

Sport Participation: from Research to Sport Policies

Prof. Dr. Núria Puig

Institut Nacional d'Educació Física de Catalunya,
Barcelona, Spain

The 7th Conference of the International Society for
the Social Sciences of Sport
12-14 November 2015, Budapest, Hungary

Aims

- 1. To provide an overview of the fundamental aspects to be taken into account when it comes to conducting and interpreting sport participation surveys.
- To put forward an explanation of different kinds of sport behaviour that would encompass all determining variables.
- To make suggestions as to how these results may lead to programmes geared towards fostering and increasing sport participation.

Studies on Sport participation

1. Surveys with their corresponding reports (Eurobarometer, national surveys)
2. Initiatives to compare national surveys (Europe Council, COMPASS, MEASURE...)
3. Theoretical studies that focus on sport participation (Mc Pherson, 1984; Heinemann, 2007; *European Journal for Sport and Society* , 2011)

- Definition of *Sport*
- Trend Analysis or the Illusion of Transparency
- Inequality Analysis
- Identifying Difference and Individualisation
- The Use of Typologies
- Sport Policy Suggestions

The importance of a good definition

“Sport” means all forms of physical activity which, through casual or organised participation, aim at expressing or improving physical fitness and mental well-being, forming social relationships or obtaining results in competition at all levels’ (European Sports Charter, 1992)

Eurobarometer, 2014

- 1. How often do you exercise or play sport?*
- 2. And how often do you engage in other physical activities such as cycling from one place to another, dancing, gardening, etc.?*
- 3. Over the last 7 days, on how many have you walked for at least 10 minutes at a time?*

Table 1. Sport participation in Europe (in %)

	2010	2014
Sport (once a week)	40	41
Other physical activity	65	48
Walking	- -	86

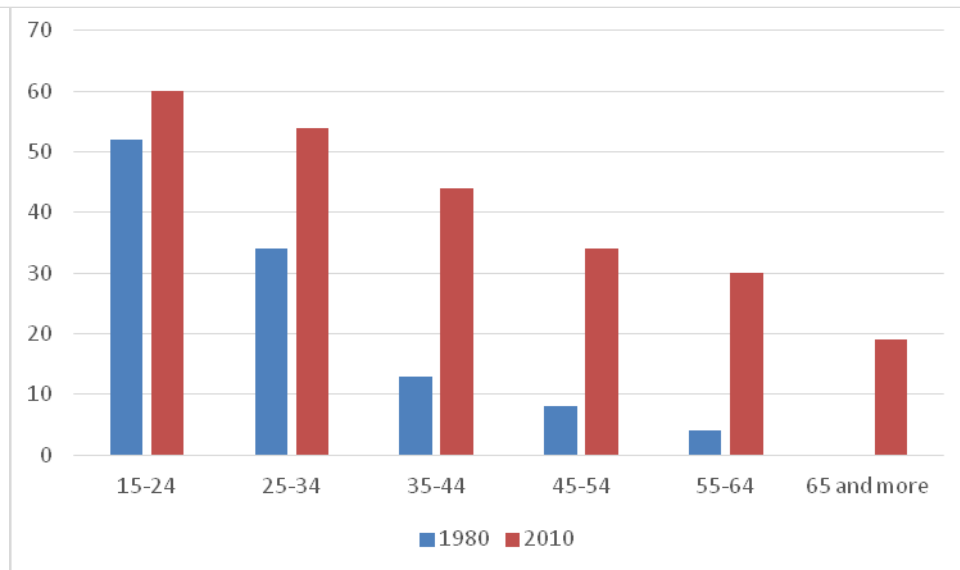
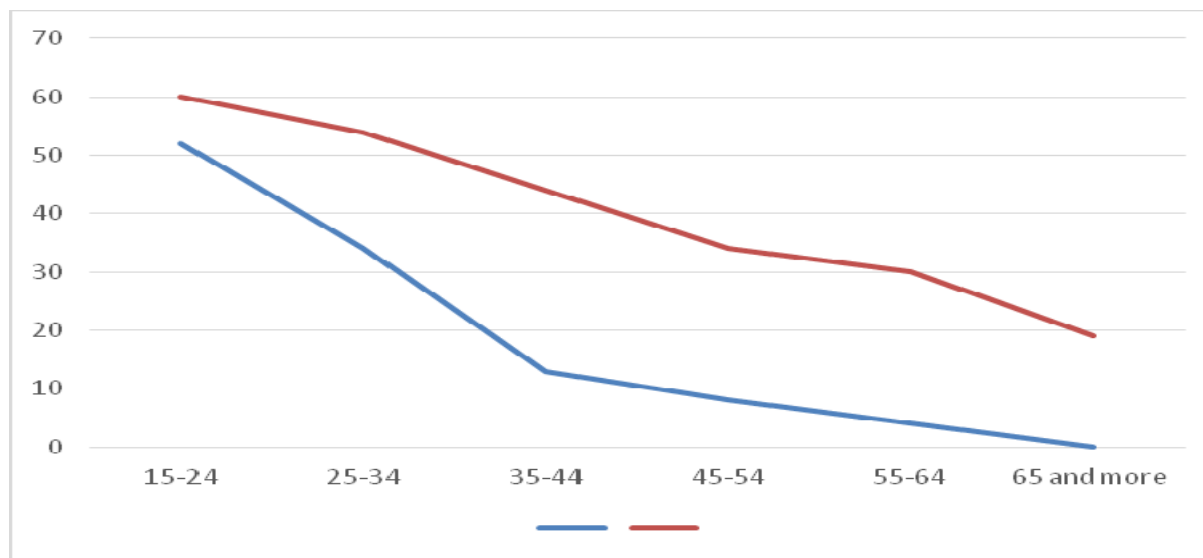
Source: European Commission 2010, 2014

Cultural differences on the meaning of concepts

*Pasear, walking,
stroll...*



Trend Analysis or the Illusion of Transparency



Sport Participation in Spain
according to Age (in %)

Source: García Ferrando&Llopis, 2011

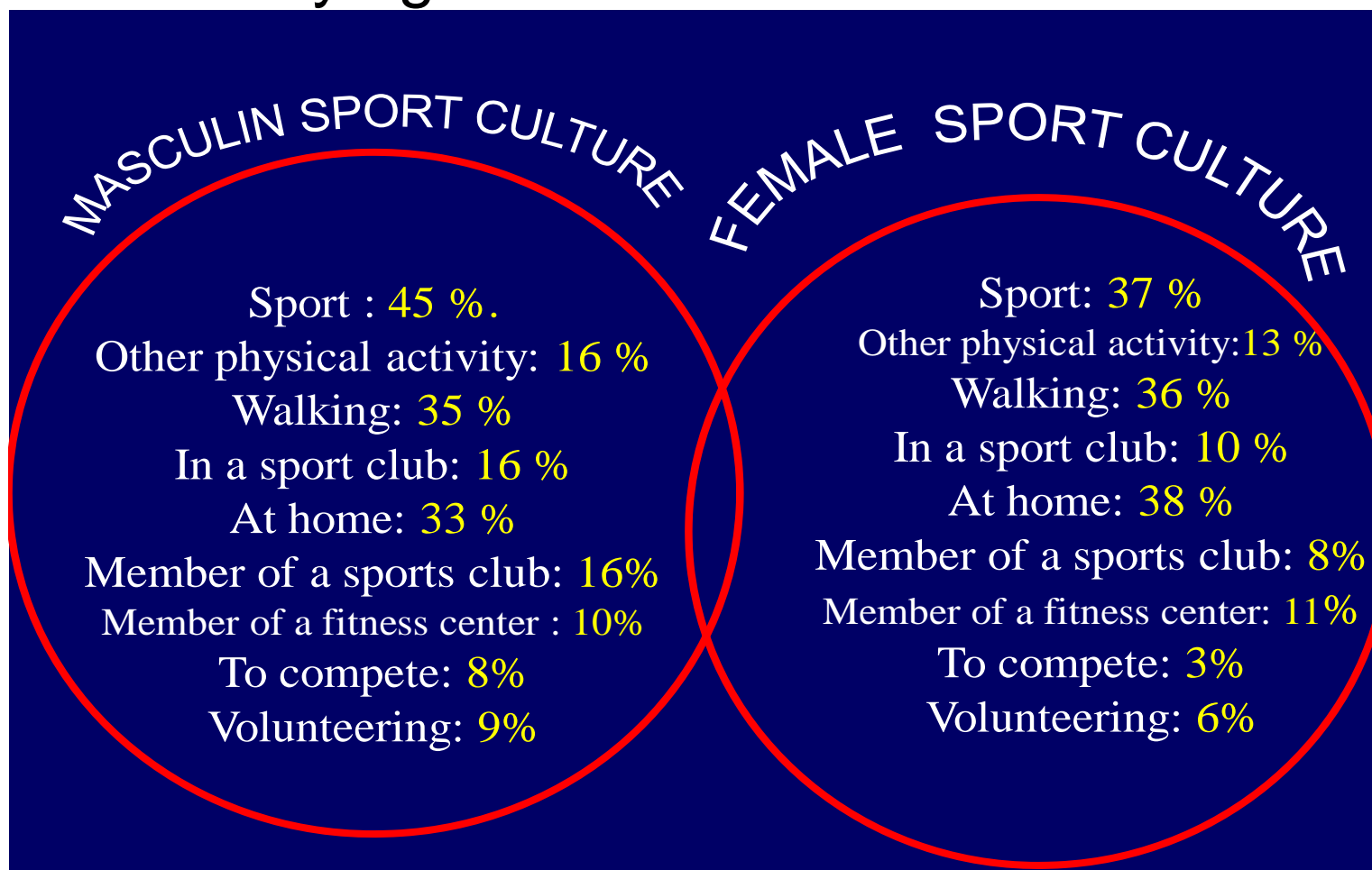
Inequality Analysis

Sport Participation According to Age and Educational Level in Catalonia (in %)

	15-24	25-34	35-44	45-54	55-64	65 or over
Primary school	%	%	%	%	%	%
Practice sport	56.7	37.9	40.8	46.2	53.2	48.8
Do not practice sport	43.3	62.1	59.2	53.8	46.8	51.2
	(202)	(69)	(182)	(148)	(166)	(190)
Higher education	%	%	%	%	%	%
Practice sport	58.6	64.5	59.7	57.3	63.7	58.1
Do not practice sport	41.4	35.5	40.3	42.7	36.3	41.9
	(42)	(118)	(188)	(98)	(69)	(46)

Source: Secretaria General de l'Esport, 2010

Identifying Difference and Individualisation



Source: European Commission, 2014

The Use of Typologies

Analysis of Segmentation of the Sport Practice Variable

P1.Podria dir-nos si actualment vostè fa esport?

■ Sí
■ NO

Nodo 0		
Categoría	%	n
■ Sí	50.5	1283
■ NO	49.5	1258
Total	100.0	2541

Ocupació
Valor P corregido=0.000, Chi-cuadrado=69.815, gl=2

Treballador qualificat; Jubilat o pensionista; Autònom; Aturad; Administratiu

altres sense informació; Treballador no qualificat; Tasques de la llar

Tècnic o quadre mig; Estudiant; Empresari o professional lliberal; Directiu

Nodo 1		
Categoría	%	n
■ Sí	47.0	690
■ NO	53.0	777
Total	57.7	1467

Nodo 2		
Categoría	%	n
■ Sí	37.7	116
■ NO	62.3	192
Total	12.1	308

Nodo 3		
Categoría	%	n
■ Sí	62.3	477
■ NO	37.7	289
Total	30.1	766

nivell d'instrucció
Valor P corregido=0.000, Chi-cuadrado=26.034, gl=2

Sexe
Valor P corregido=0.004, Chi-cuadrado=8.075, gl=1

Sexe
Valor P corregido=0.000, Chi-cuadrado=14.469, gl=1

<= primaris no acabats (primaris no acabats, secundaris]; <perdido> > secundaris

Home Dona Home Dona Home Dona

Nodo 4		
Categoría	%	n
■ Sí	36.4	103
■ NO	63.6	180
Total	11.1	283

Nodo 5		
Categoría	%	n
■ Sí	47.6	476
■ NO	52.4	524
Total	39.4	1000

Nodo 6		
Categoría	%	n
■ Sí	60.3	111
■ NO	39.7	73
Total	7.2	184

Nodo 7		
Categoría	%	n
■ Sí	48.6	51
■ NO	51.4	54
Total	4.1	105

Nodo 8		
Categoría	%	n
■ Sí	32.0	65
■ NO	68.0	138
Total	8.0	203

Nodo 9		
Categoría	%	n
■ Sí	68.4	282
■ NO	31.6	130
Total	16.2	412

Nodo 10		
Categoría	%	n
■ Sí	55.1	195
■ NO	44.9	159
Total	13.9	354

Sexe
Valor P corregido=0.000, Chi-cuadrado=15.887, gl=1

Edat
Valor P corregido=0.019, Chi-cuadrado=11.698, gl=1

Home Dona

45-54; 55-64; 65 o + 35-44; 15-24; 25-34

Nodo 11		
Categoría	%	n
■ Sí	53.4	287
■ NO	46.6	250
Total	21.1	537

Nodo 12		
Categoría	%	n
■ Sí	40.8	189
■ NO	59.2	274
Total	18.2	463

Nodo 13		
Categoría	%	n
■ Sí	41.5	49
■ NO	58.5	69
Total	4.6	118

Nodo 14		
Categoría	%	n
■ Sí	18.8	16
■ NO	81.2	69
Total	3.3	85

Source: Secretaria General de l'Esport, 2010

Typologies of people who play sport in Catalonia in accordance with sport practice variable segmentation analysis

Group	Profile	% engagement
1	Men, liberal professions (high degree of occupation)	68.4
2	Men and women, skilled workers, higher education	60.3
3	Women, liberal professions (high degree of occupation)	55.1
4	Men, skilled workers, secondary education	53.4
5	Men, unskilled workers	48.6
6	Women, unskilled workers, aged 45 and over	41.5
7	Women, skilled workers, secondary education	40.8
8	Men and women, skilled workers, unfinished primary education	36.4
9	Women, unskilled workers, aged under 45	18.8

Source: Secretaria General de l'Esport, 2010

Profile of People who engage in Sport by Typologies

	Group 1: Men, liberal professions (high degree of occupation)	Group 9: Women, unskilled labour, aged under 45
Designation	<i>Competing</i>	<i>Weight watching</i>
Sport participation index	68.4%	18.8%
Activities	Traditional sports and more recent ones	Recreational swimming and activities such as aerobics, rhythmic gymnastics, body expression, gymjazz, stepping, pilates...
Context of practice	competitions, federation licences, associative experience. Activity in clubs, away from their home town.	Practice on their own initiative and as an activity in a club or association. fewest federation licences, municipal facilities, public spaces and private centres.
Motives for practicing	Meeting up with friends and competing.	To keep in shape and because they like it
Motives for not practicing	Lack of time, they were not taught to play sports	Lack of time

Areas of Sport Policy Intervention according to Typologies

	Group 1: Men, liberal professions (high degree of occupation)	Group 9: Women, unskilled labour, aged under 45
Diagnosis	Men who participate in 68,4% of cases and with sufficient means to do so. Favourable socialisation and habitus environment to engage in sport	Women with low purchasing power and a low percentage of sport participation (18.8%). Most with children in their charge. Socialisation and habitus environment unfavourable to engagement in sport
Programmes	This group needs no programmes, since it is able to take advantage of existing offers without the need for special support	Recreational aerobic swimming, rhythmic gymnastics, body expression, gymjazz, stepping, pilates...
Context of engagement	<ol style="list-style-type: none"> 1. A sufficient number of facilities throughout the territory 2. Policy of support for clubs and federations 3. Urban and rural public spaces suitable for sport 	<ol style="list-style-type: none"> 1. Access to public facilities through reasonable prices and timetables 2. Suitable public spaces without barriers to access and with safety guarantees
Time budget	--	Awareness increasing courses for women who do not engage in sport, to avoid feeling of guilty,
Economic resources	---	Prices adapted to their possibilities

Sport Participation: from Research to Sport Policies

Prof. Dr. Núria Puig

Institut Nacional d'Educació Física de Catalunya,
Barcelona, Spain

The 7th Conference of the International Society for
the Social Sciences of Sport
12-14 November 2015, Budapest, Hungary



INEFC
Observatori
Català
de l'Esport



Generalitat
de Catalunya