

# Getting Kids Active!

2010-2011 PHYSICAL ACTIVITY MONITOR: FACTS & FIGURES



## Participation in sport among children and youth

### Sport participation rates

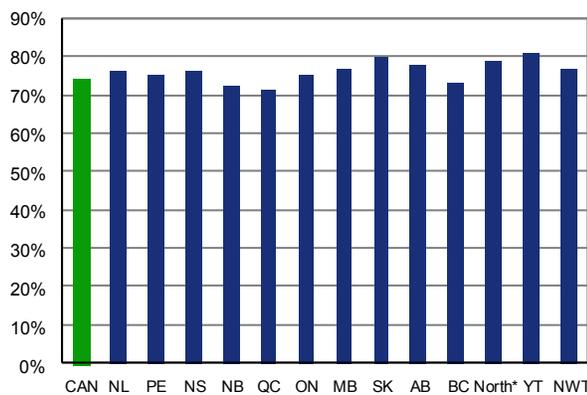
The 2010-2011 Physical Activity Monitor asked parents whether their children (ages 5 to 17 years) participated in sport during the prior 12 months leading up to the survey. For this purpose, sport was broadly defined here as physical activities that usually involve competition and rules, and that develop specific skills. According to this definition, 74% of children and youth participate in sport.

### Region

Regional differences in sport participation appeared in 2010-2011, whereby children residing in Saskatchewan and the Yukon are more likely than Canadian children overall to participate in sport.

FIGURE 1

Regional differences in child's sport participation



\* The North includes Nunavut, Northwest Territories, and Yukon. Data for Nunavut is suppressed in the chart due to cell size.

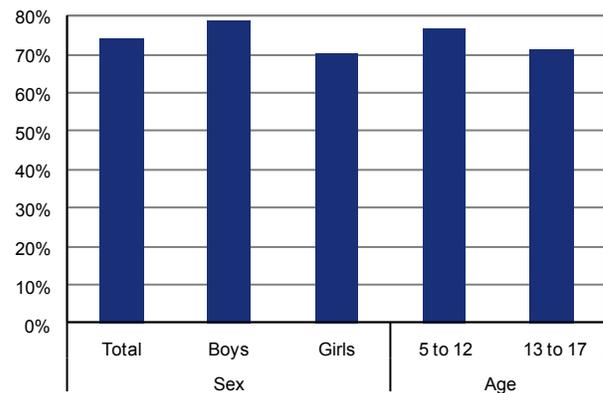
2010-2011 Physical Activity Monitor, CFLRI

### Child characteristics

According to parents, a higher proportion of boys and young children (aged 5 to 12 years) participated in sport compared to girls and older children (aged 13 to 17 years) respectively.

FIGURE 2

Children's sport participation, overall and by child's gender and age



2010-2011 Physical Activity Monitor, CFLRI

### Parental and household characteristics

Parental reports of children's participation in sport do not differ by parent's gender, parent's age, or community size. In general, sport participation increases with increasing household income and parental education.

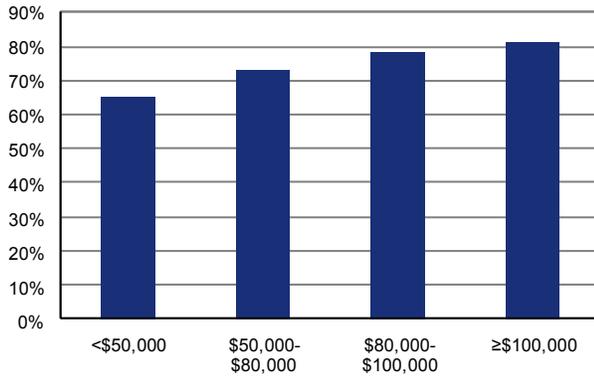
### Frequency of participation

In addition, the 2010-2011 Physical Activity Monitor also asked parents to report on the frequency of their child's participation (i.e., how many months child participates in sport). According to parents:

- 27% participate for less than 8 months out of the year,
- 26% participate for 8 to 11 months, and
- 46% participate all year around, that is, for 12 months per year.

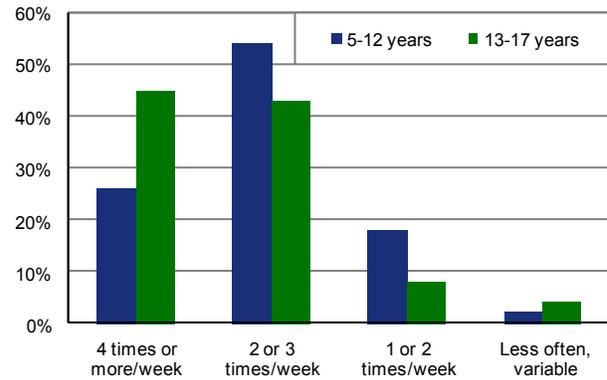


**FIGURE 3**  
Children's sport participation by household income



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**FIGURE 4**  
Frequency of child's participation in sport, by child's age



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Parents were also asked about the frequency of their child's participation during these months. Roughly one-third (34%) said that their child participates 4 or more times per week, 50% participate 2 to 3 times per week, 14% participate 1 to 2 times per week, and 3% indicate that their child participates less often than this, or that their participation was variable.

**Region**

Compared to Canadian children overall, relatively fewer children living in Manitoba participate in sport all year long. Quebec and Saskatchewan residents are more likely to participate for 8 to 11 months out of the year whereas Ontario residents are less likely to do so. Parents of children residing in Newfoundland, Nova Scotia, Saskatchewan and Northwest Territories are more likely to report a higher frequency of weekly participation (4 or more times per week), whereas those in Quebec are less likely to say this.

**Child characteristics**

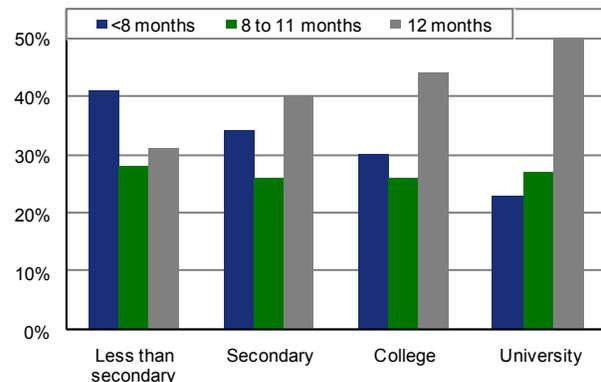
According to parents, boys (compared to girls) are more likely to participate all year long and were more likely to participate 4 or more times per week, whereas girls are more likely than boys to participate 1 or 2 times per week. Older children (ages 13 to 17 years) are more likely than younger (5 to 12 years) to participate 4 or more times a week, whereas as younger children are more likely to participate 1 to 3 times per week.

**Parental and household characteristics**

Generally, there are no parental age and sex differences in the number of months that a child participates in sport, however, a greater proportion of mothers and parents aged 45 to 64 years indicate that their child participates 4 or more times per week compared to fathers and parents aged 25 to 44 years. Conversely, relatively more parents aged 25 to 44 years say that their child participates 1 to 3 times per week. Children in the highest income households (≥\$100,000/year) are relatively more likely to

participate in sport all year round and to participate in sports 4 or more times per week compared to those with household incomes less than \$80,000, whereas those in the lowest two quartiles of income (<\$80,000/year) are more likely than those in the highest income quartile to participate in sport less than 8 months out of the year. Parents with a university education are most likely to say their child participates all year long, whereas parents with less than a secondary level education are more likely than those with a university education to say their child participates for 8 months or less. Children living in small communities (1,000 to 99,999 residents) are more likely than those from the larger communities (100,000 to 249,999 residents) to participate 2 to 3 times per week. Conversely, children living in larger communities of (100,000 to 249,999 residents) are more likely than those from smaller (10,000 to 99,999 residents) to participate 4 or more times per week.

**FIGURE 5**  
Frequency of child's participation in sport, by parent's education level



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## Popular sports

Parents were also asked to identify which sports their children participated in. According to parents, the most frequently cited sport was soccer (38%) followed by hockey (or ringette) (24%). Table 1 lists the top 12 sports identified and their participation rates.

According to parents, more boys than girls participate in hockey/ringette (35% vs. 11%), basketball (15% vs. 11%), baseball/softball (13% vs. 7%), football/rugby (8% vs. 3%) and martial arts (10% vs. 6%); whereas more girls than boys participate in swimming (21% vs. 14%), volleyball (10% vs. 6%), gymnastics (7% and 1%), skating (7% vs. 2%) and running (7% vs. 4%). Older children (13 to 17 years old) are more likely to participate in racquet sports, basketball, football/rugby or volleyball, whereas younger children (5 to 12 years old) are more likely to participate in soccer, swimming, skating and martial arts.

**TABLE 1**

Top 12 popular sports among child sport participants, overall

Sport	Participation rate
Soccer	38%
Hockey (all types)/ringette	24%
Swimming	17%
Basketball	13%
Baseball, softball	10%
Martial arts	8%
Volleyball	8%
Football/rugby	6%
Racquet sports	6%
Running	6%
Skiing	5%
Skating	4%

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