



Australian Government
Australian Sports Commission

Sports CONNECT research update



Identifying the sporting needs of people with disability

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Australian Sports Commission research project in
collaboration with the University of Technology, Sydney



UNIVERSITY OF
TECHNOLOGY SYDNEY

Identifying barriers and benefits of sport and active recreation for people with disability

The Australian Sports Commission (ASC) in collaboration with the University of Technology, Sydney (UTS) is currently conducting a research project investigating the 'barriers and benefits of including people with disability in sport and active recreation'. The aim of the project is to provide an evidenced-based position to inform government, sport and the disability sector of the factors that influence the participation of people with disability in sport and recreation.

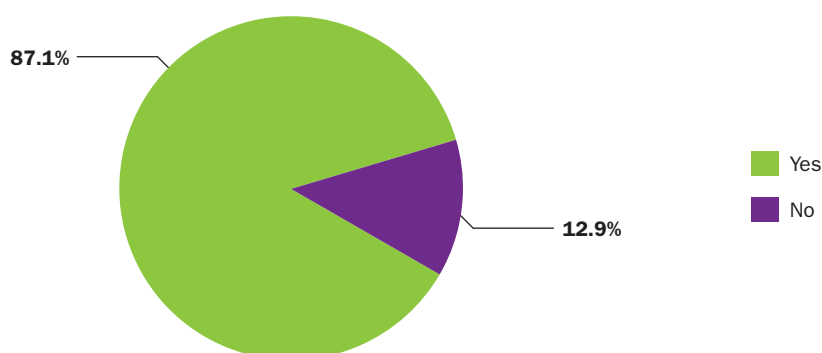
This document, the second update on the progress of the research project, focuses on the participation of people with disability over the previous 12 months. This preliminary data was collected using an online survey.

Online survey

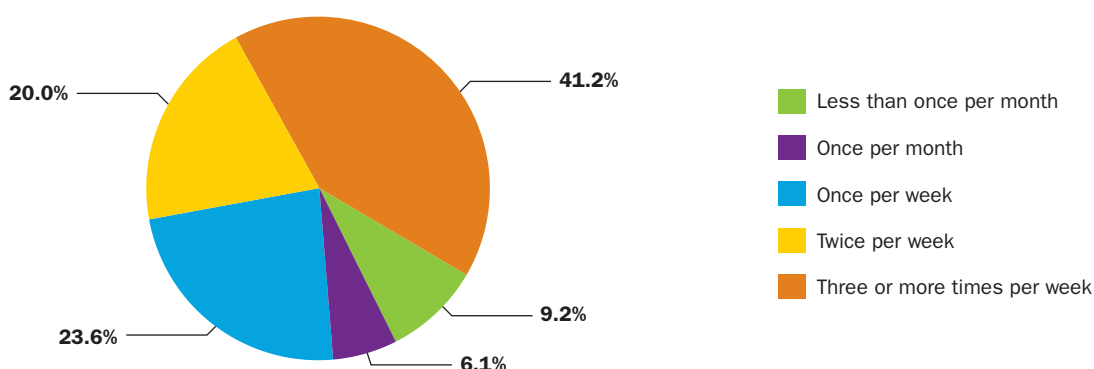
The online survey seeks to replicate aspects of the Participation in Exercise, Recreation and Sport Survey to provide data on participation and non-participation of people with disability, the constraints they face, benefits they receive and their perceptions of sport and active recreation.

At the time of writing, approximately 700 people have completed the online survey. The survey will close at the end of March 2010.

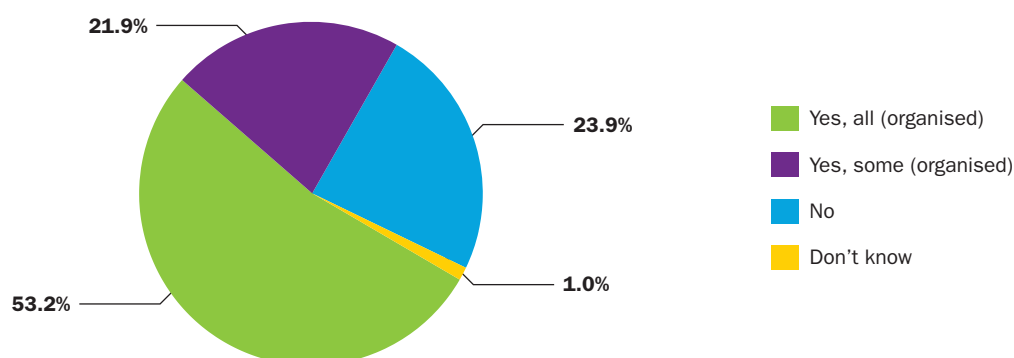
Question 7: During the last 12 months did you participate in any activities for exercise, recreation or sport?



Question 8: If you answered 'yes' to Question 7, on average how often did you participate?



Question 10 (main activity): Was this activity organised by a club, association or other type of organisation?



Findings

Over 87 per cent of respondents indicated that they had participated in activities for exercise, recreation or sport in the past 12 months. This figure illustrates a high level of participation, however almost 13 per cent of respondents said they had not participated at all during the previous year.

Of the 87 per cent of respondents who had participated, over 61 per cent stated that they participated two or more times per week. Interestingly, the greatest number of responses was in the 'three or more times per week' category (41.2 per cent) and 20 per cent of respondents stated that on average they had participated twice per week.

There was a substantial number of respondents who had participated once a month or less than once a month in the previous year (6.1 per cent and 9.2 per cent, respectively). Nearly one quarter (23 per cent) of those who participated did so only once a week. If these figures are added to the 13 per cent of respondents who had not participated at all in the previous year, the total number is a significant proportion of those surveyed.

Of the 87 per cent of respondents who had participated, just over 75 per cent indicated that all or some of their main activity was organised by a club, association or organisation. Nearly 24 per cent — almost a quarter — of the participating respondents' main activity was not organised by a club, association or organisation.

The high rates of participation (87 per cent) indicate strong demand from people with disability for sport and active recreation opportunities. A related finding from the disability service provider forums is that 90 per cent of the forum respondents reported that sporting and active recreation opportunities for people with disability was considered important by the organisation they worked for.

There are many constraints that affect the participation rates of people with disability in sport and active recreation. This study aims to highlight these constraints in future reports.

To access the previous update and information on how to get involved in this project, visit the Australian Sports Commission Disability Sport research page at ausport.gov.au/participating/disability/resources/research