

# Let's Get Active!

## Physical Activity in Canadian Communities

### PHYSICAL ACTIVITY AND SPORT MONITORING PROGRAM



### Nature of sport participation

The Canadian Fitness and Lifestyle Research Institute's 2016-2018 Physical Activity Monitor examined Canadians' participation in sport and found that 25% of adults (18 years and older) indicate that they participate in sport (see Bulletin no. 1 in this series). The survey also asked about the nature of their participation, including the degree of structure of the environment, the use of coaching, training, and the level of competition.

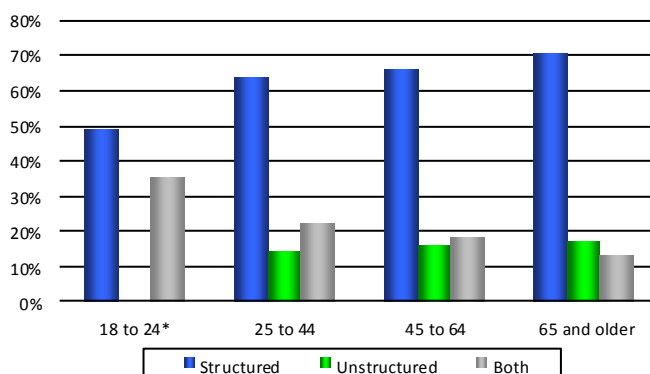
### Degree of structure of the sporting environment

Sport participation can vary by the level of structure or organization. Almost two-thirds (61%) of those who participate in sport report that they participate in an exclusively structured and organized environment, 15% participate in a solely unstructured environment, and the remaining one-quarter (24%) participate in sport in a combination of structured and unstructured environments.

Relatively more women participate in a primarily structured and organized environment, whereas relatively more men participate in an unstructured environment. A higher proportion of adults 45 years and older participate in a structured environment compared to the youngest adults (18 to 24 year olds), whereas the opposite relationship exists among those participating in a combination of structured and unstructured environments. A greater percentage of adults who are married or living with a partner participate in a structured and organized environment compared to those who are single or never married, whereas the opposite relationship exists for those participating in a combination of both structured and unstructured environments. Compared to the national average, a higher percentage of retirees participate in sport primarily in a structured environment, whereas they are less likely than the average to say that they participate in a combination of environments.

There are, however, no significant differences in primary sport environment by household income, education, region, community size or location.

**FIGURE 1**  
Degree of structure of the sporting environment by age



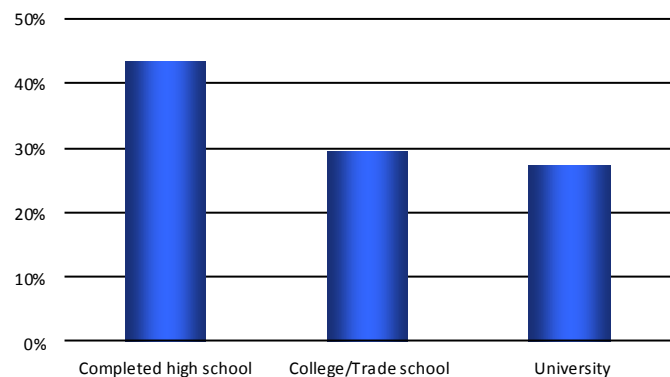
\*Data not released due to sample size.

2016-2018 Physical Activity Monitor, CFLRI

### Use of a coach

Approximately one-third (32%) of sport participants indicate that they use a coach, based on the 2016-2018 Physical Activity Monitor. Relatively more women than men cite the use of a coach. The proportion of adults who report that they use a coach decreases with increasing age, from 51% of 18 to 24 year olds to 12% of adults 65 years and older. A greater proportion of adults who have completed high school report the use of a coach compared to those with a university education. Adults who are single or have never been married are most likely to indicate that they use a coach. Compared to the average, a lower percentage of retirees indicate the use of a coach. There are no significant differences in the use of a coach by household income, region, community size or location.

**FIGURE 2**  
Use of coach by education level



2016-2018 Physical Activity Monitor, CFLRI

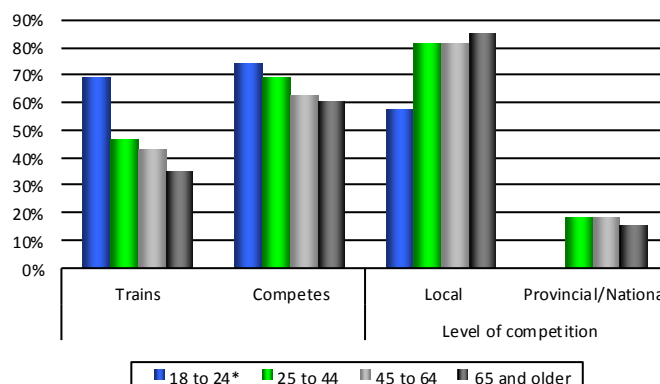
### Training and competition in sport

Roughly half (51%) of sport participants say that they train. Young adults (18 to 24 year olds) are most likely to report that they train. Adults who are single or have never been married are also most likely to train. Relatively fewer retirees indicate that they train for their sport compared to the average. There are no significant differences by gender, education, household income, region, community size or location.

Roughly two-thirds of sport participants (68%) report that they compete for their sport. Relatively fewer retirees indicate that they compete compared to the average. A greater proportion of adults living in the highest income households say that they compete compared to those living in households with incomes of between \$40,000 and \$59,999. Compared to the national average, a greater percentage of adults living in the North indicate that they compete.

Among sport participants who say that they compete, 74% compete at a local level and 26% compete at a provincial or national level. Adults aged 25 years and older compete at a local level. Adults who are single or have never been married are least likely to compete at a local level. A greater proportion of adults who have post-secondary education compete at a local level compared to those who have not completed high school. There are no significant differences by gender, household income, region, community size or location.

**FIGURE 3**  
Training for, and competition in sport by age



\*Data not released due to sample size.

2016-2018 Physical Activity Monitor, CFLRI

**CANADIAN FITNESS & LIFESTYLE RESEARCH INSTITUTE**

201-185 Somerset Street West • Ottawa, ON K2P 0J2 • (613) 233-5528 • <http://www.cflri.ca/>



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