

Perceptions about physical activity and sport by women

The Canadian Fitness and Lifestyle Research Institute’s 2019-2021 Physical Activity Monitor examined participants’ perceptions and impressions of physical activity and sport opportunities. Participants were asked to indicate to what extent they found physical activity and sport fun or welcoming and inclusive, as examples. Table 1 describes the percentages who reported a high level of agreement with various perceptions.

Table 1: Perceptions of physical and sport by gender

Physical activity and sport...	% Indicating a high level of agreement	
	Women	Men
Provides opportunity for socializing	88%	88%
Is fun	83%	85%
Is respectful, fair, ethical	79%	77%
Is safe	76%	76%
Is welcoming and inclusive	71%	74%
Includes safe place for all cultures	65%	70%
Meets needs	62%	65%
Is accessible	59%	65%
Is convenient	55%	57%
Includes safe place for all genders	54%	60%
Includes diversity among coaches/leaders	53%	56%
Is available for people with varying abilities/disabilities	51%	57%
Is easy	48%	51%
Is affordable	41%	45%

Source: CFLRI, aggregated results from the 2019-2022 Physical Activity Monitor

For the most part, women and men perceived physical activity and sport in a similar fashion, with several notable differences.

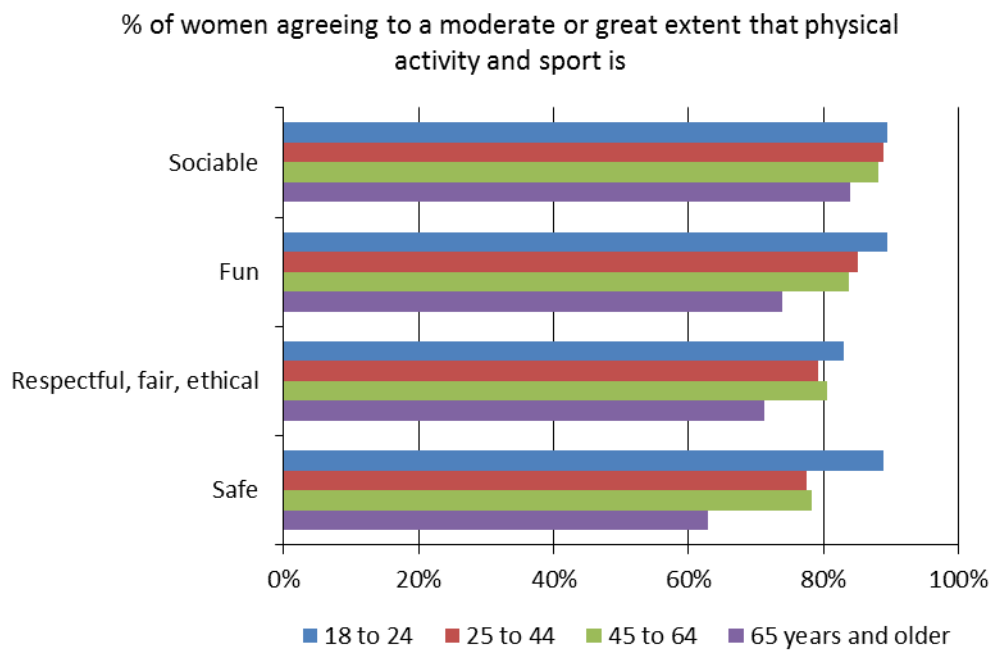
This study found that women and men differed in their views on accessibility; women were less likely than men to express a high level of agreement that physical activity and sport was accessible (59% of women and 65% of men). Compared to men in the study, women were also less likely to highly agree that physical

activity and sport opportunities were available for people of different abilities/disabilities, genders or cultures to participate safely.

Regarding age and gender, there was a general decrease in the percentage of women who considered physical activity and sport safe to a moderate or great extent. On the contrary, there was a general increase with age in the percentage of women who stated to a moderate to great extent that physical activity or sport was affordable. A greater percentage of women, aged 45 and older, reported to a moderate and great extent that physical activity or sport was accessible or convenient compared to women aged 25 to 44 years.

Older women, aged 65 and older were less likely to report that physical activity or sport was fun, respectful, ethical or fair to a moderate or great extent. Older women, however, were more likely than those younger than 44 years to have moderately or greatly agreed that coaches and leaders are diverse and represent the populations that they are serving, and that opportunities exist for individuals of varying abilities/disabilities.

Figure 1. Perceptions of physical activity and sport by age and gender



Source: CFLRI, aggregated results from the 2019-2022 Physical Activity Monitor



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