

## DANCE EXERCISE

Central to [Sport England's 2008-11 strategy](#) is the commissioning of national governing bodies of sport (NGBs) by Sport England. NGBs will contribute to Sport England's strategic 'grow' outcome by setting targets to increase the 'once a week' adult participation rates in their sport. The growth targets across sports will contribute to Sport England's overall target of getting one million people doing more sport by 2012/13.

In addition, within the 'sustain' outcome of Sport England's strategy, a number of sports will aim to reduce the drop off in participation among 16-18 year olds. This document summarises key data in relation to the above strategic outcomes, drawn from Sport England's [Active People Survey](#).



Creating sporting opportunities in every community

### Sport England strategic outcome: Grow

Participation – once a week, 30 minutes moderate intensity

- 149,000 adults (age 16 and over) have participated in dance exercise at least once a week (0.4%). There has been no statistically significant change in dance exercise participation between 2005/6 and 2007/8.
- Male participation has decreased from 0.09% in Active People Survey 1 to 0.05% in Active People Survey 2. This represents a decrease of 6,300 male participants. There has been no statistically significant change in female participation.
- Participation in dance exercise has increased among 20-24 year olds by 10,500 but decreased among those aged 65 and over by 8,500 participants.
- Participation among those from higher socio-economic groups (NS SEC 1-4) has decreased whilst among student and unclassified socio-economic groups (NS SEC 9) has increased.

Participation – once in the last four weeks

- 203,000 adults have participated in dance exercise at least once in the last four weeks. This represents 0.5% of the adult population. There has been no statistically significant change in dance exercise participation when compared with Active People Survey 1.

## Dance Exercise participation – once a week, 30 minutes moderate intensity



Active People Survey (APS)	APS 1 (2005/06)		APS 2 (2007/08)		Change (Numbers)	Significant Difference
	Number	%	Number	%		
<b>Overall</b>	143,000	0.4%	<b>149,400</b>	0.4%		FALSE
Male	17,400	0.1%	<b>11,100</b>	0.1%	-6,300	TRUE
Female	125,800	0.6%	<b>138,400</b>	0.7%		FALSE
Age 16-19	26,100	1.0%	<b>28,500</b>	1.1%		FALSE
Age 20-24	19,700	0.6%	<b>30,200</b>	0.9%	10,500	TRUE
Age 25-29	11,300	0.4%	<b>15,600</b>	0.5%		FALSE
Age 30-34	11,300	0.3%	<b>12,500</b>	0.4%		FALSE
Age 35-44	18,300	0.2%	<b>17,700</b>	0.2%		FALSE
Age 45-64	29,500	0.2%	<b>27,100</b>	0.2%		FALSE
Age 65+	25,800	0.3%	<b>17,300</b>	0.2%	-8,500	TRUE
White	129,300	0.3%	<b>130,800</b>	0.4%		FALSE
Non White	13,700	0.4%	<b>20,700</b>	0.5%		FALSE
Limiting Disability or Illness	14,400	0.2%	<b>12,000</b>	0.2%		FALSE
No Limiting Disability or Illness	128,700	0.4%	<b>137,600</b>	0.4%		FALSE
NS SEC 1-4	71,900	0.3%	<b>65,900</b>	0.3%	-6,000	TRUE
NS SEC 5-8	43,900	0.3%	<b>41,600</b>	0.3%		FALSE
NS SEC 9	27,400	0.7%	<b>41,800</b>	1.0%	14,400	TRUE

### Dance Exercise and organised sport\*

#### Club membership

There is insufficient data to report on those who are members of a club where they participate in dance exercise.

#### Tuition

147,000 adults have received tuition in dance exercise in the last 12 months, this is **73%** of those who have participated in dance exercise in the last four weeks.

#### Organised Competition

97,000 adults have taken part in organised competition in dance exercise in the last 12 months, **48%** of those who have participated in dance exercise in the last four weeks.

### Latent demand for dance exercise\*\*

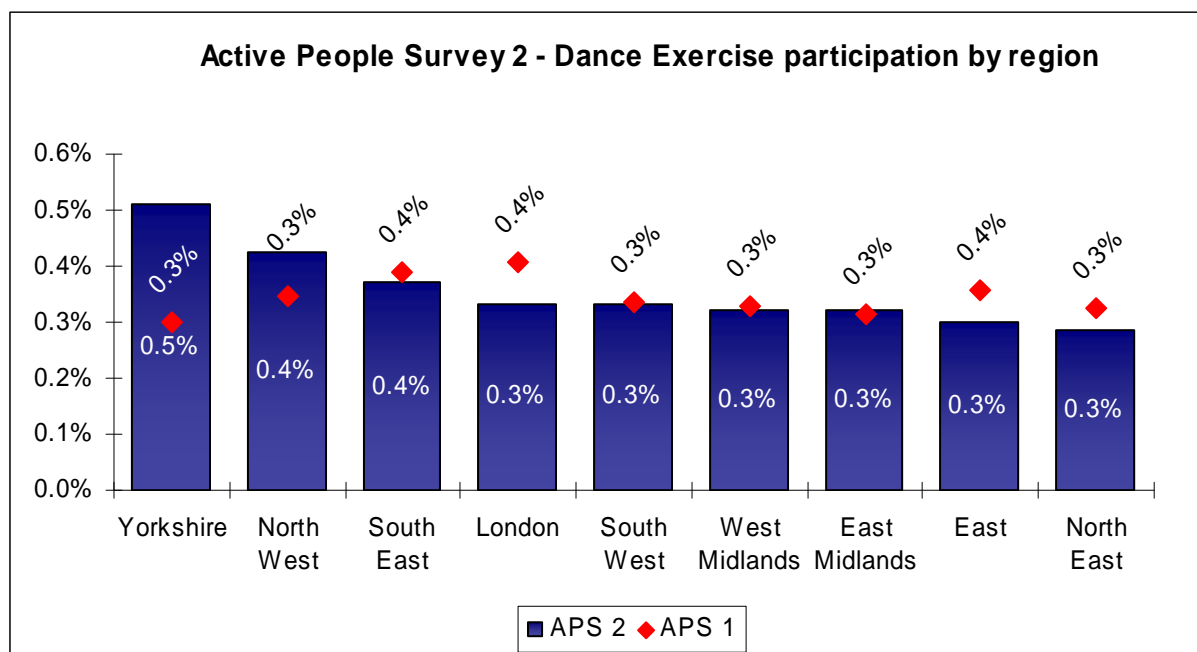
Dance exercise is the one sport that 89,000 adults (0.2%) said they would like to participate in, or participate in more often. This represents 0.4% of all adults who would like to do more sport and active recreation (22.3 million adults, or 53.8% of adults would like to participate in sport, or participate in sport more often). Dance exercise is the one sport that 0.4% of females would like to do, or do more often. There is insufficient data to report the equivalent figure for males.

## Dance Exercise participation – once a week, 30 minutes moderate intensity

### by region



Active People Survey (APS)	APS 1 (2005/06)		APS 2 (2007/08)		Change (Numbers)	Significant Difference
	Number	%	Number	%		
<b>Overall</b>	143,000	0.4%	<b>149,400</b>	0.4%		<b>FALSE</b>
East	16,000	0.4%	<b>13,800</b>	0.3%		FALSE
East Midlands	11,000	0.3%	<b>11,500</b>	0.3%		FALSE
London	24,800	0.4%	<b>20,200</b>	0.3%		FALSE
North East	6,800	0.3%	<b>6,000</b>	0.3%		FALSE
North West	19,100	0.3%	<b>23,700</b>	0.4%		FALSE
South East	25,700	0.4%	<b>24,900</b>	0.4%		FALSE
South West	13,900	0.3%	<b>14,100</b>	0.3%		FALSE
West Midlands	14,100	0.3%	<b>14,000</b>	0.3%		FALSE
Yorkshire	12,300	0.3%	<b>21,500</b>	0.5%	9,200	<b>TRUE</b>



- There has been no statistically significant change in dance exercise participation in any of the English regions with the exception of the Yorkshire region where participation has increased from 0.3% to 0.5%, an increase of 9,200 participants.

## Notes

Active People Survey 2 took place between October 2007 and October 2008 and interviewed c.191,000 adults (aged 16 and over) by telephone. Active People Survey 1 took place between October 2005 and October 2006, and interviewed 363,724 adults (age 16 and over) by telephone. For more information on Active People, visit the Sport England website [www.sportengland.org/research](http://www.sportengland.org/research)

Participation once a week is defined as participation on at least four days out of the previous 28 days.

Please note that this report highlights whether changes from Active People Survey 1 to Active People Survey 2 are statistically significant. A statistically significant increase is indicated by 'TRUE' or green shading and red shading and 'TRUE' indicates a statistically significant decrease. This means we are 95% certain that there has been a real change in the population (increase or decrease). Where there has been no statistically significant change this is indicated by 'FALSE'.

For more information on measuring statistically significant change between Active People Survey 1 and Active People survey 2, see the briefing note on Sport England's website:

[http://www.sportengland.org/active\\_people\\_2.htm](http://www.sportengland.org/active_people_2.htm)

Office for National Statistics (ONS) population data has been used - ONS mid year 2005 estimates and ONS mid year 2007 population estimates. To view a briefing note on population data used within Active People Survey see:

[http://www.sportengland.org/index/active\\_people\\_2](http://www.sportengland.org/index/active_people_2).

Disability is defined by how the question is asked within the survey which is consistent with the 2001 Census definition: 'do you have a longstanding illness, disability or infirmity? By longstanding I mean anything that has troubled you over a long period of time or that is likely to affect you over a period of time?'

NS-SEC is the National Statistics Socio-economic Classification. It is derived by combining information on occupation and employment status. NS-SEC: 1. Higher managerial and professional occupations; 2. Lower managerial and professional occupations; 3. Intermediate occupations; 4. Small employers and own account workers; 5. Lower supervisory and technical occupations; 6. Semi-routine occupations; 7. Routine occupations; 8. Never worked and long-term unemployed; 9. Full time students and Occupations not stated or inadequately described.

\*Sport specific information on organised sport (club membership, tuition and competition) was not collected in Active People Survey 1 so no comparison data is available. Club membership is based on those who have been a member of a sports club to participate in dance exercise in the last four weeks.

\*\*Data on latent demand is based on 88,000 (half the overall sample) adults from APS2. This question was not included in Active People Survey 1 so no comparison data is available. The question was asked as follows: 'would you like to do more sport and recreational physical activity than you do at the moment?'. If yes, 'which one sport or recreational physical activity would you most like to do, or to do more often?'

Further headline sport-based analysis is available via the Sport England website:

[http://www.sportengland.org/active\\_people\\_2.htm](http://www.sportengland.org/active_people_2.htm)

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