Sport Participation in Saskatchewan: 1998 and 2005

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Executive Summary

Introduction/Background

- This report focuses on sport participation by Saskatchewan and Canadian residents
- Based on data that TPCS purchased from Statistics Canada
  - 1998 and 2005 General Social Survey

Sport Participation

- Sport participation overall has decreased from 1998 to 2005
  - Largest decrease in SK was among 35 to 54 year-olds
  - Largest decrease nationally was among 15 to 34 year-olds
- Participation among females aged 15 to 34 has increased in SK during that time period and decreased nationally
- The types of sports people participate in has changed from 1998 to 2005
  - Sports with highest participation in SK:
    1998: 1) *Golf*; 2) *Baseball*; 3) *Ice hockey*; 4) *Curling*
    2005: 1) *Curling*; 2) *Volleyball*; 3) *Golf*; 4) *Basketball*

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Executive Summary (cont'd)

Participation and Tournament Competition

- Percentage of sport participants competing in tournaments has increased nationally and decreased in SK from 1998 to 2005
- Percentage of female sport participants competing in tournaments has increased from 1998 to 2005
  - Especially among female sport participants aged 35 to 54 in SK
- Increase in the percentage of 35 to 54 year-olds competing in tournaments in SK from 1998 to 2005

Type of Involvement

- The proportion of respondents involved as coaches has increased in SK and decreased slightly at the national level from 1998 to 2005
  - In SK, the percentage of female coaches has increased, while percentage of male coaches has decreased
  - In Canada, the percentage of male coaches has decreased, while the percentage of female coaches has remained the same
- Proportion of respondents involved as administrators, referees, and spectators has decreased in SK from 1998 to 2005
  - Increase in percentage of female spectators in SK

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Executive Summary (cont'd)

Benefits

- The most frequently cited benefits of sport participation for both females and males were: 1) *Relaxation*; and 2) *Health and Fitness*
- Females were considerably more likely than males to cite *Family Activity* and *New Friends* as a benefit

Barriers

- The most frequently cited reasons for not participating regularly in sport were: 1) *Lack of Time*; and 2) *Lack of Interest*

Time Use

- Amount of Free Time decreased by an average of 30 minutes per day in SK from 1998 to 2005
- An average of 30 minutes per day were spent on Sport and Recreation in 1998 and 2005
- How sport participants spend their free time (compared to non-participants):
  - **More time**: *socializing, engaging in entertainment, being active in sport and recreation*
  - **Less time**: *in front of a screen, reading, other sedentary activities*

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Introduction

- This report focuses primarily on sport participation by Saskatchewan and Canadian residents.
  - Based on data from the 1998 and 2005 General Social Survey
  - Mirrors the Statistics Canada report, *Sport Participation in Canada*, *2005* (Cat. no. 81-595-MIE-No. 060) which can be found at: http://www.statcan.ca/english/pub/index.htm
- This report includes information on:
  - Type of Involvement
  - Kinds of Sports Played
  - Rationale for Participation / Non-Participation
  - Barriers to Participation
  - General Time Use
  - Socio-Economic Variables

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General Social Survey: Background

- The General Social Survey (GSS) is an annual survey that monitors changes and emerging trends in Canadian Society with content cycles repeating approximately every five years.
- Cycle 19 of the GSS is the fourth cycle dedicated to the topic of time use.
  - Previous time use cycles were carried out in 1986 (cycle 2), 1992 (cycle 7), and 1998 (cycle 12).
  - The time use diary is used to collect details on the time the respondents participated in various activities on a given day.
  - The time use cycles also include a module with questions related to sport participation.
- GSS Public Use Microdata File (PUMF) data files were purchased by TPCS from Statistics Canada for 1998 (cycle 12) and 2005 (cycle 19).
  - A PUMF file is specially prepared to protect the confidentiality of respondents and to minimize the possibility of disclosing or identifying any respondents or observations.

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General Social Survey: Methodology

- Computer assisted telephone interviewing (CATI) was used to collect data on Canadian households.
  - CAN households: 1998 (n=10,749); 2005 (n=19,597)
  - SASK households: 1998 (n=711); 2005 (n=1,060)
  - Households were selected using Random Digit Dialing (RDD)
  - Information on Aboriginal Status was suppressed in the PUMF file.
  - The sport module was asked to the full survey sample in 1998 and only half of the survey sample in 2005.
- The target population included all people 15 and over, except full-time residents of Institutions.
- The responding household member provided information on behalf of children aged 5 to 14 (Note: Information on children's participation is not presented in this report because the information is not available in the PUMF).
  - Data collection was evenly distributed over 12 months to counterbalance seasonal variation as much as possible.
  - Diary information on what the respondent did in a 24-hour period was collected. The diary listing started at 4:00am.

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General Social Survey: Methodology (cont'd)

- Sample weights were adjusted to account for the geographic over- and under-representation of age-gender groups, months of the year, or days of the week.
  - A separate weight was used for 2005 data on the sport module variables.
  - A detailed explanation of the weighting and all GSS cycles can be found on Statistics Canada's GSS website at: http://www.statcan.ca/

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Sport Participation

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Sport Participation: Defined

- Sport participation was determined by responses to 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.
  - **Sport:** activities which involve training or competition, with some level of physical intensity or organization. Leisure activities such as dance, fitness, fishing, hiking, motorcycling, non-competitive aerobics, bicycling for recreation/transportation only, snowmobiling, or body building/sculpting were not considered sport.
- It must be noted that sport participation is not an indication of overall physical activity participation.

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Sport Participation: Highlights

- Sport participation overall has decreased from 1998 to 2005
  - Largest decrease in SK was among 35 to 54 year-olds
  - Largest decrease nationally was among 15 to 34 year-olds
- Participation among females aged 15 to 34 has increased in SK during that time period and decreased nationally
- The types of sports people participate in has changed from1998 to 2005
  - Sports with highest participation in SK:
    1998: 1) *Golf*; 2) *Baseball*; 3) *Ice hockey*; 4) *Curling*
    2005: 1) *Curling*; 2) *Volleyball*; 3) *Golf*; 4) *Basketball*

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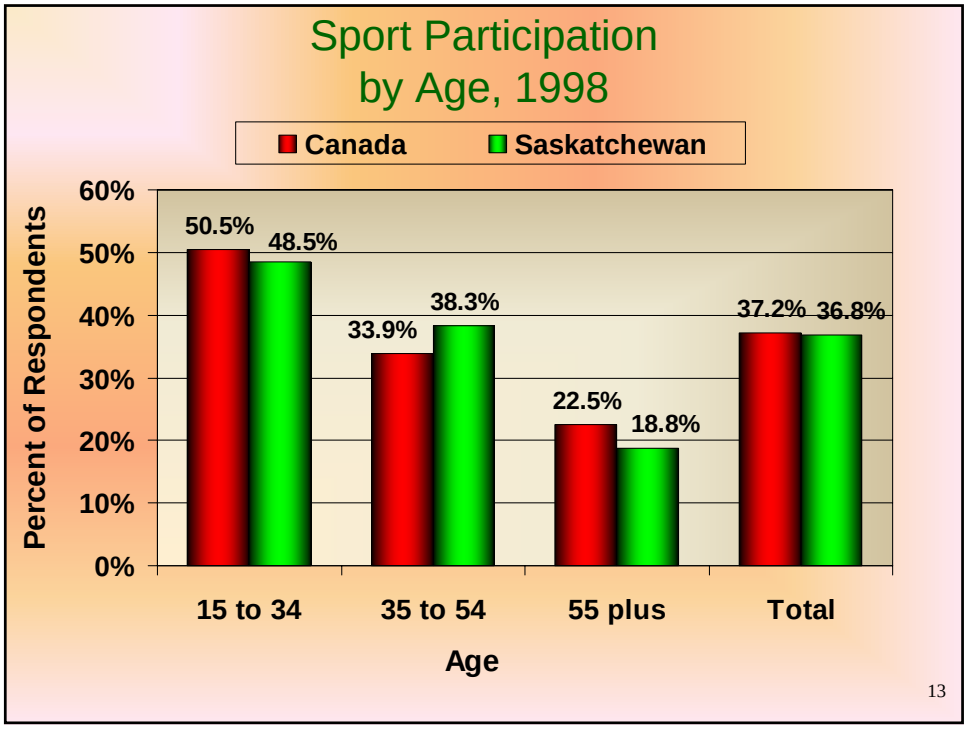
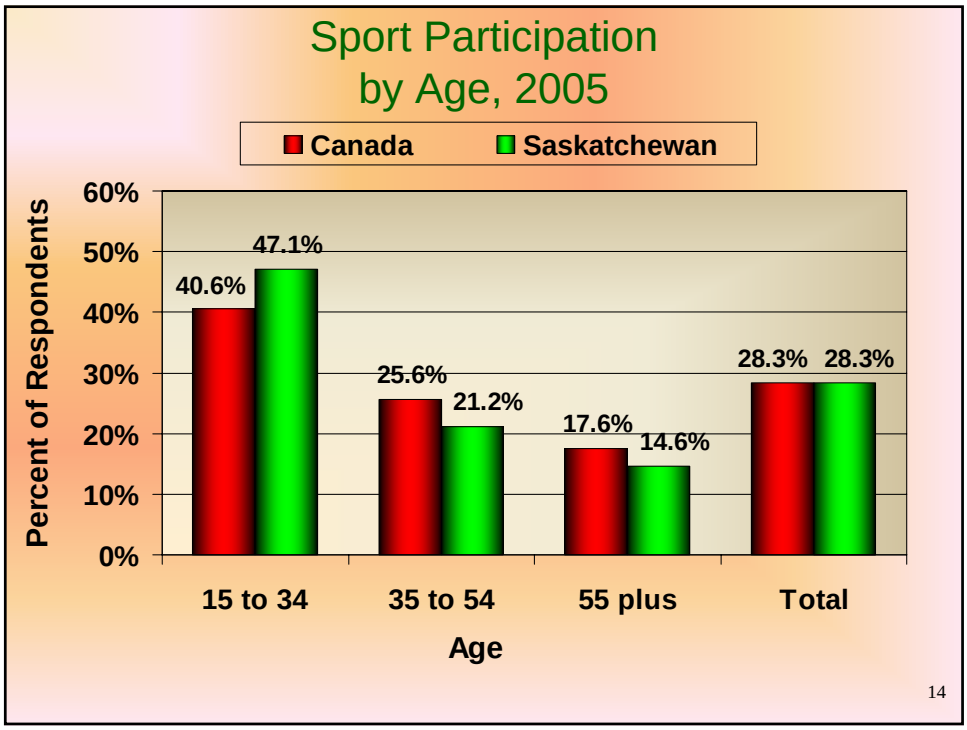
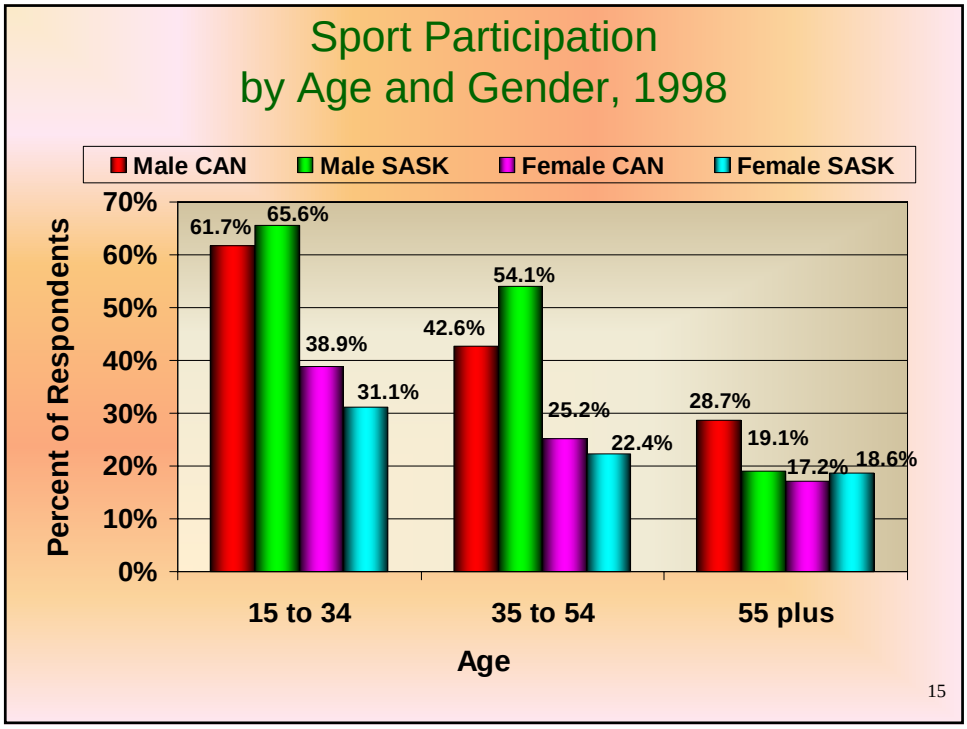
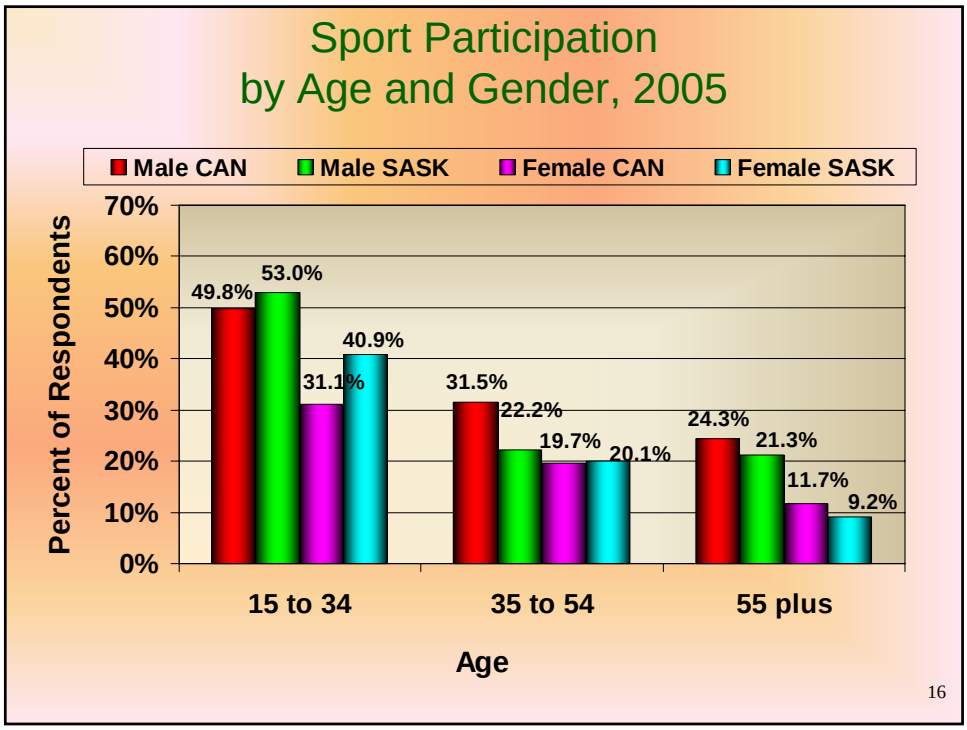
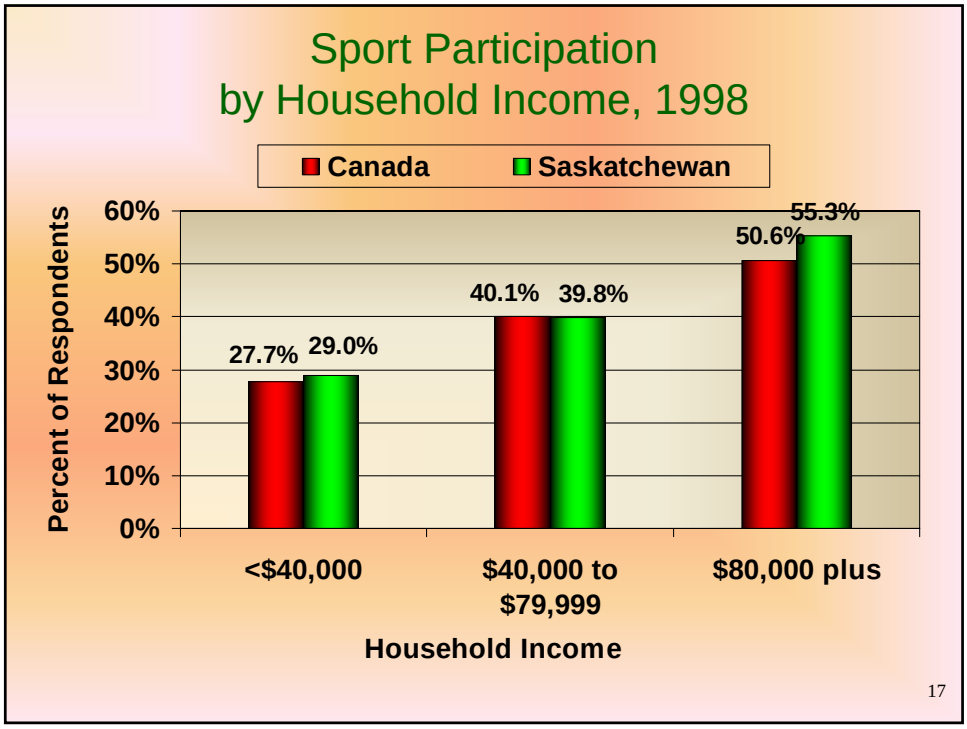
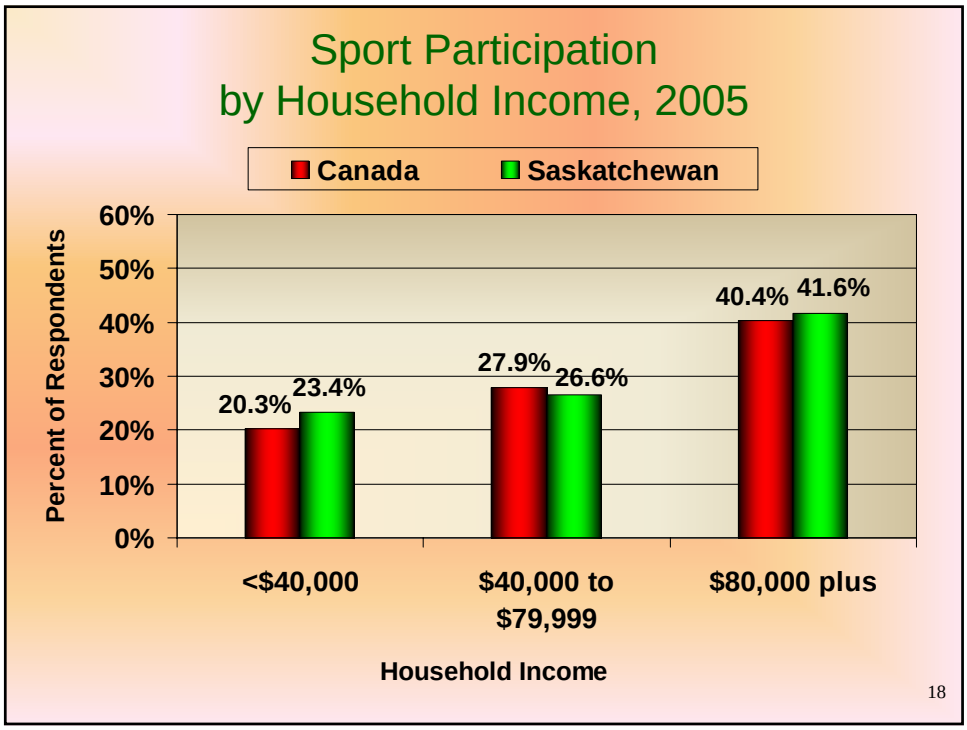

Sport Participation
by Age, 1998
Canada
Saskatchewan
Percent of Respondents
60%
50%
40%
30%
20%
10%
0%
50.5%
48.5%
33.9%
38.3%
22.5%
18.8%
37.2%
36.8%
15 to 34
35 to 54
55 plus
Total
Age
13

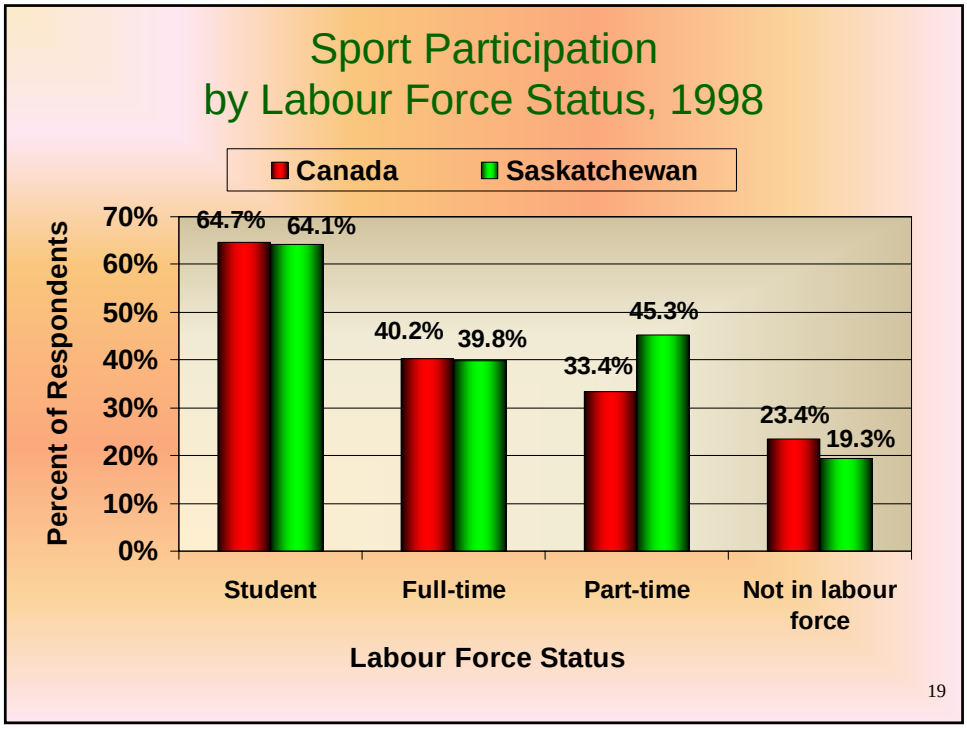

Sport Participation
by Age, 2005
Canada
Saskatchewan
Percent of Respondents
60%
50%
40%
30%
20%
10%
0%
40.6%
47.1%
25.6%
21.2%
17.6%
14.6%
28.3%
28.3%
15 to 34
35 to 54
55 plus
Total
Age
14

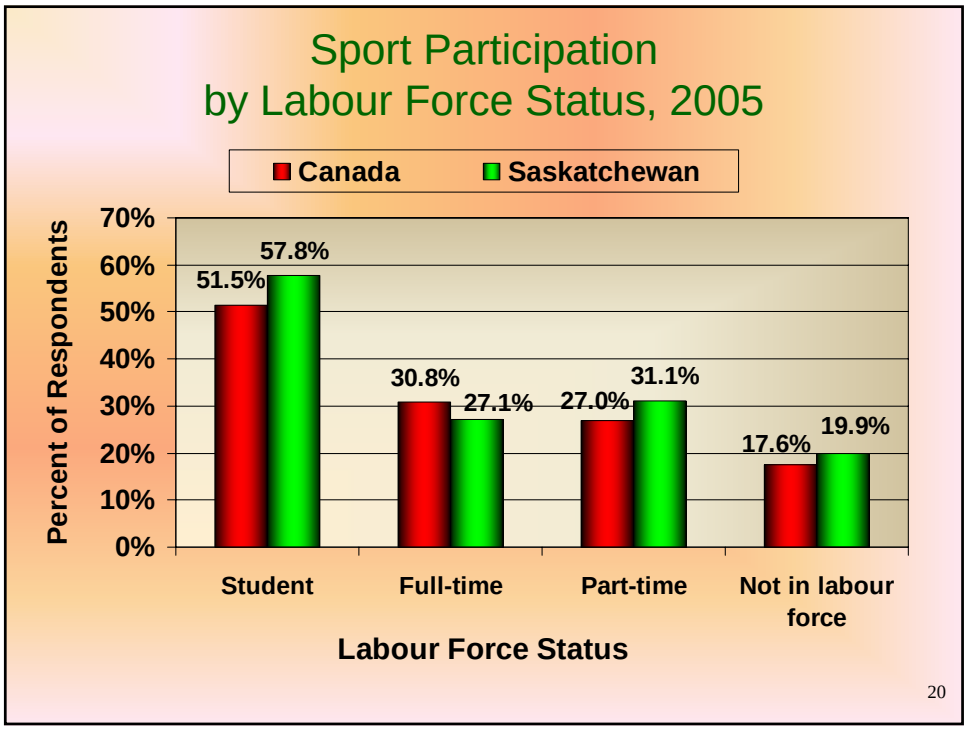

Sport Participation
by Age and Gender, 1998
Male CAN
Male SASK
Female CAN
Female SASK
Percent of Respondents
70%
60%
50%
40%
30%
20%
10%
0%
61.7%
65.6%
38.9%
31.1%
42.6%
54.1%
25.2%
22.4%
28.7%
19.1%
17.2%
18.6%
15 to 34
35 to 54
55 plus
Age
15


Sport Participation
by Age and Gender, 2005
Male CAN
Male SASK
Female CAN
Female SASK
Percent of Respondents
70%
60%
50%
40%
30%
20%
10%
0%
49.8%
53.0%
31.1%
40.9%
31.5%
22.2%
19.7%
20.1%
24.3%
21.3%
11.7%
9.2%
15 to 34
35 to 54
55 plus
Age
16

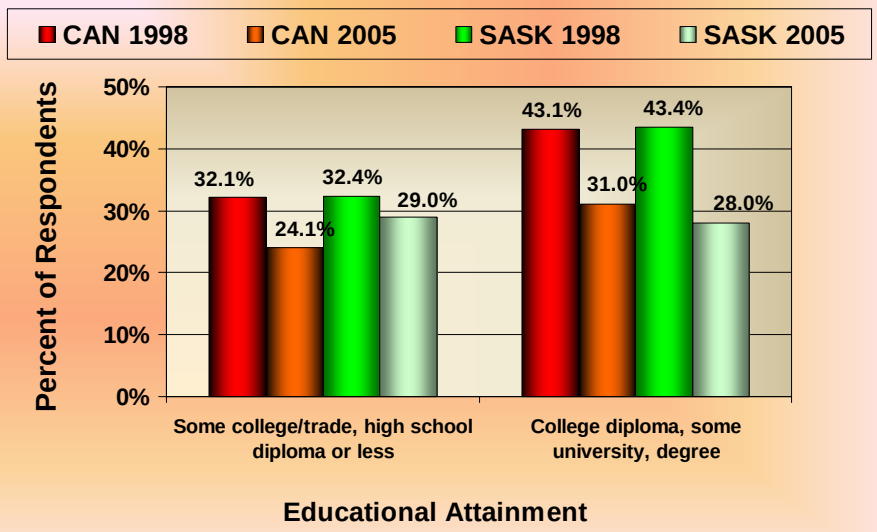

Sport Participation
by Household Income, 1998
Canada
Saskatchewan
Percent of Respondents
60%
50%
40%
30%
20%
10%
0%
27.7%
29.0%
40.1%
39.8%
50.6%
55.3%
<$40,000
$40,000 to $79,999
$80,000 plus
Household Income
17


Sport Participation
by Household Income, 2005
Canada
Saskatchewan
Percent of Respondents
60%
50%
40%
30%
20%
10%
0%
20.3%
23.4%
27.9%
26.6%
40.4%
41.6%
<$40,000
$40,000 to $79,999
$80,000 plus
Household Income
18


Sport Participation
by Labour Force Status, 1998
Canada
Saskatchewan
Percent of Respondents
70%
60%
50%
40%
30%
20%
10%
0%
64.7%
64.1%
40.2%
39.8%
33.4%
45.3%
23.4%
19.3%
Student
Full-time
Part-time
Not in labour force
Labour Force Status
19


Sport Participation
by Labour Force Status, 2005
Canada
Saskatchewan
Percent of Respondents
70%
60%
50%
40%
30%
20%
10%
0%
51.5%
57.8%
30.8%
27.1%
27.0%
31.1%
17.6%
19.9%
Student
Full-time
Part-time
Not in labour force
Labour Force Status
20

Sport Participation by Education, 1998 and 2005



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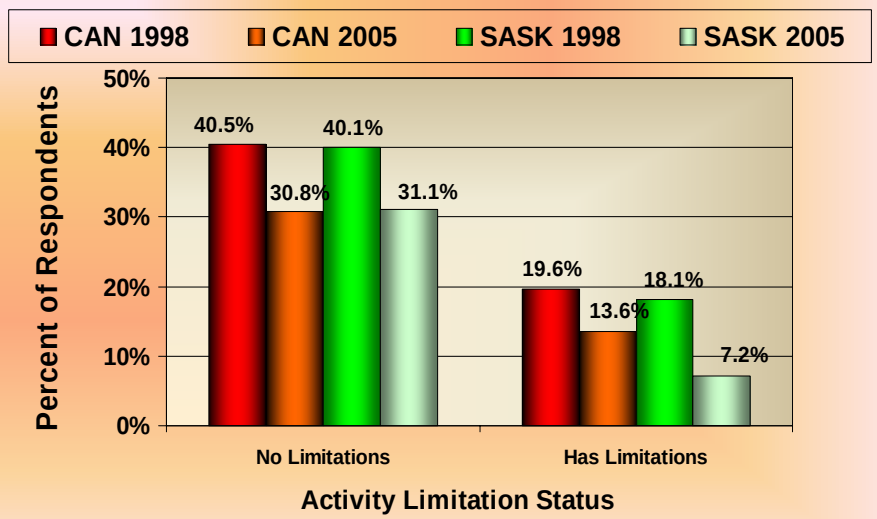
Sport Participation by Activity Limitation Status, 1998 and 2005



*Activity Limitation – respondents with a physical or mental condition that limits the amount or kind of activity that they can perform.

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Active Population Involved in Top Ten Sports,1998 and 2005

	Canada			Saskatchewan		
	1998	2005	%Change	1998	2005	%Change
Golf	22.2%	20.5% (1)	-7.7%	31.7%	17.5% (3)	-44.8%
Ice hockey	18.6	17.9 (2)	-3.8	21.8	15.6 (5)	-28.4
Swimming	13.9	10.5 (3)	-24.5	6.6	4.0(10)	-39.4
Soccer	9.1	9.8 (4)	7.7	7.3	13.7 (6)	87.7
Basketball	9.6	8.7 (5)	-10.3	8.7	16.0 (4)	83.9
Baseball	16.2	7.2 (6)	-55.6	21.9	5.8 (9)	-73.5
Volleyball	9.1	7.1 (7)	-22.0	14.7	20.5 (2)	39.5

( ) Ranking based on participation in sport in 2005

*Active population refers to respondents who regularly participate in sport (at least once per week during a season or certain period of the year).

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Active Population Involved in Top Ten Sports, 1998 and 2005 (cont'd)

	Canada			Saskatchewan		
	1998	2005	%Change	1998	2005	%Change
Skiing (Alpine)	8.2%	6.6% (8)	-19.5%	6.8%	2.3% (14)	-66.2%
Cycling	7.4	6.3 (9)	-14.9	2.4	0 (30)	-100.0
Tennis	8.1	5.6 (10)	-30.9	3.2	0.7 (22)	-78.1
Curling	3.8	4.1 (11)	7.9	16.5	23.1 (1)	40.0
Badminton	5.0	3.7 (13)	-26.0	4.2	7.5 (7)	78.6
Football	4.8	3.4 (15)	-29.2	5.7	6.0 (8)	5.3

( ) Ranking based on participation in sport in 2005

*Active population refers to respondents who regularly participate in sport (at least once per week during a season or certain period of the year).

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Active Population Involved in Top Ten Sports by Gender, 1998

	1998					
	Canada			Saskatchewan		
	Female	Male	Total	Female	Male	Total
Golf	15.5%	26.4%	22.2% (1)	25.8%	34.6%	31.7% (1)
Ice hockey	2.0	28.7	18.6 (2)	7.1	29.1	21.8 (3)
Baseball	12.2	18.6	16.2 (3)	15.1	25.3	21.9 (2)
Swimming	22.5	8.6	13.9 (4)	11.3	4.3	6.6 (10)
Basketball	7.6	10.9	9.6 (5)	7.6	9.2	8.7 (6)
Volleyball	11.5	7.6	9.1 (6)	23.1	10.5	14.7 (5)
Soccer	6.2	10.9	9.1 (6)	1.9	10.0	7.3 (7)
Skiing (Alpine)	10.3	6.9	8.2 (8)	4.1	8.2	6.8 (9)
Tennis	7.3	8.6	8.1 (9)	0.9	4.3	3.2 (15)
Cycling	8.2	6.9	7.4 (10)	2.4	2.3	2.4 (17)
Weightlifting	4.6	5.9	5.4 (12)	2.3	9.2	6.9 (8)
Curling	4.3	3.4	3.8 (15)	19.5	14.9	16.5 (4)

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Active Population Involved in Top Ten Sports by Gender, 2005

	2005					
	Canada			Saskatchewan		
	Female	Male	Total	Female	Male	Total
Golf	12.3%	25.4%	20.5% (1)	6.0%	25.9%	17.5% (3)
Ice hockey	4.2	26.2	17.9 (2)	7.4	21.6	15.6 (5)
Swimming	18.8	5.5	10.5 (3)	7.0	1.8	4.0 (10)
Soccer	11.3	8.9	9.8 (4)	19.2	9.6	13.7 (6)
Basketball	6.7	9.9	8.7 (5)	14.9	16.8	16.0 (4)
Baseball	6.2	7.8	7.2 (6)	11.6	1.6	5.8 (9)
Volleyball	11.2	4.7	7.1 (7)	29.9	13.6	20.5 (2)
Skiing (Alpine)	8.0	5.7	6.6 (8)	2.7	2.1	2.3 (14)
Cycling	6.5	6.2	6.3 (9)	0.0	0.0	0.0 (30)
Tennis	6.1	5.2	5.6 (10)	1.7	0.0	0.7 (22)
Curling	4.8	3.7	4.1 (11)	26.1	20.9	23.1 (1)
Badminton	3.6	3.7	3.7 (13)	11.8	4.3	7.5 (7)
Football	1.3	4.6	3.4 (15)	1.2	9.5	6.0 (8)

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Participation and Tournament Competition in Sport

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Tournament Competition: Highlights

- Percentage of sport participants competing in tournaments has increased nationally and decreased in SK
- Percentage of female sport participants competing in tournaments has increased from 1998 to 2005
  - Especially among female sport participants aged 35 to 54 in SK
- Increase in the percentage of 35 to 54 year-olds competing in tournaments in SK from 1998 to 2005

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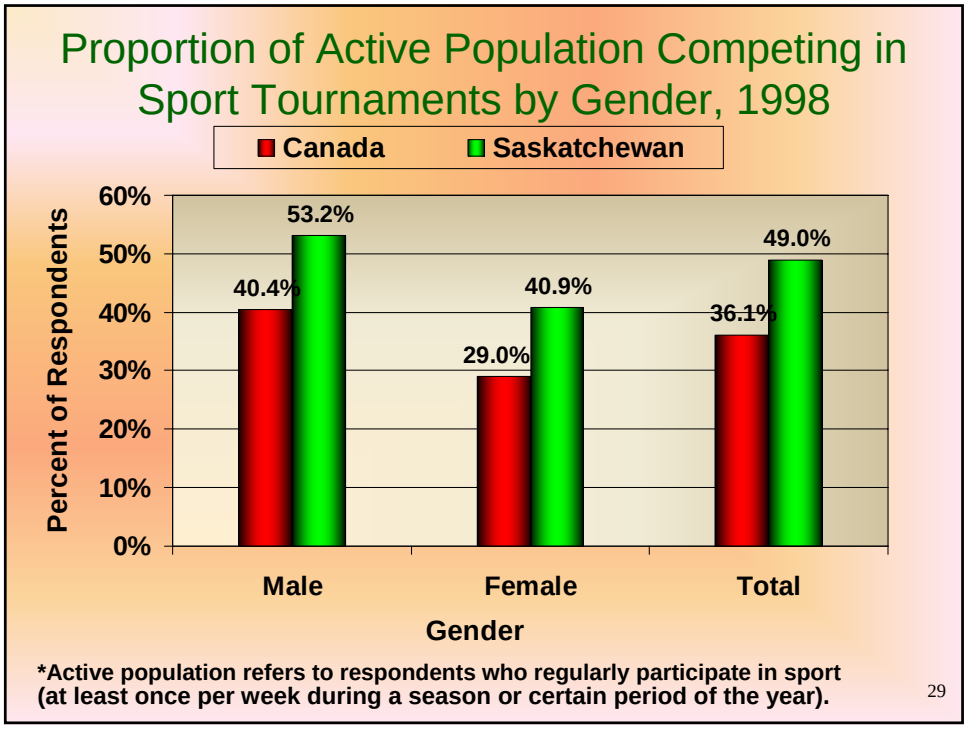
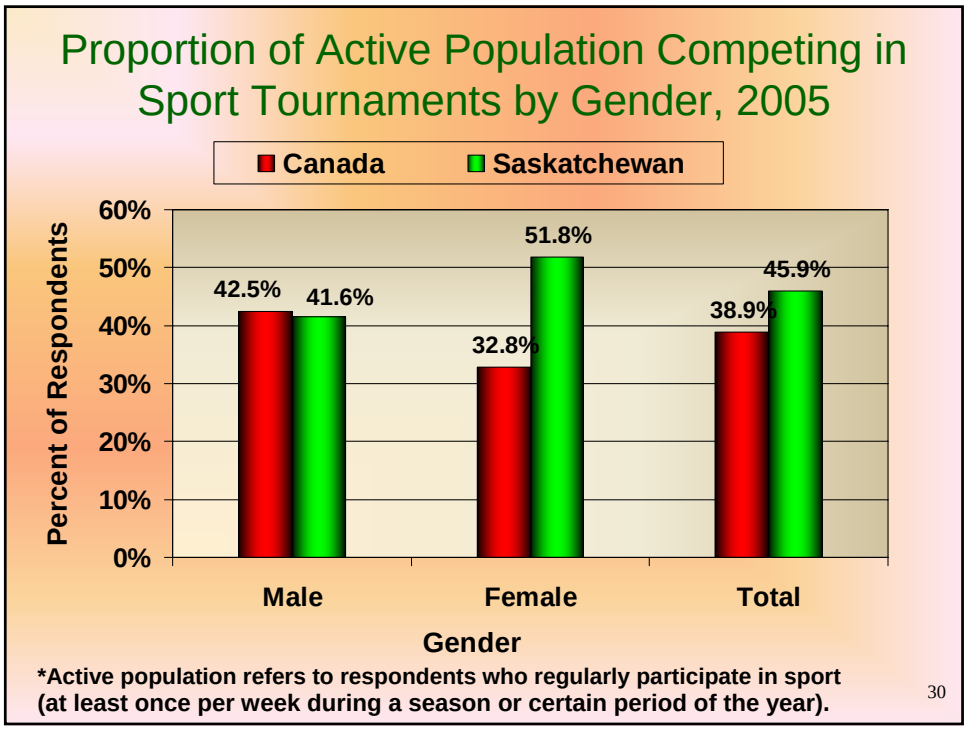
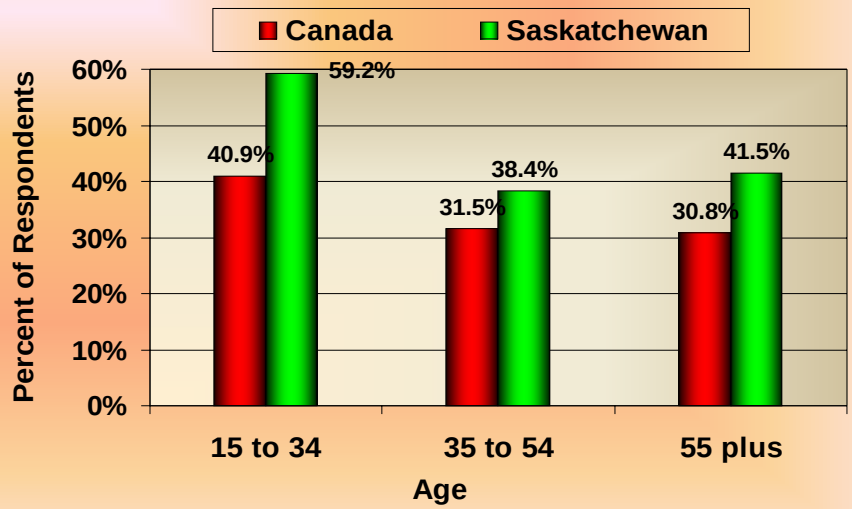

Proportion of Active Population Competing in Sport Tournaments by Gender, 1998
Canada
Saskatchewan
Percent of Respondents
60%
50%
40%
30%
20%
10%
0%
40.4%
53.2%
29.0%
40.9%
36.1%
49.0%
Male
Female
Total
Gender
*Active population refers to respondents who regularly participate in sport (at least once per week during a season or certain period of the year).
29


Proportion of Active Population Competing in Sport Tournaments by Gender, 2005
Canada
Saskatchewan
Percent of Respondents
60%
50%
40%
30%
20%
10%
0%
42.5%
41.6%
32.8%
51.8%
38.9%
45.9%
Male
Female
Total
Gender
*Active population refers to respondents who regularly participate in sport (at least once per week during a season or certain period of the year).
30

Proportion of Active Population Competing in Sport Tournaments by Age, 1998



*Active population refers to respondents who regularly participate in sport (at least once per week during a season or certain period of the year).

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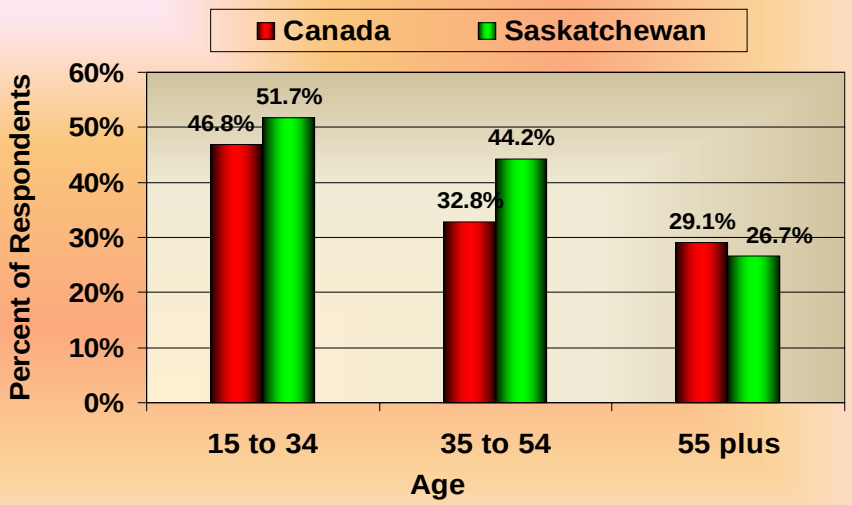
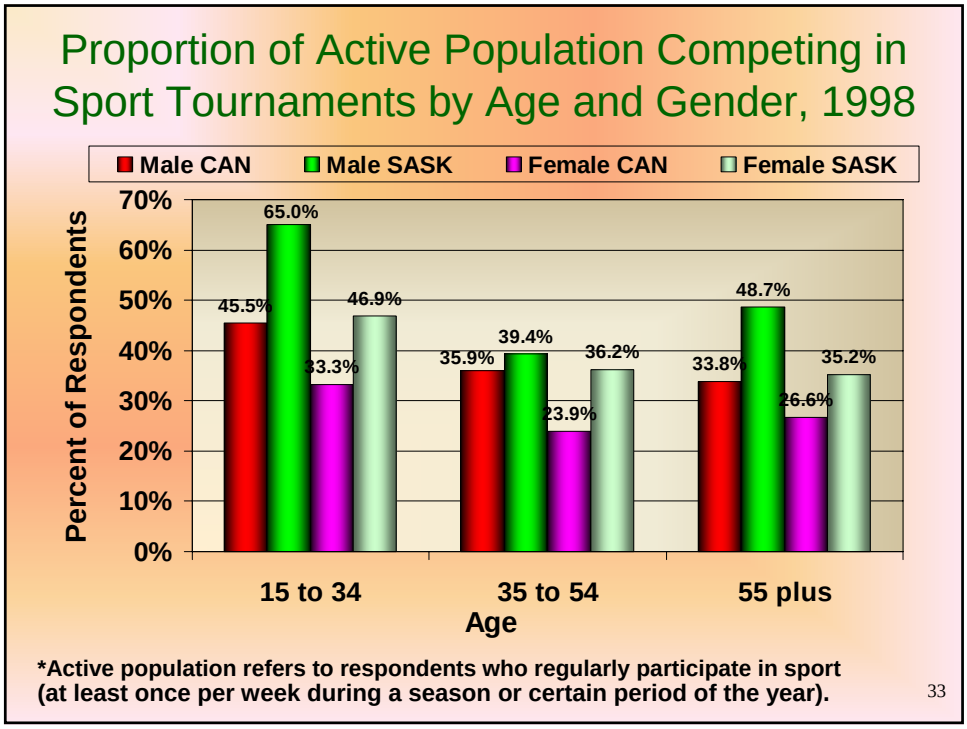
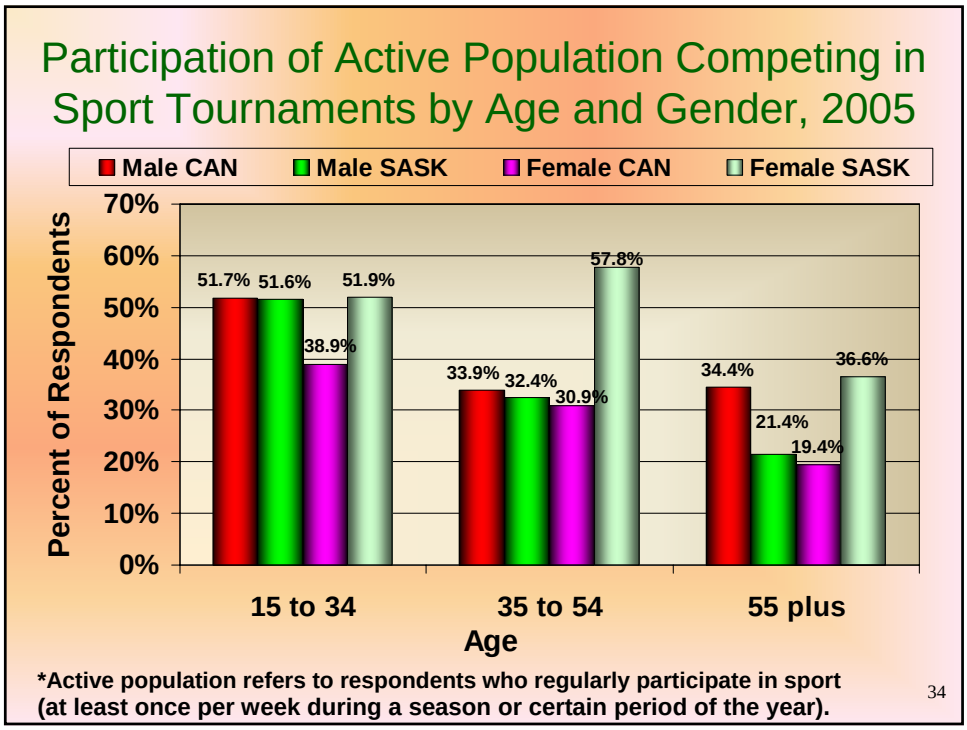
Proportion of Active Population Competing in Sport Tournaments by Age, 2005



*Active population refers to respondents who regularly participate in sport (at least once per week during a season or certain period of the year).

32


Proportion of Active Population Competing in Sport Tournaments by Age and Gender, 1998
Male CAN
Male SASK
Female CAN
Female SASK
Percent of Respondents
70%
60%
50%
40%
30%
20%
10%
0%
45.5%
65.0%
33.3%
46.9%
35.9%
39.4%
23.9%
36.2%
33.8%
48.7%
26.6%
35.2%
15 to 34
35 to 54
55 plus
Age
*Active population refers to respondents who regularly participate in sport (at least once per week during a season or certain period of the year).
33


Participation of Active Population Competing in Sport Tournaments by Age and Gender, 2005
Male CAN
Male SASK
Female CAN
Female SASK
Percent of Respondents
70%
60%
50%
40%
30%
20%
10%
0%
51.7%
51.6%
38.9%
51.9%
33.9%
32.4%
30.9%
57.8%
34.4%
21.4%
19.4%
36.6%
15 to 34
35 to 54
55 plus
Age
*Active population refers to respondents who regularly participate in sport (at least once per week during a season or certain period of the year).
34

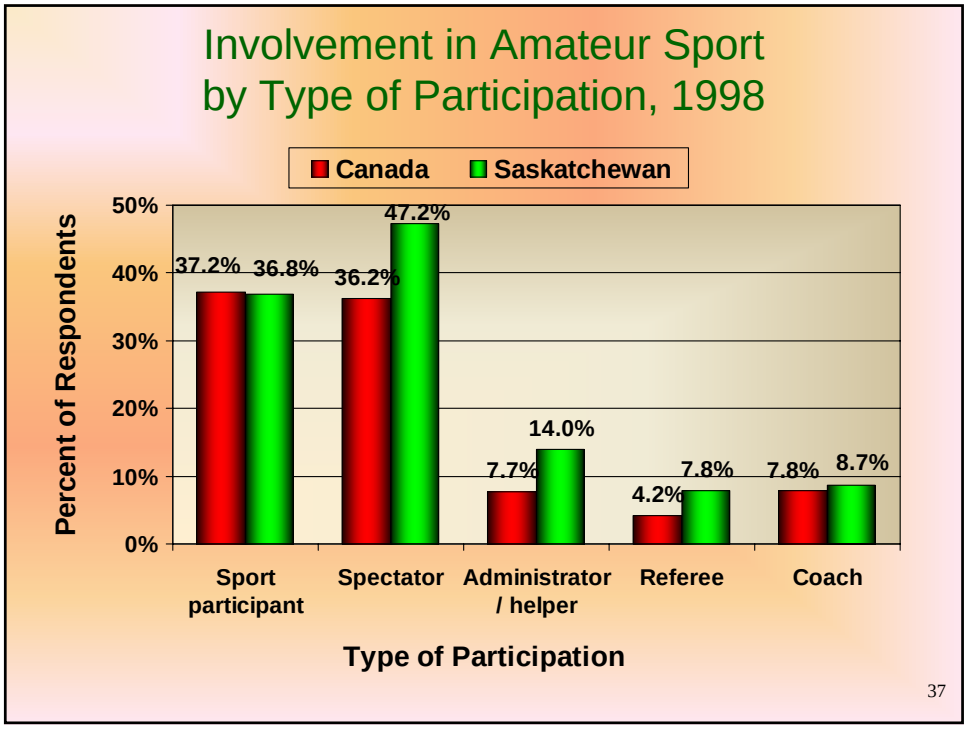
Type of Involvement in Sport

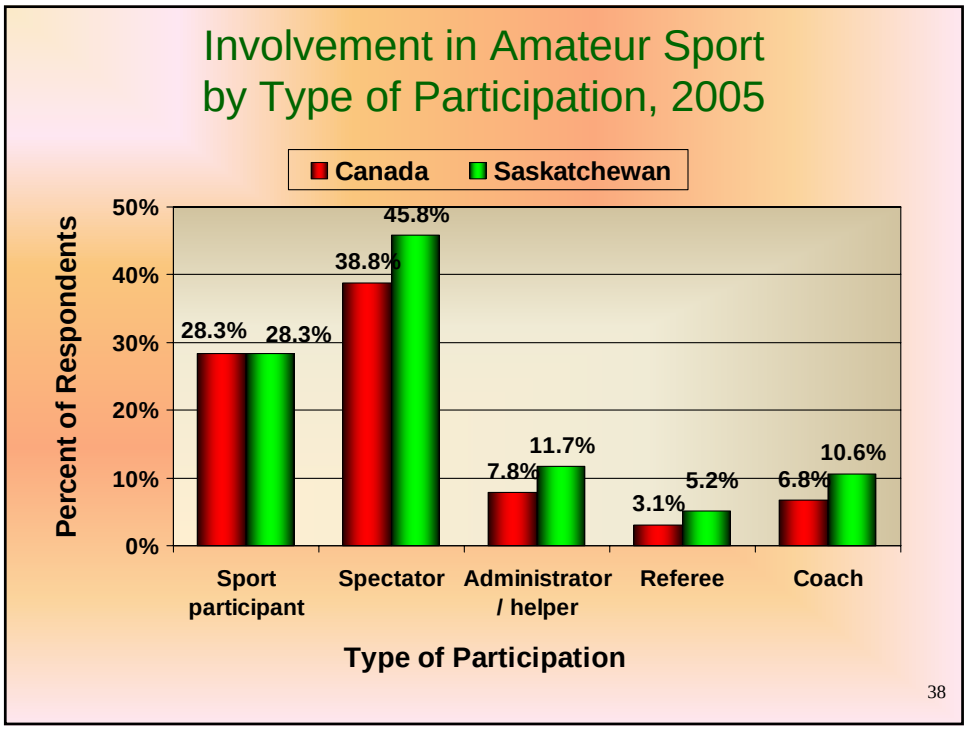
35

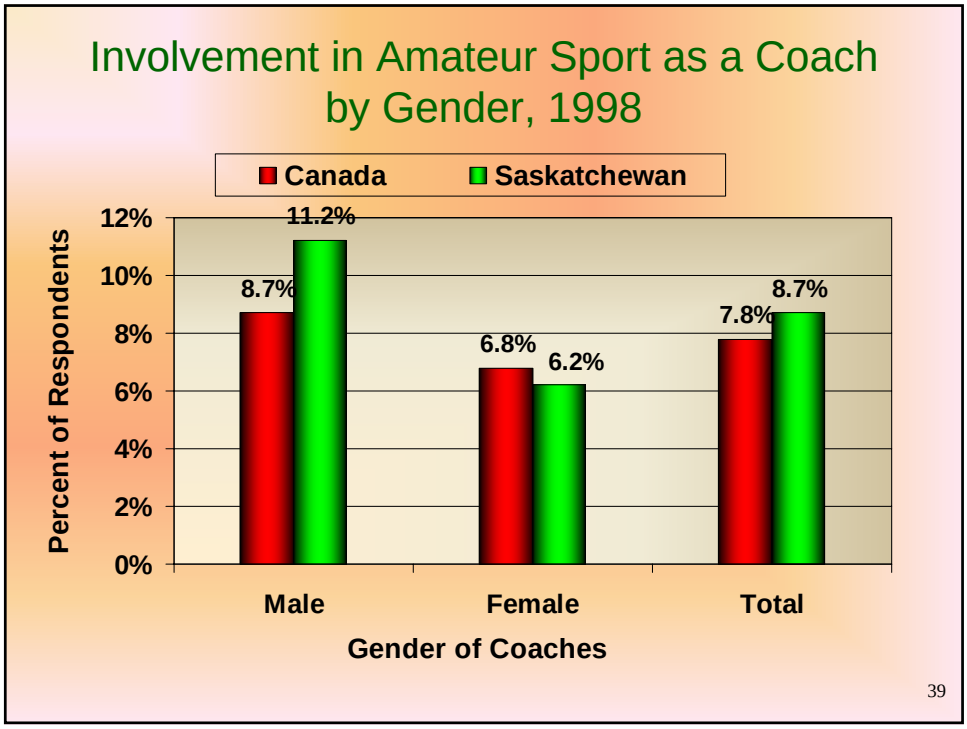
Type of Involvement: Highlights

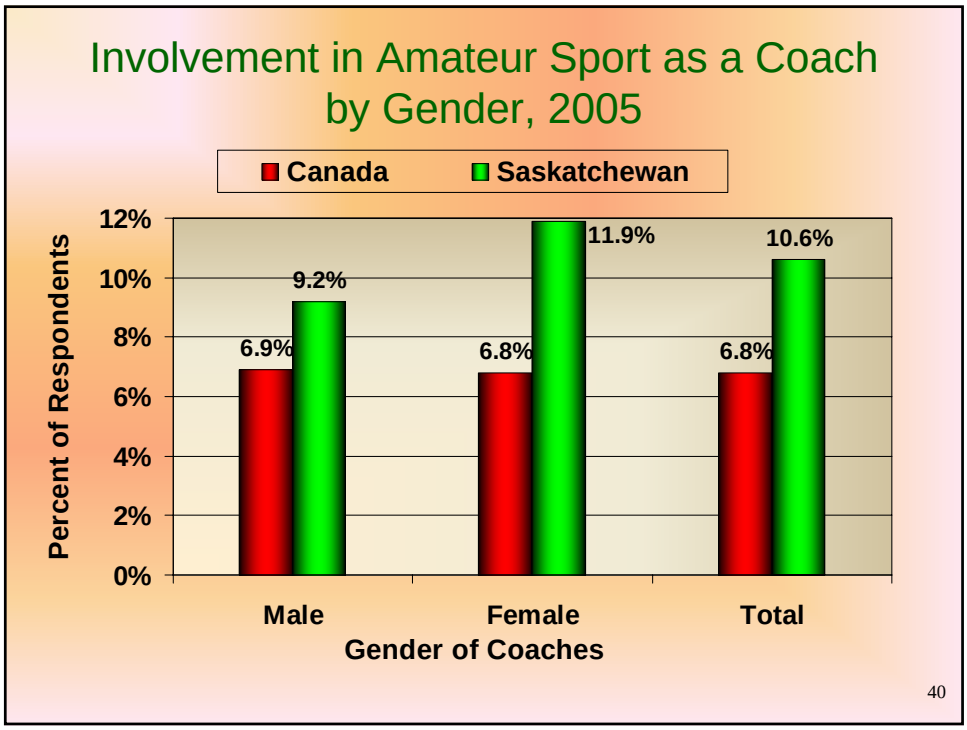
- The proportion of respondents involved as coaches has increased in SK and decreased slightly at the national level from 1998 to 2005
  - In SK, the percentage of female coaches has increased, while percentage of male coaches has decreased
  - In Canada, the percentage of male coaches has decreased, while the percentage of female coaches has remained the same
- Proportion of respondents involved as administrators, referees, and spectators has decreased in SK from 1998 to 2005
  - Increase in percentage of female spectators in SK

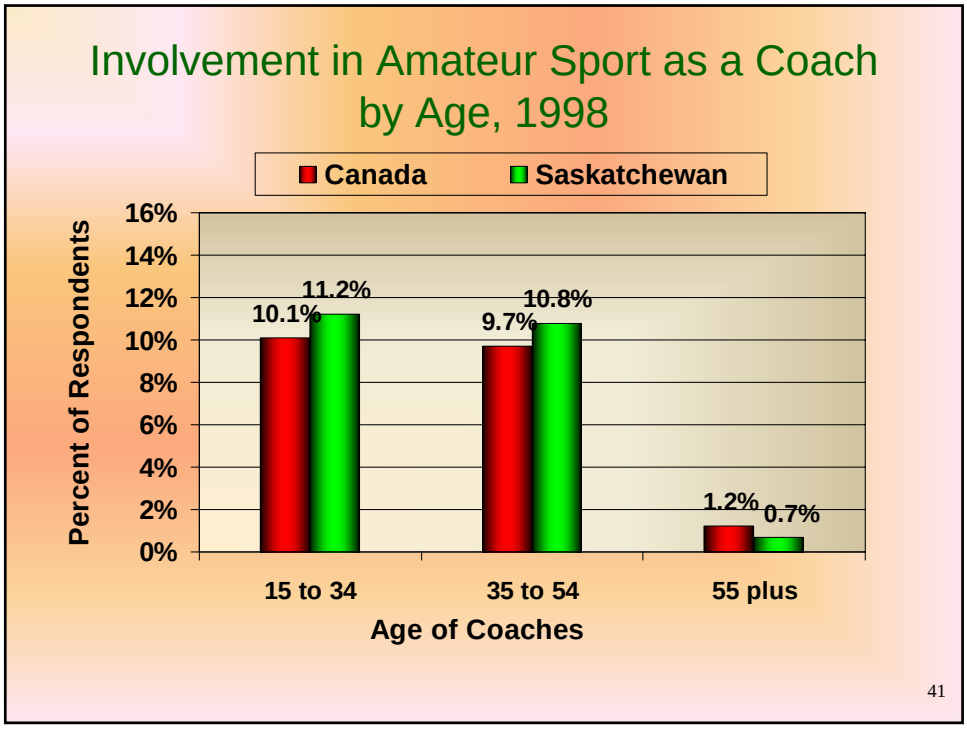
36

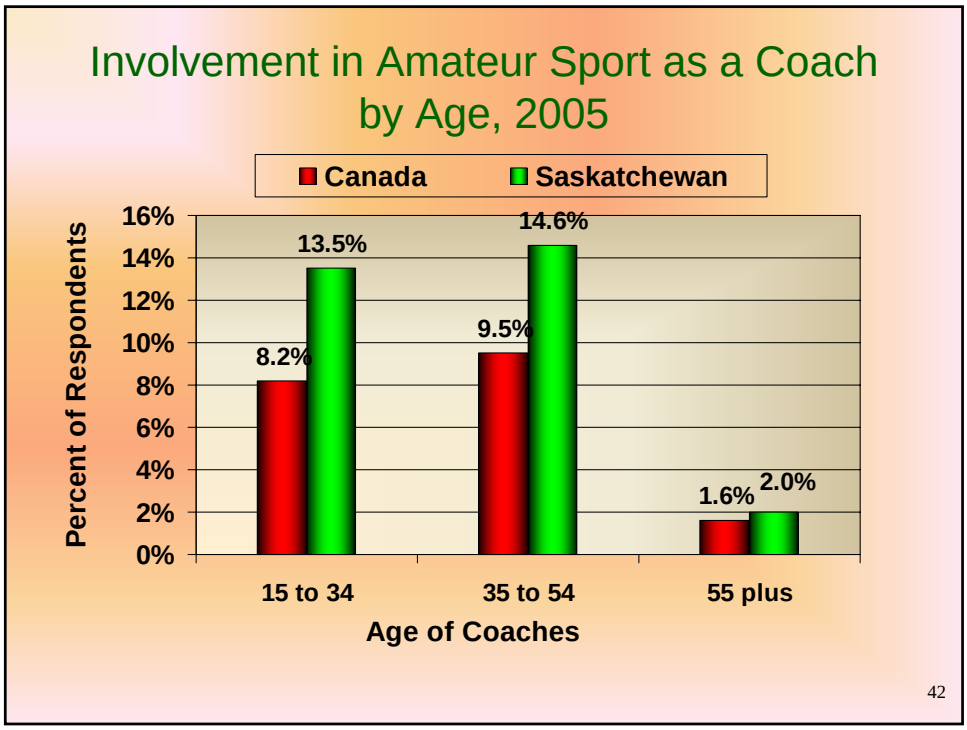

Involvement in Amateur Sport
by Type of Participation, 1998
Canada
Saskatchewan
Percent of Respondents
50%
40%
30%
20%
10%
0%
37.2%
36.8%
36.2%
47.2%
7.7%
14.0%
4.2%
7.8%
7.8%
8.7%
Sport participant
Spectator
Administrator / helper
Referee
Coach
Type of Participation
37

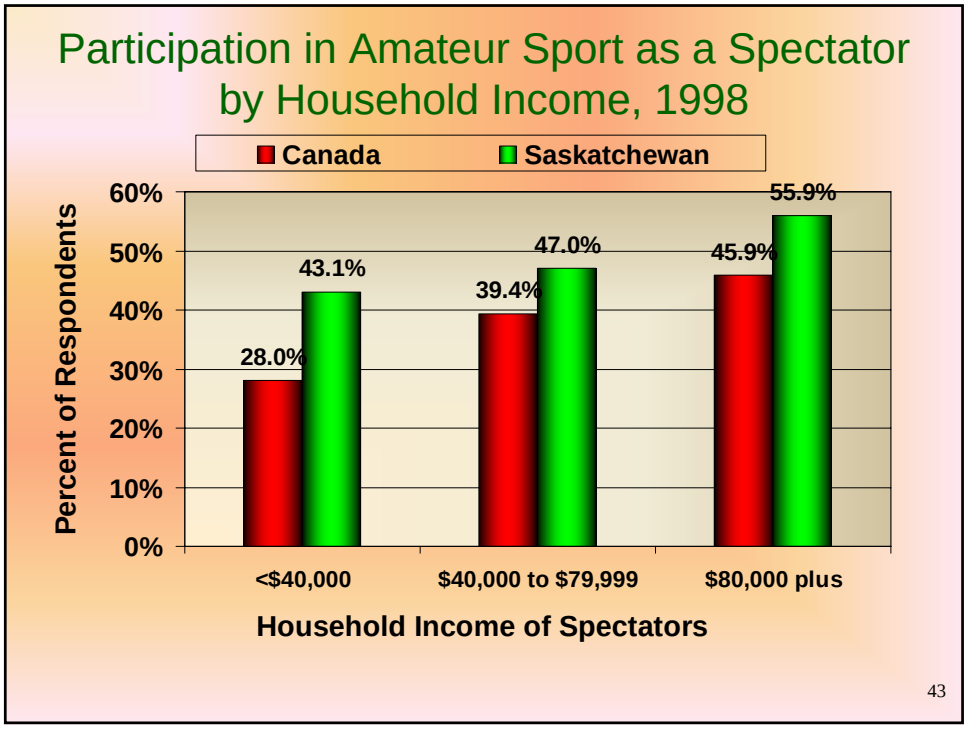

Involvement in Amateur Sport
by Type of Participation, 2005
Canada
Saskatchewan
Percent of Respondents
50%
40%
30%
20%
10%
0%
28.3%
28.3%
38.8%
45.8%
7.8%
11.7%
3.1%
5.2%
6.8%
10.6%
Sport participant
Spectator
Administrator / helper
Referee
Coach
Type of Participation
38

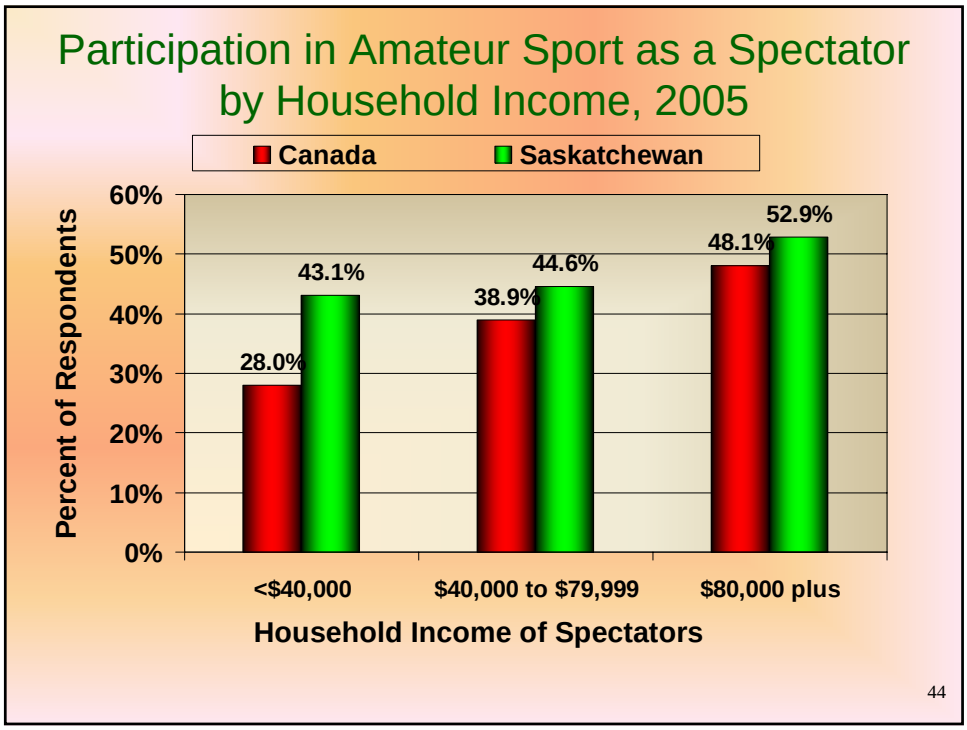

Involvement in Amateur Sport as a Coach by Gender, 1998
Canada
Saskatchewan
Percent of Respondents
12%
10%
8%
6%
4%
2%
0%
8.7%
11.2%
6.8%
6.2%
7.8%
8.7%
Male
Female
Total
Gender of Coaches
39

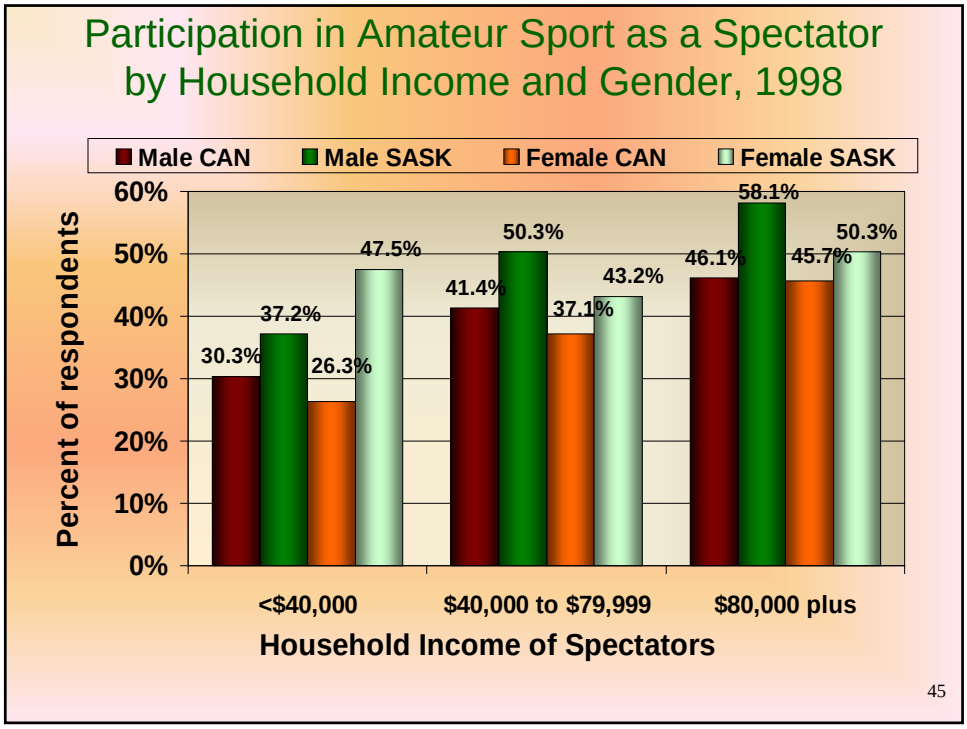

Involvement in Amateur Sport as a Coach by Gender, 2005
Canada
Saskatchewan
Percent of Respondents
12%
10%
8%
6%
4%
2%
0%
6.9%
9.2%
6.8%
11.9%
6.8%
10.6%
Male
Female
Total
Gender of Coaches
40

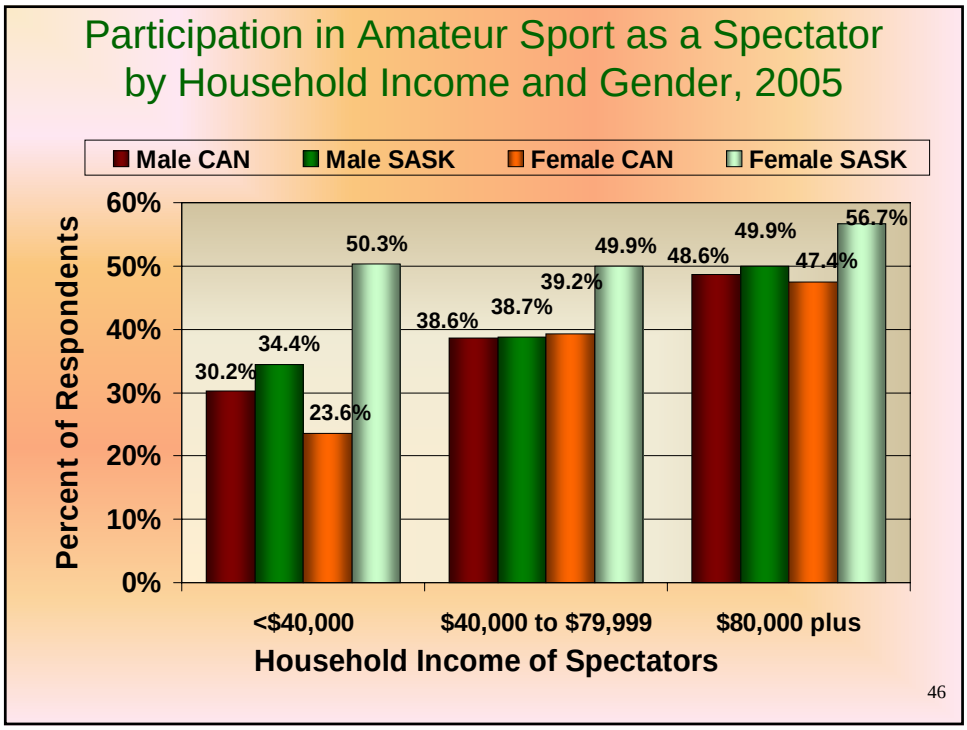

Involvement in Amateur Sport as a Coach by Age, 1998
Canada
Saskatchewan
Percent of Respondents
16%
14%
12%
10%
8%
6%
4%
2%
0%
10.1%
11.2%
9.7%
10.8%
1.2%
0.7%
15 to 34
35 to 54
55 plus
Age of Coaches
41


Involvement in Amateur Sport as a Coach by Age, 2005
Canada
Saskatchewan
Percent of Respondents
16%
14%
12%
10%
8%
6%
4%
2%
0%
8.2%
13.5%
9.5%
14.6%
1.6%
2.0%
15 to 34
35 to 54
55 plus
Age of Coaches
42


Participation in Amateur Sport as a Spectator by Household Income, 1998
Canada
Saskatchewan
Percent of Respondents
60%
50%
40%
30%
20%
10%
0%
28.0%
43.1%
39.4%
47.0%
45.9%
55.9%
<$40,000
$40,000 to $79,999
$80,000 plus
Household Income of Spectators
43


Participation in Amateur Sport as a Spectator by Household Income, 2005
Canada
Saskatchewan
Percent of Respondents
60%
50%
40%
30%
20%
10%
0%
28.0%
43.1%
38.9%
44.6%
48.1%
52.9%
<$40,000
$40,000 to $79,999
$80,000 plus
Household Income of Spectators
44


Participation in Amateur Sport as a Spectator
by Household Income and Gender, 1998
Male CAN
Male SASK
Female CAN
Female SASK
Percent of respondents
60%
50%
40%
30%
20%
10%
0%
30.3%
37.2%
26.3%
47.5%
41.4%
50.3%
37.1%
43.2%
46.1%
58.1%
45.7%
50.3%
<$40,000
$40,000 to $79,999
$80,000 plus
Household Income of Spectators
45


Participation in Amateur Sport as a Spectator
by Household Income and Gender, 2005
Male CAN
Male SASK
Female CAN
Female SASK
Percent of Respondents
60%
50%
40%
30%
20%
10%
0%
30.2%
34.4%
23.6%
50.3%
38.6%
38.7%
39.2%
49.9%
48.6%
49.9%
47.4%
56.7%
<$40,000
$40,000 to $79,999
$80,000 plus
Household Income of Spectators
46

Benefits and Barriers to Sport Participation

47

Benefits and Barriers: Highlights

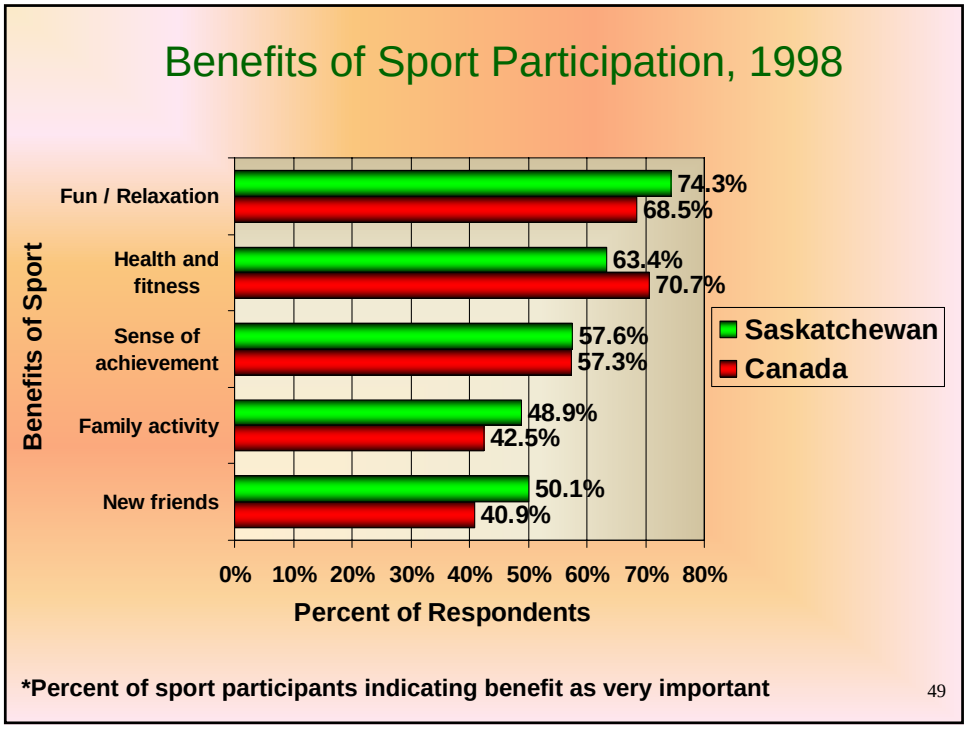
Benefits

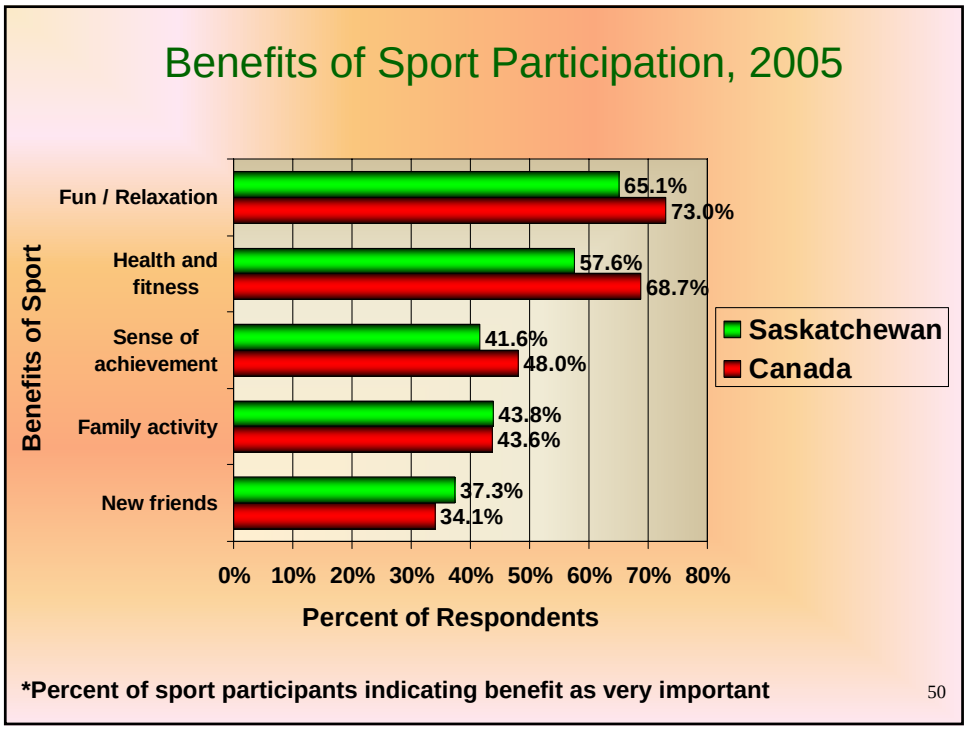
- The most frequently cited benefits of sport participation for both females and males were: 1) *Fun/Relaxation*; and 2) *Health and Fitness*
- Females were considerably more likely than males to cite *Family Activity* and *New Friends* as a benefit

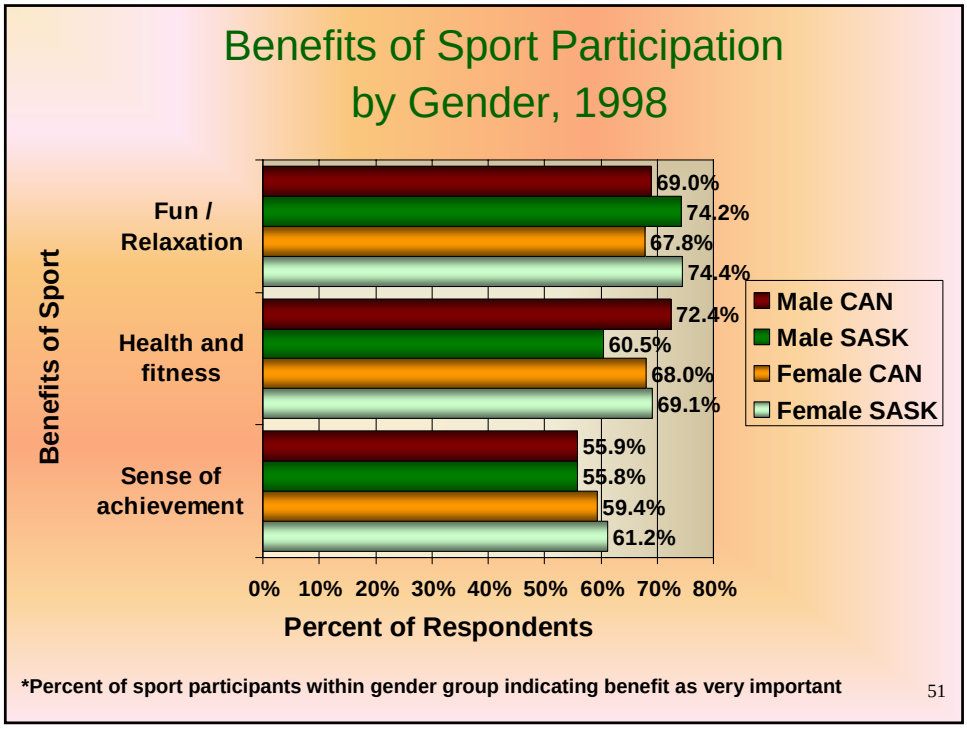
Barriers

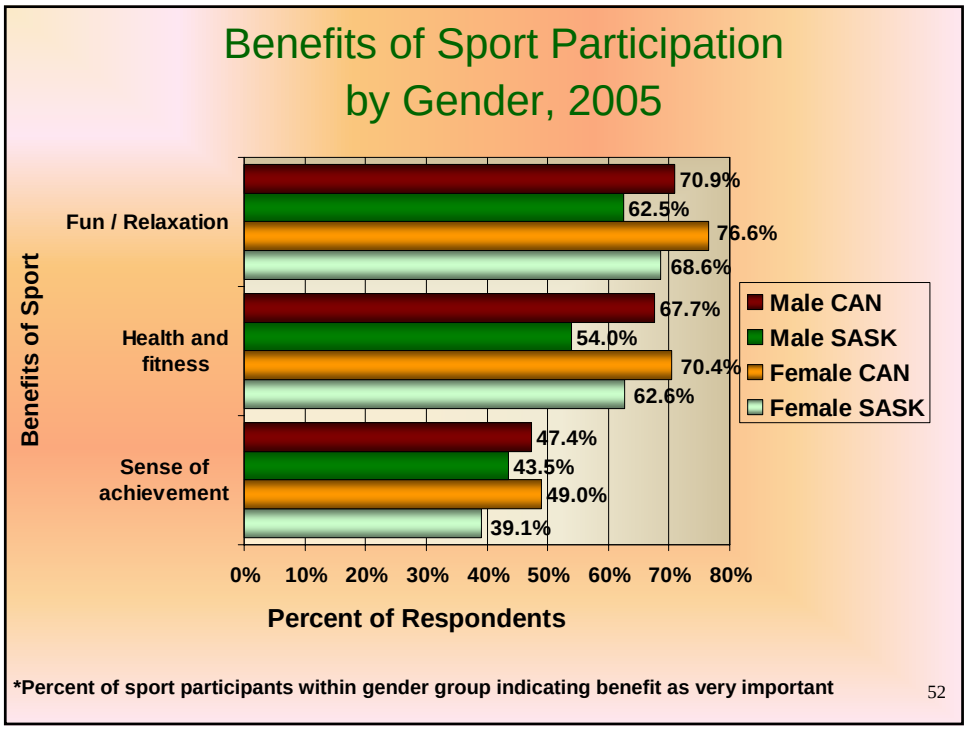
- The most frequently cited reasons for not participating regularly in sport were: 1) *Lack of Time*; and 2) *Lack of Interest*

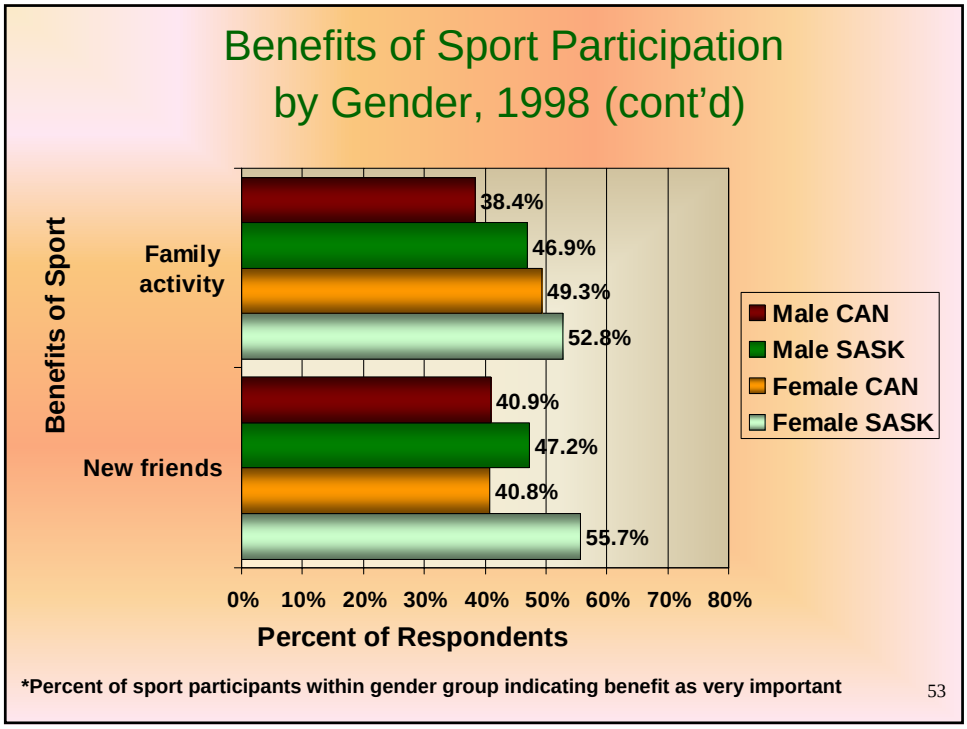
48

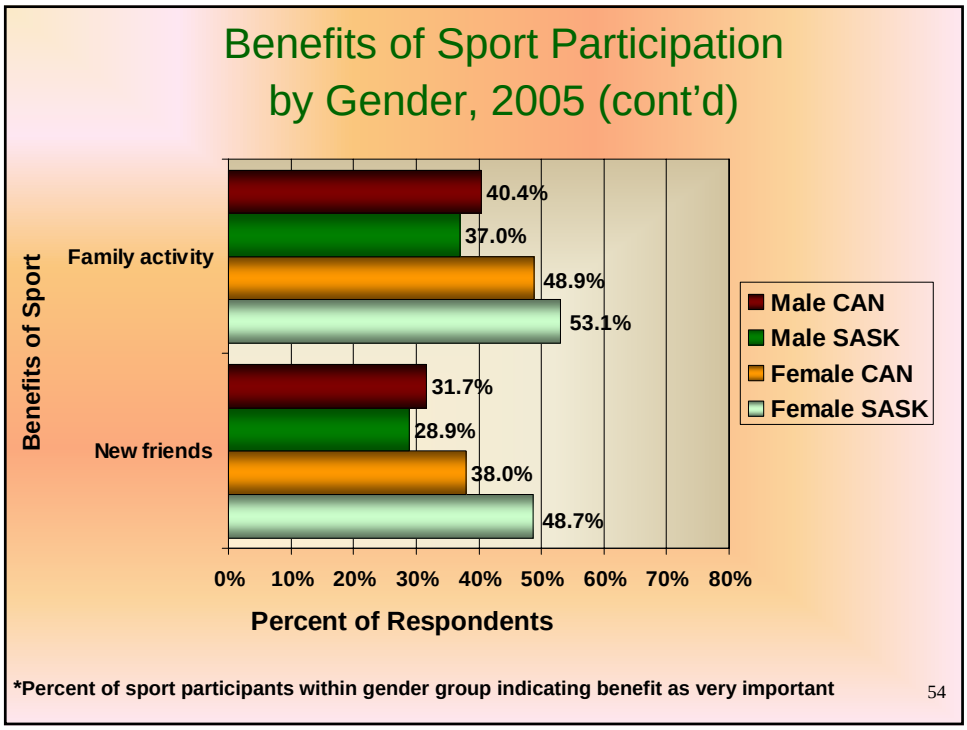

Benefits of Sport Participation, 1998
Benefits of Sport
Fun / Relaxation
Health and fitness
Sense of achievement
Family activity
New friends
74.3%
68.5%
63.4%
70.7%
57.6%
57.3%
48.9%
42.5%
50.1%
40.9%
Saskatchewan
Canada
0% 10% 20% 30% 40% 50% 60% 70% 80%
Percent of Respondents
*Percent of sport participants indicating benefit as very important
49

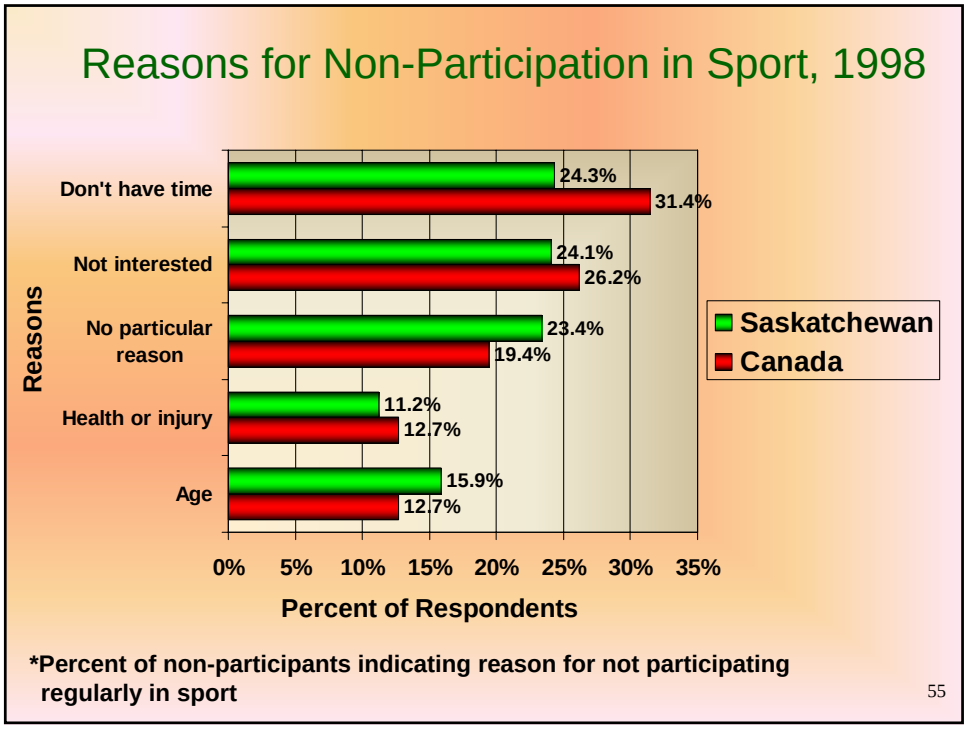

Benefits of Sport Participation, 2005
Benefits of Sport
Fun / Relaxation
Health and fitness
Sense of achievement
Family activity
New friends
65.1%
73.0%
57.6%
68.7%
41.6%
48.0%
43.8%
43.6%
37.3%
34.1%
Saskatchewan
Canada
0% 10% 20% 30% 40% 50% 60% 70% 80%
Percent of Respondents
*Percent of sport participants indicating benefit as very important
50

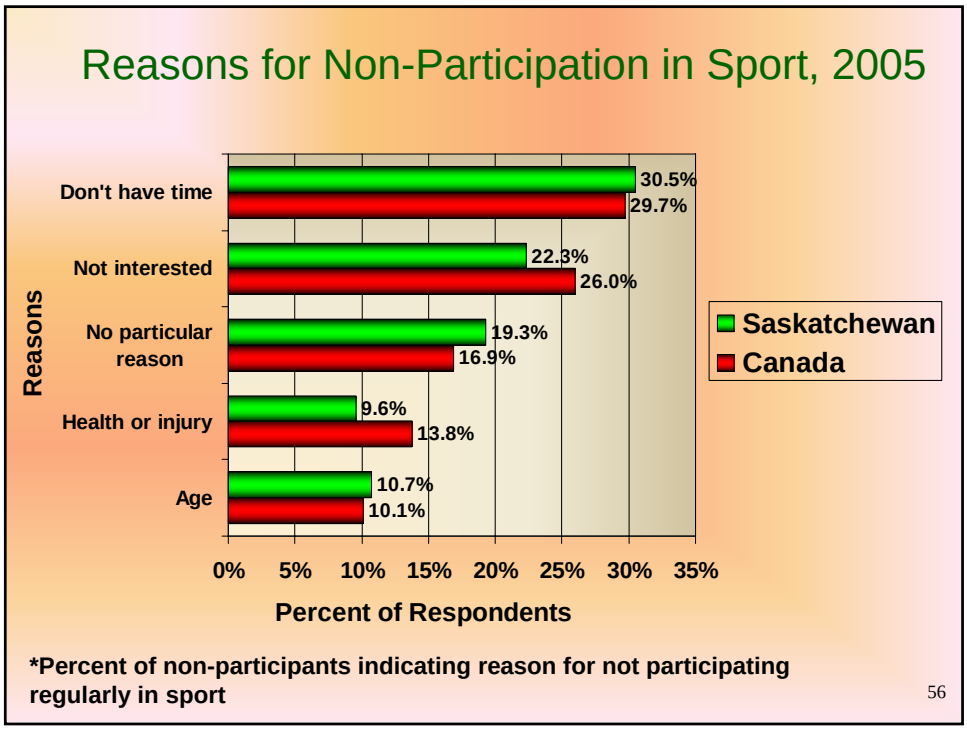

Benefits of Sport Participation
by Gender, 1998
Benefits of Sport
Fun / Relaxation
Health and fitness
Sense of achievement
69.0%
74.2%
67.8%
74.4%
72.4%
60.5%
68.0%
69.1%
55.9%
55.8%
59.4%
61.2%
Male CAN
Male SASK
Female CAN
Female SASK
0% 10% 20% 30% 40% 50% 60% 70% 80%
Percent of Respondents
*Percent of sport participants within gender group indicating benefit as very important
51


Benefits of Sport Participation
by Gender, 2005
Benefits of Sport
Fun / Relaxation
Health and fitness
Sense of achievement
70.9%
62.5%
76.6%
68.6%
67.7%
54.0%
70.4%
62.6%
47.4%
43.5%
49.0%
39.1%
Male CAN
Male SASK
Female CAN
Female SASK
0% 10% 20% 30% 40% 50% 60% 70% 80%
Percent of Respondents
*Percent of sport participants within gender group indicating benefit as very important
52

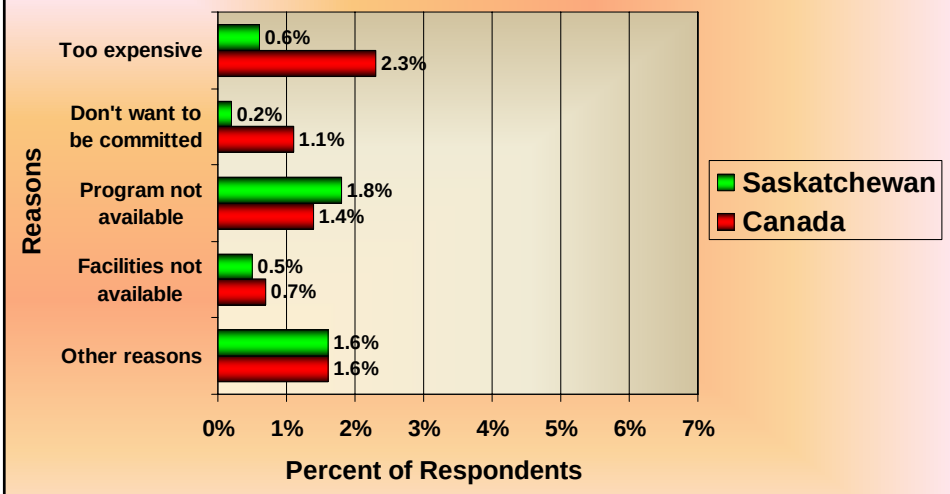

Benefits of Sport Participation
by Gender, 1998 (cont'd)
Benefits of Sport
Family activity
New friends
38.4%
46.9%
49.3%
52.8%
40.9%
47.2%
40.8%
55.7%
Male CAN
Male SASK
Female CAN
Female SASK
0% 10% 20% 30% 40% 50% 60% 70% 80%
Percent of Respondents
*Percent of sport participants within gender group indicating benefit as very important
53


Benefits of Sport Participation
by Gender, 2005 (cont'd)
Benefits of Sport
Family activity
New friends
40.4%
37.0%
48.9%
53.1%
31.7%
28.9%
38.0%
48.7%
Male CAN
Male SASK
Female CAN
Female SASK
0% 10% 20% 30% 40% 50% 60% 70% 80%
Percent of Respondents
*Percent of sport participants within gender group indicating benefit as very important
54


Reasons for Non-Participation in Sport, 1998
Reasons
Don't have time
Not interested
No particular reason
Health or injury
Age
24.3%
31.4%
24.1%
26.2%
23.4%
19.4%
11.2%
12.7%
15.9%
12.7%
0% 5% 10% 15% 20% 25% 30% 35%
Percent of Respondents
Saskatchewan
Canada
*Percent of non-participants indicating reason for not participating regularly in sport
55


Reasons for Non-Participation in Sport, 2005
Reasons
Don't have time
Not interested
No particular reason
Health or injury
Age
30.5%
29.7%
22.3%
26.0%
19.3%
16.9%
9.6%
13.8%
10.7%
10.1%
0% 5% 10% 15% 20% 25% 30% 35%
Percent of Respondents
Saskatchewan
Canada
*Percent of non-participants indicating reason for not participating regularly in sport
56

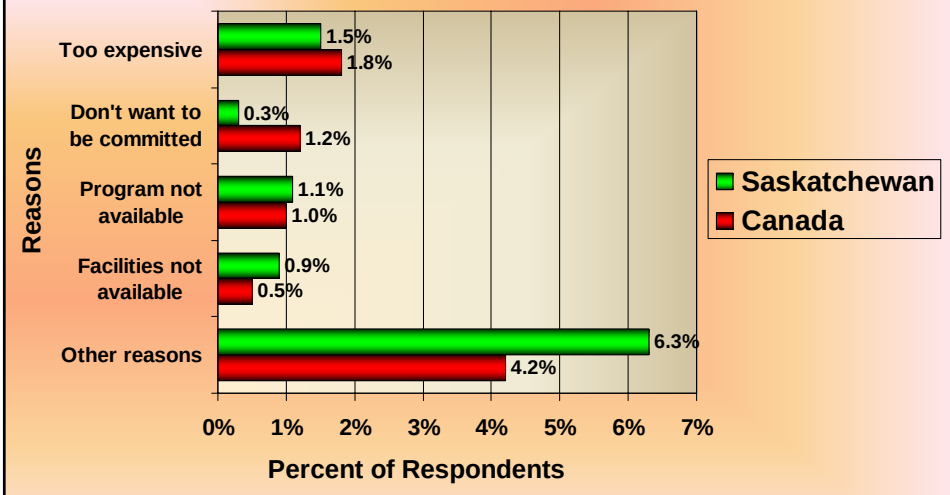
Reasons for Non-Participation in Sport, 1998 (cont'd)



*Percent of non-participants indicating reason for not participating regularly in sport

57

Reasons for Non-Participation in Sport, 2005 (cont'd)



*Percent of non-participants indicating reason for not participating regularly in sport

58

Time Use Overall

59

Time Use: Highlights

- Amount of Free Time decreased by an average of 30 minutes per day in SK from 1998 to 2005
- An average of 30 minutes per day were spent on Sport and Recreation in 1998 and 2005
- How sport participants spend their free time (compared to non-participants):
  - **More time**: *socializing, engaging in entertainment, being active in sport and recreation*
  - **Less time**: *in front of a screen, reading, other sedentary activities*

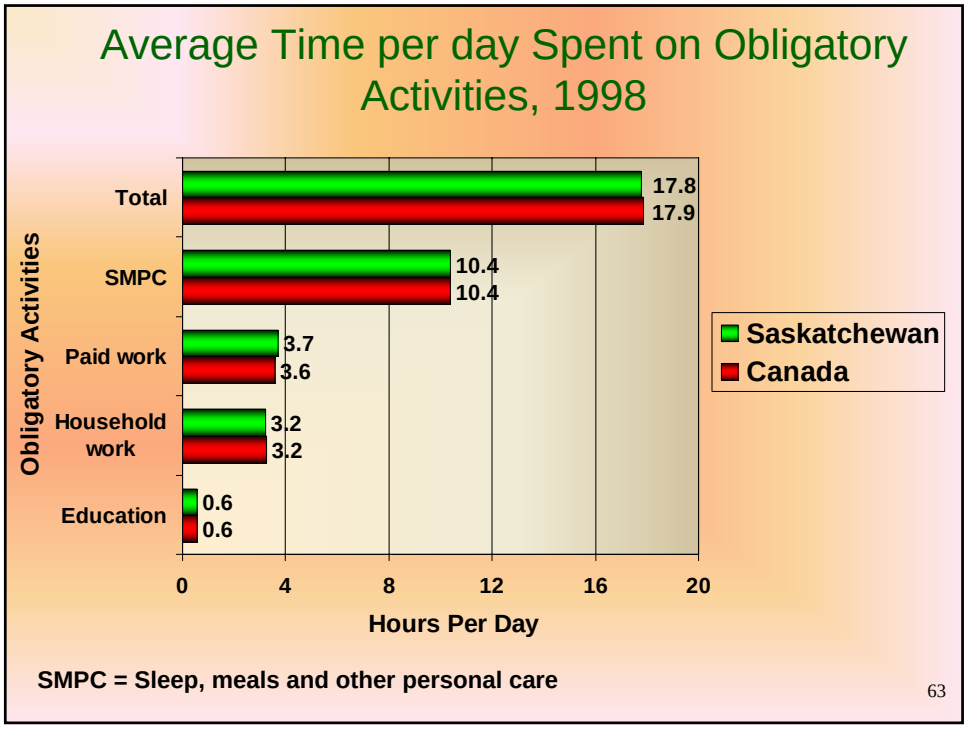
60

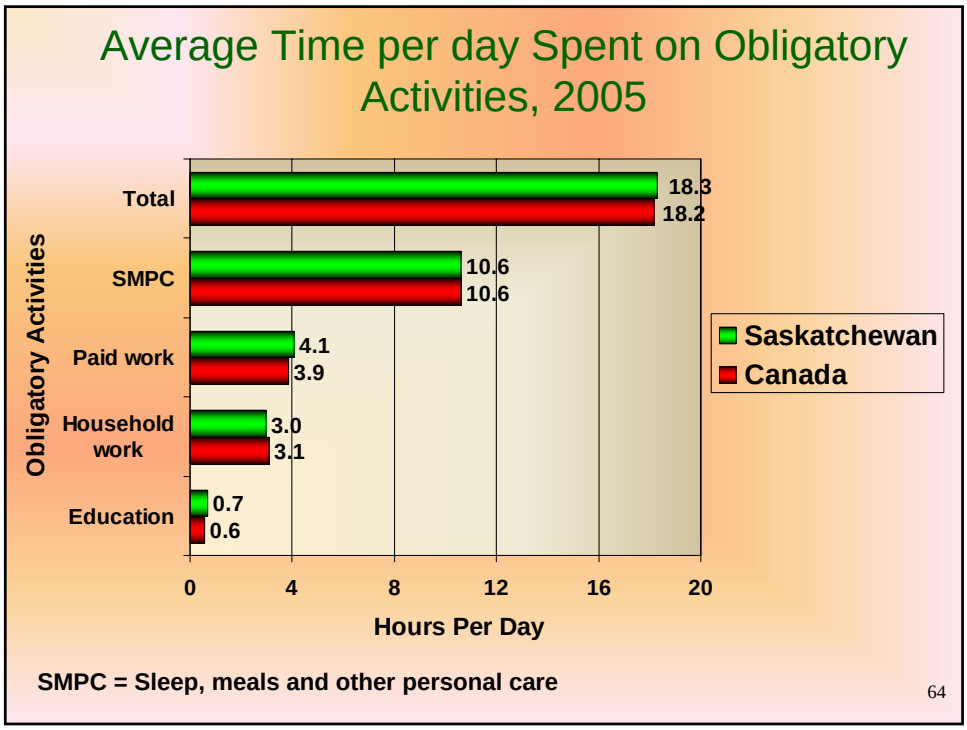
61

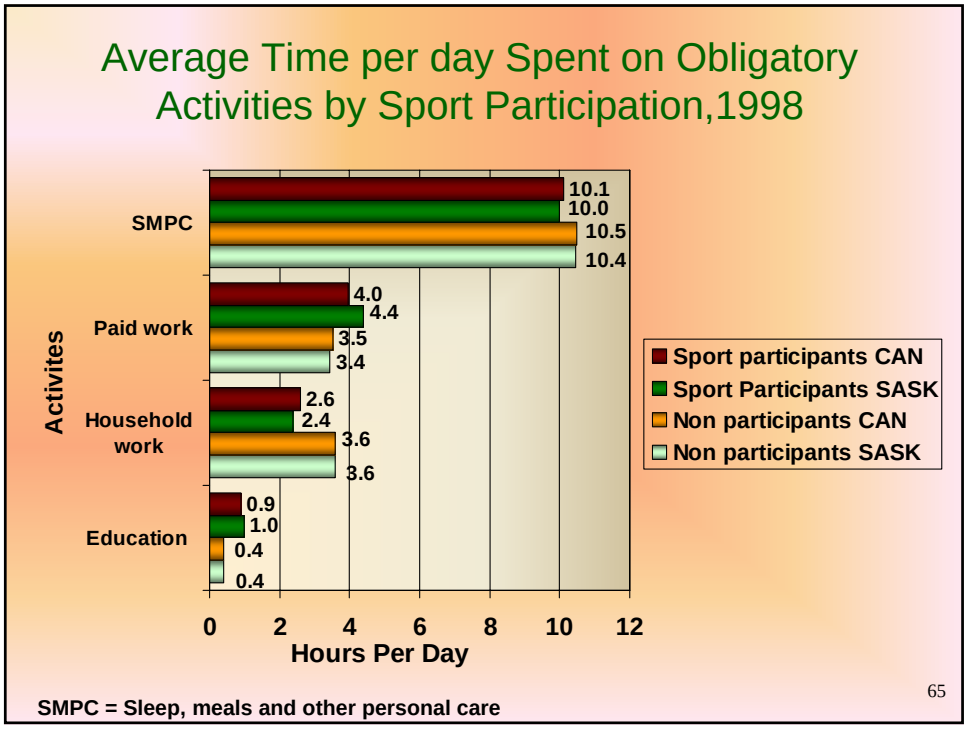
Obligatory Activities: Defined

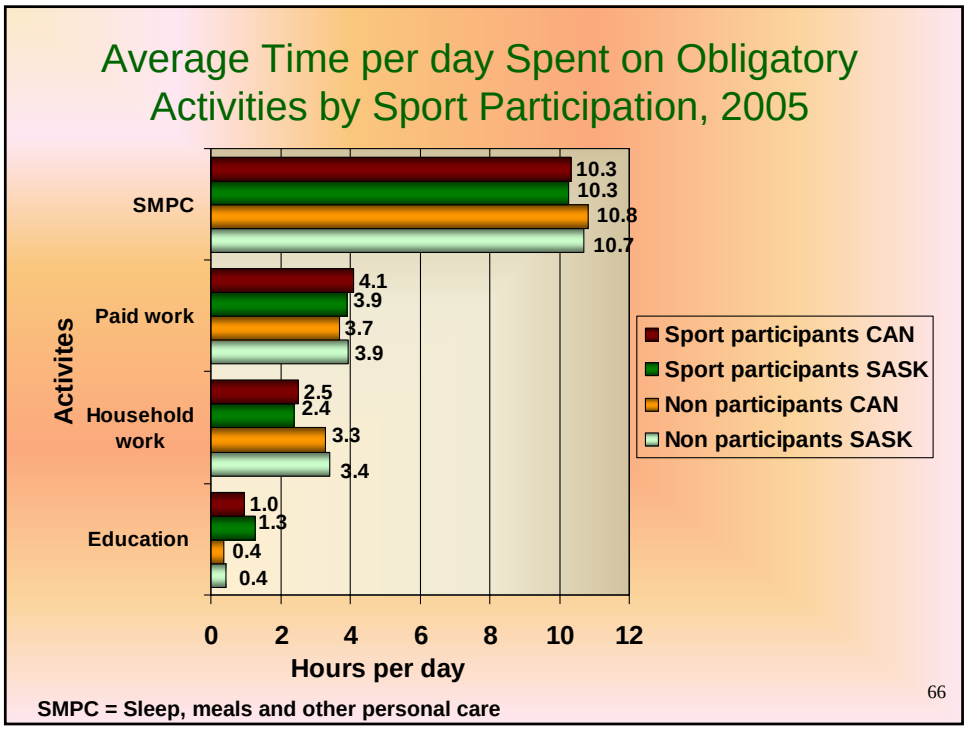
- Obligatory Activities
  - Refers to activities required for basic personal maintenance and survival (e.g., sleep, meals, paid work, household work, education)
- Obligatory Activities Include:
  - **Sleep**
  - **Preparation and eating meals**
  - **Paid work**
  - **Education**
  - **Household Work** – Preparing meals, cleaning, child care, shopping for goods and services, etc.
  - **Other Personal Care** – washing, dressing, private prayer, resting/thinking/relaxing, etc.

62


Average Time per day Spent on Obligatory Activities, 1998
Obligatory Activities
Total
SMPC
Paid work
Household work
Education
17.8
17.9
10.4
10.4
3.7
3.6
3.2
3.2
0.6
0.6
0
4
8
12
16
20
Hours Per Day
Saskatchewan
Canada
SMPC = Sleep, meals and other personal care
63


Average Time per day Spent on Obligatory Activities, 2005
Obligatory Activities
Total
SMPC
Paid work
Household work
Education
18.3
18.2
10.6
10.6
4.1
3.9
3.0
3.1
0.7
0.6
0
4
8
12
16
20
Hours Per Day
Saskatchewan
Canada
SMPC = Sleep, meals and other personal care
64


Average Time per day Spent on Obligatory Activities by Sport Participation,1998
Activites
SMPC
Paid work
Household work
Education
10.1
10.0
10.5
10.4
4.0
4.4
3.5
3.4
2.6
2.4
3.6
3.6
0.9
1.0
0.4
0.4
0
2
4
6
8
10
12
Hours Per Day
Sport participants CAN
Sport Participants SASK
Non participants CAN
Non participants SASK
65
SMPC = Sleep, meals and other personal care

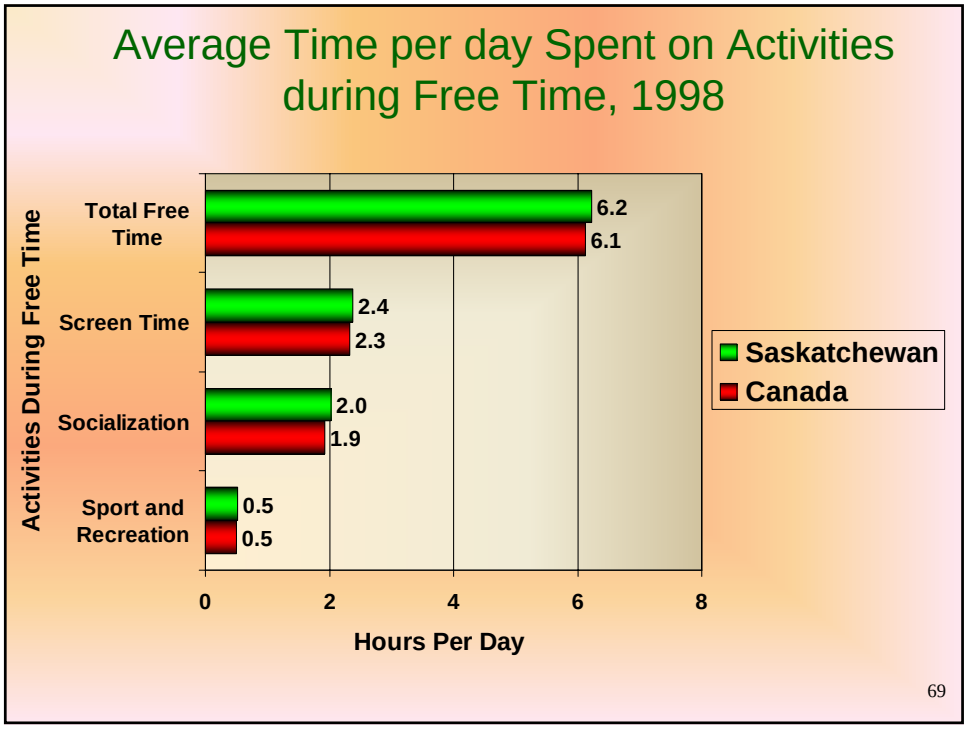

Average Time per day Spent on Obligatory Activities by Sport Participation, 2005
Activites
SMPC
Paid work
Household work
Education
10.3
10.3
10.8
10.7
4.1
3.9
3.7
3.9
2.5
2.4
3.3
3.4
1.0
1.3
0.4
0.4
0
2
4
6
8
10
12
Hours per day
Sport participants CAN
Sport participants SASK
Non participants CAN
Non participants SASK
66
SMPC = Sleep, meals and other personal care

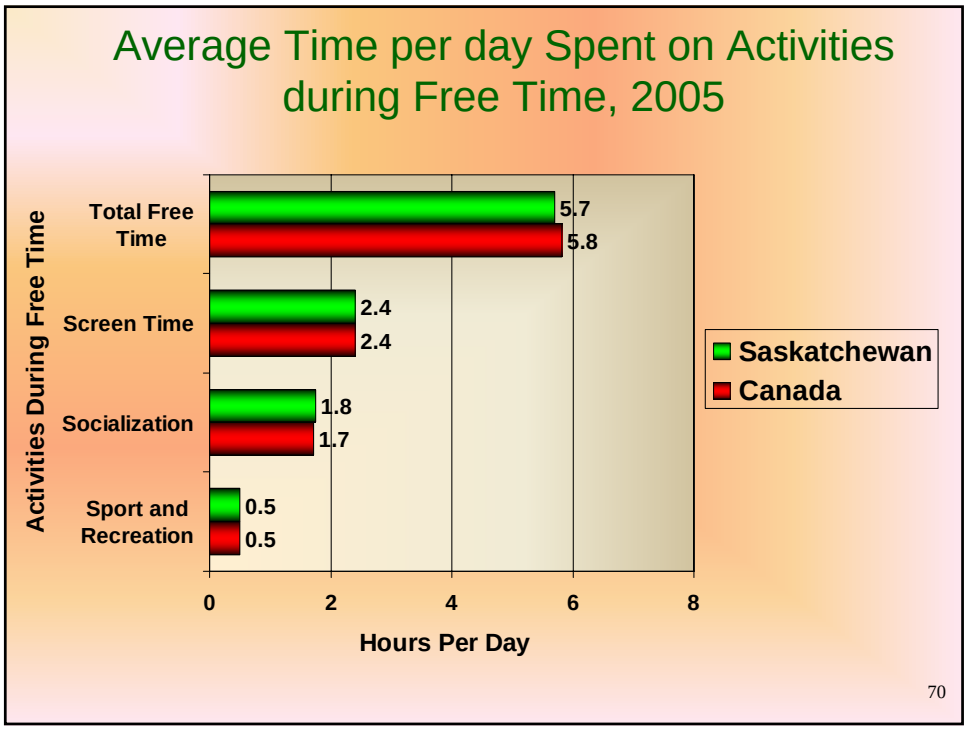
67

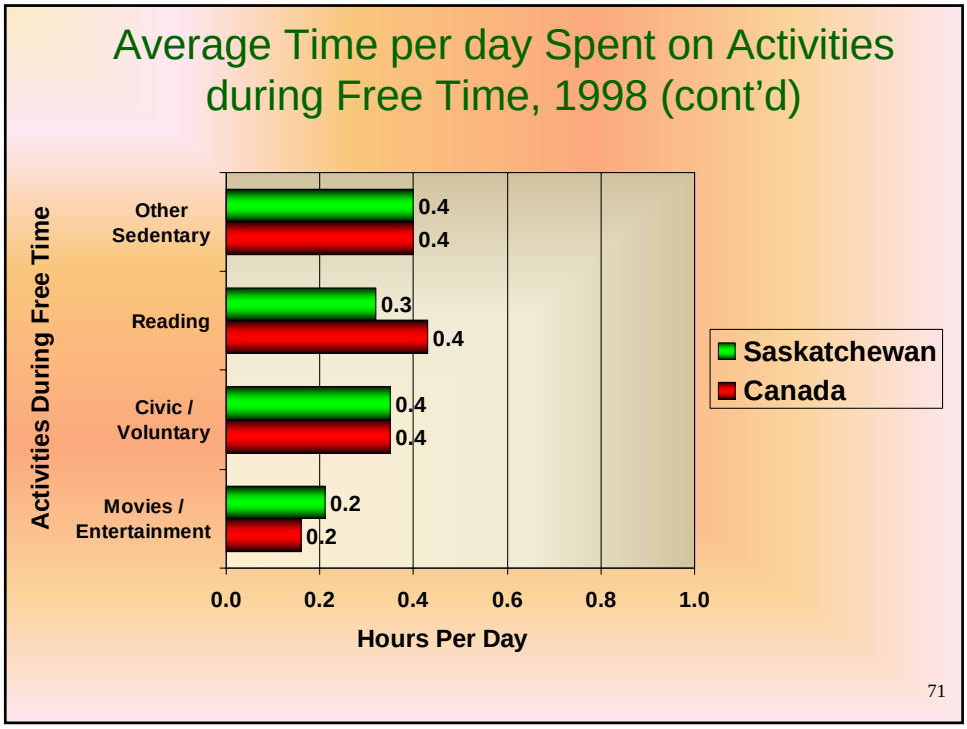
Free Time: Defined

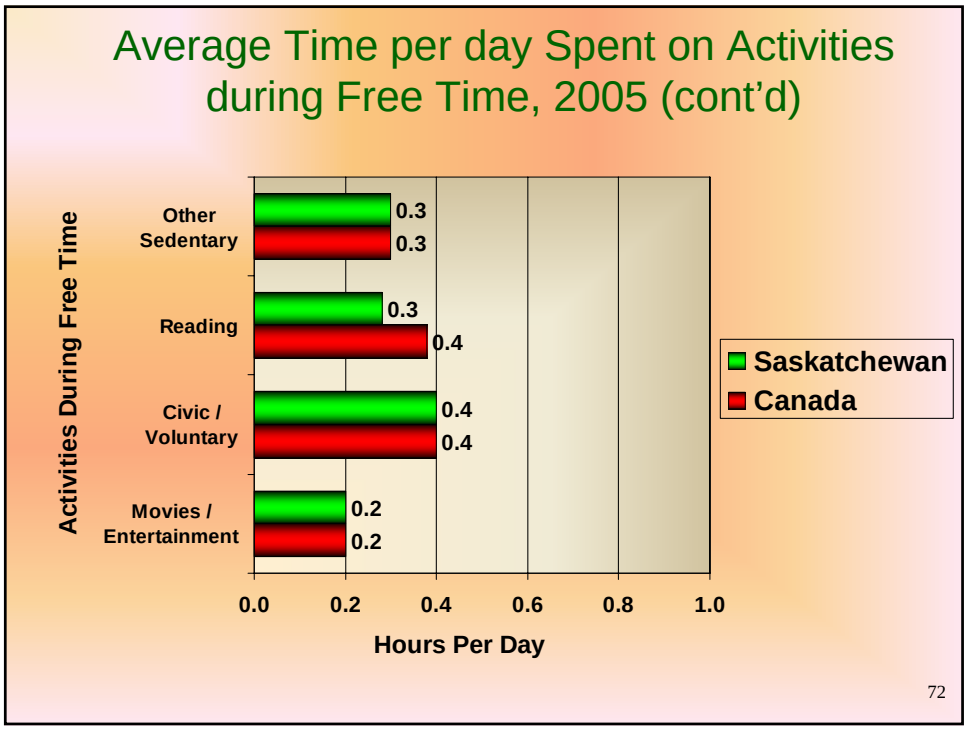
- Free Time
  - Refers to time spent on activities free from obligation and necessity
- Activities during Free Time include:
  - **Reading**
  - **Civic/Voluntary** – involvement in coaching, civic activity, volunteer work, unpaid babysitting, religious activity, support groups, social organizations, etc.
  - **Movies/Entertainment** – attending a sporting event, concert, fair, zoo, movie, opera, museum, art gallery, heritage site, etc.
  - **Screen Time** – watching television, time on computer, playing video games, etc.
  - **Socializing** – involvement in telephone conversations, socializing at bars, restaurants, casinos, weddings, wakes, etc.
  - **Sport and Recreation** – participating in sport, recreation, and physical activities (e.g., football, basketball, hockey, golf, skiing, exercises, bowling, canoeing, hunting, camping, walking, hiking, etc.)
  - **Other Sedentary** – e.g., hobbies, crafts, puzzles, board games, cards, pleasure drives, listening to music, etc.

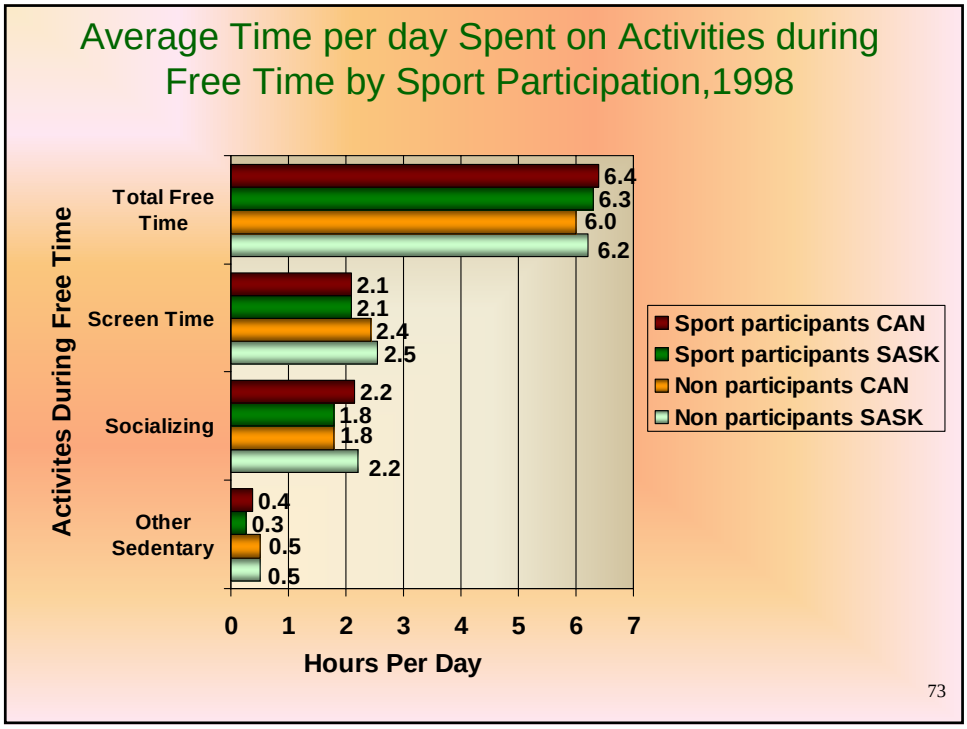
68

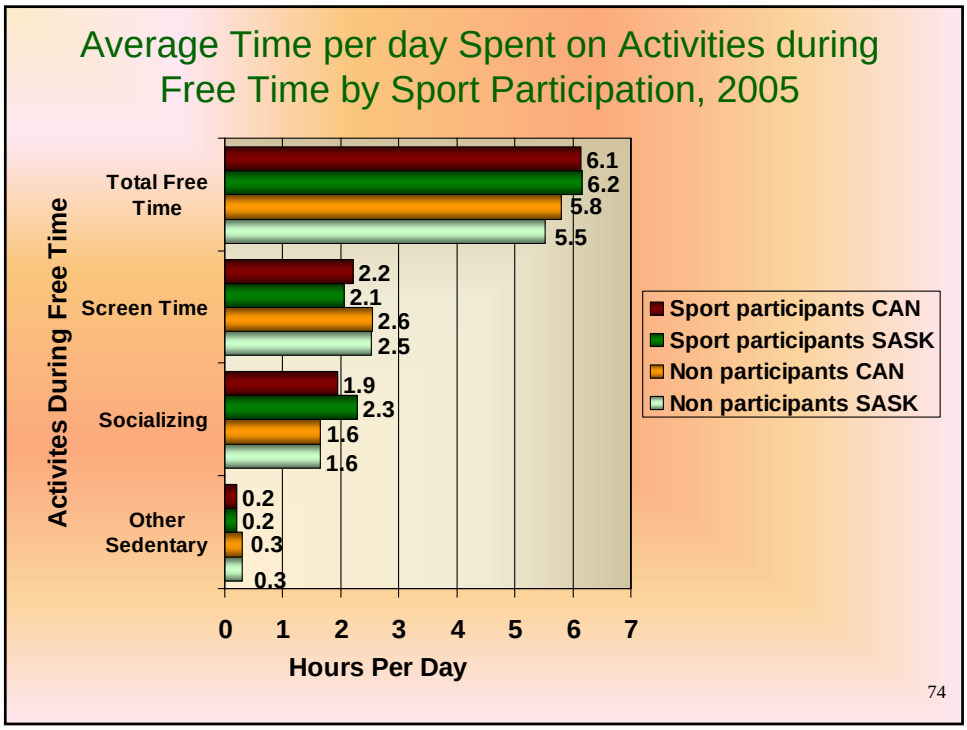

Average Time per day Spent on Activities during Free Time, 1998
Activities During Free Time
Total Free Time
Screen Time
Socialization
Sport and Recreation
6.2
6.1
2.4
2.3
2.0
1.9
0.5
0.5
0
2
4
6
8
Hours Per Day
Saskatchewan
Canada
69

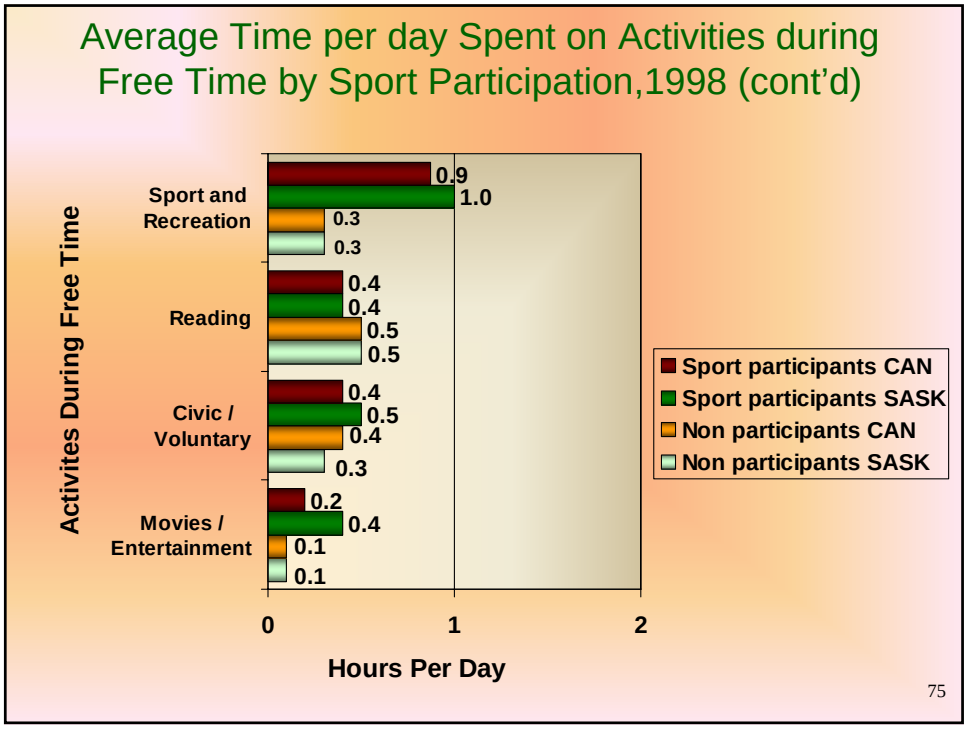

Average Time per day Spent on Activities during Free Time, 2005
Activities During Free Time
Total Free Time
Screen Time
Socialization
Sport and Recreation
5.7
5.8
2.4
2.4
1.8
1.7
0.5
0.5
0
2
4
6
8
Hours Per Day
Saskatchewan
Canada
70

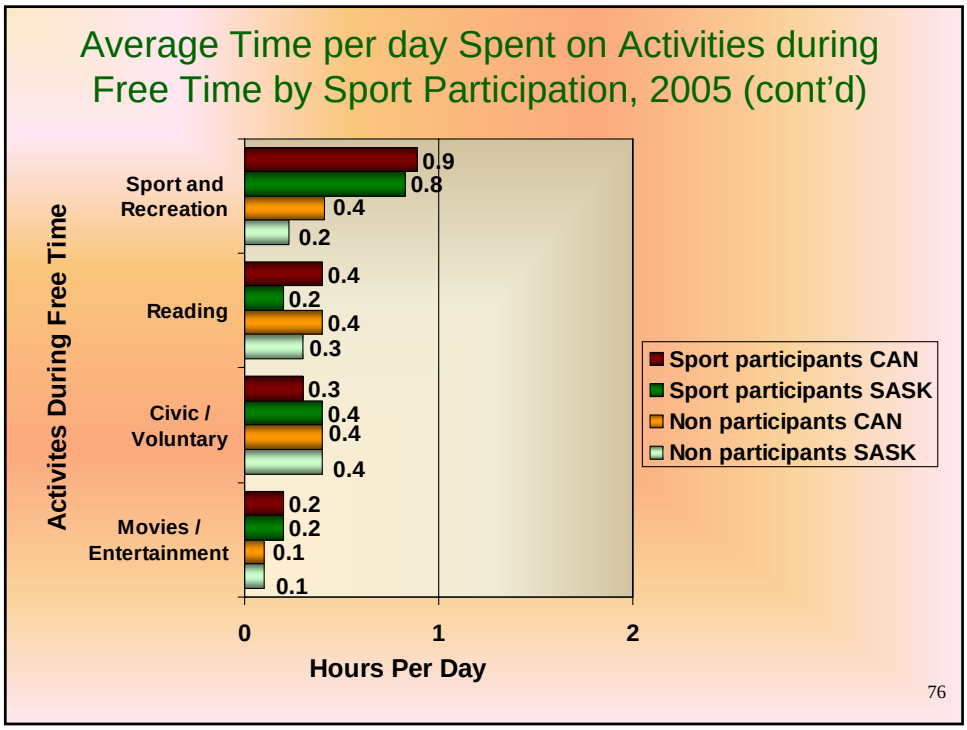

Average Time per day Spent on Activities during Free Time, 1998 (cont'd)
Activities During Free Time
Other Sedentary
Reading
Civic / Voluntary
Movies / Entertainment
0.4
0.4
0.3
0.4
0.4
0.4
0.2
0.2
0.0
0.2
0.4
0.6
0.8
1.0
Hours Per Day
Saskatchewan
Canada
71


Average Time per day Spent on Activities during Free Time, 2005 (cont'd)
Activities During Free Time
Other Sedentary
Reading
Civic / Voluntary
Movies / Entertainment
0.3
0.3
0.3
0.4
0.4
0.4
0.2
0.2
0.0
0.2
0.4
0.6
0.8
1.0
Hours Per Day
Saskatchewan
Canada
72


Average Time per day Spent on Activities during Free Time by Sport Participation,1998
Activites During Free Time
Total Free Time
Screen Time
Socializing
Other Sedentary
6.4
6.3
6.0
6.2
2.1
2.1
2.4
2.5
2.2
1.8
1.8
2.2
0.4
0.3
0.5
0.5
0 1 2 3 4 5 6 7
Hours Per Day
Sport participants CAN
Sport participants SASK
Non participants CAN
Non participants SASK
73


Average Time per day Spent on Activities during Free Time by Sport Participation, 2005
Activites During Free Time
Total Free Time
Screen Time
Socializing
Other Sedentary
6.1
6.2
5.8
5.5
2.2
2.1
2.6
2.5
1.9
2.3
1.6
1.6
0.2
0.2
0.3
0.3
0 1 2 3 4 5 6 7
Hours Per Day
Sport participants CAN
Sport participants SASK
Non participants CAN
Non participants SASK
74


Average Time per day Spent on Activities during Free Time by Sport Participation,1998 (cont'd)
Activites During Free Time
Sport and Recreation
Reading
Civic / Voluntary
Movies / Entertainment
0.9
1.0
0.3
0.3
0.4
0.4
0.5
0.5
0.4
0.5
0.4
0.3
0.2
0.4
0.1
0.1
0
1
2
Hours Per Day
Sport participants CAN
Sport participants SASK
Non participants CAN
Non participants SASK
75


Average Time per day Spent on Activities during Free Time by Sport Participation, 2005 (cont'd)
Activites During Free Time
Sport and Recreation
Reading
Civic / Voluntary
Movies / Entertainment
0.9
0.8
0.4
0.2
0.4
0.2
0.4
0.3
0.3
0.4
0.4
0.4
0.2
0.2
0.1
0.1
0
1
2
Hours Per Day
Sport participants CAN
Sport participants SASK
Non participants CAN
Non participants SASK
76