 participants.

A key characteristic of these sports is that they are mostly team sports and involve players, officials and spectators. On occasion, whole families may be involved, with some members active as participants, others serving as volunteers, and some coming to watch. The result is an inherent shared experience among all those involved, an experience that may spill over to the community at large, providing a sense of belonging.

Chart 9

Active participation rates in the top ten sports, 1998 and 2005



There are other popular sports that engage relatively few active participants in Canada but attract many spectators and volunteers. Sports such as football, gymnastics, and tennis are typical examples. They each attract between 200,000 and 400,000 active participants.

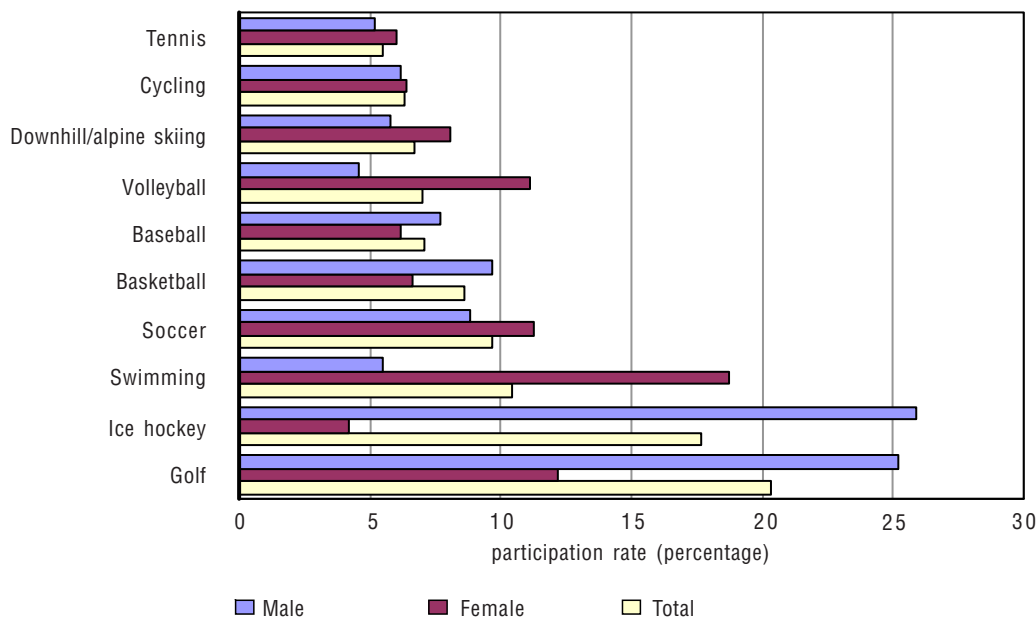
One of the emerging sports in Canada is mountain-boarding.<sup>9</sup> In 1998, 81,000 people reported participating in the sport. By 2005, this number had more than doubled, reaching 167,000.

In 1998, baseball was in the top three in popularity, with more than 1.3 million participating nationwide. By 2005, it had dropped to sixth place, almost switching places with soccer which was in seventh place in 1998. Soccer ranked fourth overall in 2005.

Among the top ten sports, soccer is the only sport that showed an increase (one percentage point) in the participation rate between 1998 and 2005. Participation in other sports decreased over the period.

Chart 10

#### Active participation rates in the top ten sports by sex, 2005



## 5.2 Choice of sport depends on gender

Gender differences exist when it comes to sport. Popular among women are sports such as swimming, golf, soccer, volleyball, and downhill skiing. Men are mostly attracted to ice hockey, golf, basketball, soccer, and baseball. Swimming, which came in first for women, ranked eight in popularity for men. The most popular sport for men (ice hockey) had a much higher participation rate (26%) than did swimming (19%) for women.

**Table 6**  
**Most practised sports by Canadians, 2005<sup>1</sup>**

	Population aged 15 and over			Overall participation rate <sup>2</sup>	Active participation rate <sup>3</sup>		
	Total	Male	Female		Total	Male	Female
	thousands				percentage	percentage	
<b>Total population</b>	<b>26,106</b>	<b>12,867</b>	<b>13,239</b>	...	...	...	...
Total participants	7,314	4,568	2,745	...	100	100	100
Golf	1,487	1,153	334	5.7	20.3	25.2	12.2
Ice hockey	1,298	1,182	116	5.0	17.7	25.9	4.2 <sup>E</sup>
Swimming	764	252	513	2.9	10.4	5.5	18.7
Soccer	708	400	309	2.7	9.7	8.8	11.3
Basketball	626	445	181	2.4	8.6	9.7	6.6
Baseball	520	351	170	2.0	7.1	7.7	6.2
Volleyball	513	210	304	2.0	7.0	4.6	11.1
Skiing (downhill/alpine)	490	267	223	1.9	6.7	5.8	8.1
Cycling	459	283	177	1.8	6.3	6.2	6.4
Tennis	403	237	166	1.5	5.5	5.2	6.0
Curling	294	163	131	1.1	4.0	3.6	4.8
Snowboarding	270	183 <sup>E</sup>	86 <sup>E</sup>	1.0	3.7	4.0 <sup>E</sup>	3.1 <sup>E</sup>
Badminton	268	170	98 <sup>E</sup>	1.0	3.7	3.7	3.6 <sup>E</sup>
Softball	265	188	77 <sup>E</sup>	1.0	3.6	4.1	2.8
Football	244	208	F	0.9	3.3	4.6	F
Skiing (cross-country/nordic)	197	102 <sup>E</sup>	95 <sup>E</sup>	0.8	2.7	2.2 <sup>E</sup>	3.5
Bowling (10 pin)	177	106 <sup>E</sup>	72 <sup>E</sup>	0.7	2.4	2.3 <sup>E</sup>	2.6
Mountain-boarding	167	109 <sup>E</sup>	58 <sup>E</sup>	0.6	2.3	2.4	2.1
Squash	152 <sup>E</sup>	109 <sup>E</sup>	F	0.6 <sup>E</sup>	2.1 <sup>E</sup>	2.4	F
Ball hockey	128 <sup>E</sup>	108 <sup>E</sup>	F	0.5 <sup>E</sup>	1.8 <sup>E</sup>	2.4	F
Bowling (5 pin)	123 <sup>E</sup>	47 <sup>E</sup>	75 <sup>E</sup>	0.5	1.7	1.0	2.7 <sup>E</sup>
Rugby	116 <sup>E</sup>	93 <sup>E</sup>	F	0.4 <sup>E</sup>	1.6 <sup>E</sup>	2.0	F
Canoeing/kayaking	93 <sup>E</sup>	46 <sup>E</sup>	48 <sup>E</sup>	0.4 <sup>E</sup>	1.3 <sup>E</sup>	1.0 <sup>E</sup>	1.7 <sup>E</sup>
Martial arts	88 <sup>E</sup>	63 <sup>E</sup>	F	0.3 <sup>E</sup>	1.2 <sup>E</sup>	1.4 <sup>E</sup>	F
Snowshoeing	73 <sup>E</sup>	49 <sup>E</sup>	F	0.3 <sup>E</sup>	1.0 <sup>E</sup>	1.1 <sup>E</sup>	F
Gymnastics	72 <sup>E</sup>	F	49 <sup>E</sup>	0.3 <sup>E</sup>	1.0 <sup>E</sup>	F	1.8 <sup>E</sup>
Karate	72 <sup>E</sup>	F	F	0.3 <sup>E</sup>	1.0 <sup>E</sup>	F	F
Equestrian	69 <sup>E</sup>	F	63 <sup>E</sup>	0.3 <sup>E</sup>	0.9 <sup>E</sup>	F	2.3 <sup>E</sup>
In-line hockey	68 <sup>E</sup>	F	F	0.3 <sup>E</sup>	0.9 <sup>E</sup>	F	F
In-line skating	67 <sup>E</sup>	F	F	0.3	0.9 <sup>E</sup>	F	F
Below top 30	1,529	804	725	5.9	20.9	17.6	26.4

... not applicable

<sup>E</sup> use with caution

F too unreliable to be published

1. Respondents may report participation in more than one sport.

2. The percentage is calculated using the total Canadian population aged 15 years and older.

3. The percentage is calculated over the population in at least one sport – the 'active population'.

**Source:** General Social Survey, 2005.

## 6. Canadian children play a lot of soccer

Soccer has become the sport of choice for Canadian boys and girls 5 to 14 years old. It has ranked as the number one sport activity for active children for many years. In 1998 soccer led all sports practiced by children, and this ranking continued, reaching 44% participation in 2005. The rate of involvement in soccer was the same for boys and girls despite the fact that overall, boys tend to be more active in sport than girls.

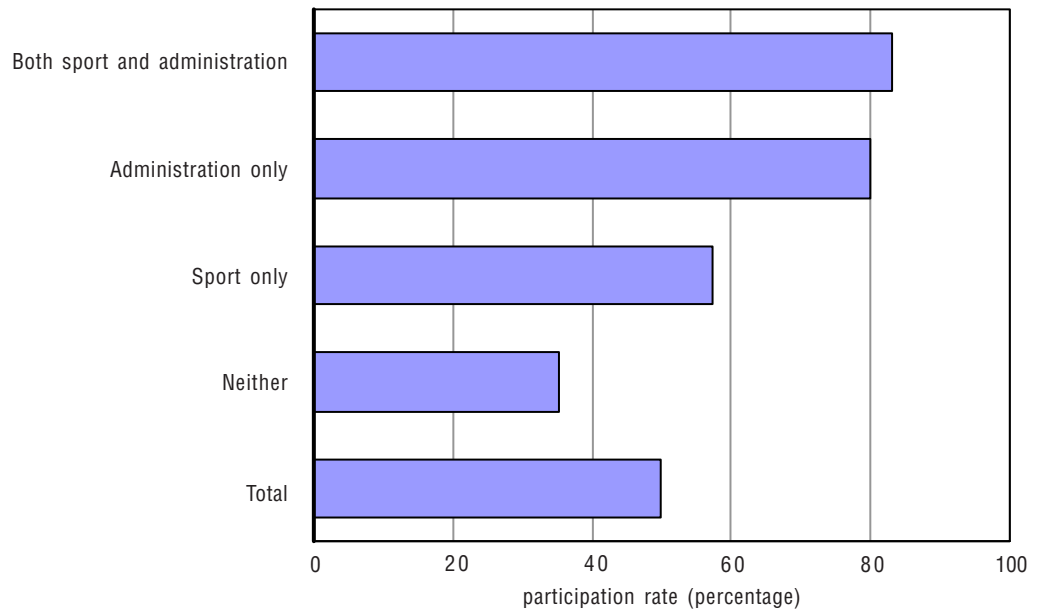
In 2005, more than half (55%) of boys were active in sport compared to 44% of girls. Just like their adult counterparts, participation was concentrated in a few sports. In addition to soccer, girls were more involved in swimming, basketball and ice hockey. Boys engaged mostly in soccer, ice hockey, swimming and basketball, in that order. For children in this age cohort, therefore, the choice of sport activities is similar for boys and girls although the ranking differs. It is worth noting that nearly three times as many girls played ice hockey in 2005 as in 1998.

### 6.1 Children's participation in sport driven by parental involvement

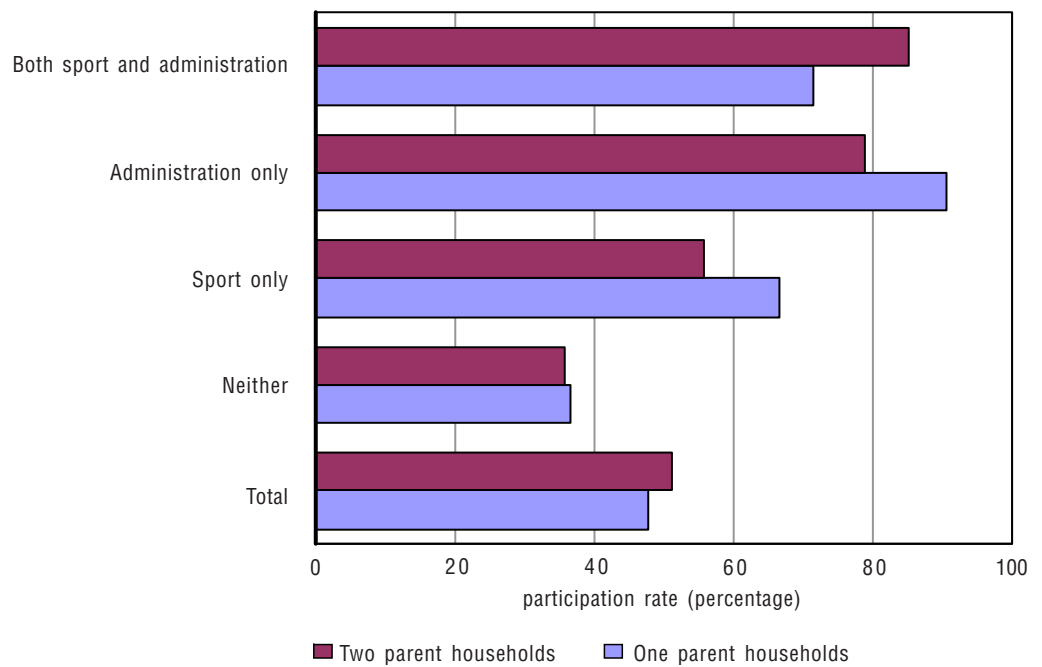
Parental involvement plays a crucial role in motivating children to actively participate in sports, which can help them build character while improving fitness and health. The GSS data have consistently shown this to be the case. In 2005, the participation rate was only 35% for children aged 5 to 14 with neither of their parents involved in sport compared to 57% if at least one parent was an active participant. When at least one parent helped as an administrator, the children's participation rate jumped to 80%. It is possible that parents got involved as administrators because their kids are involved.

There was very little difference in the participation rate between children in a lone-parent household and those in a two-parent household (48% and 51% respectively). Regardless of family structure, children of sport participants participate more in sport. It is also possible that parents of active kids tend to participate themselves.

**Chart 11**  
**Participation rates for children aged 5 to 14, by level of parental involvement, 2005**



**Chart 12**  
**Participation rates for children aged 5 to 14, by level of parental involvement and by one and two parent households, 2005**



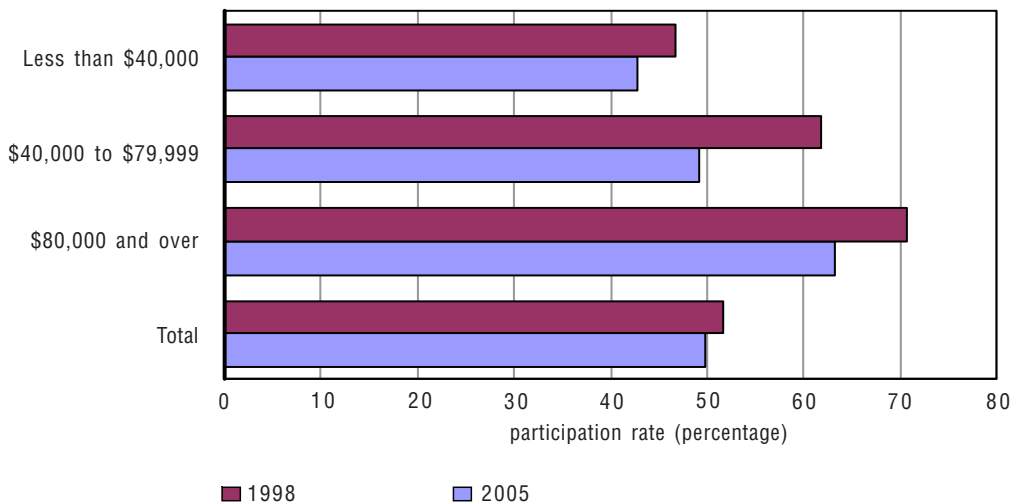


## 6.2 Household income influences kids' participation in organized sports

As with adults, children in lower income households tended to have lower participation rates, particularly for organized sports which require some expenditure for registration, uniforms, equipment, travel or accommodations.<sup>10</sup> The GSS data suggest that the higher the level of household income, the higher the sport participation of children in those households. In 2005, 43% of children from households earning less than \$40,000 were active in sports. In comparison, 63% of those from households with earnings of \$80,000 or more were active.

Chart 13

### Participation rates for children aged 5 to 14 by household income, 1998 and 2005



The National Longitudinal Survey of Children and Youth (NLSCY, 1994/1995, 1996/1997 and 1998/1999), developed jointly by Human Resources and Social Development Canada and Statistics Canada demonstrated that children in the lowest income quartile were three times more likely to have never participated in organized activities such as sports, than those in the highest quartile.

The income effect on participation may differ from one sport to another. Children from lower levels of household income are most likely to participate in sports such as soccer and basketball which require fewer expenses than hockey, for example. The lower relative cost of involvement in soccer may explain why it is the most favoured sport for children.

**Table 7**  
**Most practiced sports by children aged 5 to 14<sup>1</sup>**

	Participation rates <sup>2</sup>					
	Active children		Active boys		Active girls	
	1998	2005	1998	2005	1998	2005
	percentage		percentage		percentage	
<b>Children aged 5 to 14</b>	<b>51.7</b>	<b>49.8</b>	<b>58.8</b>	<b>55.4</b>	<b>44.3</b>	<b>44.1</b>
Soccer	32.1	44.1	35.3	44.4	27.8	43.7
Ice hockey	23.4	26.1	36.0	33.8	5.8 <sup>E</sup>	16.2
Swimming	22.9	24.8	17.9	20.5	29.9	30.3
Basketball	13.8	18.9	13.1	17.2	14.8	21.0
Baseball	22.1	13.6	25.9	15.5	16.9	11.2
Volleyball	5.4	10.5	3.0	8.1	8.7	13.5
Gymnastics	2.3 <sup>E</sup>	6.0	F	1.9 <sup>E</sup>	4.5 <sup>E</sup>	11.1
Golf	2.6 <sup>E</sup>	5.2	3.3 <sup>E</sup>	6.3	F	3.8 <sup>E</sup>
Skiing, downhill/alpine	6.7	5.0	6.0	5.6 <sup>E</sup>	7.7	4.2 <sup>E</sup>
Karate	5.4	5.0	6.4	6.0 <sup>E</sup>	4.1 <sup>E</sup>	3.6 <sup>E</sup>
Other sports	2.2 <sup>E</sup>	4.4	2.0 <sup>E</sup>	3.8 <sup>E</sup>	2.5 <sup>E</sup>	5.1 <sup>E</sup>
Track and field – athletics	F	3.9 <sup>E</sup>	F	3.7 <sup>E</sup>	F	4.2 <sup>E</sup>
Figure skating	5.4	3.8 <sup>E</sup>	1.8 <sup>E</sup>	2.1 <sup>E</sup>	10.4	6.1 <sup>E</sup>
Tennis	1.9 <sup>E</sup>	3.6 <sup>E</sup>	1.7 <sup>E</sup>	3.8 <sup>E</sup>	2.2 <sup>E</sup>	3.3 <sup>E</sup>
Football	1.2 <sup>E</sup>	3.2 <sup>E</sup>	1.9 <sup>E</sup>	4.3 <sup>E</sup>	F	F
Equestrian	1.0 <sup>E</sup>	3.1 <sup>E</sup>	F	F	2.0 <sup>E</sup>	5.7 <sup>E</sup>
Tae Kwon Do	F	3.0 <sup>E</sup>	F	3.2 <sup>E</sup>	F	2.7 <sup>E</sup>
Badminton	2.4 <sup>E</sup>	2.7 <sup>E</sup>	2.4 <sup>E</sup>	2.5 <sup>E</sup>	2.3 <sup>E</sup>	2.9 <sup>E</sup>
Lacrosse	F	2.6 <sup>E</sup>	F	3.4 <sup>E</sup>	F	F
Cycling	3.2 <sup>E</sup>	2.5 <sup>E</sup>	3.7 <sup>E</sup>	2.4 <sup>E</sup>	2.6 <sup>E</sup>	2.6 <sup>E</sup>
Ball hockey	F	1.9 <sup>E</sup>	F	2.5 <sup>E</sup>	F	F
Curling	0.6 <sup>E</sup>	1.8 <sup>E</sup>	0.6 <sup>E</sup>	1.7 <sup>E</sup>	F	2.0 <sup>E</sup>
Softball	1.6 <sup>E</sup>	1.7 <sup>E</sup>	1.1 <sup>E</sup>	F	2.3 <sup>E</sup>	2.5 <sup>E</sup>
Ringette	0.8 <sup>E</sup>	1.4 <sup>E</sup>	F	F	F	2.9 <sup>E</sup>
Field hockey	F	1.4 <sup>E</sup>	F	F	F	F
Snowboarding	F	1.4 <sup>E</sup>	F	1.6 <sup>E</sup>	F	F
Rugby	F	0.9 <sup>E</sup>	F	1.1 <sup>E</sup>	F	F
Skiing, cross country/nordic	2.6 <sup>E</sup>	F	2.6 <sup>E</sup>	F	2.6 <sup>E</sup>	F
Bowling, 5 pin	1.5 <sup>E</sup>	F	1.6 <sup>E</sup>	F	F	F

<sup>E</sup> use with caution

F too unreliable to be published

1. Includes children aged 5 to 14 regardless of their living arrangement.

2. The percentage is calculated over the population in at least one sport – the 'active population'.

**Note:** Respondents may report participation in more than one sport.

**Source:** General Social Survey, 2005.

## 7. Slightly fewer Canadians belong to a sport club

In 2005, 18% of all Canadians (aged 15 and older) reported belonging to a club, a local community league or other local or regional amateur sport organization, down 1 percentage-point from the 19% belonging to sport clubs or leagues in 1998.

The tendency to belong to a sport club increased with higher levels of education and income. The same pattern was evident in the 1998 and 1992 GSS data.

Table 8

**Most played sports by Canadians (15 years and older) belonging to sport clubs/community leagues by sex, 2005**

	Number belonging to clubs			Number participating in sports		
	Total	Male	Female	Total	Male	Female
	thousands			thousands		
<b>Total participants</b>	<b>4,558</b>	<b>2,264</b>	<b>2,294</b>	<b>7,314</b>	<b>4,568</b>	<b>2,745</b>
Golf	543	410	133	1,487	1,153	334
Ice hockey	498	439	60 <sup>E</sup>	1,298	1,182	116 <sup>E</sup>
Soccer	292	147 <sup>E</sup>	145	708	400	309
Skiing (downhill/alpine)	228	110 <sup>E</sup>	118 <sup>E</sup>	490	267	223
Swimming	221	81 <sup>E</sup>	141	764	252	513
Baseball	214	136 <sup>E</sup>	78 <sup>E</sup>	520	351	170
Basketball	213	156 <sup>E</sup>	57 <sup>E</sup>	626	445	181
Tennis	186	91 <sup>E</sup>	96 <sup>E</sup>	403	237	166
Volleyball	186	81 <sup>E</sup>	105 <sup>E</sup>	513	210	304
Curling	156	87 <sup>E</sup>	69 <sup>E</sup>	294	163	131
Cycling	132 <sup>E</sup>	88 <sup>E</sup>	44 <sup>E</sup>	459	283	177
Snowboarding	124 <sup>E</sup>	88 <sup>E</sup>	F	270	183 <sup>E</sup>	86 <sup>E</sup>
Softball	95 <sup>E</sup>	64 <sup>E</sup>	31 <sup>E</sup>	265	188	77 <sup>E</sup>
Badminton	87 <sup>E</sup>	58 <sup>E</sup>	F	268	170	98 <sup>E</sup>
Football	86 <sup>E</sup>	78 <sup>E</sup>	F	244	208	F
Mountain-boarding	76 <sup>E</sup>	45 <sup>E</sup>	F	167	109 <sup>E</sup>	58 <sup>E</sup>
Bowling (5-pin)	69 <sup>E</sup>	F	F	123	47 <sup>E</sup>	75 <sup>E</sup>
Squash	66 <sup>E</sup>	F	F	152 <sup>E</sup>	109 <sup>E</sup>	F
Skiing (cross-country/nordic)	64 <sup>E</sup>	F	40 <sup>E</sup>	197	102 <sup>E</sup>	95 <sup>E</sup>
Bowling (10-pin)	60 <sup>E</sup>	F	28 <sup>E</sup>	177	106 <sup>E</sup>	72 <sup>E</sup>
Below top 20	1,019	538	481	2,317	1,309	1,008

	Rate belonging to clubs		
	Total	Male	Female
	percentage		
<b>Total participants</b>	<b>17.5</b>	<b>17.6</b>	<b>17.3</b>
Golf	2.1	3.2	1.0
Ice hockey	1.9	3.4	0.5 <sup>E</sup>
Soccer	1.1	1.1 <sup>E</sup>	1.1
Skiing (downhill/alpine)	0.9	0.9 <sup>E</sup>	0.9 <sup>E</sup>
Swimming	0.8	0.6 <sup>E</sup>	1.1
Baseball	0.8	1.1 <sup>E</sup>	0.6 <sup>E</sup>
Basketball	0.8	1.2	0.4
Tennis	0.7	0.7 <sup>E</sup>	0.7 <sup>E</sup>
Volleyball	0.7	0.6 <sup>E</sup>	0.8 <sup>E</sup>
Curling	0.6	0.7 <sup>E</sup>	0.5 <sup>E</sup>
Cycling	0.5 <sup>E</sup>	0.7 <sup>E</sup>	0.3 <sup>E</sup>
Snowboarding	0.5 <sup>E</sup>	0.7 <sup>E</sup>	F
Softball	0.4 <sup>E</sup>	0.5 <sup>E</sup>	0.2 <sup>E</sup>
Badminton	0.3 <sup>E</sup>	0.5 <sup>E</sup>	F
Football	0.3 <sup>E</sup>	0.6 <sup>E</sup>	F
Mountain-boarding	0.3 <sup>E</sup>	0.3 <sup>E</sup>	F
Bowling (5-pin)	0.3 <sup>E</sup>	F	F
Squash	0.3 <sup>E</sup>	F	F
Skiing (cross-country/nordic)	0.2 <sup>E</sup>	F	0.3 <sup>E</sup>
Bowling (10-pin)	0.2 <sup>E</sup>	F	0.2 <sup>E</sup>
Below top 20	3.9	4.2	3.6

<sup>E</sup> use with caution

F too unreliable to be published

**Note:** Respondents may report participation in more than one sport.**Source:** General Social Survey, 2005.

**Table 9**  
**Canadians (15 years and older) who belong to sport clubs,<sup>1</sup> 2005**

	Total population thousands	Number belonging to clubs			Percentage of population belonging to clubs		
		Total	Male	Female	Total	Male	Female
		thousands			percentage		
<b>Total</b>	<b>26,106</b>	<b>4,558</b>	<b>2,264</b>	<b>2,294</b>	<b>17.5</b>	<b>17.6</b>	<b>17.3</b>
<b>Age group</b>							
15 to 18	1,796	475	266	209	26.5	28.9	23.9
19 to 24	2,567	472	251	221	18.4	19.1	17.6
25 to 34	4,365	781	370	411	17.9	16.8	19.0
35 to 54	9,942	2,004	923	1,080	20.2	18.6	21.7
55 and over	7,436	826	453	372	11.1	13.1	9.4
<b>Level of education</b>							
Some secondary or less	5,199	639	358	282	12.3	13.9	10.7
Some college/trade/ high school diploma	6,682	994	499	495	14.9	15.2	14.5
Postsecondary diploma/ some university	8,031	1,517	733	784	18.9	18.8	19.0
University degree	5,861	1,399	669	730	23.9	22.5	25.3
Don't know/not stated	334	F	F	F	F	F	F
<b>Family income</b>							
Less than \$20,000	1,852	174	56 <sup>E</sup>	118	9.4	8.3 <sup>E</sup>	10.0
\$20,000 to \$29,999	1,546	143	57 <sup>E</sup>	86 <sup>E</sup>	9.3	8.2 <sup>E</sup>	10.1 <sup>E</sup>
\$30,000 to \$49,999	4,082	591	276	314	14.5	14.3	14.7
\$50,000 to \$79,999	5,267	999	458	540	19.0	17.0	21.0
\$80,000 or more	6,351	1,713	963	749	27.0	25.7	28.8
Don't know/not stated	7,009	939	453	486	13.4	14.5	12.5
<b>Province of residence</b>							
Newfoundland and Labrador	431	60	27 <sup>E</sup>	33	13.9	13.0 <sup>E</sup>	14.8
Prince Edward Island	112	26	11 <sup>E</sup>	15	23.2	20.1 <sup>E</sup>	26.1 <sup>E</sup>
Nova Scotia	775	179	83	96	23.2	22.0	24.2
New Brunswick	620	120	71	49	19.4	23.5	15.4
Quebec	6,224	944	469	475	15.2	15.3	15.0
Ontario	10,128	1,760	895	864	17.4	18.0	16.8
Manitoba	930	148	65	83	15.9	14.2	17.7
Saskatchewan	784	167	97	70	21.3	24.9	17.7
Alberta	2,592	550	251	299	21.2	19.2	23.2
British Columbia	3,511	604	294	311	17.2	17.0	17.4
<b>Labour force status</b>							
Full time	13,422	2,497	1,388	1,109	18.6	17.6	20.1
Part time	1,708	393	103 <sup>E</sup>	290	23.0	19.5 <sup>E</sup>	24.6
Student with/without employment	2,474	638	340	298	25.8	28.7	23.2
Not employed	8,153	974	401	573	11.9	13.0	11.3
Don't know/not stated	349	56 <sup>E</sup>	F	F	16.0 <sup>E</sup>	F	F
<b>Mother tongue</b>							
English only	15,201	3,039	1,520	1,519	20.0	19.9	20.1
French only	5,871	892	453	440	15.2	15.8	14.7
Other only	4,393	541	273	268	12.3	13.0	11.7
Multiple languages	345	76 <sup>E</sup>	F	59 <sup>E</sup>	22.0 <sup>E</sup>	F	28.5 <sup>E</sup>
Don't know/not stated	296	F	F	F	F	F	F

<sup>E</sup> use with caution

F too unreliable to be published

1. Sports clubs include sports clubs, local community leagues or to other local/regional amateur sport organizations.

**Notes:** The percentage is calculated using the total Canadian population aged 15 years and older for each designated category.

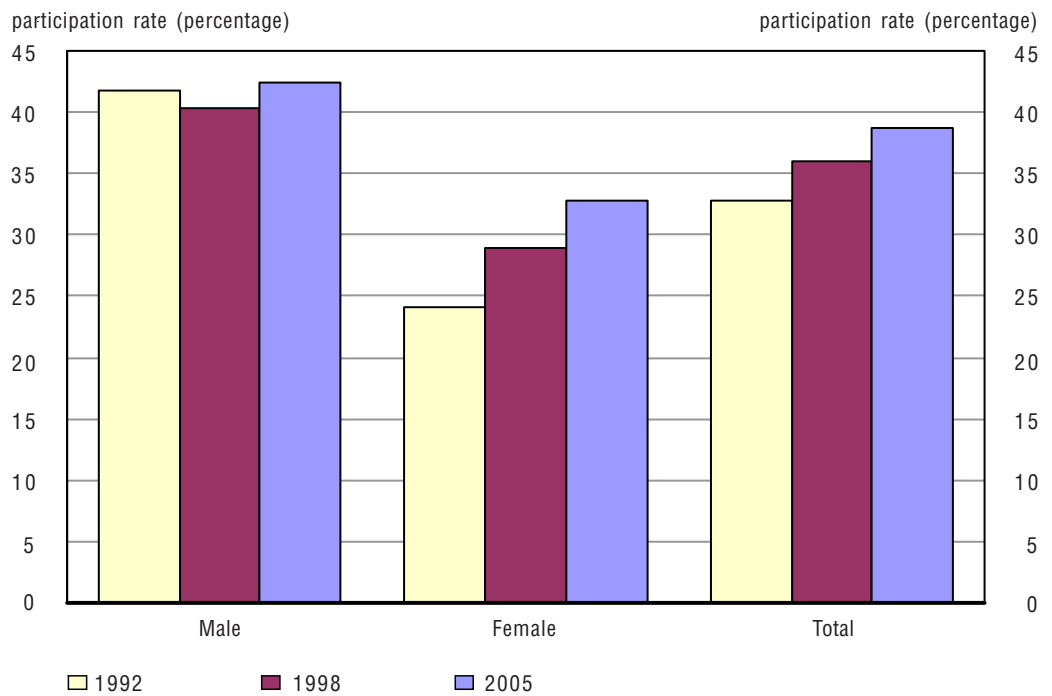
**Source:** General Social Survey, 2005.

## 8. Gender gap among active Canadians participating in tournaments narrows

The proportion of active Canadians participating in tournaments or competitions continues to grow. In 2005, more than 2.8 million people participated in tournaments and they represented 39% of the 7.3 million Canadians who were regularly active in sport. That was up slightly from 36% in 1998. The proportion was 33% in 1992. Men tended to participate in tournaments more than women but the gap narrowed from a 12 percentage-point spread in 1998 to a 10 percentage-point spread in 2005.

Chart 14

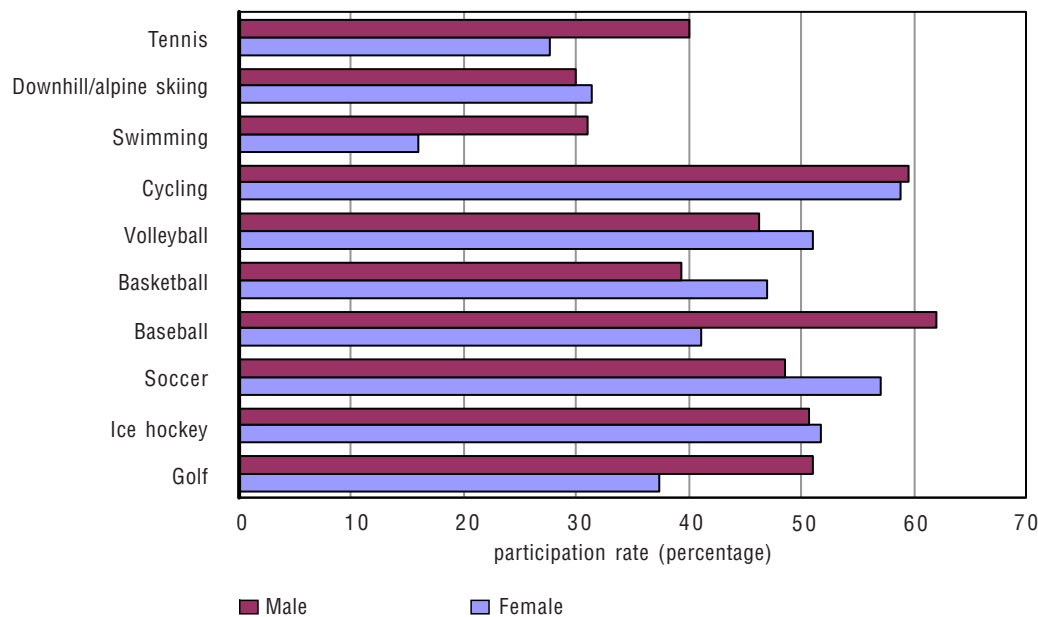
**Participation rates of the active population competing in sport tournaments by sex, 1992, 1998 and 2005**



Of the 2.8 million participants in tournaments, 1.9 million were men and they represented 43% of male Canadians who were regularly active in sports. In 1998, this proportion was 40%. Similarly, 33% of female Canadians regularly active in sports competed in tournaments, up from 29% in 1998 and 24% in 1992. The major tournaments for these females were soccer, volleyball and golf with soccer as the premier competition. For men, the tournaments were mostly in ice hockey, golf and baseball.

Chart 15

### Participation rates in tournaments in the top ten sports by sex, 2005



## 8.1 Participation in tournaments highest among youths

The proportion of active Canadians participating in tournaments decreases with age. They are most likely to be young and still in school. The school environment is typically conducive to competitive sport at all levels of schooling. Schools have the facilities and infrastructure that make it easier for students to be part of teams that engage in tournaments.

In 2005, 59% or almost 6 out of every 10 active Canadian youths aged 15 to 18 participated in tournaments. This rate was about twice the rate for active Canadians aged 35 and over. This is a trend that has remained stable over the past 13 years.

However, those in the 19 to 34 age group slightly increased their participation in tournaments over this period. In 1992, 3 out of every 10 active persons in this age group competed in tournaments. By 2005, 4 out of 10 participated in tournaments.

**Chart 16**  
**Rates of participation in sport tournaments by age and sex, 2005**

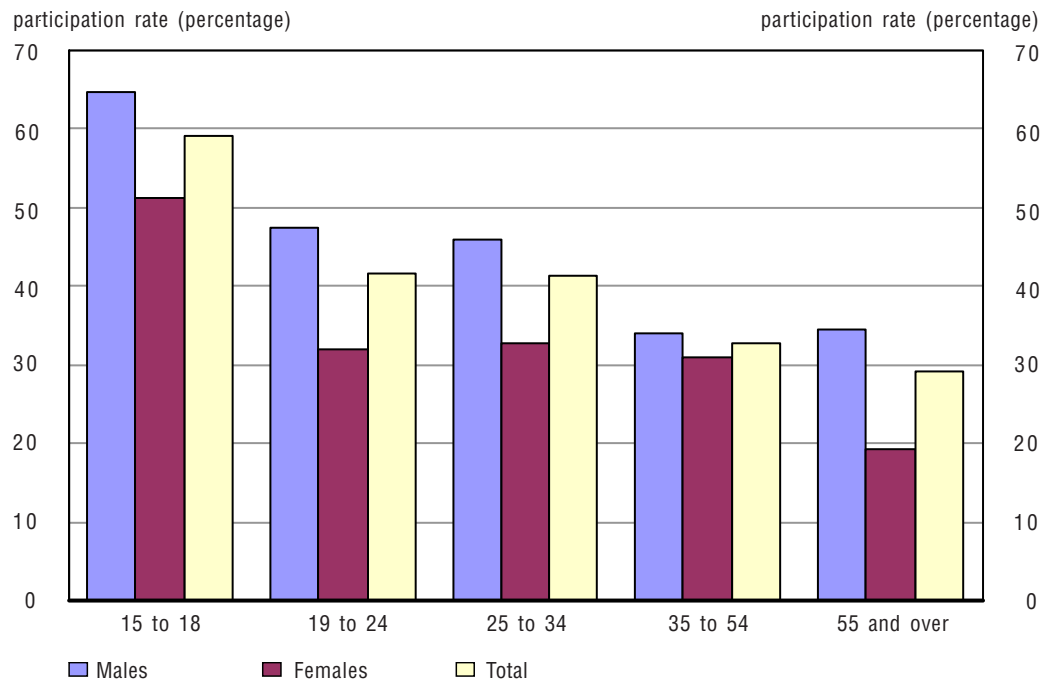




Table 10

**Most played sports by Canadians (15 years and older) who participated in tournaments, by sports and sex, 2005**

	Participates in tournaments			Participates in sports		
	Total	Male	Female	Total	Male	Female
	thousands			thousands		
<b>Total participants</b>	<b>2,841</b>	<b>1,940</b>	<b>901</b>	<b>7,314</b>	<b>4,568</b>	<b>2,745</b>
Golf	714	588	125	1,487	1,153	334
Ice hockey	658	598	60 <sup>E</sup>	1,298	1,182	116 <sup>E</sup>
Soccer	370	194	176	708	400	309
Baseball	288	218	70 <sup>E</sup>	520	351	170
Basketball	260	175	85 <sup>E</sup>	626	445	181
Volleyball	252	97 <sup>E</sup>	155	513	210	304
Curling	173	97 <sup>E</sup>	77 <sup>E</sup>	294	163	131
Swimming	160	78 <sup>E</sup>	82 <sup>E</sup>	764	252	513
Skiing (downhill/alpine)	150 <sup>E</sup>	80 <sup>E</sup>	70 <sup>E</sup>	490	267	223
Tennis	141	95 <sup>E</sup>	46 <sup>E</sup>	403	237	166
Softball	137	97 <sup>E</sup>	40 <sup>E</sup>	265	188	77 <sup>E</sup>
Snowboarding	133 <sup>E</sup>	115 <sup>E</sup>	F	270	183 <sup>E</sup>	86 <sup>E</sup>
Football	133 <sup>E</sup>	119 <sup>E</sup>	F	244	208	F
Badminton	124 <sup>E</sup>	97 <sup>E</sup>	F	268	170	98 <sup>E</sup>
Rugby	88 <sup>E</sup>	73 <sup>E</sup>	F	116 <sup>E</sup>	93 <sup>E</sup>	F
Cycling	86 <sup>E</sup>	67 <sup>E</sup>	F	459	283	177
Bowling (10-pin)	85 <sup>E</sup>	61 <sup>E</sup>	25 <sup>E</sup>	177	106 <sup>E</sup>	72 <sup>E</sup>
Mountain-boarding	66 <sup>E</sup>	F	F	167	109 <sup>E</sup>	58 <sup>E</sup>
Ball hockey	58 <sup>E</sup>	47 <sup>E</sup>	F	128 <sup>E</sup>	108 <sup>E</sup>	F
Squash	51 <sup>E</sup>	F	F	152 <sup>E</sup>	109 <sup>E</sup>	F
Below top 20	902	495	407	2,393	1,256	1,137

	Percentage of population participating in tournaments			Percentage of those participating in sports who participated in tournaments		
	Total	Male	Female	Total	Male	Female
	percentage			percentage		
<b>Total participants</b>	<b>10.9</b>	<b>15.1</b>	<b>6.8</b>	<b>38.8</b>	<b>42.5</b>	<b>32.8</b>
Golf	2.7	4.6	0.9	48.0	51.0	37.4
Ice hockey	2.5	4.6	0.5 <sup>E</sup>	50.7	50.6	51.7 <sup>E</sup>
Soccer	1.4	1.5	1.3	52.3	48.5	57.0
Baseball	1.1	1.7	0.5 <sup>E</sup>	55.4	62.1	41.2 <sup>E</sup>
Basketball	1.0	1.4	0.6 <sup>E</sup>	41.5	39.3	47.0 <sup>E</sup>
Volleyball	1.0	0.8 <sup>E</sup>	1.2	49.1	46.2 <sup>E</sup>	51.0
Curling	0.7	0.8 <sup>E</sup>	0.6 <sup>E</sup>	58.8	59.5	58.8 <sup>E</sup>
Swimming	0.6	0.6 <sup>E</sup>	0.6 <sup>E</sup>	20.9	31.0 <sup>E</sup>	16.0 <sup>E</sup>
Skiing (downhill/alpine)	0.6 <sup>E</sup>	0.6 <sup>E</sup>	0.5 <sup>E</sup>	30.6 <sup>E</sup>	30.0 <sup>E</sup>	31.4 <sup>E</sup>
Tennis	0.5	0.7 <sup>E</sup>	0.3 <sup>E</sup>	35.0 <sup>E</sup>	40.1 <sup>E</sup>	27.7 <sup>E</sup>
Softball	0.5	0.8 <sup>E</sup>	0.3 <sup>E</sup>	51.7 <sup>E</sup>	51.6 <sup>E</sup>	51.9 <sup>E</sup>
Snowboarding	0.5 <sup>E</sup>	0.9 <sup>E</sup>	F	49.3 <sup>E</sup>	62.8 <sup>E</sup>	F
Football	0.5 <sup>E</sup>	0.9 <sup>E</sup>	F	54.5 <sup>E</sup>	57.2 <sup>E</sup>	F
Badminton	0.5 <sup>E</sup>	0.8 <sup>E</sup>	F	46.3 <sup>E</sup>	57.1 <sup>E</sup>	F
Rugby	0.3 <sup>E</sup>	0.6 <sup>E</sup>	F	75.9 <sup>E</sup>	78.5 <sup>E</sup>	F
Cycling	0.3 <sup>E</sup>	0.5 <sup>E</sup>	F	18.7 <sup>E</sup>	23.7 <sup>E</sup>	F
Bowling (10-pin)	0.3 <sup>E</sup>	0.5	0.2 <sup>E</sup>	48.0 <sup>E</sup>	57.5 <sup>E</sup>	34.7 <sup>E</sup>
Mountain-boarding	0.3 <sup>E</sup>	F	F	39.5 <sup>E</sup>	F	F
Ball hockey	0.2 <sup>E</sup>	0.4 <sup>E</sup>	F	45.3 <sup>E</sup>	43.5 <sup>E</sup>	F
Squash	0.2 <sup>E</sup>	F	F	33.6 <sup>E</sup>	F	F
Below top 20	3.5	3.8	3.1	37.7	39.4	35.8

<sup>E</sup> use with caution

F too unreliable to be published

**Note:** The percentage is calculated using the total Canadian population aged 15 years and older for each designated category.**Source:** General Social Survey, 2005.

**Table 11**  
**Canadians (15 years and older) who participated in tournaments, 2005**

	Total population thousands	Number participating in tournaments			Percentage of population participating in tournaments			Percentage of those participating in sports who participated in tournaments		
		Total	Male	Female	Total	Male	Female	Total	Male	Female
		thousands			percentage			percentage		
<b>Total</b>	<b>26,106</b>	<b>2,841</b>	<b>1,940</b>	<b>901</b>	<b>10.9</b>	<b>15.1</b>	<b>6.8</b>	<b>38.8</b>	<b>42.5</b>	<b>32.8</b>
<b>Age group</b>										
15 to 18	1,796	626	394	232	34.9	42.9	26.5	59.0	64.8	51.3
19 to 24	2,567	457	322	134 <sup>E</sup>	17.8	24.5	10.7 <sup>E</sup>	41.6	47.5	32.0 <sup>E</sup>
25 to 34	4,365	558	412	147	12.8	18.7	6.8	41.4	45.8	32.7
35 to 54	9,942	822	523	298	8.3	10.5	6.0	32.8	33.9	30.9
55 and over	7,436	377	289	89 <sup>E</sup>	5.1	8.3	2.2 <sup>E</sup>	29.1	34.4	19.4 <sup>E</sup>
<b>Level of education</b>										
Some secondary or less	5,199	633	406	227	12.2	15.8	8.6	48.3	51.2	44.0
Some college/trade/ high school diploma	6,682	621	495	126	9.3	15.1	3.7	37.3	45.2	22.1
Postsecondary diploma/ some university	8,031	884	595	288	11.0	15.2	7.0	36.9	40.1	31.7
University degree	5,861	703	443	260	12.0	14.9	9.0	36.4	37.3	34.8
Don't know/not stated	334	F	F	F	F	F	F	F	F	F
<b>Family income</b>										
Less than \$20,000	1,852	103	56 <sup>E</sup>	48 <sup>E</sup>	5.6	8.2 <sup>E</sup>	4.1 <sup>E</sup>	30.4	30.6 <sup>E</sup>	30.2 <sup>E</sup>
\$20,000 to \$29,999	1,546	62 <sup>E</sup>	41 <sup>E</sup>	F	4.0 <sup>E</sup>	5.8 <sup>E</sup>	F	21.2 <sup>E</sup>	23.2 <sup>E</sup>	F
\$30,000 to \$49,999	4,082	328	225	103	8.0	11.6	4.8	34.5	39.1	27.4
\$50,000 to \$79,999	5,267	586	372	214	11.1	13.8	8.3	37.8	38.9	36.1
\$80,000 or more	6,351	1,123	835	288	17.7	22.3	11.1	43.9	47.8	35.4
Don't know/not stated	7,009	638	411	227	9.1	13.2	5.8	39.4	44.1	32.9
<b>Province of residence</b>										
Newfoundland and Labrador	431	33	22 <sup>E</sup>	10 <sup>E</sup>	7.6	10.6 <sup>E</sup>	4.6	31.1	31.0 <sup>E</sup>	31.3 <sup>E</sup>
Prince Edward Island	112	17	12 <sup>E</sup>	F	15.4	21.5 <sup>E</sup>	F	53.4	58.3 <sup>E</sup>	F
Nova Scotia	775	109	65	45 <sup>E</sup>	14.1	17.1	11.2 <sup>E</sup>	43.6	40.5	48.9 <sup>E</sup>
New Brunswick	620	66	45	20 <sup>E</sup>	10.6	14.9	6.5 <sup>E</sup>	41.6	44.7	36.0 <sup>E</sup>
Quebec	6,224	445	348	97 <sup>E</sup>	7.2	11.4	3.1 <sup>E</sup>	26.4	33.8	14.9 <sup>E</sup>
Ontario	10,128	1,212	864	348	12.0	17.4	6.8	41.9	45.8	34.6
Manitoba	930	136	81	55 <sup>E</sup>	14.6	17.7	11.6 <sup>E</sup>	50.4	51.1	49.5 <sup>E</sup>
Saskatchewan	784	101	53	48	12.9	13.7	12.2 <sup>E</sup>	45.5	41.6	50.8 <sup>E</sup>
Alberta	2,592	343	183	160	13.2	14.0	12.4	44.1	42.4	46.2
British Columbia	3,511	379	267	113	10.8	15.4	6.3	41.0	45.9	32.8
<b>Labour force status</b>										
Full time	13,422	1,598	1,207	391	11.9	15.3	7.1	38.9	42.1	31.4
Part time	1,708	120 <sup>E</sup>	45 <sup>E</sup>	74 <sup>E</sup>	7.0 <sup>E</sup>	8.6 <sup>E</sup>	6.3 <sup>E</sup>	26.0 <sup>E</sup>	23.9 <sup>E</sup>	27.5 <sup>E</sup>
Student with/without employment	2,474	706	428	277	28.5	36.1	21.5	55.6	61.6	48.3
Not employed	8,153	386	242	144	4.7	7.8	2.8	27.5	31.2	22.9
Don't know/not stated	349	F	F	F	F	F	F	F	F	F
<b>Mother tongue</b>										
English only	15,201	2,040	1,378	662	13.4	18.0	8.8	45.2	47.8	40.6
French only	5,871	527	387	141	9.0	13.5	4.7	30.4	36.8	20.7
Other only	4,393	249	162	87 <sup>E</sup>	5.7	7.7	3.8 <sup>E</sup>	26.0	28.1	22.9 <sup>E</sup>
Multiple languages	345	F	F	F	F	F	F	F	F	F
Don't know/not stated	296	F	F	F	F	F	F	F	F	F

<sup>E</sup> use with caution

F too unreliable to be published

**Note:** The percentage is calculated using the total Canadian population aged 15 years and older for each designated category.**Source:** General Social Survey, 2005.

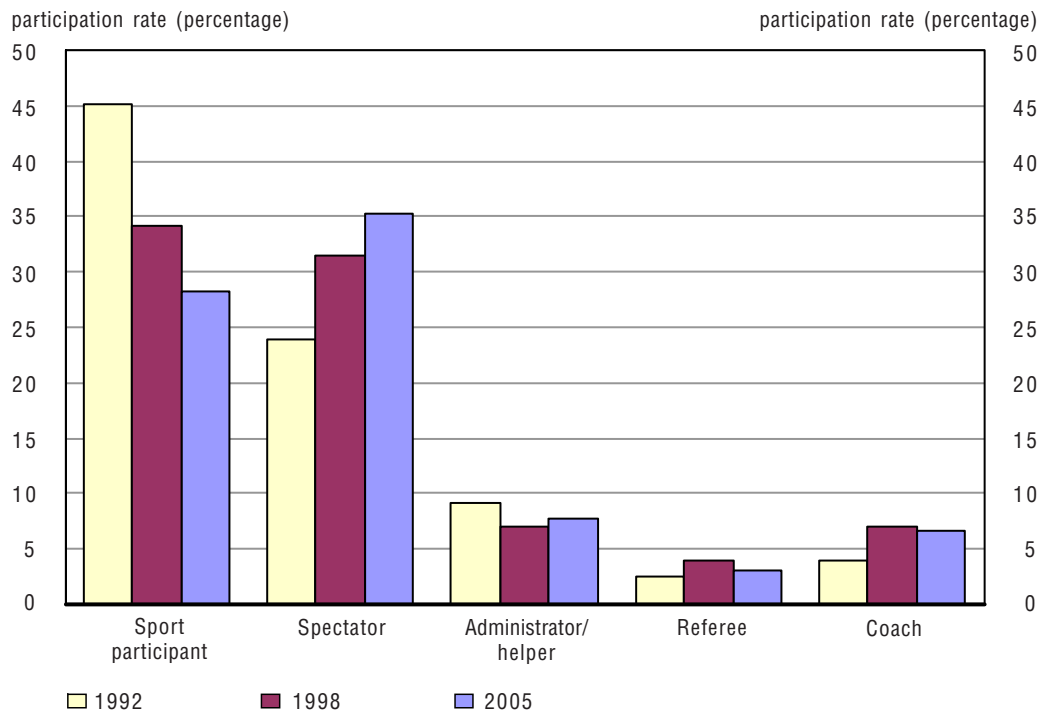
## 9. More Canadians involved in amateur sport as coaches, referees and spectators

In addition to active participation in amateur sport, Canadians are also involved in sport indirectly as coaches, referees, umpires, administrators and spectators. This indirect involvement has increased over the years in contrast to the declining trend in sport participation.

This may be a short term trend driven by younger baby-boomers who are involved in their children’s sport activities. Therefore, the upward trend may diminish or even reverse direction as they become empty nesters.

The GSS data show that, as sport participation declined from 45% in 1992 to 28% in 2005, adult Canadians’ indirect involvement in sport as spectators at amateur events increased from 24% in 1992 to 35% in 2005.

**Chart 17**  
**Involvement in amateur sport by type of participation, 1992, 1998 and 2005**



### 9.1 Female coaches outnumber their male counterparts in amateur sport

Volunteers are an important element of amateur sport in Canada. They donate time and energy to amateur sport organizations across the country. In 2005, the number of amateur coaches reached 1.8 million, up from 1.7 million in 1998 and more than double the 840,000 observed in 1992.

In 2005, 7% of Canadians were involved in amateur coaching. This compares with 4% in 1992 when men dominated the field. In 2005, the tables turned and female coaches outnumbered their male counterparts by a slight margin. Women increased their number to 882,000, 15% higher than in 1998 and more than quadruple the 200,000 recorded in 1992. Over the same period, the number of male coaches dropped 9% to 874,000. More than half of the amateur coaches (53%) are between the ages of 35 and 54.

**Chart 18**  
**Involvement in amateur sport as a coach by sex, 1992, 1998 and 2005**

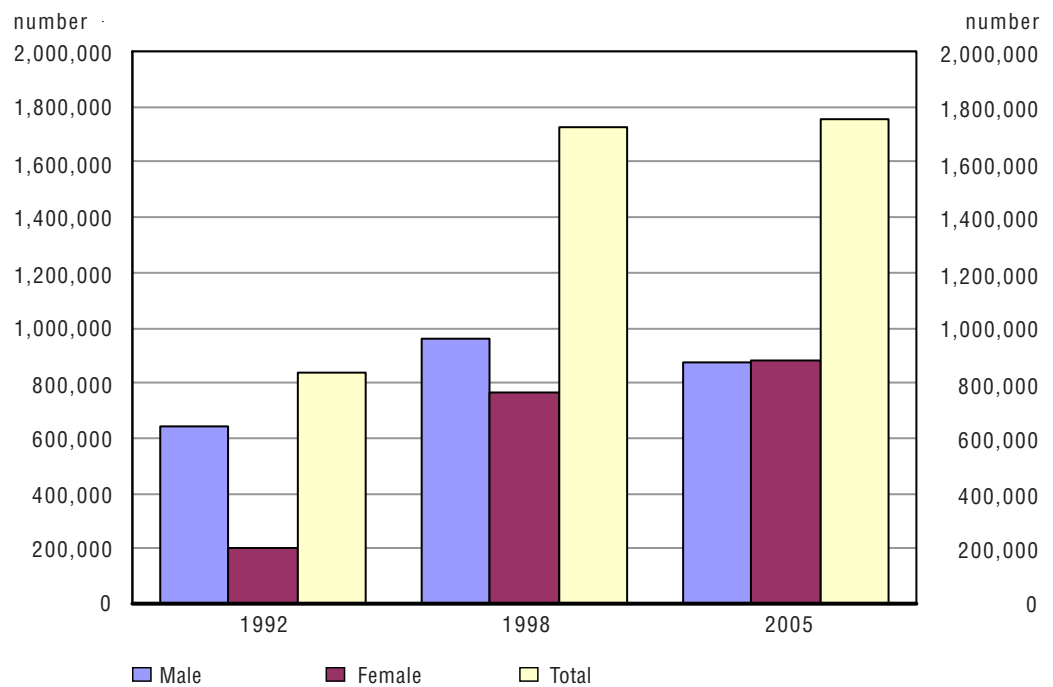
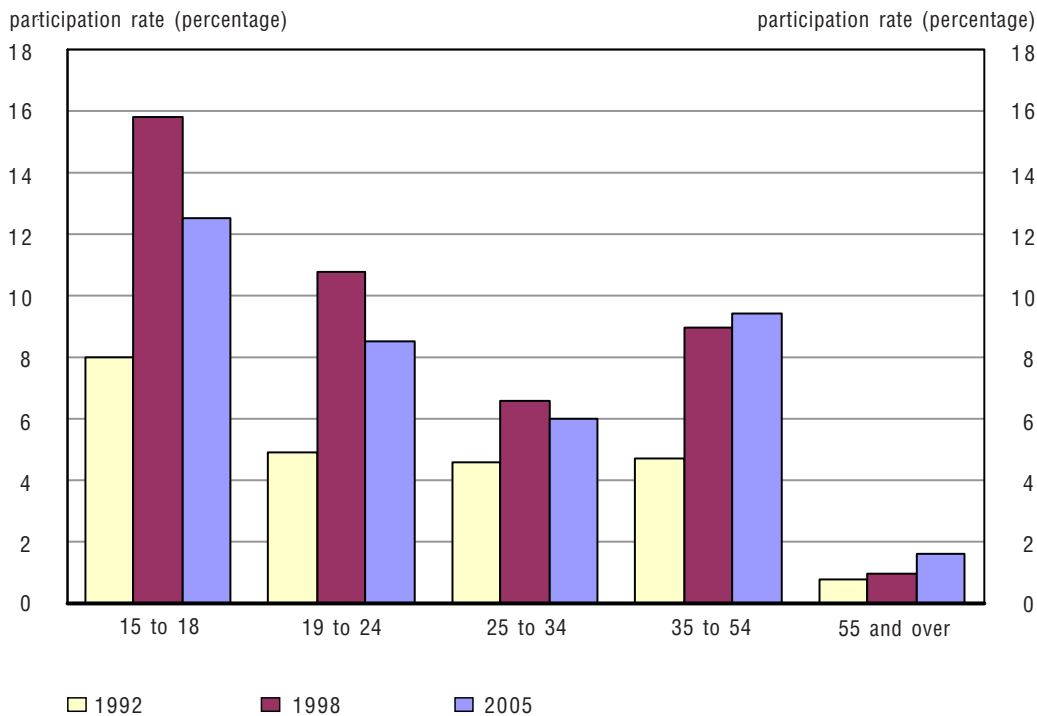


Chart 19

## Involvement in amateur sport as a coach by age, 1992, 1998 and 2005



The 2005 GSS data showed that involvement in coaching increased with higher education and income. This was similar to the pattern seen in 1998 and 1992. The rate of involvement in amateur coaching for families with some secondary schooling or less was 5% in 2005. It was 8% for those where a household member had a postsecondary diploma and 10% for households with at least one university degree.

Families with household incomes of under \$20,000 reported a participation rate in coaching of 3% in 2005, up from less than 2% in 1992. This compares with 12% for families with household incomes of \$80,000 or more in 2005.

**Table 12**  
**Canadians (15 years and older) who participated in amateur sport as a coach, 2005**

	Population			Number participating as a coach			Percentage participating as a coach		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
	thousands			thousands			percentage		
<b>Total</b>	<b>26,106</b>	<b>12,867</b>	<b>13,239</b>	<b>1,756</b>	<b>874</b>	<b>882</b>	<b>6.7</b>	<b>6.8</b>	<b>6.7</b>
<b>Age group</b>									
15 to 18	1,796	919	877	224	119 <sup>E</sup>	106 <sup>E</sup>	12.5	12.9 <sup>E</sup>	12.1 <sup>E</sup>
19 to 24	2,567	1,314	1,253	217	133 <sup>E</sup>	84 <sup>E</sup>	8.5 <sup>E</sup>	10.1 <sup>E</sup>	6.7 <sup>E</sup>
25 to 34	4,365	2,198	2,167	264	88 <sup>E</sup>	176	6.0	4.0 <sup>E</sup>	8.1
35 to 54	9,942	4,965	4,977	930	472	458	9.4	9.5	9.2
55 and over	7,436	3,472	3,964	120 <sup>E</sup>	63 <sup>E</sup>	57 <sup>E</sup>	1.6 <sup>E</sup>	1.8 <sup>E</sup>	1.4 <sup>E</sup>
<b>Level of education</b>									
Some secondary or less	5,199	2,570	2,629	269	157	112 <sup>E</sup>	5.2	6.1	4.3 <sup>E</sup>
Some college/trade/ high school diploma	6,682	3,273	3,409	284	159 <sup>E</sup>	125 <sup>E</sup>	4.2	4.9 <sup>E</sup>	3.7 <sup>E</sup>
Postsecondary diploma/ some university	8,031	3,906	4,125	604	309	294	7.5	7.9	7.1
University degree	5,861	2,980	2,880	600	249	351	10.2	8.4	12.2
Don't know/not stated	334	138	195	F	F	F	F	F	F
<b>Family income</b>									
Less than \$20,000	1,852	679	1,173	48	F	F	2.6	F	F
\$20,000 to \$29,999	1,546	697	849	F	F	F	F	F	F
\$30,000 to \$49,999	4,082	1,937	2,145	175	81 <sup>E</sup>	94 <sup>E</sup>	4.3	4.2 <sup>E</sup>	4.4 <sup>E</sup>
\$50,000 to \$79,999	5,267	2,695	2,571	386	158 <sup>E</sup>	229	7.3	5.9 <sup>E</sup>	8.9
\$80,000 or more	6,351	3,745	2,606	769	408	361	12.1	10.9	13.9
Don't know/not stated	7,009	3,115	3,894	357	197	160	5.1	6.3	4.1
<b>Province of residence</b>									
Newfoundland and Labrador	431	211	220	24 <sup>E</sup>	14 <sup>E</sup>	10 <sup>E</sup>	5.6 <sup>E</sup>	6.5 <sup>E</sup>	4.7 <sup>E</sup>
Prince Edward Island	112	54	58	9 <sup>E</sup>	F	F	8.3 <sup>E</sup>	F	F
Nova Scotia	775	377	398	59 <sup>E</sup>	32 <sup>E</sup>	27 <sup>E</sup>	7.6 <sup>E</sup>	8.6 <sup>E</sup>	6.7 <sup>E</sup>
New Brunswick	620	304	316	37 <sup>E</sup>	19 <sup>E</sup>	17 <sup>E</sup>	5.9 <sup>E</sup>	6.3 <sup>E</sup>	5.5 <sup>E</sup>
Quebec	6,224	3,063	3,161	262	142 <sup>E</sup>	120 <sup>E</sup>	4.2	4.6 <sup>E</sup>	3.8 <sup>E</sup>
Ontario	10,128	4,977	5,151	794	413	381	7.8	8.3	7.4
Manitoba	930	459	471	69	F	51 <sup>E</sup>	7.4	F	10.8 <sup>E</sup>
Saskatchewan	784	387	397	82	35 <sup>E</sup>	47 <sup>E</sup>	10.5	9.1 <sup>E</sup>	11.8 <sup>E</sup>
Alberta	2,592	1,306	1,286	231	109 <sup>E</sup>	122	8.9	8.3 <sup>E</sup>	9.5
British Columbia	3,511	1,730	1,781	189	87 <sup>E</sup>	102 <sup>E</sup>	5.4	5.0 <sup>E</sup>	5.8 <sup>E</sup>
<b>Labour force status</b>									
Full time	13,422	7,911	5,511	1,046	594	453	7.8	7.5	8.2
Part time	1,708	527	1,181	180	F	146	10.6	F	12.4
Student with/without employment	2,474	1,187	1,286	289	168 <sup>E</sup>	121 <sup>E</sup>	11.7	14.2 <sup>E</sup>	9.4 <sup>E</sup>
Not employed	8,153	3,084	5,069	230	75 <sup>E</sup>	155	2.8	2.4 <sup>E</sup>	3.1
Don't know/not stated	349	158	191	F	F	F	F	F	F
<b>Mother tongue</b>									
English only	15,201	7,640	7,561	1,219	614	605	8.0	8.0	8.0
French only	5,871	2,875	2,996	288	146 <sup>E</sup>	141	4.9	5.1 <sup>E</sup>	4.7
Other only	4,393	2,107	2,286	211	100 <sup>E</sup>	111 <sup>E</sup>	4.8	4.7 <sup>E</sup>	4.9 <sup>E</sup>
Multiple languages	345	136 <sup>E</sup>	209	F	F	F	F	F	F
Don't know/not stated	296	109 <sup>E</sup>	187	F	F	F	F	F	F

<sup>E</sup> use with caution

F too unreliable to be published

**Note:** The percentage is calculated using the total Canadian population aged 15 years and older for each designated category.**Source:** General Social Survey, 2005.

## 10. Increased involvement of women officiating in amateur sport

The number of adult Canadians involved in sports as referees, officials or umpires decreased 15% to 800,000 in 2005 after it peaked at 937,000 in 1998. Still, the 2005 number was much more than the 550,000 reported in 1992. The national participation rate in amateur sport as referees, officials or umpires was 3%, about the same rate as in 1992, and down one percentage point from 1998.

Long dominated by men, officiating in amateur sport has seen increased involvement of women over the years. In 1992, men outnumbered women 5 to 1 in these activities. By 2005 the ratio was less than 2 to 1 in men's favour.

Adult Canadians' involvement as administrators or helpers followed a similar pattern. About as many men as women were involved as administrators or helpers in 2005. That was not the case thirteen years earlier when men outnumbered women 2 to 1. Overall, over 2 million Canadians volunteered their time as administrators or helpers in amateur sports in 2005, up 18% from 1998.

The rates of volunteering in this area were highest in Saskatchewan and Alberta at 12% each. The rate was lowest in Quebec (5%). Ontario, New Brunswick, Manitoba and British Columbia all tied for the second lowest rate at 8% each.

**Table 13**  
**Canadians (15 years and older) who participated in amateur sport as a referee, official or umpire, 2005**

	Population			Participating as referee/official/umpire			Percentage participating as referee/official/umpire		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
	thousands			thousands			percentage		
<b>Total</b>	<b>26,106</b>	<b>12,867</b>	<b>13,239</b>	<b>800</b>	<b>466</b>	<b>334</b>	<b>3.1</b>	<b>3.6</b>	<b>2.5</b>
<b>Age group</b>									
15 to 18	1,796	919	877	113 <sup>E</sup>	56 <sup>E</sup>	57 <sup>E</sup>	6.3 <sup>E</sup>	6.1 <sup>E</sup>	6.5 <sup>E</sup>
19 to 24	2,567	1,314	1,253	107 <sup>E</sup>	82 <sup>E</sup>	F	4.2 <sup>E</sup>	6.2 <sup>E</sup>	F
25 to 34	4,365	2,198	2,167	127 <sup>E</sup>	78 <sup>E</sup>	49 <sup>E</sup>	2.9 <sup>E</sup>	3.5 <sup>E</sup>	2.3 <sup>E</sup>
35 to 54	9,942	4,965	4,977	354	189	165	3.6	3.8	3.3
55 and over	7,436	3,472	3,964	99 <sup>E</sup>	61 <sup>E</sup>	F	1.3 <sup>E</sup>	1.8 <sup>E</sup>	F
<b>Level of education</b>									
Some secondary or less	5,199	2,570	2,629	121 <sup>E</sup>	74 <sup>E</sup>	47 <sup>E</sup>	2.3 <sup>E</sup>	2.9 <sup>E</sup>	1.8 <sup>E</sup>
Some college/trade/ high school diploma	6,682	3,273	3,409	177	113 <sup>E</sup>	64 <sup>E</sup>	2.6	3.4 <sup>E</sup>	1.9 <sup>E</sup>
Postsecondary diploma/ some university	8,031	3,906	4,125	257	155	102 <sup>E</sup>	3.2	4.0	2.5 <sup>E</sup>
University degree	5,861	2,980	2,880	245	125 <sup>E</sup>	120 <sup>E</sup>	4.2	4.2 <sup>E</sup>	4.2 <sup>E</sup>
Don't know/not stated	334	138	195	F	F	F	F	F	F
<b>Family income</b>									
Less than \$20,000	1,852	679	1,173	F	F	F	F	F	F
\$20,000 to \$29,999	1,546	697	849	F	F	F	F	F	F
\$30,000 to \$49,999	4,082	1,937	2,145	82 <sup>E</sup>	54 <sup>E</sup>	28 <sup>E</sup>	2.0 <sup>E</sup>	2.8 <sup>E</sup>	1.3 <sup>E</sup>
\$50,000 to \$79,999	5,267	2,695	2,571	169	85 <sup>E</sup>	84 <sup>E</sup>	3.2	3.1 <sup>E</sup>	3.3 <sup>E</sup>
\$80,000 or more	6,351	3,745	2,606	331	202	128	5.2	5.4	4.9
Don't know/not stated	7,009	3,115	3,894	166	90 <sup>E</sup>	76 <sup>E</sup>	2.4	2.9 <sup>E</sup>	2.0 <sup>E</sup>
<b>Province of residence</b>									
Newfoundland and Labrador	431	211	220	20 <sup>E</sup>	F	9 <sup>E</sup>	4.5 <sup>E</sup>	F	4.2 <sup>E</sup>
Prince Edward Island	112	54	58	F	F	F	F	F	F
Nova Scotia	775	377	398	34 <sup>E</sup>	F	F	4.4 <sup>E</sup>	F	F
New Brunswick	620	304	316	F	F	F	F	F	F
Quebec	6,224	3,063	3,161	91 <sup>E</sup>	F	F	1.5 <sup>E</sup>	F	F
Ontario	10,128	4,977	5,151	271	143 <sup>E</sup>	129 <sup>E</sup>	2.7	2.9	2.5 <sup>E</sup>
Manitoba	930	459	471	51 <sup>E</sup>	F	F	5.5 <sup>E</sup>	F	F
Saskatchewan	784	387	397	41 <sup>E</sup>	F	F	5.2 <sup>E</sup>	F	F
Alberta	2,592	1,306	1,286	126 <sup>E</sup>	71 <sup>E</sup>	55 <sup>E</sup>	4.9 <sup>E</sup>	5.4 <sup>E</sup>	4.3 <sup>E</sup>
British Columbia	3,511	1,730	1,781	142	83 <sup>E</sup>	58 <sup>E</sup>	4.0	4.8 <sup>E</sup>	3.3 <sup>E</sup>
<b>Labour force status</b>									
Full time	13,422	7,911	5,511	482	299	183	3.6	3.8	3.3
Part time	1,708	527	1,181	49 <sup>E</sup>	F	F	2.9 <sup>E</sup>	F	F
Student with/without employment	2,474	1,187	1,286	145 <sup>E</sup>	82 <sup>E</sup>	63 <sup>E</sup>	5.9 <sup>E</sup>	6.9 <sup>E</sup>	4.9 <sup>E</sup>
Not employed	8,153	3,084	5,069	122 <sup>E</sup>	66 <sup>E</sup>	56 <sup>E</sup>	1.5 <sup>E</sup>	2.2 <sup>E</sup>	1.1 <sup>E</sup>
Don't know/not stated	349	158	191	F	F	F	F	F	F
<b>Mother tongue</b>									
English only	15,201	7,640	7,561	607	332	274	4.0	4.4	3.6
French only	5,871	2,875	2,996	124 <sup>E</sup>	91 <sup>E</sup>	F	2.1 <sup>E</sup>	3.2 <sup>E</sup>	F
Other only	4,393	2,107	2,286	62 <sup>E</sup>	F	F	1.4 <sup>E</sup>	F	F
Multiple languages	345	136 <sup>E</sup>	209	F	F	F	F	F	F
Don't know/not stated	296	109 <sup>E</sup>	187	F	F	F	F	F	F

<sup>E</sup> use with caution

F too unreliable to be published

**Note:** The percentage is calculated using the total Canadian population aged 15 years and older for each designated category.**Source:** General Social Survey, 2005.



Table 14

## Canadians (15 years and older) who participated in amateur sport as an administrator or helper, 2005

	Population			Number participating as administrator or helper			Percentage participating as administrator or helper		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
	thousands			thousands			percentage		
<b>Total</b>	<b>26,106</b>	<b>12,867</b>	<b>13,239</b>	<b>2,011</b>	<b>1,020</b>	<b>992</b>	<b>7.7</b>	<b>7.9</b>	<b>7.5</b>
<b>Age group</b>									
15 to 18	1,796	919	877	220	117 <sup>E</sup>	104 <sup>E</sup>	12.3	12.7 <sup>E</sup>	11.8 <sup>E</sup>
19 to 24	2,567	1,314	1,253	204	117 <sup>E</sup>	87 <sup>E</sup>	7.9	8.9 <sup>E</sup>	7.0 <sup>E</sup>
25 to 34	4,365	2,198	2,167	276	116 <sup>E</sup>	161	6.3	5.3 <sup>E</sup>	7.4
35 to 54	9,942	4,965	4,977	1,015	505	510	10.2	10.2	10.2
55 and over	7,436	3,472	3,964	296	166	130	4.0	4.8	3.3
<b>Level of education</b>									
Some secondary or less	5,199	2,570	2,629	318	185	134	6.1	7.2	5.1
Some college/trade/ high school diploma	6,682	3,273	3,409	413	233	181	6.2	7.1	5.3
Postsecondary diploma/ some university	8,031	3,906	4,125	698	310	388	8.7	7.9	9.4
University degree	5,861	2,980	2,880	582	292	290	9.9	9.8	10.1
Don't know/not stated	334	138	195	F	F	F	F	F	F
<b>Family income</b>									
Less than \$20,000	1,852	679	1,173	46 <sup>E</sup>	F	F	2.5 <sup>E</sup>	F	F
\$20,000 to \$29,999	1,546	697	849	75 <sup>E</sup>	F	38 <sup>E</sup>	4.9 <sup>E</sup>	F	4.4 <sup>E</sup>
\$30,000 to \$49,999	4,082	1,937	2,145	272	111 <sup>E</sup>	161	6.7	5.7 <sup>E</sup>	7.5
\$50,000 to \$79,999	5,267	2,695	2,571	482	235	246	9.1	8.7	9.6
\$80,000 or more	6,351	3,745	2,606	779	451	328	12.3	12.0	12.6
Don't know/not stated	7,009	3,115	3,894	358	166	192	5.1	5.3	4.9
<b>Province of residence</b>									
Newfoundland and Labrador	431	211	220	38	17 <sup>E</sup>	21 <sup>E</sup>	8.7	8.1 <sup>E</sup>	9.3 <sup>E</sup>
Prince Edward Island	112	54	58	12 <sup>E</sup>	F	6 <sup>E</sup>	10.8 <sup>E</sup>	F	10.0 <sup>E</sup>
Nova Scotia	775	377	398	82	45 <sup>E</sup>	37 <sup>E</sup>	10.6	12.0 <sup>E</sup>	9.2 <sup>E</sup>
New Brunswick	620	304	316	48 <sup>E</sup>	31 <sup>E</sup>	17 <sup>E</sup>	7.8 <sup>E</sup>	10.2 <sup>E</sup>	5.5 <sup>E</sup>
Quebec	6,224	3,063	3,161	286	172	113	4.6	5.6	3.6
Ontario	10,128	4,977	5,151	795	399	395	7.8	8.0	7.7
Manitoba	930	459	471	76	27 <sup>E</sup>	48 <sup>E</sup>	8.1	5.9 <sup>E</sup>	10.3 <sup>E</sup>
Saskatchewan	784	387	397	91	44 <sup>E</sup>	47 <sup>E</sup>	11.6	11.4 <sup>E</sup>	11.8 <sup>E</sup>
Alberta	2,592	1,306	1,286	298	130	168	11.5	10.0	13.1
British Columbia	3,511	1,730	1,781	286	147	139	8.2	8.5	7.8
<b>Labour force status</b>									
Full time	13,422	7,911	5,511	1,208	694	514	9.0	8.8	9.3
Part time	1,708	527	1,181	161	F	125	9.4	F	10.6
Student with/without employment	2,474	1,187	1,286	267	148 <sup>E</sup>	119 <sup>E</sup>	10.8	12.5 <sup>E</sup>	9.3 <sup>E</sup>
Not employed	8,153	3,084	5,069	360	141 <sup>E</sup>	220	4.4	4.6 <sup>E</sup>	4.3
Don't know/not stated	349	158	191	F	F	F	F	F	F
<b>Mother tongue</b>									
English only	15,201	7,640	7,561	1,395	681	714	9.2	8.9	9.4
French only	5,871	2,875	2,996	338	208	131	5.8	7.2	4.4
Other only	4,393	2,107	2,286	248	121 <sup>E</sup>	127 <sup>E</sup>	5.6	5.8 <sup>E</sup>	5.5 <sup>E</sup>
Multiple languages	345	136 <sup>E</sup>	209	F	F	F	F	F	F
Don't know/not stated	296	109 <sup>E</sup>	187	F	F	F	F	F	F

<sup>E</sup> use with caution

F too unreliable to be published

**Note:** The percentage is calculated using the total Canadian population aged 15 years and older for each designated category.**Source:** General Social Survey, 2005.

## 11. Involvement in amateur sport as spectators almost doubled in 13 years

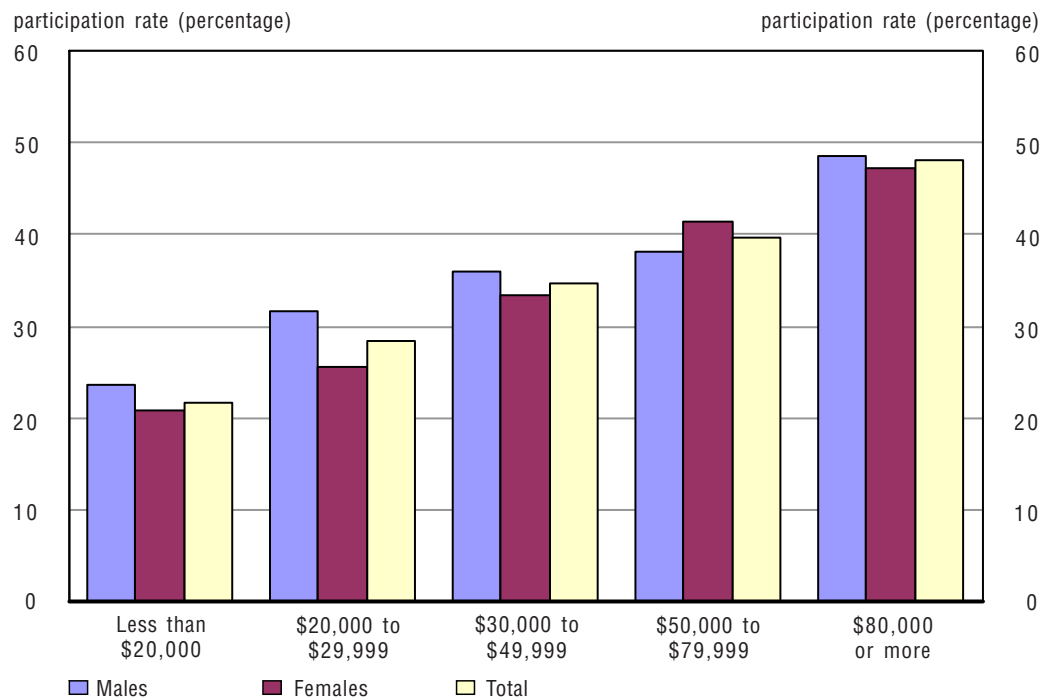
The number of adult Canadians watching amateur sport reached 9.2 million in 2005. That was 20.3% higher than reported in 1998. In 1992, only 5 million Canadians were involved in amateur sport as spectators.

Young adults under 25 years of age had the highest rate of participation as spectators at 43%. In comparison, the rate was 33% for those aged 25 to 34 and 39% for the 35 to 54 year olds. Though in last place at 27%, the rate of involvement of older Canadians aged 55 and over was 7 percentage points higher than in 1998.

Spectators are more likely to be well educated and their numbers tend to increase with their level of income. In 2005, the rate of involvement as spectators hovered around 40% for Canadians with a postsecondary school diploma or higher. Canadians with less education, such as some secondary school or less, recorded a much lower rate of 28%. Participation in sporting events as spectators varied sharply with the level of household income. For those earning \$80,000 or more, participation was 48%. That was more than twice the rate (22%) for those with household incomes of less than \$20,000.

Chart 20

**Participation in amateur sport as spectators by household income and by sex, 2005**



Provincially, Prince Edward Island led the nation in spectatorship of amateur sport. Almost half of Prince Edward Island residents were spectators of amateur sport in 2005, followed by Nova Scotia (45%), Saskatchewan (44%), Manitoba (42%) and Alberta (41%). In Quebec, Ontario and British Columbia, only a third of residents were involved as spectators in amateur sport.

Table 15

**Canadians (15 years and older) who participated in amateur sport as spectators, 2005**

	Population			Number participating as spectators			Percentage participating as spectators		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
	thousands			thousands			percentage		
<b>Total</b>	<b>26,106</b>	<b>12,867</b>	<b>13,239</b>	<b>9,203</b>	<b>4,758</b>	<b>4,445</b>	<b>35.3</b>	<b>37.0</b>	<b>33.6</b>
<b>Age group</b>									
15 to 18	1,796	919	877	772	391	381	43.0	42.6	43.5
19 to 24	2,567	1,314	1,253	1,095	613	482	42.7	46.7	38.4
25 to 34	4,365	2,198	2,167	1,459	731	729	33.4	33.2	33.6
35 to 54	9,942	4,965	4,977	3,905	2,029	1,876	39.3	40.9	37.7
55 and over	7,436	3,472	3,964	1,971	994	978	26.5	28.6	24.7
<b>Level of education</b>									
Some secondary or less	5,199	2,570	2,629	1,478	788	690	28.4	30.7	26.2
Some college/trade/ high school diploma	6,682	3,273	3,409	2,186	1,231	955	32.7	37.6	28.0
Postsecondary diploma/ some university	8,031	3,906	4,125	3,225	1,583	1,642	40.2	40.5	39.8
University degree	5,861	2,980	2,880	2,310	1,153	1,156	39.4	38.7	40.1
Don't know/not stated	334	138	195	F	F	F	F	F	F
<b>Family income</b>									
Less than \$20,000	1,852	679	1,173	402	160	242	21.7	23.6	20.7
\$20,000 to \$29,999	1,546	697	849	437	220	217	28.3	31.6	25.6
\$30,000 to \$49,999	4,082	1,937	2,145	1,411	698	713	34.6	36.0	33.3
\$50,000 to \$79,999	5,267	2,695	2,571	2,089	1,026	1,063	39.7	38.1	41.4
\$80,000 or more	6,351	3,745	2,606	3,049	1,817	1,231	48.0	48.5	47.3
Don't know/not stated	7,009	3,115	3,894	1,815	837	977	25.9	26.9	25.1
<b>Province of residence</b>									
Newfoundland and Labrador	431	211	220	167	88	78	38.7	41.9	35.6
Prince Edward Island	112	54	58	56	24	31	49.7	45.0	54.2
Nova Scotia	775	377	398	348	172	176	44.9	45.5	44.2
New Brunswick	620	304	316	242	111	131	39.1	36.5	41.6
Quebec	6,224	3,063	3,161	2,044	1,153	892	32.8	37.6	28.2
Ontario	10,128	4,977	5,151	3,438	1,789	1,649	33.9	35.9	32.0
Manitoba	930	459	471	394	180	214	42.4	39.3	45.4
Saskatchewan	784	387	397	348	156	192	44.4	40.3	48.5
Alberta	2,592	1,306	1,286	1,052	513	539	40.6	39.3	41.9
British Columbia	3,511	1,730	1,781	1,115	573	541	31.7	33.1	30.4
<b>Labour force status</b>									
Full time	13,422	7,911	5,511	5,166	3,140	2,027	38.5	39.7	36.8
Part time	1,708	527	1,181	680	207	473	39.8	39.3	40.0
Student with/without employment	2,474	1,187	1,286	1,046	510	536	42.3	43.0	41.6
Not employed	8,153	3,084	5,069	2,215	861	1,354	27.2	27.9	26.7
Don't know/not stated	349	158	191	96 <sup>E</sup>	40 <sup>E</sup>	56 <sup>E</sup>	27.6 <sup>E</sup>	25.3 <sup>E</sup>	29.5 <sup>E</sup>
<b>Mother tongue</b>									
English only	15,201	7,640	7,561	6,056	3,050	3,006	39.8	39.9	39.8
French only	5,871	2,875	2,996	1,960	1,097	864	33.4	38.1	28.8
Other only	4,393	2,107	2,286	1,047	554	493	23.8	26.3	21.5
Multiple languages	345	136 <sup>E</sup>	209	130 <sup>E</sup>	57 <sup>E</sup>	74 <sup>E</sup>	37.8 <sup>E</sup>	41.5 <sup>E</sup>	35.3 <sup>E</sup>
Don't know/not stated	296	109 <sup>E</sup>	187	F	F	F	F	F	F

<sup>E</sup> use with caution

F too unreliable to be published

**Note:** The percentage is calculated using the total Canadian population aged 15 years and older for each designated category.**Source:** General Social Survey, 2005.

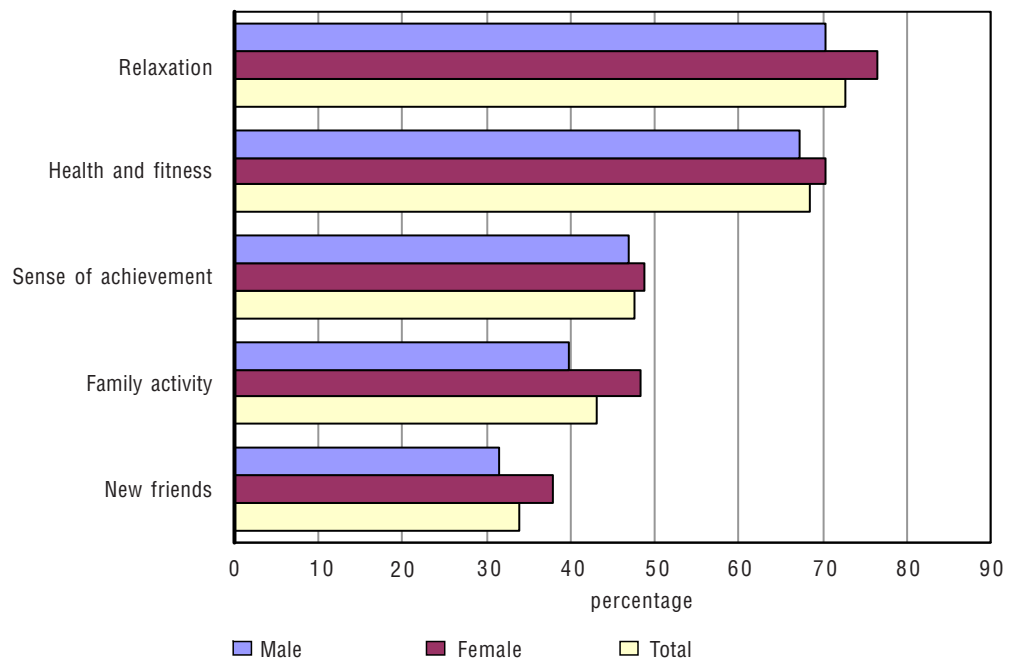
## 12. Benefits of sports

Like the 1998 survey, the 2005 GSS asked Canadians to rank the degree to which sport provides them with the following benefits: physical health and fitness, family activities, new friends and acquaintances, fun, recreation and relaxation, or a sense of achievement. Rankings were “very important”, “somewhat important” and “not important”.

In 2005, about 5.3 million people representing 73% of adult active participants rated sport as a very important source of fun, recreation and relaxation, up from 68% in 1998. That was the highest ranked benefit in 2005. It was followed by physical health and fitness, with 68% or 5 million people selecting it as a very important benefit of sport.

The sense of achievement gained from participating in sport followed, rated as a very important benefit by 3.5 million people, or 48% of active participants. Family activity came in fourth with 3.2 million participants (43%) choosing it, with the lowest rating (34% of active participants) going to meeting new friends and acquaintances. About 2.5 million participants rated sport as very important for this benefit.

**Chart 21**  
**Benefits of sport by sex, 2005**



## 12.1 Active participants ranked relaxation as top benefit

Most active Canadians see sport as a very important way to have fun and relax. This is particularly so for the 25 to 34 age group, where more than three quarters (77%) ranked fun and relaxation as a very important benefit of sport. The rest of the age cohorts, excluding the 15 to 18 years old, were not far behind, with 70% to 74% of them putting fun and relaxation at the top of the benefits they derived from sport in 2005. This compares with 67% for the 15 to 18 year olds. For this age cohort, the most important benefit was health and fitness. Sixty-nine percent of them ranked physical health and fitness as the top benefit and 62% picked a sense of achievement.

For most baby boomers<sup>11</sup>, the youngest of which turned 40 in 2005, the top benefit was fun and relaxation, followed by physical health and fitness. Family activities were the third while making new friends and acquaintances obtained the least ranking overall.

Overall, men and women attributed higher levels of importance to relaxation and physical health and fitness and lower levels of importance to sense of achievement, family activity, and making new friends and acquaintances. However, women attached greater importance to each of these benefits than men. This was particularly true for family activity. In 2005, almost half (48%) of women ranked family activity as very important, compared to 40% of men.

## 12.2 Sense of belonging to the community and sport participation

Sport participation encourages team building, social interaction and the bonding of all those involved<sup>12</sup>. This is thought to have relevance to the concept of community identity and social cohesion<sup>13</sup>. Social cohesion may lead to personal social capital as sport participants gain success through their connection to other people in a structured relationship. Sport may encourage people from different social backgrounds to come together for a common purpose, inevitably sharing goals that engender personal growth.

In 2005, survey respondents were asked how they would describe their sense of belonging to their local community. Of those active in sport, 68% indicated that their sense of belonging ranged from somewhat strong to very strong, up 5 percentage points from 1998. By comparison, the proportion was slightly lower at 65% for the non-participants. The equivalent figure for the non-participants in 1998 was 61%.

## 12.3 Health status and sport participation

To most Canadians, sport participation is a road map to good health and longevity, although they consider nutrition and moderation in such personal habits as drinking as also important. Some see sport as a way to control weight. Others link it to physical fitness, resistance to certain diseases and improved quality of life. In 2005, more than 68% of active adult Canadians attached a very high level of importance to the health benefits of sport.

When asked to describe their state of health compared to other people of their age, 66% of sport participants indicated a health rating of very good to excellent compared to 49% of non-participants. This represents a substantial gap of 17 percentage points in favour of active participants. The effects of the aging of the

population on participation may continue to be felt for quite some time<sup>14</sup>. In the year 2020, the youngest baby boomer will be 55 years old and the oldest will be 74. To this age group, health can be an issue. In 2005, one in seven people who did not participate in sports selected health as a reason for not being active in sport. Also, one in ten indicated age as a reason for not participating. Both factors affect or reduce participation in sport.

Obesity is a health issue that discourages people from being active in sport. The more obese the population becomes, the less likely they will be active in sport because of physical restrictions and the more they are likely to gain more weight.<sup>15</sup>

The results of the National Population Health Survey (NPHS) in 1994/95, 1996/97 and 1998/99 suggest that physical activity even at moderate levels of energy expenditure is beneficial to health. It helps to control and prevent the development of certain health conditions such as heart disease and diabetes even among people with a family history of the diseases. This supports the GSS finding that more active Canadians are more likely to rate their health as very good or excellent compared with less active individuals.

Sport is, however, only one of several avenues to healthy living. In addition to sport, non-sport activity, good nutrition and the avoidance of harmful habits, such as excessive drinking and smoking, all lead to health benefits.

#### **12.4 Life satisfaction and sport participation**

In addition to physical fitness, health benefits and improvement in the general quality of life, sport participation may also be linked to increased life satisfaction. Active participants in sports tend to be physically fit and healthy. They tend to feel better about themselves and therefore may be more satisfied with their lives generally. If this is the case, their reported levels of life satisfaction should tend to be higher than those of non-participants. The data support this.

In response to a question on how they felt about life as a whole, on a scale of 1 to 10, 89% of sport participants ranked themselves from 7 to 10 in their level of life satisfaction. In contrast, a lower 75% of non-participants gave themselves this same ranking.

This is not surprising because sport is one activity where people compete very hard and can feel satisfied at the end, win or lose. The culture of sportsmanship tends to give participants a positive feeling about themselves and a general sense of satisfaction.

Table 16  
Perceived benefits of participating in sport by age group and sex, Canada, 2005

	Active population*		Very important		Somewhat important		Not important		Don't know/not stated	
	thousands	per-centage	thousands	per-centage	thousands	per-centage	thousands	per-centage	thousands	per-centage
<b>Total</b>										
<b>Physical health and fitness</b>										
15 to 18	1,061	100.0	733	69.0	298	28.1	F	F	F	F
19 to 24	1,099	100.0	754	68.6	293	26.7	F	F	F	F
25 to 34	1,348	100.0	929	68.9	365	27.1	48 <sup>E</sup>	3.6 <sup>E</sup>	F	F
35 to 54	2,509	100.0	1,720	68.6	660	26.3	118 <sup>E</sup>	4.7 <sup>E</sup>	F	F
55 and over	1,296	100.0	869	67.1	355	27.4	67 <sup>E</sup>	5.2 <sup>E</sup>	F	F
<b>Total</b>	<b>7,314</b>	<b>100.0</b>	<b>5,005</b>	<b>68.4</b>	<b>1,971</b>	<b>27.0</b>	<b>311</b>	<b>4.3</b>	<b>F</b>	<b>F</b>
<b>Family activities</b>										
15 to 18	1,061	100.0	319	30.0	522	49.1	219	20.6	F	F
19 to 24	1,099	100.0	424	38.6	354	32.3	317	28.9	F	F
25 to 34	1,348	100.0	543	40.3	515	38.2	273	20.3	F	F
35 to 54	2,509	100.0	1,279	51.0	843	33.6	357	14.2	F	F
55 and over	1,296	100.0	589	45.4	360	27.8	319	24.6	29 <sup>E</sup>	2.2 <sup>E</sup>
<b>Total</b>	<b>7,314</b>	<b>100.0</b>	<b>3,153</b>	<b>43.1</b>	<b>2,594</b>	<b>35.5</b>	<b>1,485</b>	<b>20.3</b>	<b>81<sup>E</sup></b>	<b>1.1<sup>E</sup></b>
<b>New friends and acquaintances</b>										
15 to 18	1,061	100.0	493	46.4	439	41.3	128 <sup>E</sup>	12.1 <sup>E</sup>	F	F
19 to 24	1,099	100.0	367	33.4	520	47.3	208	19.0	F	F
25 to 34	1,348	100.0	425	31.5	650	48.2	262	19.4	F	F
35 to 54	2,509	100.0	707	28.2	1,209	48.2	569	22.7	F	F
55 and over	1,296	100.0	484	37.3	568	43.8	230	17.8	F	F
<b>Total</b>	<b>7,314</b>	<b>100.0</b>	<b>2,475</b>	<b>33.8</b>	<b>3,385</b>	<b>46.3</b>	<b>1,398</b>	<b>19.1</b>	<b>56<sup>E</sup></b>	<b>0.8<sup>E</sup></b>
<b>Relaxation</b>										
15 to 18	1,061	100.0	709	66.8	312	29.4	F	F	F	F
19 to 24	1,099	100.0	767	69.9	306	27.8	F	F	F	F
25 to 34	1,348	100.0	1,035	76.8	280	20.7	F	F	F	F
35 to 54	2,509	100.0	1,836	73.2	605	24.1	49 <sup>E</sup>	1.9 <sup>E</sup>	F	F
55 and over	1,296	100.0	960	74.1	279	21.6	F	F	F	F
<b>Total</b>	<b>7,314</b>	<b>100.0</b>	<b>5,308</b>	<b>72.6</b>	<b>1,782</b>	<b>24.4</b>	<b>183</b>	<b>2.5</b>	<b>41<sup>E</sup></b>	<b>0.6<sup>E</sup></b>
<b>Sense of achievement</b>										
15 to 18	1,061	100.0	653	61.5	354	33.3	F	F	F	F
19 to 24	1,099	100.0	569	51.8	452	41.2	74 <sup>E</sup>	6.8 <sup>E</sup>	F	F
25 to 34	1,348	100.0	628	46.6	571	42.4	137	10.2	F	F
35 to 54	2,509	100.0	1,102	43.9	1,005	40.1	376	15.0	F	F
55 and over	1,296	100.0	533	41.1	569	43.9	186	14.3	F	F
<b>Total</b>	<b>7,314</b>	<b>100.0</b>	<b>3,484</b>	<b>47.6</b>	<b>2,952</b>	<b>40.4</b>	<b>825</b>	<b>11.3</b>	<b>53<sup>E</sup></b>	<b>0.7<sup>E</sup></b>

**Table 16**  
**Perceived benefits of participating in sport by age group and sex, Canada, 2005 (continued)**

	Active population*		Very important		Somewhat important		Not important		Don't know/not stated	
	thousands	per-centage	thousands	per-centage	thousands	per-centage	thousands	per-centage	thousands	per-centage
<b>Male</b>										
<b>Physical health and fitness</b>										
15 to 18	608	100.0	412	67.8	181	29.8	F	F	F	F
19 to 24	678	100.0	466	68.8	192	28.3	F	F	F	F
25 to 34	899	100.0	612	68.1	255	28.4	F	F	F	F
35 to 54	1,545	100.0	1,000	64.8	434	28.1	98 <sup>E</sup>	6.4 <sup>E</sup>	F	F
55 and over	839	100.0	585	69.7	200	23.9	51 <sup>E</sup>	6.0 <sup>E</sup>	F	F
<b>Total</b>	<b>4,568</b>	<b>100.0</b>	<b>3,076</b>	<b>67.3</b>	<b>1,264</b>	<b>27.7</b>	<b>205</b>	<b>4.5</b>	<b>F</b>	<b>F</b>
<b>Family activities</b>										
15 to 18	608	100.0	150	24.7	306	50.4	149	24.6	F	F
19 to 24	678	100.0	231	34.0	231	34.1	213	31.4	F	F
25 to 34	899	100.0	348	38.8	351	39.0	185	20.6	F	F
35 to 54	1,545	100.0	722	46.8	556	36.0	243	15.7	F	F
55 and over	839	100.0	373	44.5	258	30.8	196	23.4	F	F
<b>Total</b>	<b>4,568</b>	<b>100.0</b>	<b>1,824</b>	<b>39.9</b>	<b>1,703</b>	<b>37.3</b>	<b>986</b>	<b>21.6</b>	<b>54<sup>E</sup></b>	<b>1.2<sup>E</sup></b>
<b>New friends and acquaintances</b>										
15 to 18	608	100.0	273	44.9	272	44.8	61 <sup>E</sup>	10.0 <sup>E</sup>	F	F
19 to 24	678	100.0	216	31.9	345	50.9	114 <sup>E</sup>	16.9 <sup>E</sup>	F	F
25 to 34	899	100.0	283	31.5	413	45.9	191	21.2	F	F
35 to 54	1,545	100.0	388	25.1	782	50.6	355	23.0	F	F
55 and over	839	100.0	278	33.2	411	48.9	147	17.5	F	F
<b>Total</b>	<b>4,568</b>	<b>100.0</b>	<b>1,438</b>	<b>31.5</b>	<b>2,223</b>	<b>48.7</b>	<b>868</b>	<b>19.0</b>	<b>40<sup>E</sup></b>	<b>0.9<sup>E</sup></b>
<b>Relaxation</b>										
15 to 18	608	100.0	405	66.6	174	28.6	F	F	F	F
19 to 24	678	100.0	449	66.2	211	31.1	F	F	F	F
25 to 34	899	100.0	650	72.3	223	24.8	F	F	F	F
35 to 54	1,545	100.0	1,084	70.2	401	26.0	F	F	F	F
55 and over	839	100.0	621	74.1	175	20.9	F	F	F	F
<b>Total</b>	<b>4,568</b>	<b>100.0</b>	<b>3,209</b>	<b>70.3</b>	<b>1,184</b>	<b>25.9</b>	<b>138<sup>E</sup></b>	<b>3.0<sup>E</sup></b>	<b>37<sup>E</sup></b>	<b>0.8<sup>E</sup></b>
<b>Sense of achievement</b>										
15 to 18	608	100.0	380	62.5	204	33.6	F	F	F	F
19 to 24	678	100.0	345	50.9	287	42.4	F	F	F	F
25 to 34	899	100.0	422	47.0	371	41.3	93 <sup>E</sup>	10.4 <sup>E</sup>	F	F
35 to 54	1,545	100.0	649	42.0	607	39.3	263	17.0	F	F
55 and over	839	100.0	346	41.2	361	43.0	127	15.1	F	F
<b>Total</b>	<b>4,568</b>	<b>100.0</b>	<b>2,142</b>	<b>46.9</b>	<b>1,831</b>	<b>40.1</b>	<b>547</b>	<b>12.0</b>	<b>48<sup>E</sup></b>	<b>1.1<sup>E</sup></b>



Table 16

## Perceived benefits of participating in sport by age group and sex, Canada, 2005 (concluded)

	Active population*		Very important		Somewhat important		Not important		Don't know/not stated	
	thousands	per-centage	thousands	per-centage	thousands	per-centage	thousands	per-centage	thousands	per-centage
<b>Female</b>										
<b>Physical health and fitness</b>										
15 to 18	454	100.0	321	70.7	117 <sup>E</sup>	25.8 <sup>E</sup>	F	F	F	F
19 to 24	421	100.0	288	68.4	101 <sup>E</sup>	24.0 <sup>E</sup>	F	F	F	F
25 to 34	449	100.0	316	70.4	110	24.5	F	F	F	F
35 to 54	965	100.0	720	74.6	225	23.3	F	F	F	F
55 and over	457	100.0	284	62.1	154	33.8	F	F	F	F
<b>Total</b>	<b>2,745</b>	<b>100.0</b>	<b>1,929</b>	<b>70.3</b>	<b>708</b>	<b>25.8</b>	<b>106<sup>E</sup></b>	<b>3.9<sup>E</sup></b>	<b>F</b>	<b>F</b>
<b>Family activities</b>										
15 to 18	454	100.0	169	37.2	215	47.4	70 <sup>E</sup>	15.3 <sup>E</sup>	F	F
19 to 24	421	100.0	193	45.9	123 <sup>E</sup>	29.2 <sup>E</sup>	105 <sup>E</sup>	24.8 <sup>E</sup>	F	F
25 to 34	449	100.0	195	43.4	164	36.5	88 <sup>E</sup>	19.6 <sup>E</sup>	F	F
35 to 54	965	100.0	556	57.7	287	29.8	114	11.9	F	F
55 and over	457	100.0	216	47.2	102	22.2	123	26.8	F	F
<b>Total</b>	<b>2,745</b>	<b>100.0</b>	<b>1,329</b>	<b>48.4</b>	<b>891</b>	<b>32.4</b>	<b>499</b>	<b>18.2</b>	<b>26<sup>E</sup></b>	<b>1.0<sup>E</sup></b>
<b>New friends and acquaintances</b>										
15 to 18	454	100.0	220	48.5	166	36.7	67 <sup>E</sup>	14.9 <sup>E</sup>	F	F
19 to 24	421	100.0	151	36.0	175	41.6	94 <sup>E</sup>	22.4 <sup>E</sup>	F	F
25 to 34	449	100.0	142	31.5	237	52.7	71 <sup>E</sup>	15.8 <sup>E</sup>	F	F
35 to 54	965	100.0	319	33.1	427	44.2	214	22.2	F	F
55 and over	457	100.0	205	44.9	157	34.4	84 <sup>E</sup>	18.3 <sup>E</sup>	F	F
<b>Total</b>	<b>2,745</b>	<b>100.0</b>	<b>1,037</b>	<b>37.8</b>	<b>1,162</b>	<b>42.3</b>	<b>530</b>	<b>19.3</b>	<b>F</b>	<b>F</b>
<b>Relaxation</b>										
15 to 18	454	100.0	304	66.9	138 <sup>E</sup>	30.5 <sup>E</sup>	F	F	F	F
19 to 24	421	100.0	319	75.8	95 <sup>E</sup>	22.5 <sup>E</sup>	F	F	F	F
25 to 34	449	100.0	385	85.8	57 <sup>E</sup>	12.6 <sup>E</sup>	F	F	F	F
35 to 54	965	100.0	752	77.9	204	21.1	F	F	F	F
55 and over	457	100.0	339	74.1	104	22.8	F	F	F	F
<b>Total</b>	<b>2,745</b>	<b>100.0</b>	<b>2,098</b>	<b>76.4</b>	<b>598</b>	<b>21.8</b>	<b>45<sup>E</sup></b>	<b>1.6<sup>E</sup></b>	<b>F</b>	<b>F</b>
<b>Sense of achievement</b>										
15 to 18	454	100.0	273	60.2	150	33.0	F	F	F	F
19 to 24	421	100.0	224	53.2	165 <sup>E</sup>	39.2 <sup>E</sup>	F	F	F	F
25 to 34	449	100.0	205	45.7	200	44.5	44 <sup>E</sup>	9.8 <sup>E</sup>	F	F
35 to 54	965	100.0	453	47.0	398	41.3	113 <sup>E</sup>	11.7 <sup>E</sup>	F	F
55 and over	457	100.0	187	40.8	208	45.4	59 <sup>E</sup>	12.8 <sup>E</sup>	F	F
<b>Total</b>	<b>2,745</b>	<b>100.0</b>	<b>1,342</b>	<b>48.9</b>	<b>1,120</b>	<b>40.8</b>	<b>278</b>	<b>10.1</b>	<b>F</b>	<b>F</b>

\* Denominator is the active population aged 15 and older who participate in sport on a regular basis.

<sup>E</sup> use with caution

F too unreliable to be published

Source: General Social Survey, 2005.

**Table 17**  
**Perceived sense of belonging to the community<sup>1</sup> by sport participation, 2005**

	Total		Sports participants		Non-participants	
	thousands	percentage	thousands	percentage	thousands	percentage
<b>Total</b>	<b>26,106</b>	<b>100.0</b>	<b>7,314</b>	<b>100.0</b>	<b>18,494</b>	<b>100.0</b>
Very strong	4,573	17.5	1,280	17.5	3,233	17.5
Somewhat strong	12,476	47.8	3,723	50.9	8,715	47.1
Somewhat weak	6,025	23.1	1,607	22.0	4,407	23.8
Very weak	2,280	8.7	576	7.9	1,687	9.1
No opinion	372	1.4	96 <sup>E</sup>	1.3 <sup>E</sup>	264	1.4
Not stated	153	0.6	F	F	F	F
Don't know	227	0.9	F	F	177	1.0
	Not asked		Not stated		Don't know	
	thousands	percentage	thousands	percentage	thousands	percentage
<b>Total</b>	<b>0</b>	<b>100.0</b>	<b>258</b>	<b>100.0</b>	<b>F</b>	<b>F</b>
Very strong	0	0.0	F	F	F	F
Somewhat strong	0	0.0	F	F	F	F
Somewhat weak	0	0.0	F	F	F	F
Very weak	0	0.0	F	F	F	F
No opinion	0	0.0	F	F	F	F
Not stated	0	0.0	142 <sup>E</sup>	55.0 <sup>E</sup>	F	F
Don't know	0	0.0	F	F	F	F

<sup>E</sup> use with caution

F too unreliable to be published

1. Survey asked "How would you describe your sense of belonging to your local community?"

Source: General Social Survey, 2005.

**Table 18**  
**Perceived health status<sup>1</sup> by participation in sport, 2005**

	Total		Sports participants		Non-participants	
	thousands	percentage	thousands	percentage	thousands	percentage
<b>Total</b>	<b>26,106</b>	<b>100.0</b>	<b>7,314</b>	<b>100.0</b>	<b>18,494</b>	<b>100.0</b>
Excellent	4,787	18.3	1,776	24.3	2,974	16.1
Very good	9,141	35.0	3,032	41.5	6,052	32.7
Good	8,313	31.8	1,987	27.2	6,270	33.9
Fair	2,979	11.4	451	6.2	2,502	13.5
Poor	717	2.7	54 <sup>E</sup>	0.7 <sup>E</sup>	662	3.6
Not stated	114 <sup>E</sup>	0.4 <sup>E</sup>	F	F	F	F
Don't know	56 <sup>E</sup>	0.2 <sup>E</sup>	F	F	33 <sup>E</sup>	0.2 <sup>E</sup>
	Not asked		Not stated		Don't know	
	thousands	percentage	thousands	percentage	thousands	percentage
<b>Total</b>	<b>0</b>	<b>100.0</b>	<b>258</b>	<b>100.0</b>	<b>F</b>	<b>F</b>
Excellent	0	0.0	F	F	F	F
Very good	0	0.0	F	F	F	F
Good	0	0.0	46 <sup>E</sup>	17.8 <sup>E</sup>	F	F
Fair	0	0.0	F	F	F	F
Poor	0	0.0	F	F	F	F
Not stated	0	0.0	114 <sup>E</sup>	44.2	F	F
Don't know	0	0.0	F	F	F	F

<sup>E</sup> use with caution

F too unreliable to be published

1. Survey asked "In general, would you say your health is..."

Source: General Social Survey, 2005.

**Table 19**  
**Perceived life satisfaction<sup>1</sup> by sport participation, 2005**

	Total		Sports participants		Non-participants	
	thousands	percentage	thousands	percentage	thousands	percentage
<b>Total</b>	<b>26,106</b>	<b>100.0</b>	<b>7,314</b>	<b>100.0</b>	<b>18,494</b>	<b>100.0</b>
01 – Very dissatisfied	364	1.4	F	F	334	1.8
2	196	0.8	40 <sup>E</sup>	0.5 <sup>E</sup>	156	0.8
3	323	1.2	F	F	284	1.5
4	502	1.9	61 <sup>E</sup>	0.8	441	2.4
5	1,933	7.4	236	3.2	1,680	9.1
6	1,919	7.4	393	5.4	1,521	8.2
7	4,552	17.4	1,218	16.7	3,312	17.9
8	7,871	30.2	2,366	32.3	5,484	29.7
9	4,055	15.5	1,486	20.3	2,536	13.7
10 – Very satisfied	4,086	15.7	1,433	19.6	2,603	14.1
No opinion	48 <sup>E</sup>	0.2 <sup>E</sup>	F	F	41 <sup>E</sup>	0.2 <sup>E</sup>
Not stated	152	0.6	F	F	F	F
Don't know	104	0.4	F	F	91 <sup>E</sup>	0.5 <sup>E</sup>
	<b>Not asked</b>		<b>Not stated</b>		<b>Don't know</b>	
	thousands	percentage	thousands	percentage	thousands	percentage
<b>Total</b>	<b>0</b>	<b>100.0</b>	<b>258</b>	<b>100.0</b>	<b>F</b>	<b>F</b>
01 – Very dissatisfied	0	0.0	F	F	F	F
2	0	0.0	F	F	F	F
3	0	0.0	F	F	F	F
4	0	0.0	F	F	F	F
5	0	0.0	F	F	F	F
6	0	0.0	F	F	F	F
7	0	0.0	F	F	F	F
8	0	0.0	F	F	F	F
9	0	0.0	F	F	F	F
10 – Very satisfied	0	0.0	42 <sup>E</sup>	16.3 <sup>E</sup>	F	F
No opinion	0	0.0	F	F	F	F
Not stated	0	0.0	133 <sup>E</sup>	51.6 <sup>E</sup>	F	F
Don't know	0	0.0	F	F	F	F

<sup>E</sup> use with caution

F too unreliable to be published

1. Survey asked "How do you feel about your life as a whole right now?" Please rate your feelings, using a scale of 1 to 10, where 1 means "Very dissatisfied" and 10 means "Very satisfied".

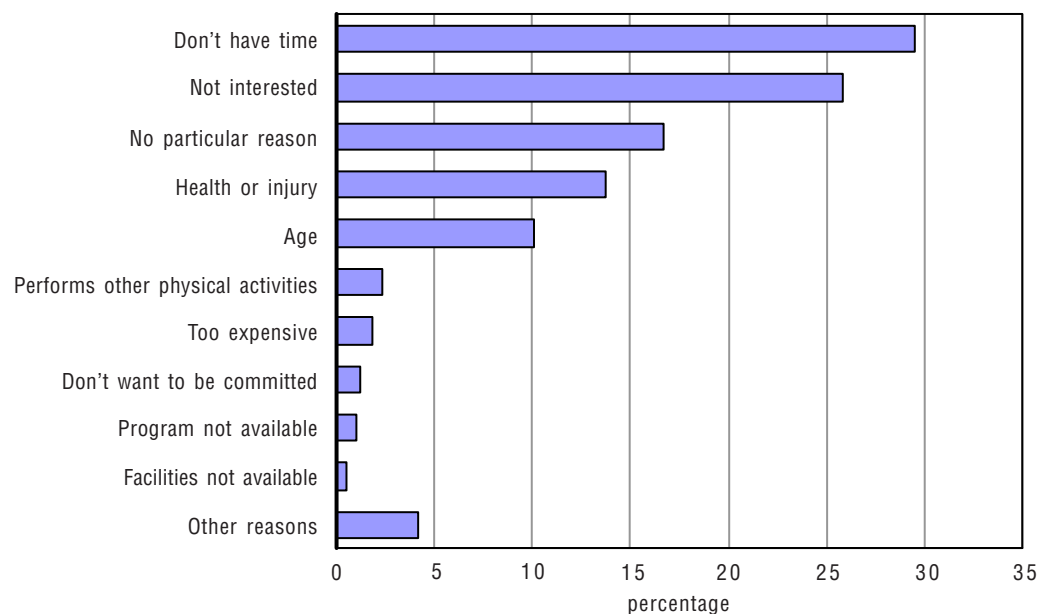
**Source:** General Social Survey, 2005.

### 13. Non participation in sport increasing

Most Canadians are preoccupied with a lot of things in their daily lives so much so that leisure time, including time for sport participation must be planned for well in advance<sup>16</sup>. With earning a living, household chores and taking care of families, Canadians tend to have little time for leisure<sup>17</sup>. Perhaps this partly explains why more than 70% of the population age 15 and over did not participate in sports in 2005, up from 58% in 1998. In 1992, less than half of the population were non-participants. Other major reasons cited for non participation included lack of interest, health condition and age.

According to the 2005 General Social Survey, Canadians spent an average of 30 minutes a day on active sport. The rest of the day was spent working (paid and unpaid work), participating in civic and voluntary activities, sleeping, having meals, socializing, reading, surfing the Internet, watching television, going to the movies and participating in other entertainment activities. In 1992, Canadians spent, on average, 430 minutes (7.2 hours) on work and work related activities in a typical workday. In 1998, this figure had climbed to 468 minutes (7.8 hours) and by 2005, it had reached 474 minutes (7.9 hours).

Chart 22  
Reasons for non-participation in sport, 2005

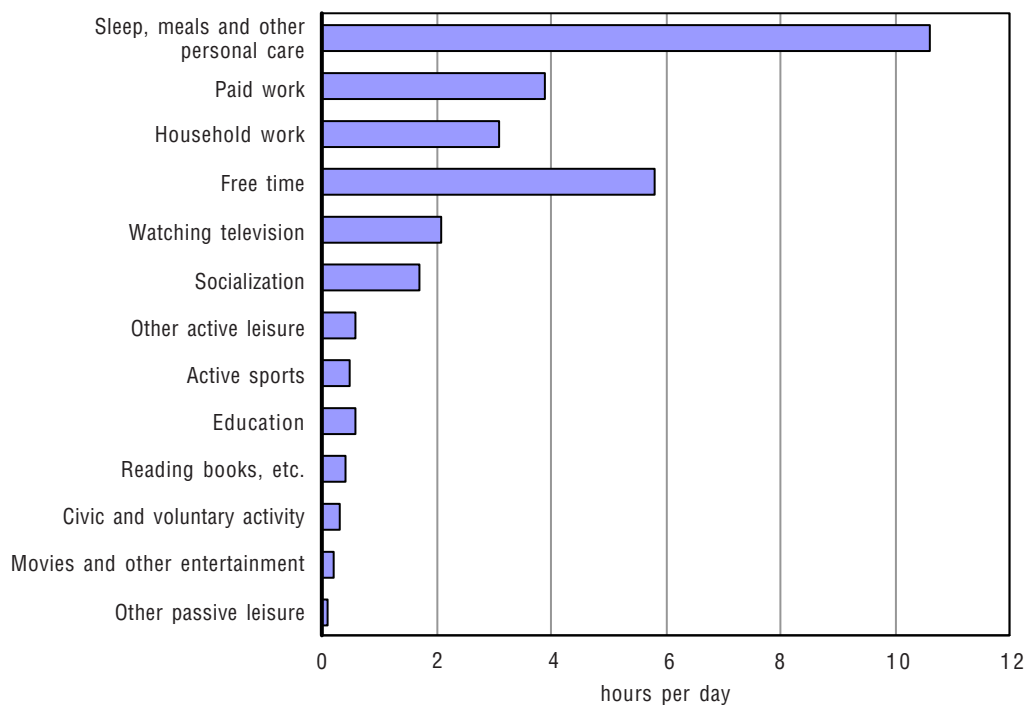


### 13.1 Reason for non participation: Men lacked time and women lacked interest

Reasons for non participation in sport cited by adult Canadians aged 15 and older differ by sex and age. For men, lack of time was the primary reason for non participation in sport with 34% of them indicating this to be the case in 2005, followed by lack of interest (23%). The reverse was the case for women with 28% citing lack of interest as the main reason for not participating, followed closely by lack of time (26%).

Chart 23

#### Average time per day spent on various activities, 2005



Overall, 30% of all non-active Canadians reported lack of time as the reason for not participating in sport. For 25 to 34 year olds the significance of this reason jumped to 45%. This cohort was probably busy raising young families and pursuing careers. For the 35 to 54 year olds, the proportion had dropped to 38%. The 19 to 24 year olds followed with 35%.

For older non-active Canadians aged 55 and over, 28% indicated that age was the biggest factor for not participating in sport. Almost a quarter of them reported health conditions as the most important reason for non participation. Another quarter of this group cited lack of interest in sport.

Those non-participants who gave lack of time as the reason for not participating in sport had less free time, worked more hours and spent less time on sleep, meals and other personal care than those who gave other reasons. For example, the non-participants who gave lack of time as the reason for not participating in sport spent almost twice as much time (5.5 hours) on paid work as other non-participants (3.0 hours). They also watched less television, socialized less and spent less time reading books, magazines and newspapers than other non-participants.

Chart 24

**Average time spent per day on various activities, by reason for non participation in sports, 2005**

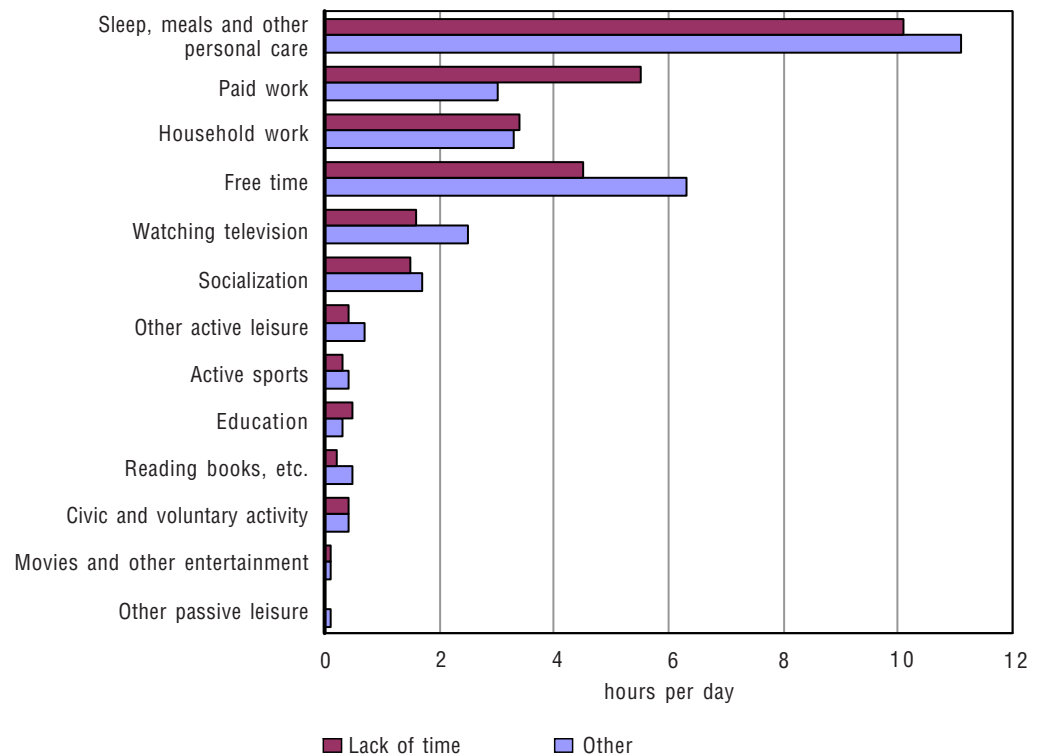


Table 20

Average time spent per day<sup>1</sup> on various activities (population 15 years and older) by sport participation, 2005<sup>2</sup>

Activity group	Population			Sports participants			Non-participants		
	Total	Men	Women	Total	Men	Women	Total	Men	Women
	hours per day			hours per day			hours per day		
1. Paid work and related activities	3.9	4.7	3.1	4.1	4.6	3.4	3.7	4.6	3.0
2. Household work including child care	3.1	2.4	3.8	2.5	2.1	3.1	3.3	2.4	4.0
3. Education	0.6	0.5	0.6	1.0	0.8	1.2	0.4	0.4	0.4
4. Sleep, meals and other personal care	10.6	10.4	10.8	10.3	10.1	10.6	10.8	10.7	10.9
5. Free time	5.8	6.0	5.7	6.1	6.4	5.8	5.8	5.9	5.7
Civic and voluntary activity	0.3	0.3	0.4	0.3	0.3	0.3	0.4	0.3	0.4
Socializing	1.7	1.7	1.8	2.0	2.0	1.9	1.6	1.5	1.7
Television, reading and other passive leisure	2.5	2.6	2.4	2.2	2.3	2.1	2.7	2.9	2.5
Watching TV	2.1	2.2	1.9	1.8	2.0	1.6	2.2	2.5	2.0
Reading books, magazines, newspapers	0.4	0.3	0.4	0.4	0.3	0.5	0.4	0.4	0.5
Other passive leisure <sup>3</sup>	0.1	0.1	0.1	0.1	0.1 <sup>E</sup>	0.1 <sup>E</sup>	0.1	0.1	0.1
Movies, other entertainment	0.2	0.2	0.1	0.2	0.2	0.2	0.1	0.1	0.1
Active leisure	1.1	1.3	0.9	1.5	1.6	1.3	1.0	1.1	0.9
Active sports	0.5	0.6	0.4	0.8	1.0	0.7	0.4	0.4	0.4
Other active leisure	0.6	0.7	0.5	0.6	0.6	0.6	0.6	0.7	0.5
<b>Total (Sum of 1 to 5)</b>	<b>24.0</b>	<b>24.0</b>	<b>24.0</b>	<b>24.0</b>	<b>24.0</b>	<b>24.0</b>	<b>24.0</b>	<b>24.0</b>	<b>24.0</b>

<sup>E</sup> use with caution

1. Figures are averaged over a 7 day week.

2. Volunteer work is categorized under free time.

3. Other passive leisure includes activities primarily at home, whereas active leisure is predominately out of the home activities.

**Source:** Statistics Canada, *General Social Survey on Time Use, Overview of Time Use of Canadians, 2005*, Catalogue no. 12F0080XIE.

Table 21

Average time spent per day<sup>1</sup> on various activities (population 15 years and older) by sport participants by age, 2005<sup>2</sup>

Activity group	Age					
	15 and over	15 to 18	19 to 24	25 to 34	35 to 54	55 and over
	hours per day					
1. Paid work and related activities	4.1	1.3	3.8	5.4	5.8	2.0
2. Household work including child care	2.5	0.8	1.5	2.8	3.0	3.3
3. Education	1.0	3.9	1.8	0.4 <sup>E</sup>	0.1 <sup>E</sup>	0.0
4. Sleep, meals and other personal care	10.3	10.9	10.5	9.9	10.0	10.7
5. Free time	6.1	7.1	6.4	5.4	5.1	8.0
Civic and voluntary activity	0.3	0.1	0.2	0.3	0.3	0.6
Socializing	2.0	2.4	2.8	2.0	1.5	1.9
Television, reading and other passive leisure	2.2	2.1	1.7	1.8	2.0	3.5
Watching TV	1.8	1.9	1.5	1.6	1.6	2.5
Reading books, magazines, newspapers	0.4	0.1 <sup>E</sup>	0.1 <sup>E</sup>	0.2	0.4	0.9
Other passive leisure <sup>3</sup>	0.1	0.1 <sup>E</sup>	0.0	0.0	0.0	0.1 <sup>E</sup>
Movies, other entertainment	0.2	0.2 <sup>E</sup>	0.2	0.2 <sup>E</sup>	0.2 <sup>E</sup>	0.1 <sup>E</sup>
Active leisure	1.5	2.3	1.5	1.2	1.1	1.8
Active sports	0.8	1.2	0.7	0.8	0.7	1.1
Other active leisure	0.6	1.2	0.8	0.4	0.4	0.7
<b>Total (Sum of 1 to 5)</b>	<b>24.0</b>	<b>24.0</b>	<b>24.0</b>	<b>24.0</b>	<b>24.0</b>	<b>24.0</b>

<sup>E</sup> use with caution

1. Figures are averaged over a 7 day week.

2. Volunteer work is categorized under free time.

3. Other passive leisure includes activities primarily at home, whereas active leisure is predominately out of the home activities.

**Source:** Statistics Canada, *General Social Survey on Time Use, Overview of Time Use of Canadians, 2005*, Catalogue no. 12F0080XIE.





**Table 24**  
**Reasons for non-participation in sport by age, 2005**

	Total		Male		Female	
	thousands	percentage	thousands	percentage	thousands	percentage
<b>Total (15 and over) not participating in sports</b>	<b>18,494</b>	<b>70.8</b>	<b>8,173</b>	<b>63.5</b>	<b>10,321</b>	<b>78.0</b>
<b>All ages</b>						
No particular reason	3,096	16.7	1,408	17.2	1,688	16.4
Not interested	4,773	25.8	1,879	23.0	2,894	28.0
Programs not available in community	184	1.0	78 <sup>E</sup>	1.0 <sup>E</sup>	106	1.0
Don't have time	5,450	29.5	2,786	34.1	2,664	25.8
Don't want to be committed to regular schedule	214	1.2	75 <sup>E</sup>	0.9 <sup>E</sup>	138	1.3
Facilities not available	93 <sup>E</sup>	0.5 <sup>E</sup>	38 <sup>E</sup>	0.5 <sup>E</sup>	54 <sup>E</sup>	0.5 <sup>E</sup>
Too expensive	327	1.8	110 <sup>E</sup>	1.3 <sup>E</sup>	217	2.1
Health or injury	2,534	13.7	977	12.0	1,557	15.1
Age	1,865	10.1	800	9.8	1,065	10.3
Other reason	779	4.2	356	4.4	423	4.1
Performs other physical activities	429	2.3	131	1.6	298	2.9
<b>15 to 18</b>	<b>723</b>	<b>100.0</b>	<b>312</b>	<b>100.0</b>	<b>411</b>	<b>100.0</b>
No particular reason	180	25.0	69 <sup>E</sup>	22.2 <sup>E</sup>	111 <sup>E</sup>	27.0 <sup>E</sup>
Not interested	283	39.1	101 <sup>E</sup>	32.3 <sup>E</sup>	182	44.2 <sup>E</sup>
Programs not available in community	F	F	F	F	F	F
Don't have time	149	20.6	80 <sup>E</sup>	25.7 <sup>E</sup>	69 <sup>E</sup>	16.8 <sup>E</sup>
Don't want to be committed to regular schedule	F	F	F	F	F	F
Facilities not available	F	F	F	F	F	F
Too expensive	F	F	F	F	F	F
Health or injury	F	F	F	F	F	F
Age	F	F	F	F	F	F
Other reason	F	F	F	F	F	F
Performs other physical activities	F	F	F	F	F	F
<b>19 to 24</b>	<b>1,456</b>	<b>100.0</b>	<b>624</b>	<b>100.0</b>	<b>832</b>	<b>100.0</b>
No particular reason	272	18.7	107 <sup>E</sup>	17.1 <sup>E</sup>	165	19.9
Not interested	484	33.3	176	28.1	309	37.1
Programs not available in community	F	F	F	F	F	F
Don't have time	513	35.2	259	41.6	254	30.5
Don't want to be committed to regular schedule	F	F	F	F	F	F
Facilities not available	F	F	F	F	F	F
Too expensive	F	F	F	F	F	F
Health or injury	41 <sup>E</sup>	2.8 <sup>E</sup>	F	F	F	F
Age	F	F	F	F	F	F
Other reason	95 <sup>E</sup>	6.5 <sup>E</sup>	F	F	F	F
Performs other physical activities	F	F	F	F	F	F
<b>25 to 34</b>	<b>2,950</b>	<b>100.0</b>	<b>1,266</b>	<b>100.0</b>	<b>1,683</b>	<b>100.0</b>
No particular reason	590	20.0	270	21.3	321	19.1
Not interested	612	20.7	228	18.0	384	22.8
Programs not available in community	F	F	F	F	F	F
Don't have time	1,331	45.1	651	51.4	680	40.4
Don't want to be committed to regular schedule	F	F	F	F	F	F
Facilities not available	F	F	F	F	F	F
Too expensive	85 <sup>E</sup>	2.9 <sup>E</sup>	F	F	52 <sup>E</sup>	3.1 <sup>E</sup>
Health or injury	197	6.7	F	F	161	9.6
Age	F	F	F	F	F	F
Other reason	145	4.9	65 <sup>E</sup>	5.1 <sup>E</sup>	80 <sup>E</sup>	4.8 <sup>E</sup>
Performs other physical activities	76 <sup>E</sup>	2.6 <sup>E</sup>	F	F	57 <sup>E</sup>	3.4 <sup>E</sup>

**Table 24**  
**Reasons for non-participation in sport by age, 2005 (concluded)**

	Total		Male		Female	
	thousands	percentage	thousands	percentage	thousands	percentage
<b>35 to 54</b>	<b>7,290</b>	<b>100.0</b>	<b>3,359</b>	<b>100.0</b>	<b>3,931</b>	<b>100.0</b>
No particular reason	1,330	18.2	638	19.0	692	17.6
Not interested	1,932	26.5	791	23.6	1,141	29.0
Programs not available in community	46 <sup>E</sup>	0.6 <sup>E</sup>	F	F	31 <sup>E</sup>	0.8 <sup>E</sup>
Don't have time	2,765	37.9	1,397	41.6	1,368	34.8
Don't want to be committed to regular schedule	78 <sup>E</sup>	1.1 <sup>E</sup>	F	F	56 <sup>E</sup>	1.4 <sup>E</sup>
Facilities not available	44 <sup>E</sup>	0.6 <sup>E</sup>	F	F	F	F
Too expensive	145	2.0	F	F	112 <sup>E</sup>	2.9 <sup>E</sup>
Health or injury	779	10.7	307	9.1	473	12.0
Age	188	2.6	120 <sup>E</sup>	3.6 <sup>E</sup>	68 <sup>E</sup>	1.7 <sup>E</sup>
Other reason	277	3.8	121	3.6	156	4.0
Performs other physical activities	156	2.1	51 <sup>E</sup>	1.5 <sup>E</sup>	105 <sup>E</sup>	2.7 <sup>E</sup>
<b>55 and over</b>	<b>6,076</b>	<b>100.0</b>	<b>2,612</b>	<b>100.0</b>	<b>3,464</b>	<b>100.0</b>
No particular reason	723	11.9	324	12.4	399	11.5
Not interested	1,462	24.1	583	22.3	878	25.3
Programs not available in community	62 <sup>E</sup>	1.0 <sup>E</sup>	20 <sup>E</sup>	0.8 <sup>E</sup>	42 <sup>E</sup>	1.2 <sup>E</sup>
Don't have time	692	11.4	399	15.3	294	8.5
Don't want to be committed to regular schedule	60 <sup>E</sup>	1.0 <sup>E</sup>	F	F	41 <sup>E</sup>	1.2 <sup>E</sup>
Facilities not available	35 <sup>E</sup>	0.6 <sup>E</sup>	F	F	F	F
Too expensive	57 <sup>E</sup>	0.9 <sup>E</sup>	F	F	36 <sup>E</sup>	1.0 <sup>E</sup>
Health or injury	1,486	24.5	600	23.0	886	25.6
Age	1,674	27.5	680	26.0	994	28.7
Other reason	223	3.7	102 <sup>E</sup>	3.9 <sup>E</sup>	121	3.5
Performs other physical activities	127	2.1	47 <sup>E</sup>	1.8 <sup>E</sup>	80 <sup>E</sup>	2.3 <sup>E</sup>

<sup>E</sup> use with caution

F too unreliable to be published

**Note:** Denominator for percentages is the number of non-participants within each category.

**Sources:** General Social Survey, 1992, 1998, 2005.

Table 25

Average time spent per day<sup>1</sup> on various activities by reasons for non-participation in sport, 2005<sup>2</sup>

Activity group	Participants	Non-participants	Reasons for non-participation	
			Lack of time	Other reasons <sup>4</sup>
		hours per day	hours per day	
1. Paid work and related activities	4.1	3.7	5.5	3.0
2. Household work including child care	2.5	3.3	3.4	3.3
3. Education	1.0	0.4	0.5	0.3
4. Sleep, meals and other personal care	10.3	10.8	10.1	11.1
5. Free time	6.1	5.8	4.5	6.3
Civic and voluntary activity	0.3	0.4	0.4	0.4
Socializing	2.0	1.6	1.5	1.7
Television, reading and other passive leisure	2.2	2.7	1.8	3.1
Watching TV	1.8	2.2	1.6	2.5
Reading books, magazines, newspapers	0.4	0.4	0.2	0.5
Other passive leisure <sup>3</sup>	0.1	0.1	0.0	0.1
Movies, other entertainment	0.2	0.1	0.1	0.1
Active leisure	1.5	1.0	0.7	1.1
Active sports	0.8	0.4	0.3	0.4
Other active leisure	0.6	0.6	0.4	0.7
<b>Total (Sum of 1 to 5)</b>	<b>24.0</b>	<b>24.0</b>	<b>24.0</b>	<b>24.0</b>

<sup>E</sup> use with caution

- Figures are averaged over a 7 day week.
- Volunteer work is categorized under free time.
- Other passive leisure includes activities primarily at home, whereas active leisure is predominately out of the home activities.
- Reasons other than lack of time. They include reasons such as age, health, too expensive, not interested, etc.

**Source:** Statistics Canada, *General Social Survey on Time Use, Overview of Time Use of Canadians, 2005*, Catalogue no. 12F0080XIE.

Table 26

Average time spent per day<sup>1</sup> on various activities by non-participation in sport due to lack of time, by age group, 2005<sup>2</sup>

Activity group	Age					
	15 and over	15 to 18	19 to 24	25 to 34	35 to 54	55 and over
		hours per day				
1. Paid work and related activities	5.5	1.8 <sup>E</sup>	4.7	5.3	6.0	4.9
2. Household work including child care	3.4	1.5	1.7	3.5	3.8	3.4
3. Education	0.5	4.3 <sup>E</sup>	2.3 <sup>E</sup>	0.4 <sup>E</sup>	0.1 <sup>E</sup>	0.0
4. Sleep, meals and other personal care	10.1	10.3 <sup>E</sup>	10.5	10.1	10.1	10.1
5. Free time	4.5	6.2	4.9	4.8	4.0	5.6
Civic and voluntary activity	0.4	0.0	0.3	0.3	0.4	0.8
Socializing	1.5	2.6 <sup>E</sup>	1.8 <sup>E</sup>	1.5	1.2	1.8
Television, reading and other passive leisure	1.8	1.3 <sup>E</sup>	1.5	1.8	1.8	2.4
Watching TV	1.6	1.2 <sup>E</sup>	1.4	1.6	1.6	1.8
Reading books, magazines, newspapers	0.2	0.0	0.1 <sup>E</sup>	0.2 <sup>E</sup>	0.2	0.5 <sup>E</sup>
Other passive leisure <sup>3</sup>	0.0	0.1	0.0	0.1	0.0	0.1
Movies, other entertainment	0.1	0.4	0.2	0.2 <sup>E</sup>	0.1 <sup>E</sup>	0.1
Active leisure	0.7	1.9 <sup>E</sup>	1.1 <sup>E</sup>	1.0	0.5	0.6 <sup>E</sup>
Active sports	0.3	0.8	0.2 <sup>E</sup>	0.6 <sup>E</sup>	0.2	0.2 <sup>E</sup>
Other active leisure	0.4	1.1 <sup>E</sup>	0.8 <sup>E</sup>	0.4 <sup>E</sup>	0.3	0.4 <sup>E</sup>
<b>Total (Sum of 1 to 5)</b>	<b>24.0</b>	<b>24.0</b>	<b>24.0</b>	<b>24.0</b>	<b>24.0</b>	<b>24.0</b>

<sup>E</sup> use with caution

- Figures are averaged over a 7 day week.
- Volunteer work is categorized under free time.
- Other passive leisure includes activities primarily at home, whereas active leisure is predominately out of the home activities.

**Source:** Statistics Canada, *General Social Survey on Time Use, Overview of Time Use of Canadians, 2005*, Catalogue no. 12F0080XIE.

## 14. Social and economic considerations

A number of social and economic factors influence sport participation in Canada. The influence of the aging of the population is at work and its impact on active sports will continue to be felt well into the future. Other social factors include the amount of leisure time available to Canadians, the popularity of other forms of physical activity and perhaps longer hours at work.

Other factors that influence participation in sport include changing levels of consumer spending on other leisure time activities<sup>18</sup>, as well as technological innovations such as the Internet that create new ways to spend leisure time<sup>19</sup>.

### 14.1 The aging of the population

The aging of the Canadian population affects numerous aspects of society from housing to health needs to recreational and travel choices. Factors contributing to the aging of the Canadian population include low fertility, longer life expectancy and the sheer numbers of the baby-boom generation.

The combination of these three factors has meant that an increasing proportion of the Canadian population is 55 year of age and older. The median age in Canada was 29.5 in 1981. It rose to 36 in 1998, and by 2005, it had reached 38.5, a clear indication of the aging of the population. Between 1981 and 2005, the median age increased by 30.5%.

This is the result of the changing composition of the population. In 1981, the proportion of the Canadian population aged 14 and under was 22.3%. By 2005, it had dropped to 17.6%, a reflection of low fertility in Canada. At the other end of the age spectrum, seniors (aged 65 and over) represented 9.6% of the population in 1981. By 2005, their share of the total population had reached 13.1%, and their number climbed to 4.2 million people from 2.4 million in 1981, an increase of 75%.

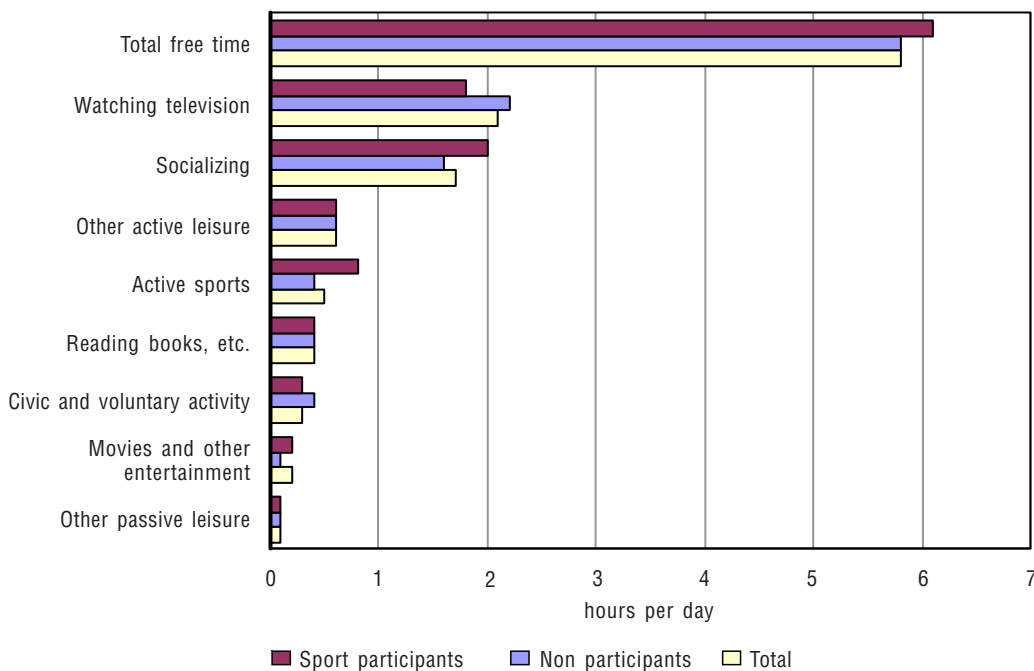
This demographic change is likely to have an important negative influence on levels of sport participation, reshaping the composition of participants and lowering active participation. With the largest cohort (the baby boomers) aging, this trend is likely to continue into the future. Their sheer numbers will further decrease the rate of sport participation in Canada.

### 14.2 Leisure time declined

Leisure time of Canadians (which is the residual of the 24-hour day that is not allocated to paid and unpaid work or personal care) declined 5% from 6.1 hours per day in 1998 to 5.8 hours per day in 2005. That represented a leisure time loss of 18 minutes per day.

This loss is coming at a time when Canadians have lots of leisure activities available to them ranging from going to movies or watching television, to various hobbies, to sport, to socializing, attending a performing arts event, reading or gardening, to surfing on the Internet or online chatting.

**Chart 25**  
**Average free time per day, 2005**



### 14.3 Economic considerations

Sport contributes to Canada's economy and society in many ways. It develops individuals' physical, attitudinal, and behavioural skills<sup>20</sup> which are transferable to personal life conditions, the workplace, and society at large. These skills include teamwork, leadership, problem-solving, communications, decision making and management. Sport also builds character and a sense of purpose and responsibility.<sup>21</sup>

These skills help to build a healthy and collaborative workplace and a productive economy at the supply end of the economy. At the demand end, the expenditures on sports and related activities contribute to economic development and prosperity in Canada. In its report on the impacts and benefits of sport participation, the Conference Board of Canada estimated 16 billion dollars of household spending on sports in 2004.<sup>22</sup> That represented 2.2% of total household spending and 1.2% of the GDP, while supporting about 2% of jobs in Canada.

## 14.4 Conclusion

Regardless of its contributions to individuals, communities and the overall economy, sport remains only one of many leisure time activities competing for the limited free time of Canadians. If free time declines, sport participation may continue to decrease. This may result from a number of factors such as time pressures from work and family responsibilities, aging of the population, and variation in access to sport among gender, income, social and linguistic groups.

Household expenditures on sports come from the discretionary income of consumers and can be affected by the performance of the Canadian economy. Households are likely to reallocate their discretionary income from leisure goods and services to necessities during any economic downturn when domestic income is lower. Overall, the economy is unlikely to be affected by such reallocation of the discretionary income.

However, the effects may be felt most strongly among households with children and youths, particularly those vulnerable to various barriers to sport participation. The consequences may range from obesity, lower self esteem and difficulties with friends to perhaps lower performance at school than their counterparts who have little or no barriers to participation.

Table 27

**Average time spent per day<sup>1</sup> on various activities (population 15 years and older) by sport participants, 1992, 1998 and 2005<sup>2</sup>**

Activity group	1992			1998			2005		
	Total	Men	Women	Total	Men	Women	Total	Men	Women
	hours per day			hours per day			hours per day		
1. Paid work and related activities	3.6	4.5	2.7	3.6	4.5	2.8	3.9	4.7	3.1
2. Household work including child care	3.2	2.3	4.1	3.2	2.4	4.1	3.1	2.4	3.8
3. Education	0.6	0.6	0.6	0.6	0.5	0.6	0.6	0.5	0.6
4. Sleep, meals and other personal care	10.5	10.3	10.8	10.4	10.2	10.6	10.6	10.4	10.8
5. Free time	6.1	6.4	5.9	6.2	6.3	6.0	5.8	6.0	5.7
Civic and voluntary activity	0.4	0.4	0.4	0.4	0.3	0.4	0.3	0.3	0.4
Socializing	1.8	1.8	1.9	1.9	1.9	2.0	1.7	1.7	1.8
Television, reading and other passive leisure	2.8	3.1	2.6	2.7	2.9	2.6	2.5	2.6	2.4
Watching TV	2.2	2.4	2.0	2.2	2.4	2.0	2.1	2.2	1.9
Reading books, magazines, newspapers	0.5	0.5	0.5	0.4	0.4	0.5	0.4	0.3	0.4
Other passive leisure <sup>3</sup>	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1
Movies, other entertainment	0.1	0.1	0.1	0.2	0.2	0.2	0.2	0.2	0.1
Active leisure	1.0	1.1	0.9	1.0	1.1	0.8	1.1	1.3	0.9
Active sports	0.5	0.6	0.3	0.5	0.6	0.4	0.5	0.6	0.4
Other active leisure	0.5	0.5	0.6	0.5	0.5	0.5	0.6	0.7	0.5
<b>Total (Sum of 1 to 5)</b>	<b>24.0</b>	<b>24.0</b>	<b>24.0</b>	<b>24.0</b>	<b>24.0</b>	<b>24.0</b>	<b>24.0</b>	<b>24.0</b>	<b>24.0</b>

<sup>E</sup> use with caution

1. Figures are averaged over a 7 day week.

2. Volunteer work is categorized under free time.

3. Other passive leisure includes activities primarily at home, whereas active leisure is predominately out of the home activities.

**Source:** Statistics Canada, *General Social Survey on Time Use, Overview of Time Use of Canadians, 2005*, Catalogue no. 12F0080XIE.

**Table 28**  
**Profile of Canadians (15 years and older) who participated in structured sport, 2005**

	Total			Male			Female		
	Population	Participation		Population	Participation		Population	Participation	
	thousands	thousands	per- centage	thousands	thousands	per- centage	thousands	thousands	per- centage
<b>Total</b>	<b>26,106</b>	<b>4,335</b>	<b>16.6</b>	<b>12,867</b>	<b>2,711</b>	<b>21.1</b>	<b>13,239</b>	<b>1,625</b>	<b>12.3</b>
<b>Age group</b>									
15 to 18	1,796	836	46.5	919	466	50.7	877	370	42.2
19 to 24	2,567	765	29.8	1,314	493	37.5	1,253	272	21.7
25 to 34	4,365	773	17.7	2,198	525	23.9	2,167	248	11.4
35 to 54	9,942	1,317	13.2	4,964	831	16.7	4,977	485	9.8
55 and over	7,436	644	8.7	3,472	395	11.4	3,964	249	6.3
<b>Level of education</b>									
Some secondary or less	5,199	943	18.1	2,570	558	21.7	2,629	385	14.6
Some college/trade/ high school diploma	6,682	1,018	15.2	3,273	688	21.0	3,409	330	9.7
Postsecondary diploma/ some university	8,031	1,336	16.6	3,906	825	21.1	4,125	511	12.4
University degree	5,861	1,037	17.7	2,980	640	21.5	2,880	397	13.8
Don't know/not stated	334	F	F	138	F	F	195	F	F
<b>Family income</b>									
Less than \$20,000	1,852	203	11.0	679	107 <sup>E</sup>	15.8 <sup>E</sup>	1,173	96 <sup>E</sup>	8.2 <sup>E</sup>
\$20,000 to \$29,999	1,546	145	9.4	697	73 <sup>E</sup>	10.5 <sup>E</sup>	849	71 <sup>E</sup>	8.4 <sup>E</sup>
\$30,000 to \$49,999	4,082	556	13.6	1,937	323	16.7	2,145	233	10.9
\$50,000 to \$79,999	5,267	890	16.9	2,695	534	19.8	2,571	356	13.8
\$80,000 or more	6,351	1,519	23.9	3,745	1,083	28.9	2,606	436	16.7
Don't know/not stated	7,009	1,022	14.6	3,115	590	18.9	3,894	432	11.1
<b>Province of residence</b>									
Newfoundland and Labrador	431	65	15.1	211	43	20.6	220	22	9.8
Prince Edward Island	112	21	18.5	54	13 <sup>E</sup>	23.2 <sup>E</sup>	58	8 <sup>E</sup>	14.2 <sup>E</sup>
Nova Scotia	775	153	19.8	377	97	25.7	398	56	14.1
New Brunswick	620	95	15.3	304	61	20.1	316	34	10.7
Quebec	6,224	928	14.9	3,063	572	18.7	3,161	356	11.3
Ontario	10,128	1,737	17.1	4,977	1,110	22.3	5,151	626	12.2
Manitoba	930	172	18.5	459	93	20.3	471	79	16.7
Saskatchewan	784	144	18.4	387	84	21.7	397	60	15.2
Alberta	2,592	463	17.9	1,306	274	21.0	1,286	189	14.7
British Columbia	3,511	558	15.9	1,730	363	21.0	1,781	195	10.9
<b>Labour force participation</b>									
Full time	13,422	2,336	17.4	7,911	1,687	21.3	5,511	650	11.8
Part time	1,708	300	17.6	527	118 <sup>E</sup>	22.5 <sup>E</sup>	1,181	182	15.4
Student with/without employment	2,474	973	39.3	1,187	545	45.9	1,286	428	33.3
Not employed	8,153	696	8.5	3,084	347	11.2	5,069	349	6.9
Don't know/not stated	349	F	F	158	F	F	191	F	F
<b>Mother tongue</b>									
English only	15,201	2,824	18.6	7,640	1,822	23.8	7,561	1,003	13.3
French only	5,871	975	16.6	2,875	578	20.1	2,996	397	13.3
Other only	4,393	472	10.8	2,107	282	13.4	2,286	191	8.3
Multiple languages	345	59 <sup>E</sup>	17.1 <sup>E</sup>	136 <sup>E</sup>	F	F	209	F	F
Don't know/not stated	296	F	F	109 <sup>E</sup>	F	F	187	F	F

<sup>E</sup> use with caution

F too unreliable to be published

**Note:** The participation rate is calculated using the total Canadian population 15 years and older for each designated category.

**Sources:** General Social Survey, 1992, 1998, 2005.

Table 29

## Profile of Canadians (15 years and older) who participate in unstructured sport, 2005

	Total			Male			Female		
	Population	Participation		Population	Participation		Population	Participation	
	thousands	thousands	per- centage	thousands	thousands	per- centage	thousands	thousands	per- centage
<b>Total</b>	<b>26,106</b>	<b>4,240</b>	<b>16.2</b>	<b>12,867</b>	<b>2,755</b>	<b>21.4</b>	<b>13,239</b>	<b>1,486</b>	<b>11.2</b>
<b>Age group</b>									
15 to 18	1,796	444	24.7	919	279	30.3	877	166	18.9
19 to 24	2,567	575	22.4	1,314	351	26.7	1,253	224	17.8
25 to 34	4,365	853	19.5	2,198	596	27.1	2,167	257	11.9
35 to 54	9,942	1,574	15.8	4,965	983	19.8	4,977	592	11.9
55 and over	7,436	794	10.7	3,472	547	15.7	3,964	247	6.2
<b>Level of education</b>									
Some secondary or less	5,199	580	11.2	2,570	374	14.6	2,629	206	7.8
Some college/trade/ high school diploma	6,682	911	13.6	3,273	613	18.7	3,409	298	8.7
Postsecondary diploma/ some university	8,031	1,454	18.1	3,906	940	24.1	4,125	514	12.5
University degree	5,861	1,290	22.0	2,980	821	27.6	2,880	468	16.3
Don't know/not stated	334	F	F	138	F	F	195	F	F
<b>Family income</b>									
Less than \$20,000	1,852	180	9.7	679	98 <sup>E</sup>	14.5 <sup>E</sup>	1,173	82 <sup>E</sup>	7.0 <sup>E</sup>
\$20,000 to \$29,999	1,546	199	12.9	697	143	20.6	849	56 <sup>E</sup>	6.6 <sup>E</sup>
\$30,000 to \$49,999	4,082	482	11.8	1,937	317	16.4	2,145	165	7.7
\$50,000 to \$79,999	5,267	956	18.2	2,695	624	23.2	2,571	332	12.9
\$80,000 or more	6,351	1,566	24.7	3,745	1,069	28.5	2,606	498	19.1
Don't know/not stated	7,009	857	12.2	3,115	503	16.1	3,894	354	9.1
<b>Province of residence</b>									
Newfoundland and Labrador	431	57	13.1	211	41	19.3	220	16 <sup>E</sup>	7.3 <sup>E</sup>
Prince Edward Island	112	19 <sup>E</sup>	16.9 <sup>E</sup>	54	12 <sup>E</sup>	22.6 <sup>E</sup>	58	F	F
Nova Scotia	775	137	17.6	377	92	24.4	398	45	11.2
New Brunswick	620	89	14.4	304	57 <sup>E</sup>	18.7 <sup>E</sup>	316	32	10.3
Quebec	6,224	998	16.0	3,063	621	20.3	3,161	377	11.9
Ontario	10,128	1,714	16.9	4,977	1,184	23.8	5,151	530	10.3
Manitoba	930	144	15.5	459	91	19.9	471	52 <sup>E</sup>	11.1 <sup>E</sup>
Saskatchewan	784	110	14.0	387	66	17.0	397	44 <sup>E</sup>	11.1 <sup>E</sup>
Alberta	2,592	458	17.7	1,306	265	20.3	1,286	194	15.0
British Columbia	3,511	515	14.7	1,730	326	18.8	1,781	189	10.6
<b>Labour force participation</b>									
Full time	13,422	2,553	19.0	7,911	1,794	22.7	5,511	759	13.8
Part time	1,708	262	15.3	527	124 <sup>E</sup>	23.6 <sup>E</sup>	1,181	138	11.7
Student with/without employment	2,474	560	22.6	1,187	316	26.6	1,286	244	19.0
Not employed	8,153	829	10.2	3,084	496	16.1	5,069	333	6.6
Don't know/not stated	349	F	F	158	F	F	191	F	F
<b>Mother tongue</b>									
English only	15,201	2,546	16.8	7,640	1,706	22.3	7,561	840	11.1
French only	5,871	1,024	17.4	2,875	638	22.2	2,996	386	12.9
Other only	4,393	605	13.8	2,107	371	17.6	2,286	234	10.2
Multiple languages	345	63 <sup>E</sup>	18.1 <sup>E</sup>	136 <sup>E</sup>	F	F	209	F	F
Don't know/not stated	296	F	F	109 <sup>E</sup>	F	F	187	F	F

<sup>E</sup> use with caution

F too unreliable to be published

**Note:** The participation rate is calculated using the total Canadian population 15 years and older for each designated category.**Sources:** General Social Survey, 1992, 1998, 2005.



Table 30

**Perceived benefits of participating in structured and unstructured sport by age group and sex, Canada, 2005**

	Active population*		Very important		Somewhat important		Not important		Don't know/not stated	
	thousands	per-centage	thousands	per-centage	thousands	per-centage	thousands	per-centage	thousands	per-centage
<b>Total</b>										
<b>Physical health and fitness</b>										
15 to 18	1,049	100.0	725	69.1	293	27.9	F	F	F	F
19 to 24	1,099	100.0	754	68.6	293	26.7	F	F	F	F
25 to 34	1,346	100.0	929	69.0	363	27.0	48 <sup>E</sup>	3.6 <sup>E</sup>	F	F
35 to 54	2,477	100.0	1,697	68.5	653	26.4	118 <sup>E</sup>	4.8 <sup>E</sup>	F	F
55 and over	1,279	100.0	856	66.9	352	27.5	67 <sup>E</sup>	5.2 <sup>E</sup>	F	F
<b>Total</b>	<b>7,248</b>	<b>100.0</b>	<b>4,961</b>	<b>68.4</b>	<b>1,954</b>	<b>27.0</b>	<b>311</b>	<b>4.3</b>	<b>F</b>	<b>F</b>
<b>Family activities</b>										
15 to 18	1,049	100.0	314	29.9	514	49.0	219	20.9	F	F
19 to 24	1,099	100.0	424	38.6	354	32.2	317	28.8	F	F
25 to 34	1,346	100.0	543	40.3	512	38.0	273	20.3	F	F
35 to 54	2,477	100.0	1,264	51.0	835	33.7	349	14.1	F	F
55 and over	1,279	100.0	586	45.8	360	28.1	313	24.5	19 <sup>E</sup>	1.5 <sup>E</sup>
<b>Total</b>	<b>7,248</b>	<b>100.0</b>	<b>3,131</b>	<b>43.2</b>	<b>2,576</b>	<b>35.5</b>	<b>1,472</b>	<b>20.3</b>	<b>69<sup>E</sup></b>	<b>1.0<sup>E</sup></b>
<b>New friends and acquaintances</b>										
15 to 18	1,049	100.0	493	47.0	426	40.6	128 <sup>E</sup>	12.2 <sup>E</sup>	F	F
19 to 24	1,099	100.0	367	33.4	520	47.3	208	18.9	F	F
25 to 34	1,346	100.0	422	31.4	650	48.3	262	19.5	F	F
35 to 54	2,477	100.0	691	27.9	1198	48.4	564	22.8	F	F
55 and over	1,279	100.0	478	37.4	557	43.5	230	18.0	F	F
<b>Total</b>	<b>7,248</b>	<b>100.0</b>	<b>2,452</b>	<b>33.8</b>	<b>3,351</b>	<b>46.2</b>	<b>1,393</b>	<b>19.2</b>	<b>52<sup>E</sup></b>	<b>0.7<sup>E</sup></b>
<b>Relaxation</b>										
15 to 18	1,049	100.0	701	66.8	307	29.3	F	F	F	F
19 to 24	1,099	100.0	767	69.8	306	27.8	F	F	F	F
25 to 34	1,346	100.0	1,033	76.7	280	20.8	F	F	F	F
35 to 54	2,477	100.0	1,819	73.4	591	23.9	49 <sup>E</sup>	2.0 <sup>E</sup>	F	F
55 and over	1,279	100.0	952	74.4	272	21.3	F	F	F	F
<b>Total</b>	<b>7,248</b>	<b>100.0</b>	<b>5,273</b>	<b>72.8</b>	<b>1,754</b>	<b>24.2</b>	<b>183</b>	<b>2.5</b>	<b>38<sup>E</sup></b>	<b>0.5<sup>E</sup></b>
<b>Sense of achievement</b>										
15 to 18	1,049	100.0	653	62.2	346	33.0	F	F	F	F
19 to 24	1,099	100.0	569	51.8	452	41.1	74 <sup>E</sup>	6.7 <sup>E</sup>	F	F
25 to 34	1,346	100.0	628	46.7	569	42.3	137	10.2	F	F
35 to 54	2,477	100.0	1,088	43.9	989	39.9	376	15.2	F	F
55 and over	1,279	100.0	518	40.5	569	44.5	184	14.4	F	F
<b>Total</b>	<b>7,248</b>	<b>100.0</b>	<b>3,455</b>	<b>47.7</b>	<b>2,925</b>	<b>40.4</b>	<b>818</b>	<b>11.3</b>	<b>49<sup>E</sup></b>	<b>0.7<sup>E</sup></b>

Table 30

**Perceived benefits of participating in structured and unstructured sport by age group and sex, Canada, 2005 (continued)**

	Active population*		Very important		Somewhat important		Not important		Don't know/not stated	
	thousands	per-centage	thousands	per-centage	thousands	per-centage	thousands	per-centage	thousands	per-centage
<b>Male</b>										
<b>Physical health and fitness</b>										
15 to 18	608	100.0	412	67.8	181	29.8	F	F	F	F
19 to 24	678	100.0	466	68.7	192	28.3	F	F	F	F
25 to 34	899	100.0	612	68.1	255	28.4	F	F	F	F
35 to 54	1,521	100.0	979	64.4	434	28.5	98 <sup>E</sup>	6.4 <sup>E</sup>	F	F
55 and over	825	100.0	576	69.8	198	24.0	51 <sup>E</sup>	6.2 <sup>E</sup>	F	F
<b>Total</b>	<b>4,531</b>	<b>100.0</b>	<b>3,046</b>	<b>67.2</b>	<b>1,261</b>	<b>27.8</b>	<b>205</b>	<b>4.5</b>	<b>F</b>	<b>F</b>
<b>Family activities</b>										
15 to 18	608	100.0	150	24.7	306	50.3	149	24.5	F	F
19 to 24	678	100.0	231	34.1	231	34.1	213	31.4	F	F
25 to 34	899	100.0	348	38.7	351	39.0	185	20.6	F	F
35 to 54	1,521	100.0	710	46.7	551	36.2	239	15.7	F	F
55 and over	825	100.0	373	45.2	258	31.3	192	23.3	F	F
<b>Total</b>	<b>4,531</b>	<b>100.0</b>	<b>1,812</b>	<b>40.0</b>	<b>1,698</b>	<b>37.5</b>	<b>978</b>	<b>21.6</b>	<b>43<sup>E</sup></b>	<b>0.9<sup>E</sup></b>
<b>New friends and acquaintances</b>										
15 to 18	608	100.0	273	44.9	272	44.7	61 <sup>E</sup>	10.0 <sup>E</sup>	F	F
19 to 24	678	100.0	216	31.9	345	50.9	114 <sup>E</sup>	16.8 <sup>E</sup>	F	F
25 to 34	899	100.0	283	31.5	413	45.9	191	21.2	F	F
35 to 54	1,521	100.0	379	24.9	774	50.9	351	23.1	F	F
55 and over	825	100.0	276	33.5	402	48.7	147	17.8	F	F
<b>Total</b>	<b>4,531</b>	<b>100.0</b>	<b>1,426</b>	<b>31.5</b>	<b>2,206</b>	<b>48.7</b>	<b>863</b>	<b>19.0</b>	<b>36<sup>E</sup></b>	<b>0.8<sup>E</sup></b>
<b>Relaxation</b>										
15 to 18	608	100.0	405	66.6	174	28.6	F	F	F	F
19 to 24	678	100.0	449	66.2	211	31.1	F	F	F	F
25 to 34	899	100.0	650	72.3	223	24.8	F	F	F	F
35 to 54	1,521	100.0	1,072	70.5	393	25.8	F	F	F	F
55 and over	825	100.0	617	74.8	168	20.4	F	F	F	F
<b>Total</b>	<b>4,531</b>	<b>100.0</b>	<b>3,193</b>	<b>70.5</b>	<b>1,168</b>	<b>25.8</b>	<b>138<sup>E</sup></b>	<b>3.0<sup>E</sup></b>	<b>33<sup>E</sup></b>	<b>0.7<sup>E</sup></b>
<b>Sense of achievement</b>										
15 to 18	608	100.0	380	62.5	204	33.6	F	F	F	F
19 to 24	678	100.0	345	50.9	287	42.3	F	F	F	F
25 to 34	899	100.0	422	46.9	371	41.3	93 <sup>E</sup>	10.3 <sup>E</sup>	F	F
35 to 54	1,521	100.0	637	41.9	598	39.3	263	17.3	F	F
55 and over	825	100.0	336	40.7	361	43.8	125	15.2	F	F
<b>Total</b>	<b>4,531</b>	<b>100.0</b>	<b>2,120</b>	<b>46.8</b>	<b>1,822</b>	<b>40.2</b>	<b>546</b>	<b>12.1</b>	<b>44<sup>E</sup></b>	<b>1.0<sup>E</sup></b>

Table 30

**Perceived benefits of participating in structured and unstructured sport by age group and sex, Canada, 2005 (concluded)**

	Active population*		Very important		Somewhat important		Not important		Don't know/not stated	
	thousands	per-centage	thousands	per-centage	thousands	per-centage	thousands	per-centage	thousands	per-centage
<b>Female</b>										
<b>Physical health and fitness</b>										
15 to 18	441	100.0	314	71.2	112 <sup>E</sup>	25.4 <sup>E</sup>	F	F	F	F
19 to 24	421	100.0	288	68.4	101 <sup>E</sup>	24.0 <sup>E</sup>	F	F	F	F
25 to 34	447	100.0	316	70.7	107 <sup>E</sup>	23.9 <sup>E</sup>	F	F	F	F
35 to 54	955	100.0	718	75.2	218	22.8	F	F	F	F
55 and over	453	100.0	280	61.8	154	34.0	F	F	F	F
<b>Total</b>	<b>2,717</b>	<b>100.0</b>	<b>1,915</b>	<b>70.5</b>	<b>693</b>	<b>25.5</b>	<b>106<sup>E</sup></b>	<b>3.9<sup>E</sup></b>	<b>F</b>	<b>F</b>
<b>Family activities</b>										
15 to 18	441	100.0	164	37.2	208	47.2	70 <sup>E</sup>	15.9 <sup>E</sup>	F	F
19 to 24	421	100.0	193	45.8	123 <sup>E</sup>	29.2 <sup>E</sup>	105 <sup>E</sup>	24.9 <sup>E</sup>	F	F
25 to 34	447	100.0	195	43.6	161	36.0	88 <sup>E</sup>	19.7 <sup>E</sup>	F	F
35 to 54	955	100.0	554	58.0	284	29.7	111	11.6	F	F
55 and over	453	100.0	213	47.0	102	22.5	121	26.7	F	F
<b>Total</b>	<b>2,717</b>	<b>100.0</b>	<b>1,319</b>	<b>48.5</b>	<b>878</b>	<b>32.3</b>	<b>494</b>	<b>18.2</b>	<b>26<sup>E</sup></b>	<b>1.0<sup>E</sup></b>
<b>New friends and acquaintances</b>										
15 to 18	441	100.0	220	49.9	154	34.9	67 <sup>E</sup>	15.2 <sup>E</sup>	F	F
19 to 24	421	100.0	151	35.9	175	41.6	94 <sup>E</sup>	22.3 <sup>E</sup>	F	F
25 to 34	447	100.0	139	31.1	237	53.0	71 <sup>E</sup>	15.9 <sup>E</sup>	F	F
35 to 54	955	100.0	313	32.8	424	44.4	214	22.4	F	F
55 and over	453	100.0	203	44.8	156	34.4	84 <sup>E</sup>	18.5 <sup>E</sup>	F	F
<b>Total</b>	<b>2,717</b>	<b>100.0</b>	<b>1,026</b>	<b>37.8</b>	<b>1,145</b>	<b>42.1</b>	<b>530</b>	<b>19.5</b>	<b>F</b>	<b>F</b>
<b>Relaxation</b>										
15 to 18	441	100.0	296	67.1	133 <sup>E</sup>	30.2 <sup>E</sup>	F	F	F	F
19 to 24	421	100.0	319	75.8	95 <sup>E</sup>	22.6 <sup>E</sup>	F	F	F	F
25 to 34	447	100.0	383	85.7	57 <sup>E</sup>	12.8 <sup>E</sup>	F	F	F	F
35 to 54	955	100.0	748	78.3	198	20.7	F	F	F	F
55 and over	453	100.0	335	74.0	104	23.0	F	F	F	F
<b>Total</b>	<b>2,717</b>	<b>100.0</b>	<b>2,081</b>	<b>76.6</b>	<b>587</b>	<b>21.6</b>	<b>45<sup>E</sup></b>	<b>1.7<sup>E</sup></b>	<b>F</b>	<b>F</b>
<b>Sense of achievement</b>										
15 to 18	441	100.0	F	F	F	F	F	F	F	F
19 to 24	421	100.0	F	F	F	F	F	F	F	F
25 to 34	447	100.0	F	F	F	F	F	F	F	F
35 to 54	955	100.0	F	F	F	F	F	F	F	F
55 and over	453	100.0	F	F	F	F	F	F	F	F
<b>Total</b>	<b>2,717</b>	<b>100.0</b>	<b>F</b>	<b>F</b>	<b>F</b>	<b>F</b>	<b>F</b>	<b>F</b>	<b>F</b>	<b>F</b>

\* The active population consists of those aged 15 and older who participated in sport on a regular basis.

<sup>E</sup> use with caution

F too unreliable to be published

Source: General Social Survey, 2005.

## 15. Methodology

### 15.1 The General Social Survey

In 2005, Statistics Canada, through a sport supplement to the General Social Survey (GSS), surveyed 19,597 Canadians (aged 15 years and older) about the extent and nature of their participation in sport during the 12 months prior to the survey.

Similar questions were also asked in 1992 and 1998. These three data bases are the primary data source for this study.

The sport questions were developed by Statistics Canada based on the information needs of federal and provincial/territorial partners having an interest in sport information. The questions were sponsored by a consortium of federal and provincial data users with the objective of obtaining a more comprehensive look at the extent of sport participation in Canada.

Involvement in sport was determined by asking the question:

“Did you regularly participate in any sports during the past 12 months?”

‘Regularly’ meant that the respondent participated in a sport at least once a week during the season or for a certain period of the year.

The types of sports within scope for this survey were determined by Sport Canada (see Appendix 1). “Sport” was defined by Sport Canada as an activity having the following characteristics:

- involves two or more participants who engage for the purpose of competitively evaluating their personal performance;
- involves formal rules and procedures;
- requires tactics and strategies;
- requires specialized neuromuscular skills which can be taught and learned;
- requires a significant involvement of large muscle groups;
- involves a high degree of difficulty, risk or effort in reproduction of movement or form;
- its competitive mode implies the development of trained coaching personnel;
- its primary activity involves physical interaction of the participant with the environment; and
- does not involve activities in which the performance of a motorized vehicle is the primary determinant of the competitive outcome. Where mechanized vehicles or conveyance are used, the activity must entail significant physical effort in propelling the vehicle or conveyance.

Based on these general guidelines defining sport, several physical and leisure activities were excluded such as non-competitive aerobics, aquafit, bicycling for recreation or transportation only, body building or body sculpting, car racing, dancing, fishing, fitness classes, hiking, jogging, lifting weights (non-competitive), motorcycling, snowmobiling, and non-competitive walking.

Participation during the 12 months previous to the survey was the reference period for the three survey cycles in this study (1992, 1998 and 2005). It is recognized that a reference period of one year may incur the problem of recall. As well, the risk of over-statement may be at play as respondents may be reluctant to admit, particularly in these health-conscious days, that they had not been physically active during the past year. It is not possible from this questionnaire to measure the presence or extent of either the under coverage or over reporting of sports participation.

The GSS, originating in 1985, conducts a telephone survey across the 10 provinces. The GSS is recognized for its continual collection of data that allows for trend analysis. The history of GSS data collection topics is outlined below.

### General Social Survey cycle topics, sample size and response rate

Cycle	Sample year	Sample size	Response rate	Main core content	Focus issue
1	1985	11,200	83.4	Health	Social support
2	1986	16,390	78.9	Time use, social mobility	Language
3	1988	9,870	82.4	Personal risk	Victim services
4	1989	9,338	80.7	Education and work	No focus
5	1990	13,495	75.8	Family and friends	No focus
6	1991	11,924	80.2	Health	Various health topics
7	1992	9,815	76.8	Time use	Culture, sport and unpaid work activities
8	1993	10,385	81.6	Personal risk	Alcohol and drug use
9	1994	11,876	81.2	Education, work and retirement	Transition into retirement
10	1995	10,749	81.4	Family	Effects of tobacco smoke
11	1996	12,756	85.3	Social support	Tobacco use
12	1998	10,749	77.6	Time use	Sports participation/culture
13	1999	25,876	81.3	Victimization	Spousal, senior abuse/perception
14	2000	25,090	80.8	Technology – computer and internet	No focus issue
15	2001	24,310	80.9	Family history	No focus issue
16	2002	24,870	86.3	Social support and aging	Retirement planning and experience
17	2003	24,951	78.0	Social engagement	No focus issue
18	2004	23,766	74.5	Victimization	No focus issue
19	2005	19,597	59.0	Time use	Culture, sport, network/trust and transportation
20	2006	23,608	67.4	Family history	Family transition

Each survey contains a core topic as well as a standard set of socio-demographic questions. The target population for the GSS is all persons 15 years of age and over residing in Canada. Residents of the territories and fulltime residents of institutions are excluded from the sample. Data for Cycle 19 of the GSS were collected in each month from January to December 2005. The sample was distributed over the 12 months to represent any seasonal variation in the data. Over this period, a total of 19,597 people were successfully interviewed, yielding a response rate of 59%.

Computer Assisted Telephone Interviewing (CATI) is used to collect data for the GSS. Households without telephones were excluded. However, persons living in households without telephones represent less than 2% of the target population. Survey estimates have been adjusted (i.e., weighted) to account for this population. Collecting data via telephone is attractive because of lower collection costs, as well as considerable flexibility with respect to sample design. Nevertheless, telephone interviewing does have some drawbacks: non-coverage of households, while low, is concentrated in population groups with low educational attainment or low income; response rates tend to be lower than for face-to-face interviews and there are limitations on the amount and type of data which can be collected over the telephone.

### Instrument design

The GSS questionnaire was designed based on qualitative testing (focus groups), a pilot test and interviewer debriefing. In order to include more content in this questionnaire while maintaining the respondent burden at its minimum, the survey was split into two sub-samples. Half of the respondents were asked questions about Culture, Sports and Physical Activity Participation and the remaining half were asked questions on Social Network and Trust and Transportation. The respondents were randomly assigned to one of the sub-samples.

### Weighting

When a probability sample is used, as was the case for the GSS, the principle behind estimation is that each person selected 'represents' (in addition to himself/herself) several other persons not in the sample.

Sampling rates as well as non-response rates vary significantly from province to province and by various demographic characteristics. For example, it is known that non-respondents are more likely to be males and more likely to be younger. Therefore, unweighted sample counts cannot be considered to be representative of the survey target population.

The survey weights are used when producing estimates or performing analyses in order to account as much as possible for the geographic over- and under-representation of age-sex groups, months of the year, or days of the week in the unweighted file.

### Data limitations

The figures which appear in this report are estimates based on data collected from a small fraction of the population (roughly one in 1,300) and are subject to error. The error can be divided into two components: sampling error and non-sampling error.

Sampling error is the difference between an estimate derived from the sample and the one that would have been obtained from a census that used the same procedures to collect data from every person in the population. The size of the sampling error can be estimated from the survey results and an indication of the magnitude of this error is given for the estimates in this report. If the estimated sampling error is greater than 33% of the estimate, it is considered too unreliable to publish and the symbol 'F' is printed in table cells where this occurs. Although not considered too unreliable to publish, estimates with an estimated error between 16.6% and 33.3% of the related estimate should be "qualified" and used with caution. These are identified with an 'E'.

All other types of errors, such as coverage, response, processing, and non-response, are non-sampling errors. Many of these errors are difficult to identify and quantify.

Coverage errors arise when there are differences between the target population and the surveyed population. Households without telephones represent a part of the target population that was excluded from the surveyed population. To the extent that this excluded population differs from the rest of the target population, the estimates will be biased. Since these exclusions are small, one would expect the biases introduced to be small. However, since there are correlations between a number of questions asked on this survey and the groups excluded, the biases may be more significant than the small size of the groups would suggest.

Individuals residing in institutions were excluded from the surveyed population. The effect of this exclusion is greatest for people aged 65 and over, for whom the proportion excluded is around 7%.

To the extent that the non-responding households and persons differ from the rest of the sample, the estimates will be biased. Non-response could occur at several stages in this survey. There were two stages of information collection: at the household level and at the individual level. As such, some non-response occurred at the household level, some at the individual level. Non-response also occurred at the level of individual questions.

For most questions, the response rate was high, with non-response indicated in the data files. While refusal to answer specific questions was very low, accuracy of recall and ability to answer some questions completely can be expected to affect some of the results presented. Criteria for accepting a time use diary were stringent, requiring the reporting of information for at least 20 of the 24 hours. Time use episodes for which activity details were refused or not stated are shown as "Residual" time.

## Appendix I

### General Social Survey Questionnaire, Sport Supplement, 2005

SPA\_R100 **Many Canadians participate in sport in one way or another. For the following questions sport is identified as activities which involve training or competition with some level of physical intensity or organization. Leisure activities such as dance, fitness, fishing, or hiking, are not considered sport.**

SPA\_Q100 **Did you regularly participate in any sports during the past 12 months?**

INTERVIEWER: Regularly means at least once a week during the season or for a certain period of the year.

Exclude:

Non-competitive aerobics, aquafit, bicycling for recreation/transportation only, body building/body sculpting, car racing, dancing, fishing, fitness classes, hiking, jogging, lifting weights (non-competitive), motorcycling, snowmobiling, and non-competitive walking.

- 1 Yes
- 2 No *Go to SPA\_Q410*
- Don't know *Go to SPA\_Q410*
- Refusal *Go to SPA\_Q410*

SPA\_Q110 **Which sports did you participate in?**

1 <sup>st</sup>	2 <sup>nd</sup>	Sports participation activity description
1		Snow/ice sports
1	1	Biathlon
1	2	Bobsleigh
1	3	Broomball
1	4	Curling
1	5	Dog sledding
1	6	Figure skating
1	7	Hockey (ice)
1	8	Ice Sailing
1	9	Luge
1	10	Ringette
1	11	Skeleton
1	12	Ski jumping
1	13	Skiing Downhill/Alpine
1	14	Skiing, Cross Country/Nordic
1	15	Skiing, Nordic Combined
1	16	Snowboarding
1	17	Snowshoeing
1	18	Speed Skating
1	19	Skiing, freestyle
2		Combat sports
2	1	Boxing
2	2	Judo
2	3	Karate
2	4	Tae Kwon Do
2	5	Wrestling
2	6	Fencing
2	7	Martial Arts



1 <sup>st</sup>	2 <sup>nd</sup>	Sports participation activity description
3		Sports for Athletes with Disabilities
3	1	Amputee Sports: include any sports specifically organized for amputees
3	2	Blind Sports: include any sports organized specifically for the blind
3	3	Deaf Sports: include any sports organized for deaf persons
3	4	Wheelchair Sports: include any sports organized specifically for people in wheelchairs
4		Water sports
4	1	Canoeing
4	2	Diving
4	3	Kayaking
4	4	Rowing
4	5	Sailing/Yachting
4	6	Swimming
4	7	Swimming, synchronized
4	8	Wakeboarding
4	9	Water skiing
4	10	Water polo
4	11	Windsurfing
5		Large Team Sports
5	1	Ball Hockey
5	2	Baseball
5	3	Basketball
5	4	Broomball
5	5	Cheerleading
5	6	Cricket
5	7	Field hockey
5	8	Football - Tackle, Flag, Touch
5	9	In-line Hockey
5	10	Lacrosse
5	11	Ringette
5	12	Rugby
5	13	Soccer
5	14	Softball
5	15	Volleyball
5	16	Ultimate Frisbee
6		Alternative/extreme sports
6	1	Arctic sports (traditional Aboriginal sport)
6	2	BMX
6	3	Cheerleading
6	4	Climbing
6	5	Cricket
6	6	Orienteering
6	7	Skateboarding
6	8	Mountain boarding
6	9	Wakeboarding
6	10	Ultimate Frisbee
7		Skill sports
7	1	Archery
7	2	Bowling, Five Pin
7	3	Bowling, Ten Pin
7	4	Golf
7	5	Lawn bowling
7	6	Shooting
7	7	Fencing

1 <sup>st</sup>	2 <sup>nd</sup>	Sports participation activity description
8		Racquet/hand sports
8	1	Badminton
8	2	Handball – 4 walls
8	3	Netball
8	4	Racquetball
8	5	Squash
8	6	Table tennis
8	7	Team handball
8	8	Tennis
9		Multi-sport
9	1	Adventure racing
9	2	Modern pentathlon
9	3	Track and Field – Athletics
9	4	Triathlon
10		Endurance sports
10	1	Adventure racing
10	2	Canoeing/kayaking
10	3	Cycling
10	4	In-line skating
10	5	Kayaking
10	6	Modern pentathlon
10	7	Mountain biking
10	8	Orienteering
10	9	Rowing
10	10	Running, cross country
10	11	Running, road
10	12	Swimming
10	13	Triathlon
10	14	Race walking
10	15	Running
11		Equestrian
11	1	Equestrian
12		Gymnastics
12	1	Cheerleading
12	2	Gymnastics
12	3	Gymnastics, rhythmic
13		Lifting
13	1	Powerlifting
13	2	Weightlifting
14		Urban/road sports
14	1	BMX
14	2	Cycling
14	3	In-line skating
14	4	Running, road
14	5	Skateboarding
14	6	Race walking
14	7	Running
		Sport code
		Don't know
		Refusal
SPA_Q115	SPD_D110	<i>Sport participation description</i> SPD_D110 := SPA_Q110

SPA_Q115	SPD_Q110	<b>How often? (in season)</b>
	<u>INTERVIEWER:</u>	Sport the respondent participated in: ^SPD_D110.
	1	2 to 3 times per month
	2	Once or twice per week
	3	3 or more times per week
		Don't know
		Refusal
SPA_Q115	SPD_Q120	<b>Do you participate in this sport primarily in a structured or unstructured environment?</b>
	<u>INTERVIEWER:</u>	Mark one only.
		Sport the respondent participated in: ^SPD_D110.
	1	Structured
	2	Unstructured
		Don't know
		Refusal
SPA_Q115	SPD_Q130	<b>Do you participate in this sport primarily for competition or recreation?</b>
	<u>INTERVIEWER:</u>	Mark one only.
		Sport the respondent participated in: ^SPD_D110.
	1	Competition
	2	Recreation
		Don't know
		Refusal
aSPA_Q120 <sup>14</sup>	Does the respondent participate in another sport?	
	1	Yes
	2	No <i>Go to SPA_Q200</i>
		Don't know <i>Go to SPA_Q200</i>
		Refusal <i>Go to SPA_Q200</i>
SPA_Q120	<b>Which sports did you participate in?</b>	
	<b>1<sup>st</sup></b>	<b>2<sup>nd</sup></b> <i>Sports participation activity description</i>
		See sport participation activity classification table in SPA_Q110
		Sport code
		Don't know
		Refusal
SPA_Q125	SPD_D110	<i>Sport participation description</i>
		SPD_D110 := SPA_Q120
SPA_Q125	SPD_Q110	<b>How often? (in season)</b>
	1	2 to 3 times per month
	2	Once or twice per week
	3	3 or more times per week
		Don't know
		Refusal
SPA_Q125	SPD_Q120	<b>Do you participate in this sport primarily in a structured or unstructured environment?</b>
	<u>INTERVIEWER:</u>	Mark one only.
		Sport the respondent participated in: ^SPD_D110.
	1	Structured
	2	Unstructured
		Don't know
		Refusal

SPA_Q125	SPD_Q130	<b>Do you participate in this sport primarily for competition or recreation?</b> <u>INTERVIEWER:</u> Mark one only. Sport the respondent participated in: ^SPD_D110.
	1 Competition 2 Recreation Don't know Refusal	
aSPA_Q130 <sup>15</sup>	Does the respondent participate in another sport?	
	1 Yes 2 No Don't know Refusal	Go to SPA_Q200 Go to SPA_Q200 Go to SPA_Q200
SPA_Q130	<b>Which sports did you participate in?</b>	
	<b>1<sup>st</sup> 2<sup>nd</sup></b>	<b>Sports participation activity description</b> See sport participation activity classification table in SPA_Q110
	Sport code Don't know Refusal	
SPA_Q135	SPD_D110	<i>Sport participation description</i> SPD_D110 := SPA_Q130
SPA_Q135	SPD_Q110	<b>How often? (in season)</b> <u>INTERVIEWER:</u> Sport the respondent participated in: ^SPD_D110.
	1 2 to 3 times per month 2 Once or twice per week 3 3 or more times per week Don't know Refusal	
SPA_Q135	SPD_Q120	<b>Do you participate in this sport primarily in a structured or unstructured environment?</b> <u>INTERVIEWER:</u> Mark one only. Sport the respondent participated in: ^SPD_D110.
	1 Structured 2 Unstructured Don't know Refusal	
SPA_Q135	SPD_Q130	<b>Do you participate in this sport primarily for competition or recreation?</b> <u>INTERVIEWER:</u> Mark one only. Sport the respondent participated in: ^SPD_D110.
	1 Competition 2 Recreation Don't know Refusal	
aSPA_Q140 <sup>16</sup>	Does the respondent participate in another sport?	
	1 Yes 2 No Don't know Refusal	Go to SPA_Q200 Go to SPA_Q200 Go to SPA_Q200
SPA_Q140	<b>Which sports did you participate in?</b>	
	<b>1<sup>st</sup> 2<sup>nd</sup></b>	<b>Sports participation activity description</b> See sport participation activity classification table in SPA_Q110
	Sport code Don't know Refusal	

SPA_Q145	SPD_D110	<i>Sport participation description</i> SPD_D110 := SPA_Q140
SPA_Q145	SPD_Q110	<b>How often? (in season)</b> <u>INTERVIEWER:</u> Sport the respondent participated in: ^SPD_D110. 1 2 to 3 times per month 2 Once or twice per week 3 3 or more times per week Don't know Refusal
SPA_Q145	SPD_Q120	<b>Do you participate in this sport primarily in a structured or unstructured environment?</b> <u>INTERVIEWER:</u> Mark one only. Sport the respondent participated in: ^SPD_D110. 1 Structured 2 Unstructured Don't know Refusal
SPA_Q145	SPD_Q130	<b>Do you participate in this sport primarily for competition or recreation?</b> <u>INTERVIEWER:</u> Mark one only. Sport the respondent participated in : ^SPD_D110. 1 Competition 2 Recreation Don't know Refusal
aSPA_Q150 <sup>17</sup>	Does the respondent participate in another sport? 1 Yes 2 No <i>Go to SPA_Q200</i> Don't know <i>Go to SPA_Q200</i> Refusal <i>Go to SPA_Q200</i>	
SPA_Q150	<b>Which sports did you participate in?</b> <u>INTERVIEWER:</u> Press <Insert> to activate the sport participation activity classification table. <b>1<sup>st</sup> 2<sup>nd</sup></b> <b><i>Sports participation activity description</i></b> See sport participation activity classification table in SPA_Q110 Sport code Don't know Refusal	
SPA_Q155	SPD_D110	<i>Sport participation description</i> SPD_D110 := SPA_Q150
SPA_Q155	SPD_Q110	<b>How often? (in season)</b> <u>INTERVIEWER:</u> Sport the respondent participated in: ^SPD_D110. 1 2 to 3 times per month 2 Once or twice per week 3 3 or more times per week Don't know Refusal
SPA_Q155	SPD_Q120	<b>Do you participate in this sport primarily in a structured or unstructured environment?</b> <u>INTERVIEWER:</u> Mark one only. Sport the respondent participated in: ^SPD_D110. 1 Structured 2 Unstructured Don't know Refusal

SPA_Q155	SPD_Q130	<b>Do you participate in this sport primarily for competition or recreation?</b> <u>INTERVIEWER:</u> Mark one only. Sport the respondent participated in: ^SPD_D110.
	1 Competition 2 Recreation Don't know Refusal	
SPA_Q200	<b>Did you participate in any competitions or tournaments in the past 12 months?</b> <u>INTERVIEWER:</u> Include competitions between schools or between teams within a school or at work.  Exclude: Non-competitive aerobics, aquafit, bicycling for recreation/transportation only, body building/body sculpting, car racing, dancing, fishing, fitness classes, hiking, jogging, lifting weights (non-competitive), motorcycling, snowmobiling, and non-competitive walking.	
	1 Yes 2 No Don't know Refusal	Go to SPA_R310 Go to SPA_R310 Go to SPA_R310
SPA_Q210	<b>For which sport(s)?</b> <u>INTERVIEWER:</u> Press <Insert> to activate the sport participation activity classification table. <b>1<sup>st</sup> 2<sup>nd</sup></b> <b>Sports participation activity description</b> See sport participation activity classification table in SPA_Q110  Sport code Don't know Refusal	
SPA_Q215	SCD_D110	<i>Sport participation description</i> SCD_D110 := SPA_Q210
SPA_Q215	SCD_Q110	<b>Was it at the local, regional, provincial or national level?</b> <u>INTERVIEWER:</u> Competitions between school or between teams within a school or at work should be coded as other. Sport the respondent competed in: ^SCD_D110.
	1 Local 2 Regional 3 Provincial 4 National 5 Other – Specify Don't know Refusal	
SPA_Q215	SCD_Q111	Was it at the local, regional, provincial or national level? <u>INTERVIEWER:</u> Specify. Sport the respondent competed in: ^SCD_D110.  STRING [50] Don't know Refusal
aSPA_Q220 <sup>18</sup>	Did the respondent participate in any other competitions or tournaments in the past 12 months?	
	1 Yes 2 No Don't know Refusal	Go to SPA_Q270 Go to SPA_Q270 Go to SPA_Q270

SPA_Q220	For which sport(s)? <b>1<sup>st</sup></b> <b>2<sup>nd</sup></b>	<b>Sports participation activity description</b> See sport participation activity classification table in SPA_Q110  Sport code Don't know Refusal
SPA_Q225	SCD_D110	<i>Sport participation description</i> SCD_D110 := SPA_Q220
SPA_Q225	SCD_Q110 <b>INTERVIEWER:</b>	<b>Was it at the local, regional, provincial or national level?</b> Competitions between school or between teams within a school or at work should be coded as other. Sport the respondent competed in: ^SCD_D110.  1   Local 2   Regional 3   Provincial 4   National 5   Other – Specify Don't know Refusal
SPA_Q225	SCD_Q111 <b>INTERVIEWER:</b>	Was it at the local, regional, provincial or national level? Specify. Sport the respondent competed in: ^SCD_D110.  STRING [50] Don't know Refusal
aSPA_Q230 <sup>19</sup>	Did the respondent participate in any other competitions or tournaments in the past 12 months?	1   Yes 2   No <i>Go to SPA_Q270</i> Don't know <i>Go to SPA_Q270</i> Refusal <i>Go to SPA_Q270</i>
SPA_Q230	For which sport(s)? <b>1<sup>st</sup></b> <b>2<sup>nd</sup></b>	<b>Sports participation activity description</b> See sport participation activity classification table in SPA_Q110  Sport code Don't know Refusal
SPA_Q235	SCD_D110	<i>Sport participation description</i> SCD_D110 := SPA_Q230
SPA_Q235	SCD_Q110 <b>INTERVIEWER:</b>	<b>Was it at the local, regional, provincial or national level?</b> Competitions between school or between teams within a school or at work should be coded as other. Sport the respondent competed in: ^SCD_D110.  1   Local 2   Regional 3   Provincial 4   National 5   Other – Specify Don't know Refusal

SPA_Q235	SCD_Q111	Was it at the local, regional, provincial or national level? <u>INTERVIEWER:</u> Specify. Sport the respondent competed in : ^SCD_D110.
		STRING [50] Don't know Refusal
aSPA_Q240 <sup>20</sup>		Did the respondent participate in any other competitions or tournaments in the past 12 months?
	1	Yes
	2	No <i>Go to SPA_Q270</i>
		Don't know <i>Go to SPA_Q270</i>
		Refusal <i>Go to SPA_Q270</i>
SPA_Q240		For which sport(s)?
	<b>1<sup>st</sup></b>	<b>2<sup>nd</sup></b> <b><i>Sports participation activity description</i></b>
		See sport participation activity classification table in SPA_Q110
		Sport code Don't know Refusal
SPA_Q245	SCD_D110	<i>Sport participation description</i> SCD_D110 := SPA_Q240
SPA_Q245	SCD_Q110	<b>Was it at the local, regional, provincial or national level?</b> <u>INTERVIEWER:</u> Competitions between school or between teams within a school or at work should be coded as other. Sport the respondent competed in: ^SCD_D110.
	1	Local
	2	Regional
	3	Provincial
	4	National
	5	Other – Specify
		Don't know Refusal
SPA_Q245	SCD_Q111	Was it at the local, regional, provincial or national level? <u>INTERVIEWER:</u> Specify. Sport the respondent competed in: ^SCD_D110.
		STRING [50] Don't know Refusal
aSPA_Q250 <sup>21</sup>		Did the respondent participate in any other competitions or tournaments in the past 12 months?
	1	Yes
	2	No <i>Go to SPA_Q270</i>
		Don't know <i>Go to SPA_Q270</i>
		Refusal <i>Go to SPA_Q270</i>
SPA_Q250		For which sport(s)?
	<b>1<sup>st</sup></b>	<b>2<sup>nd</sup></b> <b><i>Sports participation activity description</i></b>
		See sport participation activity classification table in SPA_Q110
		Sport code Don't know Refusal
SPA_Q255	SCD_D110	<i>Sport participation description</i> SCD_D110 := SPA_Q250



SPA_Q255	SCD_Q110	<b>Was it at the local, regional, provincial or national level?</b>
	<u>INTERVIEWER:</u>	Competitions between school or between teams within a school or at work should be coded as other. Sport the respondent competed in: ^SCD_D110.
	1	Local
	2	Regional
	3	Provincial
	4	National
	5	Other – Specify
		Don't know
		Refusal
SPA_Q255	SCD_Q111	Was it at the local, regional, provincial or national level?
	<u>INTERVIEWER:</u>	Specify. Sport the respondent competed in: ^SCD_D110.
		STRING [50]
		Don't know
		Refusal
SPA_Q270		<b>Do you have a coach?</b>
	<u>INTERVIEWER:</u>	A coach specializes in improving sport-specific performance in training and competition. Exclude: Personal trainers and fitness instructors.
	1	Yes
	2	No
		Don't know
		Refusal
SPA_Q310		<b>To what degree is sport important in providing you with: ... physical health and fitness? Is it:</b>
	<u>INTERVIEWER:</u>	Read categories to respondent.
	1	... <b>very important?</b>
	2	... <b>somewhat important?</b>
	3	... <b>not important?</b>
		Don't know
		Refusal
SPA_Q320		To what degree is sport important in providing you with: ... <b>family activity? Is it:</b>
	<u>INTERVIEWER:</u>	Read categories to respondent.
	1	... <b>very important?</b>
	2	... <b>somewhat important?</b>
	3	... <b>not important?</b>
		Don't know
		Refusal
SPA_Q330		To what degree is sport important in providing you with: ... <b>new friends and acquaintances? Is it:</b>
	<u>INTERVIEWER:</u>	Read categories to respondent.
	1	... <b>very important?</b>
	2	... <b>somewhat important?</b>
	3	... <b>not important?</b>
		Don't know
		Refusal

SPA_Q340	To what degree is sport important in providing you with: <b>... fun, recreation and relaxation? Is it:</b> <u>INTERVIEWER:</u> Read categories to respondent. 1 <b>... very important?</b> 2 <b>... somewhat important?</b> 3 <b>... not important?</b> Don't know Refusal
SPA_Q350	To what degree is sport important in providing you with: <b>... sense of achievement and skill development? Is it:</b> <u>INTERVIEWER:</u> Read categories to respondent. 1 <b>... very important?</b> <i>Go to SPA_C510</i> 2 <b>... somewhat important?</b> <i>Go to SPA_C510</i> 3 <b>... not important?</b> <i>Go to SPA_C510</i> Don't know <i>Go to SPA_C510</i> Refusal <i>Go to SPA_C510</i>
SPA_Q410	<b>Are there any particular reasons why you did not regularly participate in any sports?</b> <u>INTERVIEWER:</u> Mark all that apply. 11 No particular reason 12 Not interested 13 Programs not available in the community 14 Do not have the time 15 Do not want to be committed to regular schedule 16 Facilities not available 17 Too expensive 18 Health/injury 19 Age 20 Disability 21 Other – Specify Don't know Refusal
SPA_C411	IF OtherSpec IN SPA_Q410 THEN <i>Go to SPA_Q411</i> ELSE <i>Go to SPA_C510</i>
SPA_Q411	Are there any particular reasons why you did not regularly participate in any sports? <u>INTERVIEWER:</u> Specify. STRING [50] Don't know Refusal
SPA_Q510	<b>Did other members of your household regularly participate in any sports during the past 12 months?</b> <u>INTERVIEWER:</u> Regularly means at least once a week during the season or for a certain period of the year.  Exclude: Non-competitive aerobics, aquafit, bicycling for recreation/transportation only, body building/body sculpting, car racing, dancing, fishing, fitness classes, hiking, jogging, lifting weights (non-competitive), motorcycling, snowmobiling, walking.  1 Yes 2 No <i>Go to SPA_Q610</i> Don't know <i>Go to SPA_Q610</i> Refusal <i>Go to SPA_Q610</i>

SPA_Q515	<b>Who?</b> <i>A listing of all household members, except the respondent is displayed. The respondent can report up to 4 other household members.</i> Don't know Refusal
<b>Beginning sports participation activity for household member [1] selected in SPA_Q515.</b>	
SPA_Q520	HMS_D100 <i>Name of household member [1] with sports participation</i> HMS_D100 := SPA_Q515[1]
SPA_Q520	HMS_Q110 <b>For which sports did ^HMS_D100 participate?</b> <b>1<sup>st</sup>    2<sup>nd</sup></b> <b>Sports participation activity description</b> See sport participation activity classification table in SPA_Q110  Sport code Don't know Refusal
SPA_Q520	HMS_Q115      HSF_D110 <i>Sport participation description for Household member [1]</i> HSF_D110 := HMS_Q110
SPA_Q520	HMS_Q115      HSF_Q110 <b>How often? (in season)</b> <b>INTERVIEWER:</b> Sport that ^piHMS_D100 participated in: ^HSF_D110. 1      2 to 3 times per month 2      Once or twice per week 3      3 or more times per week Don't know Refusal
SPA_Q520	aHMS_Q120 <sup>23</sup> Did ^HMS_D100 participate in another sport? 1      Yes 2      No <i>Go to end of sports participation activity for household member [1]</i> Don't know <i>Go to end of sports participation activity for household member [1]</i> Refusal <i>Go to end of sports participation activity for household member [1]</i>
SPA_Q520	HMS_Q120      For which sports did ^HMS_D100 participate? <b>INTERVIEWER:</b> Press <Insert> to activate the sport participation activity classification table. <b>1<sup>st</sup>    2<sup>nd</sup></b> <b>Sports participation activity description</b> See sport participation activity classification table in SPA_Q110  Sport code Don't know Refusal
SPA_Q520	HMS_Q125      HSF_D110 <i>Sport participation description for Household member [1]</i> HSF_D110 := HMS_Q120
SPA_Q520	HMS_Q125      HSF_Q110 <b>How often? (in season)</b> <b>INTERVIEWER:</b> Sport that ^piHMS_D100 participated in: ^HSF_D110. 1      2 to 3 times per month 2      Once or twice per week 3      3 or more times per week Don't know Refusal
SPA_Q520	aHMS_Q130 <sup>24</sup> Did ^HMS_D100 participate in another sport? 1      Yes 2      No <i>Go to end of sports participation activity for household member [1]</i> Don't know <i>Go to end of sports participation activity for household member [1]</i> Refusal <i>Go to end of sports participation activity for household member [1]</i>

SPA_Q520	HMS_Q130 <b>1<sup>st</sup> 2<sup>nd</sup></b>	For which sports did ^HMS_D100 participate? <b>Sports participation activity description</b> See sport participation activity classification table in SPA_Q110
	Sport code Don't know Refusal	
SPA_Q520	HMS_Q135	HSF_D110 <i>Sport participation description for Household member [1]</i> HSF_D110 := HMS_Q130
SPA_Q520	HMS_Q135	HSF_Q110 <b>How often? (in season)</b>
	<b>INTERVIEWER:</b>	Sport that ^piHMS_D100 participated in: ^HSF_D110.
	1 2 to 3 times per month 2 Once or twice per week 3 3 or more times per week Don't know Refusal	
SPA_Q520	aHMS_Q140 <sup>25</sup>	Did ^HMS_D100 participate in another sport?
	1 Yes 2 No Don't know Refusal	<i>Go to end of sports participation activity for household member [1]</i> <i>Go to end of sports participation activity for household member [1]</i> <i>Go to end of sports participation activity for household member [1]</i>
SPA_Q520	HMS_Q140	For which sports did ^HMS_D100 participate?
	<b>INTERVIEWER:</b>	Press <Insert> to activate the sport participation activity classification table.
	<b>1<sup>st</sup> 2<sup>nd</sup></b>	<b>Sports participation activity description</b> See sport participation activity classification table in SPA_Q110
	Sport code Don't know Refusal	
SPA_Q520	HMS_Q145	HSF_D110 <i>Sport participation description for Household member [1]</i> HSF_D110 := HMS_Q140
SPA_Q520	HMS_Q145	HSF_Q110 <b>How often? (in season)</b>
	<b>INTERVIEWER:</b>	Sport that ^piHMS_D100 participated in: ^HSF_D110.
	1 2 to 3 times per month 2 Once or twice per week 3 3 or more times per week Don't know Refusal	
SPA_Q520	aHMS_Q150 <sup>26</sup>	Did ^HMS_D100 participate in another sport?
	1 Yes 2 No Don't know Refusal	<i>Go to end of sports participation activity for household member [1]</i> <i>Go to end of sports participation activity for household member [1]</i> <i>Go to end of sports participation activity or household member [1]</i>
SPA_Q520	HMS_Q150	For which sports did ^HMS_D100 participate?
	<b>INTERVIEWER:</b>	Press <Insert> to activate the sport participation activity classification table.
	<b>1<sup>st</sup> 2<sup>nd</sup></b>	<b>Sports participation activity description</b> See sport participation activity classification table in SPA_Q110
	Sport code Don't know Refusal	
SPA_Q520	HMS_Q155	HSF_D110 <i>Sport participation description for Household member [1]</i> HSF_D110 := HMS_Q150

SPA_Q520	HMS_Q155	HSF_Q110	<b>How often? (in season)</b>
	<b>INTERVIEWER:</b> Sport that ^piHMS_D100 participated in: ^HSF_D110.		
	1	2 to 3 times per month	
	2	Once or twice per week	
	3	3 or more times per week	
		Don't know	
		Refusal	
	<i>End of sports participation activity for household member [1] selected in SPA_Q515.</i>		
	<i>This collection of sports participation activity for household members is repeated for the other members that were selected in SPA_Q515</i>		
SPA_Q610	<b>Do you or other members of your household belong to a sport club, local community league or other local/regional amateur sport organization?</b>		
	1	Yes	
	2	No	Go to SPA_Q710
		Don't know	Go to SPA_Q710
		Refusal	Go to SPA_Q710
SPA_Q615	<b>Who?</b>		
	<i>A listing of all household members, including the respondent is displayed. The respondent can report up to 4 household members.</i>		
	Don't know		
	Refusal		
SPA_Q710	<b>During the past 12 months, have you or other members of your household been involved in amateur sport as a:</b>		
	<b>... coach?</b>		
	1	Yes	
	2	No	Go to SPA_Q720
		Don't know	Go to SPA_Q720
		Refusal	Go to SPA_Q720
SPA_Q715	<b>Who?</b>		
	<i>A listing of all household members, including the respondent is displayed. The respondent can report up to 4 household members.</i>		
	Don't know		
	Refusal		
SPA_Q720	During the past 12 months, have you or other members of your household been involved in amateur sport as a:		
	<b>... referee/official/umpire?</b>		
	1	Yes	
	2	No	Go to SPA_Q730
		Don't know	Go to SPA_Q730
		Refusal	Go to SPA_Q730
SPA_Q725	<b>Who?</b>		
	<i>A listing of all household members, including the respondent is displayed. The respondent can report up to 4 household members.</i>		
	Don't know		
	Refusal		
SPA_Q730	During the past 12 months, have you or other members of your household been involved in amateur sport as a:		
	<b>... administrator or helper?</b>		
	1	Yes	
	2	No	Go to SPA_Q740
		Don't know	Go to SPA_Q740
		Refusal	Go to SPA_Q740

SPA_Q735	<p><b>Who?</b></p> <p><i>A listing of all household members, including the respondent is displayed. The respondent can report up to 4 household members.</i></p> <p>Don't know Refusal</p>
SPA_Q740	<p>During the past 12 months, have you or other members of your household been involved in amateur sport as a:</p> <p><b>... spectator at amateur sports competitions?</b></p> <p>1 Yes 2 No <i>Go to End of module</i> Don't know <i>Go to End of module</i> Refusal <i>Go to End of module</i></p>
SPA_Q745	<p><b>Who?</b></p> <p><i>A listing of all household members, including the respondent is displayed. The respondent can report up to 4 household members.</i></p> <p>Don't know Refusal</p>
SPA_C745	<i>Go to End of module</i>
SPA_Q800	<p><b>Do you belong to a sport club, local community league or other local/regional amateur sport organization?</b></p> <p>1 Yes 2 No Don't know Refusal</p>
SPA_Q810	<p><b>During the past 12 months, have you been involved in amateur sport as a:</b></p> <p><b>... coach?</b></p> <p>1 Yes 2 No Don't know Refusal</p>
SPA_Q820	<p>During the past 12 months, have you been involved in amateur sport as a:</p> <p><b>... referee/official/umpire?</b></p> <p>1 Yes 2 No Don't know Refusal</p>
SPA_Q830	<p>During the past 12 months, have you been involved in amateur sport as a:</p> <p><b>... administrator or helper?</b></p> <p>1 Yes 2 No Don't know Refusal</p>
SPA_Q840	<p>During the past 12 months, have you been involved in amateur sport as a:</p> <p><b>... spectator at amateur sports competitions?</b></p> <p>1 Yes 2 No Don't know Refusal</p>

## References

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## Endnotes

1. The participation rate refers to active participants in a group or population expressed as a percentage of the total group or population.
2. Recent immigrants are those who came to Canada after 1990.
3. "Sport Participation in Canada, 1998." Sport Canada.
4. See their web site at [www.cflri.ca](http://www.cflri.ca)
5. The participation rate was for Australians 15 years and over who participated in sports and physical recreation activities twice a week in 2005-06.
6. National Centre for Health Statistics. 2005 National Health Interview Survey on leisure-time physical activity of adult Americans 18 years and over.
7. Offord, D.R., E.L Lipman and E.K. Duku, 1998. "Sports, The Arts and Community Programs: Rates and Correlates of Participation".
8. Part-time employees work less than 30 hours per week.
9. Mountain boarding (also known as dirt boarding or all-terrain boarding) is a new board sport derived from snow boarding.
10. Offord, D.R., E.L Lipman and E.K. Duku. 1988 and modified, March 2005. "Sports, The Arts and Community Programs: Rates and Correlates of Participation".
11. These are Canadians born during the baby boom (unusual spike in birth rates) of 1946 to 1965.
12. Jordan D. Metzl and Carol Shookhoff, "The Benefits of Youth Sports: The Young Athlete" [www.enotalone.com/article/5298.html](http://www.enotalone.com/article/5298.html).
13. The Conference Board of Canada, "Strengthening Canada: The Socio-economic Benefits of Sports Participation in Canada", p. 32.
14. Sport England, "The Framework for Sport in England: Making England an Active and Successful Sporting Nation, A vision for 2020" p. 12. Sport England 2004 SE/2273/10M/03/04.
15. See "Obesity: A Growing Issue" by Christel Le Petit and Jean-Marie Berthelot (82-618-MWE2005003), Statistics Canada.
16. Martin Turcotte. "Time Spent with Family during a Typical Workday, 1986 to 2005. Canadian Social Trends (Statistics Canada, Catalogue 11-008) 2007, p. 2.
17. Duxbury, L., C. Higgins and D. Coghill, 2003, "Voices of Canadians: Seeking Work-Life Balance. Government of Canada".
18. The Conference Board of Canada, "Strengthening Canada: The Socio-economic Benefits of Sports Participation in Canada" by Michael Bloom, Michael Grant and Douglas Watt, Chapter 8.
19. Veenhof, B., "The Internet: Is it Changing the Way Canadians Spend their Time?" (Statistics Canada, Catalogue 56F0004MIE no. 13) 2006, pp. 6-12.
20. Jordan D. Metzl and Carol Shookhoff, "The Benefits of Youth Sports: The Young Athlete" [www.enotalone.com/article/5298.html](http://www.enotalone.com/article/5298.html).
21. The Conference Board of Canada, "Strengthening Canada: The Socio-economic Benefits of Sports Participation in Canada", pp. 24-28.
22. The Conference Board of Canada, "Strengthening Canada: The Socio-economic Benefits of Sports Participation in Canada", p. 36.
23. Please note that this is an AUXFIELD and will not appear on the GSS Cycle 19 database.
24. Please note that this is an AUXFIELD and will not appear on the GSS Cycle 19 database.
25. Please note that this is an AUXFIELD and will not appear on the GSS Cycle 19 database.
26. Please note that this is an AUXFIELD and will not appear on the GSS Cycle 19 database.



# Culture, Tourism and the Centre for Education Statistics

## Research Papers

### Cumulative index

Statistics Canada's **Division of Culture, Tourism and the Centre for Education Statistics** develops surveys, provides statistics and conducts research and analysis relevant to current issues in its three areas of responsibility.

The **Culture Statistics Program** creates and disseminates timely and comprehensive information on the culture sector in Canada. The program manages a dozen regular census surveys and databanks to produce data that support policy decision and program management requirements. Issues include the economic impact of culture, the consumption of culture goods and services, government, personal and corporate spending on culture, the culture labour market, and international trade of culture goods and services. Analysis is also published in *Focus on Culture* (87-004-XIE, free, <http://www.statcan.ca/bsolc/english/bsolc?catno=87-004-X>).

The **Tourism Statistics Program** provides information on domestic and international tourism. The program covers the Canadian Travel Survey and the International Travel Survey. Together, these surveys shed light on the volume and characteristics of trips and travellers to, from and within Canada.

The **Centre for Education Statistics** develops and delivers a comprehensive program of pan-Canadian education statistics and analysis in order to support policy decisions and program management, and to ensure that accurate and relevant information concerning education is available to the Canadian public and to other educational stakeholders. The Centre conducts fifteen institutional and over ten household education surveys. Analysis is also published in *Education Matters* (81-004-XIE, free, <http://www.statcan.ca/bsolc/english/bsolc?catno=81-004-X>), and in the *Analytical Studies Branch research paper series* (11F0019MIE, free, <http://www.statcan.ca/bsolc/english/bsolc?catno=11F0019M>).

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