

Let's Get Active!

Physical Activity in Canadian Communities

2009 PHYSICAL ACTIVITY MONITOR: FACTS & FIGURES



Nature and components of sport participation

The 2009 Physical Activity Monitor examined sport participation rates among Canadians. Sport is defined here as physical activities that involve competition and rules, and develop specific skills. Classification of activities as sport for the Physical Activity Monitor corresponds to the definition set out in Statistics Canada's 2005 General Social Survey.¹ Bulletin 9 in this series reports that 27% of Canadians participated in sport in 2009 according to this definition. The 2009 Physical Activity Monitor also explored sport participation in more depth. This bulletin summarizes the data by examining the degree of structure of the sporting environment, and the nature and components of sport participation.

Degree of structure of the sporting environment

More than half of sport participants (56%) engage in sport in solely structured environments, while 15% do so in solely unstructured environments. The remaining participants (30%) report that they engage in sport in both structured and unstructured environments. There are no significant regional differences with respect to the degree of structure in which adults participate.

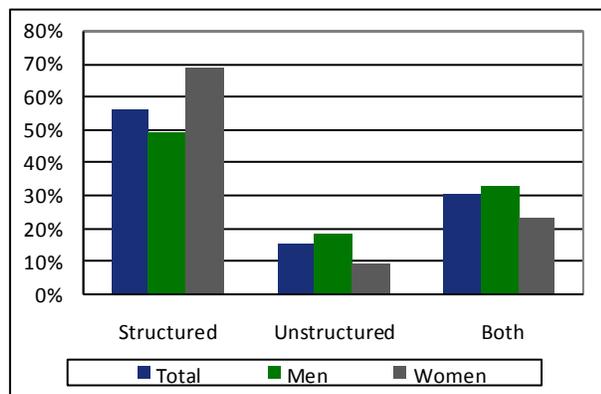
More women participate in solely structured sporting environments, whereas more men report participating in unstructured environments either alone, or in combination with structured environments. There are no significant differences with education, income, employment status, or physical activity level with respect to participation in different sporting environments.

Trends

Compared to 2007², more adults engage in sport at solely structured environments (however, there are no significant differences when compared to 2004³ and 2008⁴); compared to 2004, slightly fewer participants use unstructured environments exclusively, and slightly more use both structured and unstructured environments (there are no significant differences compared to 2007 and 2008). The gender differences that appear with respect to degree of structure are generally similar to 2007, however, age differences reported in previous years with respect to degree of structure of sport environments do not appear in 2009.

FIGURE 1

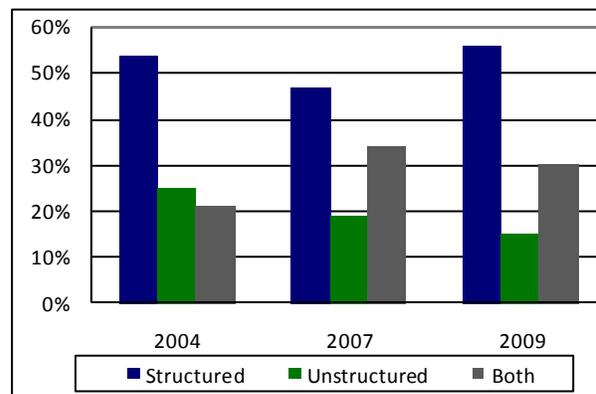
Degree of structure of sport environment by sex, 2009



Physical Activity Monitor 2009, CFLRI

FIGURE 2

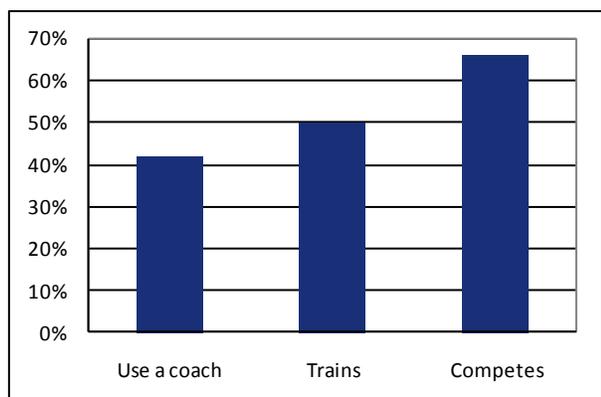
Degree of structure of sport environment, trends, 2004-2009



Physical Activity Monitor 2009, CFLRI



FIGURE 3
Participation components (coach, train, competition), overall, 2009



Physical Activity Monitor 2009, CFLRI

Use of a coach

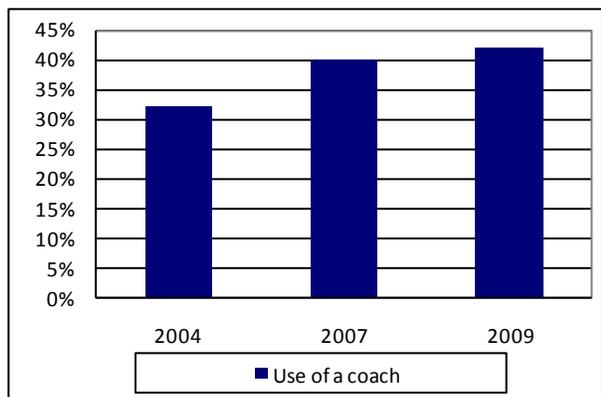
About two in five sport participants (42%) report using a coach. There are no significant regional differences with the respect to the use of a coach.

Women are more likely to report using a coach; this is particularly true among 25 to 44 year-olds. The use of a coach generally decreases with increasing age. Those with less than a high school education, part-time workers and students are more likely to use a coach (these findings may be due in part to age). Compared to the national average, fewer retirees and full-time workers report using a coach. Adults who are considered 'active' are more likely to use a coach than those less active.

Trends

Use of a coach among sport participants is higher than in 2004.

FIGURE 4
Use of a coach, trends, 2004-2009



Physical Activity Monitor 2009, CFLRI

Sex- and age-related differences noted above regarding the use of a coach has persisted over time. The relationship with activity level has newly emerged in 2009.

Training component

Half (50%) of sport participants indicate that they train as a part of their participation. Training is more likely to be reported by younger participants (24 years and younger). Those with the lower education, part-time workers, and students are more likely to train (this finding may be partly age-related). Conversely, fewer retirees indicate that they train. Relatively more active adults compete compared to those who are somewhat active.

Trends

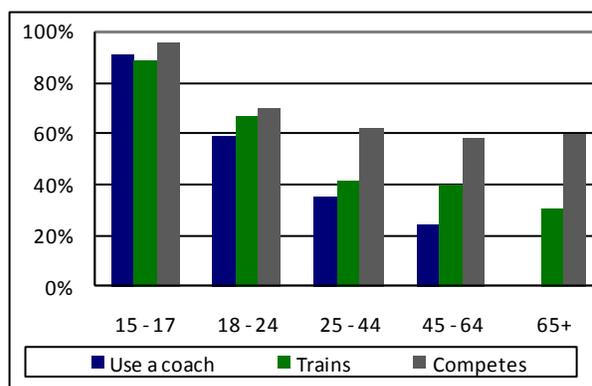
Although there have been no differences over time in the proportion that train, the age-and education-related differences noted have persisted over time, as have the differences related to activity level.

Competition component

Two-thirds (66%) of participants reportedly compete as part of sport. The majority of participants (76%) compete at the local level, while 16% and 8% compete at the provincial/territorial and national levels, respectively. Proportionally fewer adults residing in Quebec say that they compete, while more Manitobans report this. Compared to the national average, fewer residents of Newfoundland and Labrador indicate that they compete at a local level.

Competing in sport is generally more prevalent among the youngest participants (age 15 to 17). Among those who compete, youth and young adults are more likely to compete at the provincial/territorial level, and less likely to compete at the local level. Those with less than a high school education, as well as students are more likely compete. Active adults are more likely to compete than those who are somewhat active.

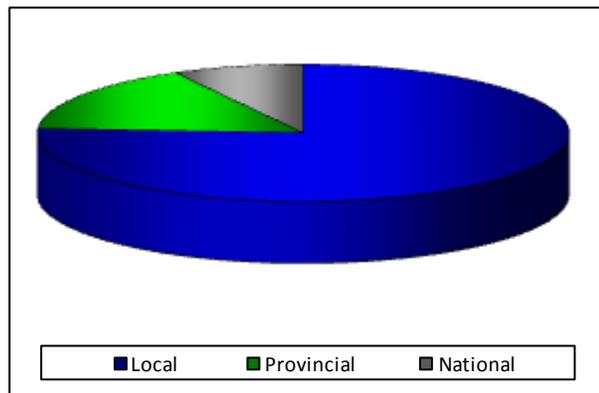
FIGURE 5
Participation components (coach, train, competition) by age of participant, 2009



Physical Activity Monitor 2009, CFLRI

FIGURE 6

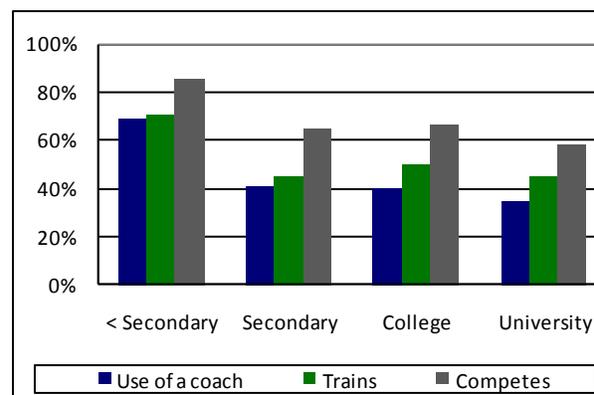
Level of competition in sport, overall, 2009



Physical Activity Monitor 2009, CFLRI

FIGURE 7

Participation components (coach, train, competition) by educational level of participant, 2009



Physical Activity Monitor 2009, CFLRI

Trends

The proportion of Canadians overall indicating that they compete has remained consistent over time. The age related differences that exist in 2009 are similar to those in 2007.

References

1. Ifedi, F. (2008). *Sport Participation in Canada, 2005* [Statistics Canada Cat. No. 81-595-MIE2008060]. Ottawa: Statistics Canada.
2. Canadian Fitness and Lifestyle Research Institute (2008). Sport Participation Rates in Canada. *Sport Participation in Canada Bulletin Series, Bulletin #1*. Ottawa, ON: Author.
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4. Canadian Fitness and Lifestyle Research Institute (2009). Where and how do Canadians participate in sport. *Let's Get Active! Planning effective communication strategies, 2008 Physical Activity Monitor: Facts and Figures Bulletin Series, Bulletin #4*. Ottawa, ON: Author.

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