

GYMNASTICS

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

- 89,000 adults (age 16 and over) have participated in gymnastics at least once a week. There has been a significant increase (from 0.1% to 0.2%) of 30,000 gymnastics participants between 2005/6 and 2007/8.
- Male participation has increased from 0.07% in Active People Survey 1 to 0.10% in Active People Survey 2. This represents an increase of 7,000 male participants. Female participation has also increased from 0.22% to 0.32%, an increase of 23,000 female participants.
- Participation in gymnastics has increased among 16-19 year olds, 20-24 year olds and 35-44 year olds.
- Participation among those from student or unclassified socio-economic groups (NS SEC 9) also increased between 2005/6 and 2007/8.

Participation – once in the last four weeks

- 185,000 adults have participated in gymnastics at least once in the last four weeks. This represents 0.4% of the adult population, and participation has significantly increased from 0.3% (an increase of 58,500 participants) when compared with Active People Survey 1.

Sport England strategic outcome: Sustain

Reducing drop off: 16 and 18 year old participation. This is measured by the change in participation rates (once a week, 30 minutes, moderate intensity) among 18 year olds.

- There has been no statistically significant change in participation in gymnastics among 18 year olds from 2005/6 (0.5%) to 2007/8 (0.8%).

Gymnastics 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	%		
Grow						
Overall	58,900	0.14%	89,300	0.22%	30,400	TRUE
Male	13,400	0.07%	20,700	0.10%	7,300	TRUE
Female	45,700	0.22%	68,700	0.32%	23,000	TRUE
Age 16-19	23,700	0.89%	34,600	1.28%	10,900	TRUE
Age 20-24	7,400	0.23%	20,700	0.60%	13,300	TRUE
Age 25-29	7,300	0.23%		*		
Age 30-34	4,900	0.14%		*		
Age 35-44	7,400	0.09%	14,000	0.18%	6,600	TRUE
Age 45-64	5,200	0.04%		*		
Age 65+		*		*		
White	54,500	0.15%	82,200	0.22%	27,700	TRUE
Non White	4,500	0.13%		*		
Limiting Disability or Illness		*		*		
No Limiting Disability or Illness	56,500	0.16%	84,300	0.24%	27,800	TRUE
NS SEC 1-4	18,100	0.08%	23,200	0.10%		FALSE
NS SEC 5-8	18,600	0.12%	17,400	0.12%		FALSE
NS SEC 9	22,300	0.54%	48,800	1.12%	26,500	TRUE
Sustain						
Age 18	3,600	0.55%	5,600	0.83%		FALSE

Gymnastics and organised sport*

Club membership

28,000 adults are members of a club where they participate in gymnastics, this is **15.1%** of those who have participated in gymnastics in the last four weeks.

Tuition

45,000 adults have received tuition in gymnastics in the last 12 months, this is **24.5%** of those who have participated in gymnastics in the last four weeks.

Organised Competition

18,000 adults have taken part in organised competition in gymnastics in the last 12 months, **9.7%** of those who have participated in gymnastics in the last four weeks.

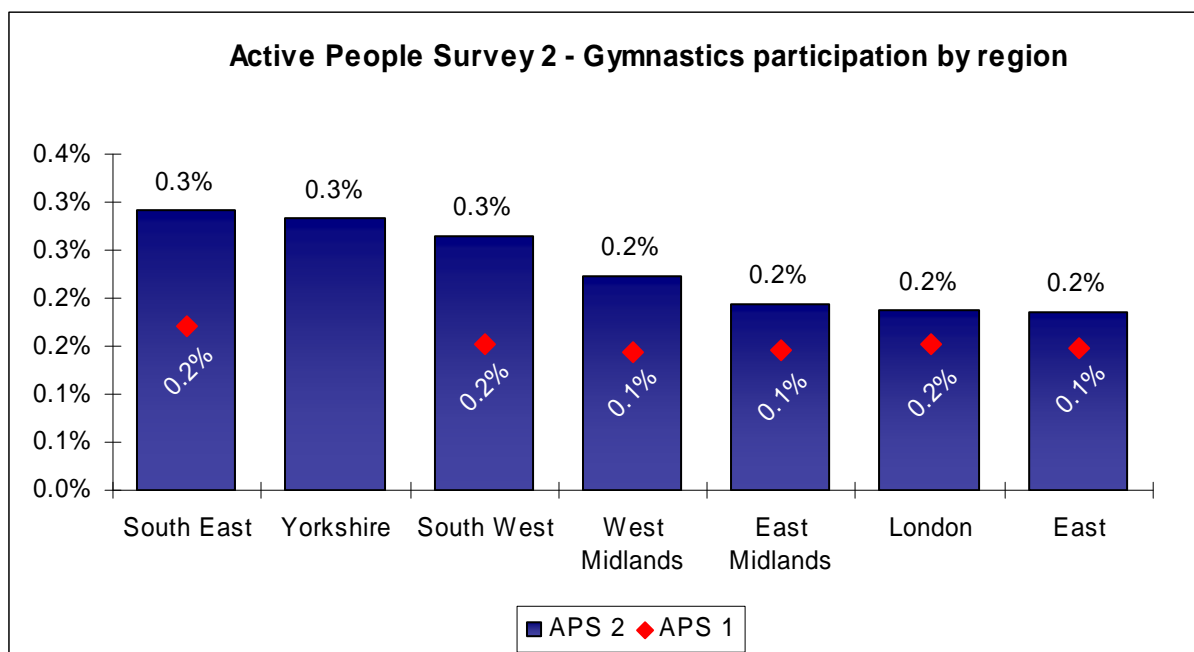
Latent demand for gymnastics**

Gymnastics is the one sport that 75,000 adults (0.2%) said they would like to participate in, or participate in more often. This represents 0.3% 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). Gymnastics is the one sport that 0.1% of males would like to do, or do more often, and the equivalent figure for females is 0.3%.

Gymnastics 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	%		
Overall	58,900	0.14%	89,300	0.22%	30,400	TRUE
East	6,700	0.15%	8,600	0.19%		FALSE
East Midlands	5,100	0.14%	7,000	0.19%		FALSE
London	9,300	0.15%	11,400	0.19%		FALSE
North East	4,100	0.20%		*		
North West	6,500	0.12%		*		
South East	11,300	0.17%	19,600	0.29%	8,300	TRUE
South West	6,300	0.15%	11,300	0.26%	5,000	TRUE
West Midlands	6,200	0.14%	9,700	0.22%	3,500	TRUE
Yorkshire		*	12,000	0.28%		



- Whilst participation in gymnastics has increased in England, there has also been a statistically significant increase in the South East, South West and West Midlands regions.

Notes

Gymnastics includes: gymnastics and trampolining

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

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

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.

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 gymnastics and trampolining 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

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