

**STATISTICS**

**20**

**15**

**SURVEY  
OF SPORTING  
HABITS  
IN SPAIN  
2015**

**SYNTHESIS OF RESULTS**

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**Survey of  
Sporting Habits  
in Spain 2015***Introduction and brief  
methodological reference**Comments on main results**Summary tables*

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## Introduction

The project presented here, the Survey of Sporting Habits in Spain 2015, a five-yearly official statistics included in the National Statistics Plan, is a sample survey carried out by the General Department of Statistics and Studies of the General Technical Office of the Ministry of Education, Culture and Sport together with the Higher Sports Council<sup>1</sup> and directed towards a sample of 12,000 people aged 15 and older. The sample was selected by the NSI<sup>2</sup>, a body whose cooperation is much appreciated by the Ministry.

Its purpose is to provide the main indicators relating to the sporting habits and practices of the Spanish people.

The survey continues the work done in previous five-yearly editions<sup>3</sup>, though the methodological differences of the 2015 edition presented here must be taken into account.

Participation in sport has been investigated regarding the interest in this sector, the practice of sport in its different forms and the attendance at sporting events, either in person or by audiovisual means, as well as the sports facilities available at home and links with sports federations or bodies.

Classification characteristics used in the project are: gender, age, educational level and personal or professional status. Furthermore, the results are presented according to the individual's place of residence: size of municipality and autonomous region.

The Higher Sports Council, together with the Ministry of Education, Culture and Sports appreciate the invaluable collaboration of the respondents and offers users the possible expansion on the information contained in the different instruments used to disseminate the survey, wherever allowed by the limitations of the survey derived from the sampling method.

We hope that the results presented constitute a tool for the better understanding of the participation in sport of the Spanish people, as well as its evolution.

The methodological details are available on [www.mecd.gob.es](http://www.mecd.gob.es), along with the full results of the survey.

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<sup>1</sup> This collaboration was agreed through a Management Commission between the Higher Sports Council and the Ministry of Education, Culture and Sports.

<sup>2</sup> This collaboration was agreed through a collaboration agreement between the Ministry of Education, Culture and Sports and the National Statistics Institute (NSI).

<sup>3</sup> Developed as a result of a collaboration agreement between the Higher Sports Council and the Centre for Sociological Research.

## Brief reference of methodology

In this edition of the survey, from a methodological point of view, we have had to take into account the differences compared to previous editions which substantially affect the questionnaire, the sample design, the method of selecting sampling units and the procedures used in the collection and processing of information.

The collecting of individual information was carried out during the months of June, July and September of 2015 through a mixed system: online questionnaire, phone interview, postal interview with telephone support and in-person interview. The average response rate was around 90%.

It is a two-phase sample, with a stratification of first-phase units, in which each autonomous region is considered an independent population. The first phase sample units are selected census areas and the second phase units, population of people 15 years and over. In each autonomous region a stratification of first phase units was effected, in keeping with the size of the municipality that each section belongs to.

The theoretical sample size stood at approximately 12.000 second stage units, people aged 15 and older. The first stage sample sizes were determined by the average number of interviews per section, which was set at 14 mainly for reasons of cost and efficiency in the field work.

Second-phase units were allocated in each of the autonomous regions using a compromise criterion between the uniform and the proportional allocation. The allocation of sections of the regional communities in the diverse strata determined by the size of the municipality was done slightly more proportionally in those strata containing greater municipalities or capital cities of provinces.

The sample selection of first stage units, census areas, was carried out by applying systematic sampling with random starting point within each stratum, assigning a selection probability proportional to its size, measured by the number of their inhabitants.

Within each section the selection of second stage units was carried out with equal probability, as well as by the method of systematic sampling with a random starting point, after sorting the units by gender and age. The substitute sample was selected in each strata in the same manner.

The selection of first and second stages sample units was carried out by the National Institute of Statistics, using the list of individuals obtained from the Municipality Register available at the beginning of the survey as a framework.

Separate ratio estimators for stratified sampling are used, considering the intersections of autonomous regions and size of municipality as strata. Advance estimates of the population by region and size of municipality which refer to the central point of the reference period are used as auxiliary variables.

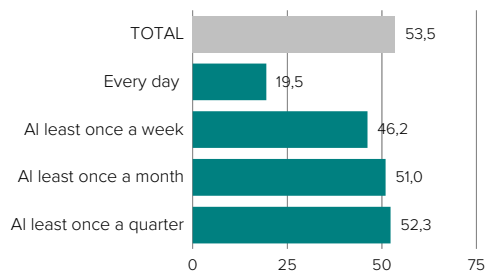
The final estimator is obtained by applying calibration techniques to the previous estimator in each region, using the advance estimates of population in each autonomous region by age group and gender as an external source. To estimate proportions we used ratio estimators. The sampling error considering hypothesis  $P = Q = 0,5$  is around 0,8% with a level of reliability of 95%.

All phases of the survey have been subjected to quality controls, which particularly affect the content and consistency of the questionnaires and the incidences occurring in the sample throughout the fieldwork and its processing.

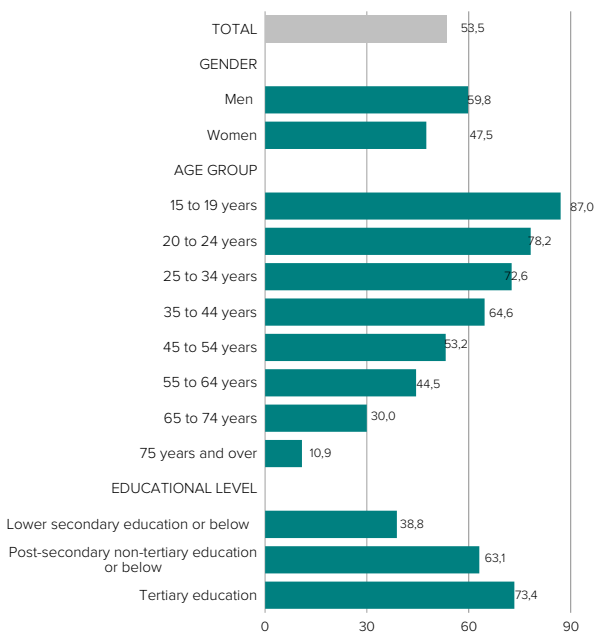
The questionnaires have been filtered in order to detect possible errors by individually analysing the invalid or inconsistent values of the questionnaire and the aggregate behaviour of some variables, by studying their distribution according to classification variables, as well as by making comparisons with other statistical sources.

Once this was carried out, the questionnaires file underwent a series of treatments in order to obtain an elevation and adjustment factor and to constitute a file which would be ready for the full utilisation of the results.

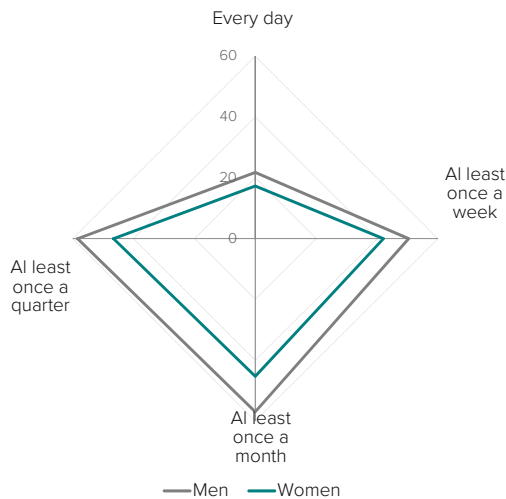
**Figure 1**  
**People who practised sports in the last year according to frequency**  
*(As a percentage of the surveyed population)*



**Figure 2**  
**People who practised sports in the last year by gender, age and educational level**  
*(As a percentage of the surveyed population of each group)*



**Figure 3**  
**People who practised sports according to frequency and gender**  
*(As a percentage of the surveyed population of each group)*



## Sports practice

More than half of the population over 15 years old practised sport in the last year, 53,5%, either regularly or occasionally.

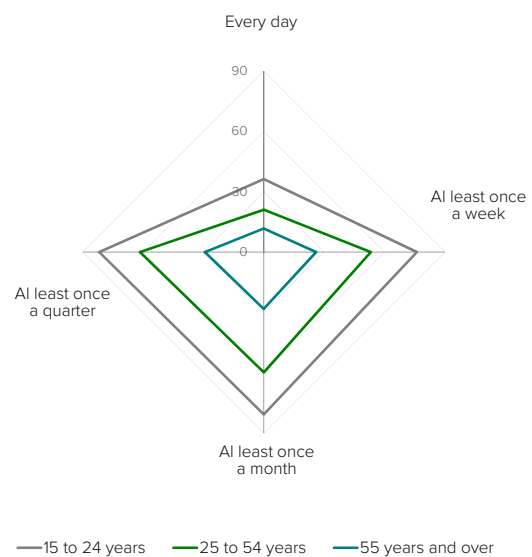
Analysis of the rates of sports practice shows that those who do sport usually do so very often. Thus, 19,5% of the population practice sport on a daily basis, 46,2% at least once a week, 51% of the population at least once a month and 52,3% at least once a quarter. On average, those who practiced sport weekly devoted an average of 312,1 minutes per week.

The age, gender and educational level are determining variables. Among these it is age that stands out, peaking in the youngest population, from 15 to 19 years old, 87%, which descends to 10,9% among those of 75 years and over.

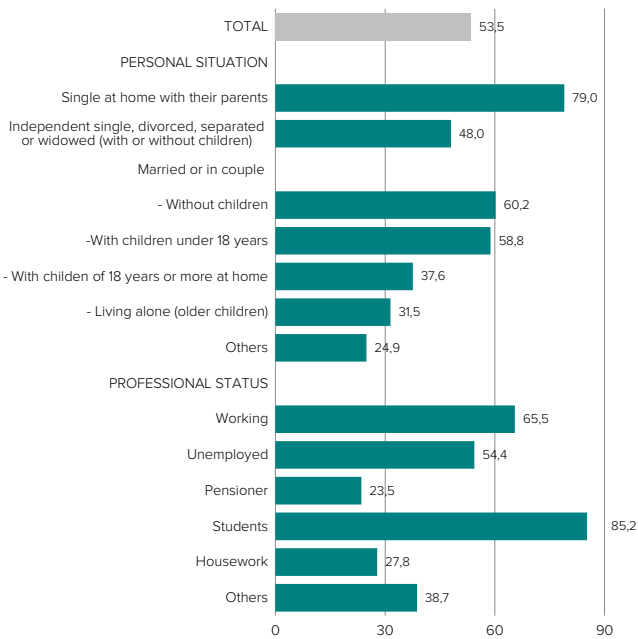
Significant differences were observed by gender showing that sports practice remains higher in men, 59,8%, than in women, 47,5%.

If we analyse the educational level the highest rates are observed among those with higher education, 73,4%, whether that is higher vocational training or university education. Next we find those with higher secondary education, 63,1%, whether they are general or vocational studies. The lowest rates of sports practice are found among those that have an educational level which is lower than those mentioned.

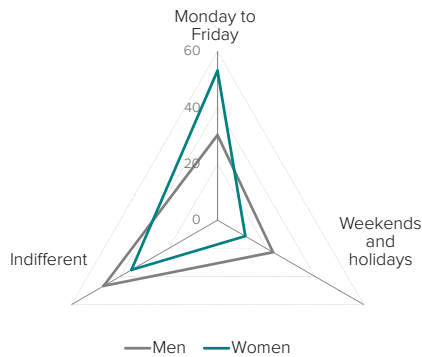
**Figure 4**  
**People who practised sports according to frequency and age**  
*(As a percentage of the surveyed population of each group)*



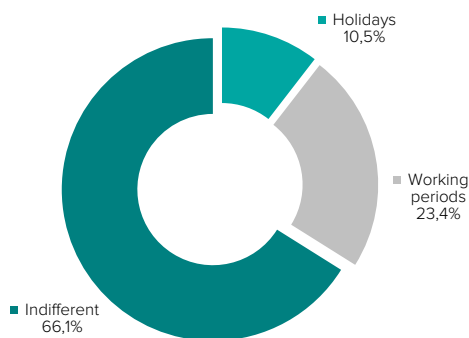
**Figure 5**  
**People who practised sports in the last year according to personal situation or professional status**  
*(As a percentage of the surveyed population of each group)*



**Figure 6**  
**People who practised sports in the last year according to the day of the week in which sports are practised**  
*(As a percentage of the population who practised sport in the last year)*



**Figure 7**  
**People who practised sports in the last year according to the time period in which sport is more frequently practised**  
*(As a percentage of the population who practised sport in the last year)*



Professional status or personal situation also have a clear link to sport. The highest rates are found among students, 85,2%, single people in the parental home, 79% or those who are married or couples without children, 60,2% or with children younger than 18 years, 58,8%.

If we analyse preferences relating to when sports are practised, among those who did sport in the last year the survey results show that 40,7% of the population do so most frequently from Monday to Friday, 17,6% on weekends and 41,6% do not show any preference for the day.

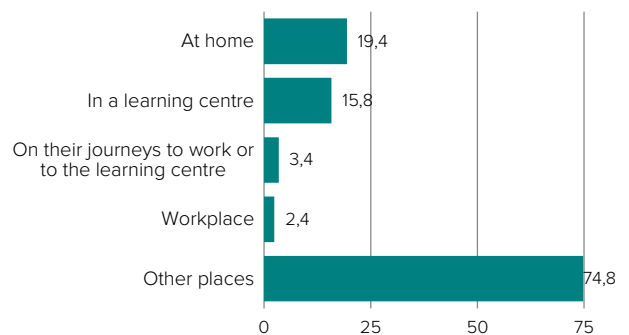
With regard to the time period in which sport is more frequently practised, 23,4% usually do it in working periods, 10,5% during holidays and the remaining 66,1% do it at any time of year.

Regarding the type of environment, 45,9% of the population who do sport show a preference for open space, 24% for enclosed spaces and the remaining 30,1% do sport in both. The results indicate that only among those who carry out housework or are over 75 years old, a preference for indoor spaces is observed.

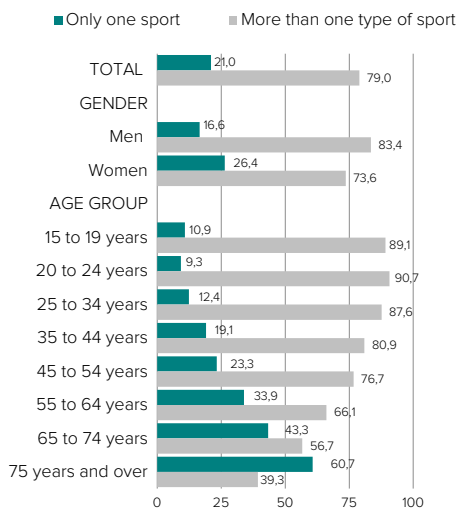
19,4% of the population who do sport usually do it at home, 15,8% in a learning centre, un 2,4 % in the workplace and 3,4% use their journeys to work or to the learning centre.

Six out of ten people who do sport usually use specific facilities for it, 58,8%. 23,1% usually use private gyms, and 13,2% public gyms, 12,1% use other facilities or private sports clubs, and 17,9% public facilities.

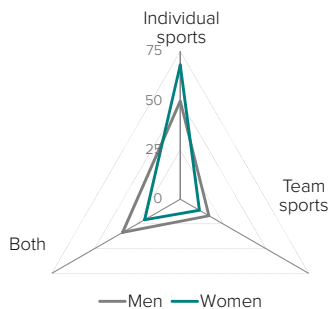
**Figure 8**  
**People who practised sports in the last year according to type of environment in which sport is more frequently practised**  
*(As a percentage of the population who practised sport in the last year)*



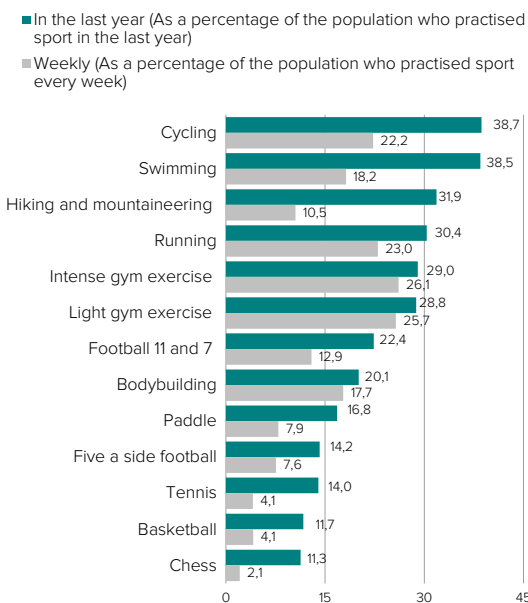
**Figure 9**  
**People who practised sports in the last year according to sports categories**  
*(As a percentage of the population who practised sport in the last year)*



**Figure 10**  
**People who practised sports in the last year according to the practice of individual or team sports**  
*(As a percentage of the population who practised sport in the last year)*



**Figure 11**  
**People who practised sports in the last year according to the sports categories most frequently practiced**



## Sports categories

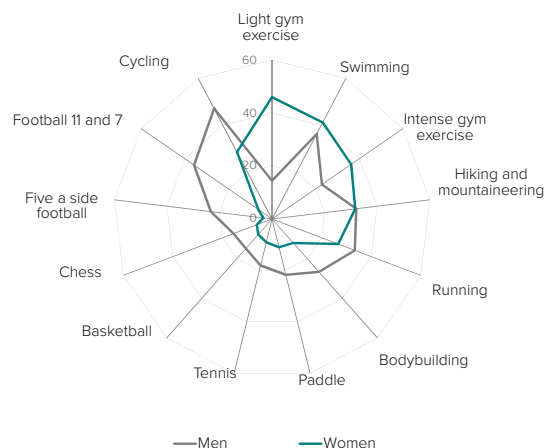
79% of those who practised sport in the last year did so in more than one type of sport, and the remaining 21% in only one. Among women it is more common to practice a single sport than among men, specifically 26,4% of women who did sport only practised one, compared to 16,6% estimated in men. Similarly, the practice of only one sport is an option whose significance rises with age, exceeding the average in the groups of 45 years and peaking, 60,7%, among those who are older.

Individual sports are the most common in the population that practised sport in the last year, with 58% expressing this preference, compared to 14,2% who preferred team sports or 27,7% that don't show any preference. There are significant differences by gender, with 68,1% preferring individual sport among women, compared to 49,7% in men. Also by age, with the preference for individual sports being less frequent among the youngest. 18,5% of the population who practise sport participate in organized sports competitions.

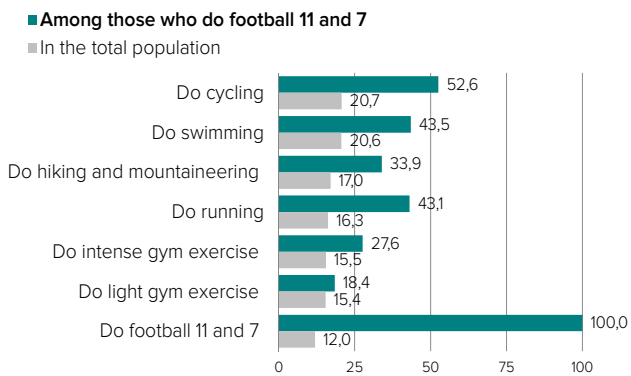
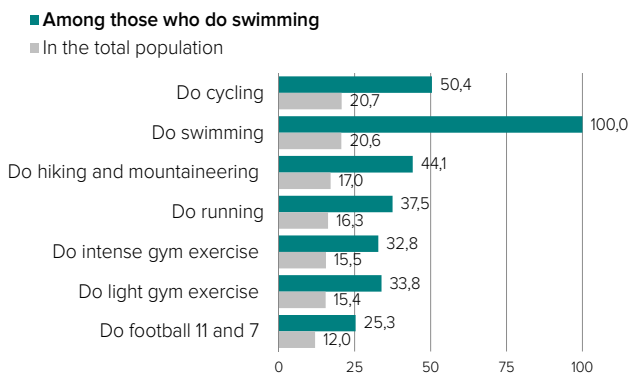
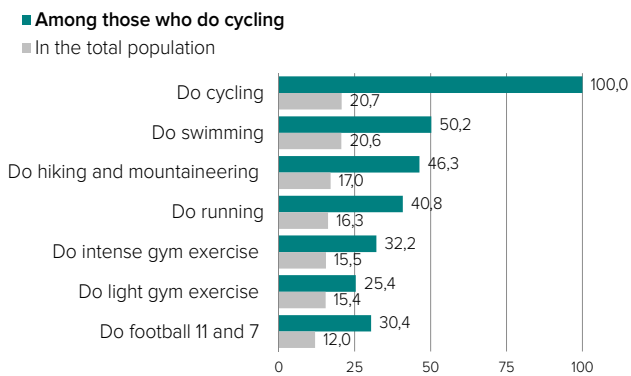
Among the types of sport most practised in annual terms we can highlight *cycling*, 38,7% of the population who practised sport in the last year, *swimming* with 38,5%, *hiking and mountaineering* with 31,9%, *running* 30,4%, *intense gym exercise* 29%, *light gym exercise* 28,8%, *football 11 and 7* with 22,4%.

Again there are significant gender differences, and it can be noted that among men it is much more common to practise *football, basketball, tennis, cycling* or *paddle*, while much higher rates of any type of *gym exercise* or *swimming* are observed in women.

**Figure 12**  
**People who practised sports in the last year in the sport categories most frequently practiced according to gender**  
*(As a percentage of the population who practised sport in the last year)*



**Figure 13**  
**Indicators of annual sports practice in the population surveyed and in several groups of people**  
*(As a percentage)*



## Interrelated indicators of participation

The survey also provides indicators of sports practice evaluated in groups of people in which a particular sport is observed and which show the strong interrelationships between them. Some examples are listed below.

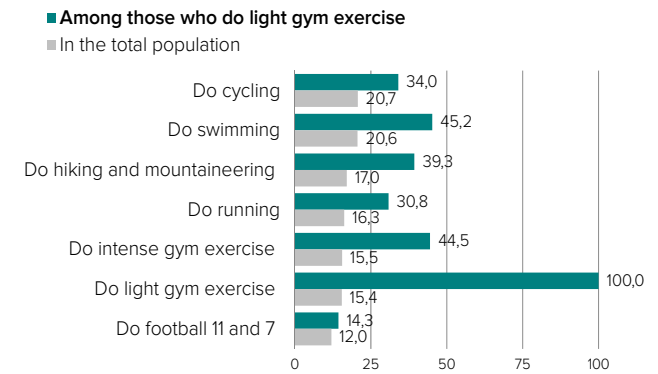
If we focus on the group of those who do cycling, in annual terms we see a sharp increase in their rates of swimming, 50,2% compared to 20,6% estimated for the entire study population. In this group we also see that the rate for hiking triples, reaching 46,3%, compared to 17% seen overall.

Among those who do swimming the rates are doubled for gym exercise, whether light, 33,8% or intense, 32,8%, and a sharp increase is seen in their rates of cycling or hiking, with 50,4% and 44,1% respectively.

More than half of those who do hiking also do cycling and swimming, specifically 56,2% and 53,3%, exceeding the figures seen in the national research population by more than 30 percentage points.

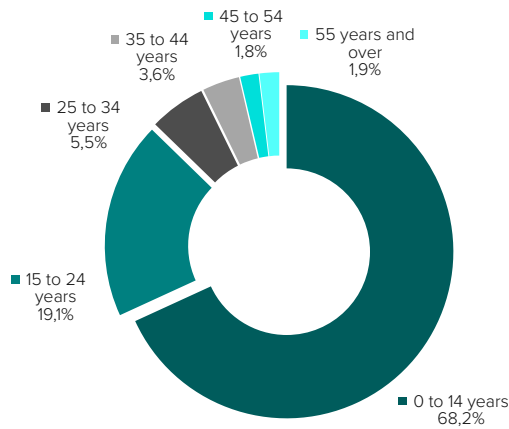
Among those who play football 11 or 7 the rates of running or swimming are over 40%, specifically 43,1% and 43,5%, compared to 16,3% and 20,6% observed in the overall research population.

Those who do light gym exercise show a rate of swimming practice of 45,2%, 25 percentage points higher than in the total surveyed population. Their rate of intense gym exercise triples, with 44,5%. No significant differences were observed in this group compared to the overall surveyed population in the rates of playing football 11 or 7.

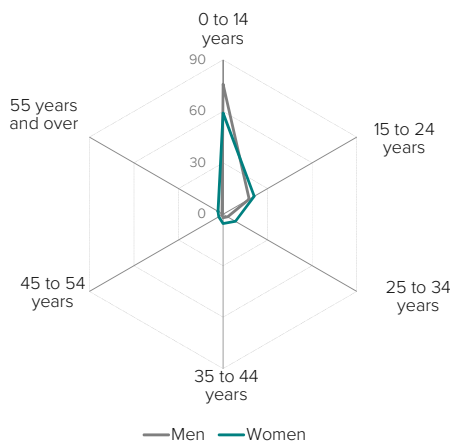




**Figure 14**  
**People who practised sports according to the starting age of sports practice**  
*(As a percentage of the population who practised sport in the last year)*

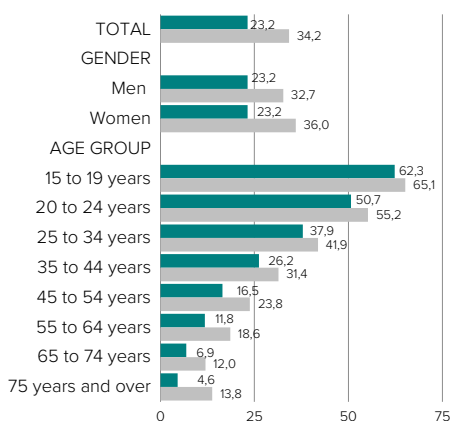


**Figure 15**  
**People who practised sports according to the starting age of sports practice and gender**  
*(As a percentage of the population who practised sport in the last year)*



**Figure 16**  
**People according to the sport practice of the parents**

- At least one of their parents practise or have practised . As a percentage of the total population
- At least one of their parents practise or have practised . As a percentage of the population who practised



## The starting age of sports practice

The survey provides indicators for the starting age of sports practice, which show that 68,2% of the population that practise sport started this activity before they were 15 years old, 19,1% between 15 and 24 years, 9,1% between 25 and 44 years and only 3,7% started doing sport over 45 years old. Gender is a determining factor in this, with 75,8% of men who began to do sport before they were 15 years old compared to 59% of women.

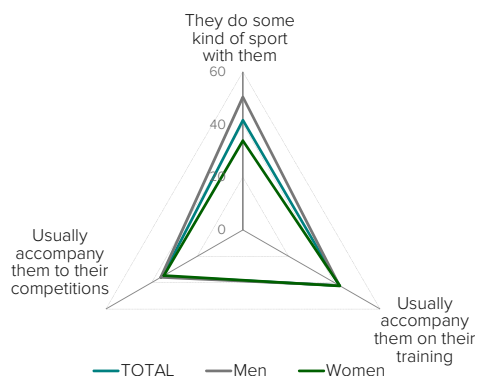
## The involvement of parents in sports practice

If we analyse the link between the sports practice of the research individuals and their parents, it is seen that among those who do sports, 34,2% said that at least one of their parents practise or have practised this activity. The generational aspect is determinant in this indicator, and it can be seen that among the youngest, from 15 to 19 years old, this figure rises to 65,1% and drops to below the 15% among people of 65 years and older.

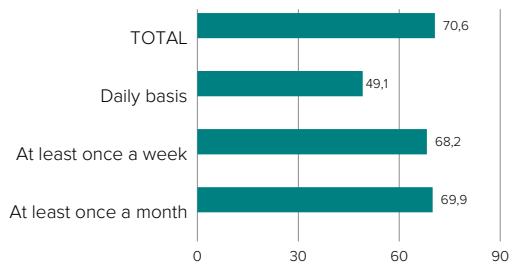
Figures for the sport practice of the parents of the research population who do sports are much higher, 11 percentage points higher, than those observed in the whole of the research population, where it is estimated that only in 23,2% one of the parents did sports.

With regard to parental involvement in sports activities of their children, 41,6% of the population with children under 18 years at home state that they do some kind of sport with them, 42,2% usually accompany them on their training and 35,2% to their competitions.

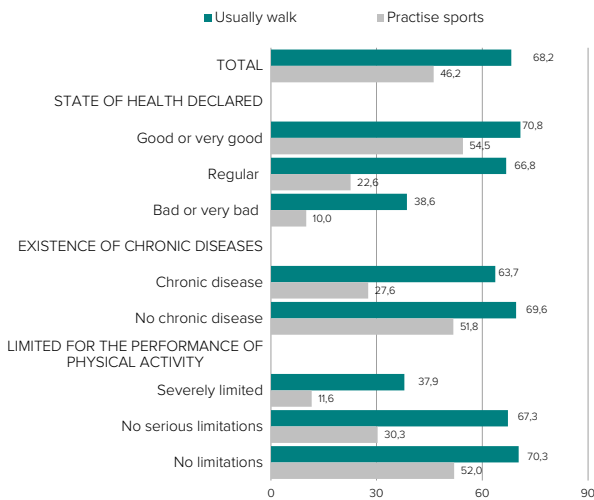
**Figure 17**  
**People according to the parental involvement in sports activities of their children**  
*(As a percentage of the population with children under 18 years old)*



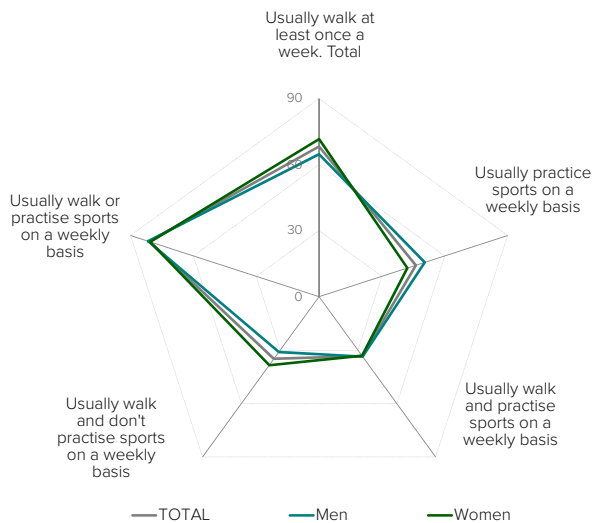
**Figure 18**  
**People who walked more or less quickly, for at least ten minutes non-stop in order to maintain or improve physical fitness according to the frequency**  
*(As a percentage of surveyed population)*



**Figure 19**  
**People who walked or practised sports at least once a week according to the state of health declared, existence of a chronic disease or limitations for the performance of physical activities**  
*(As a percentage of surveyed population of each group)*



**Figure 20**  
**People who walked on a daily basis and link with sports practice**  
*(As a percentage of surveyed population)*



## Walking

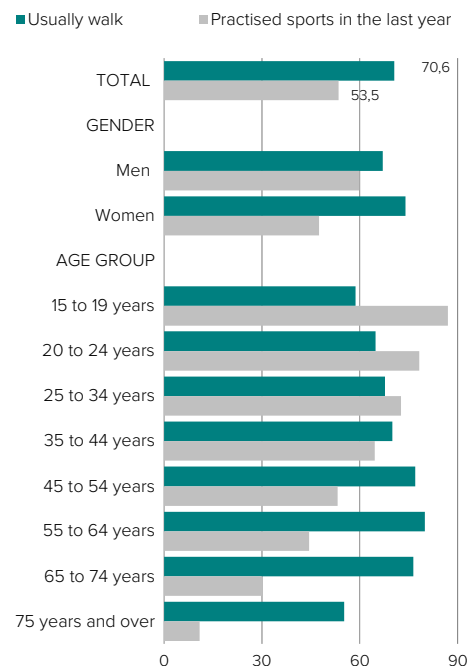
Because of its significance, the survey separately investigated the practice of going for walks, more or less quickly, for at least ten minutes non-stop in order to maintain or improve physical fitness.

The results show that 70,6% of the population usually does this activity, 69,9% of the population at least once a month, 68,2% at least once a week and 49,1% on a daily basis.

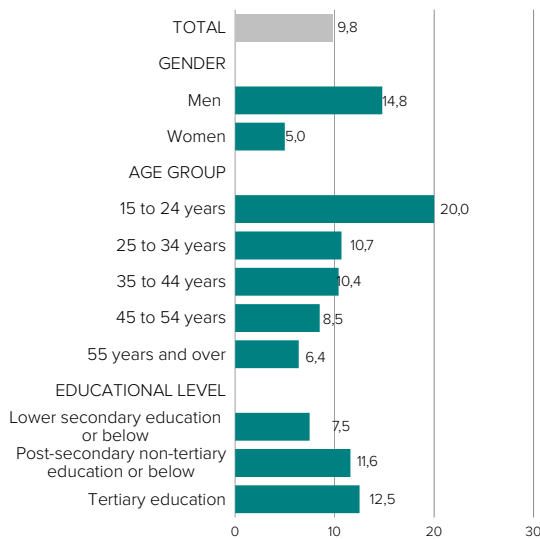
Compared to what is seen in the rates of sports practice, the habit of going for walks is more common in women, 74%, than in men, 67%. Also, while sports practice rates decreased with age, the habit of going for walks increases with age, peaking in the 55 to 64 age group, 79,9%. From this age onwards values decrease reaching their minimum value in the population of 75 and older, 55,2%.

If we analyse the link between this practice with the state of health declared by the individual, we see that is a common practice among those who claim to have no limitations, or no serious limitations, with monthly rates of 72% and 69% respectively, highlighting that 39,5% of those who declare themselves to be severely limited for the performance of physical activity often go for walks at least once a month.

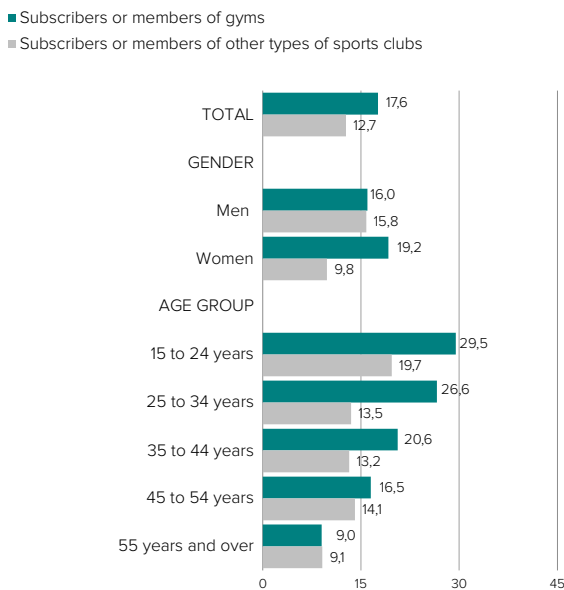
**Figure 21**  
**People who practised sport and walk according to characteristics**  
*(As a percentage of surveyed population of each group)*



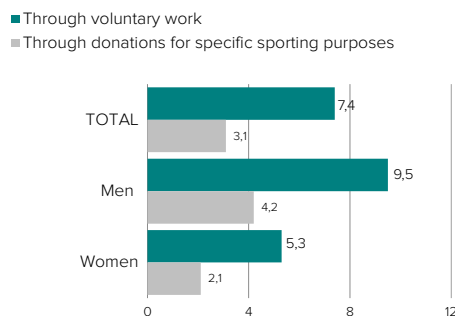
**Figure 22**  
**People who have had at least one sports license in effect in the last year according to characteristics**  
*(As a percentage of surveyed population of each group)*



**Figure 23**  
**People who have been subscribers or members of gyms or sport clubs according to characteristics**  
*(As a percentage of surveyed population of each group)*



**Figure 24**  
**People according to the support of sports activities through voluntary work or donations by gender**  
*(As a percentage of surveyed population of each group)*



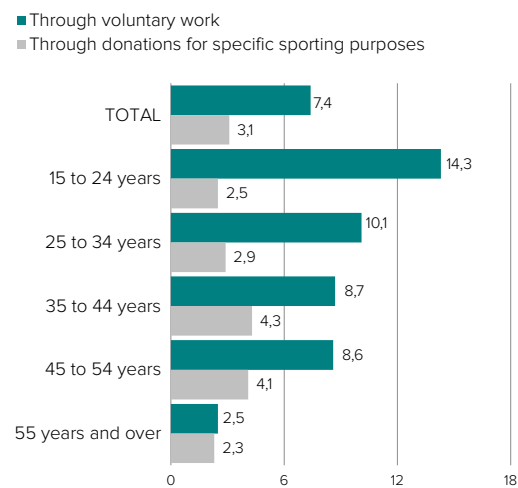
## Link to sports federations or organisations and support of sports activities

9,8% of the research population indicate that they have at least one sports license in effect. These rates are highest in men, 14,8%, compared to 5% in women. The highest values are observed in the youngest, peaking in the 15 to 19 years age group, 25,7%, and in the student population, 20,1%. In most cases, 85,5%, only have one federation license and the remaining 14,5% have more than one.

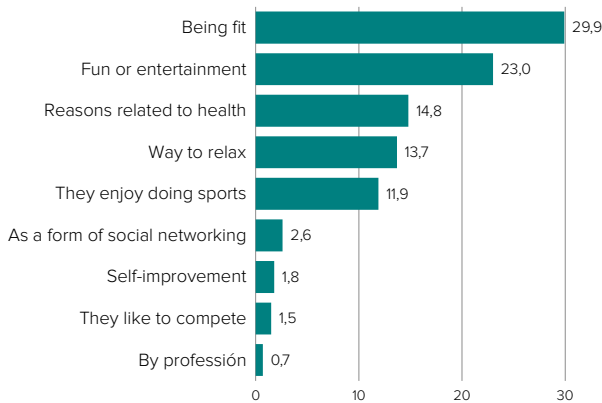
17,6% of the people surveyed are subscribers or members of gyms, this figure being 11,6% if these are public gyms and 6,5% if they are private. Also, 12,7% are subscribers or members of other types of sports clubs, 7,3% if these are public gyms and 5,9% if they are private. Behaviour is clearly differentiated by gender. While rates of gym subscriptions or memberships are higher in women, 19,2% compared to 16% estimated in men, among the latter it is more common to be a subscriber or member of other types of sports clubs, 15,8% compared to 9,8% in women.

As regards the participation in or support of sports activities through voluntary work or through donations for specific sporting purposes, 7,4% have worked as a volunteer in this field, a figure which is much higher among men and among the youngest groups, and 3,1% have made some sort of donation for specific sporting purposes in the last year, a figure that is above the average in the middle age group, from 35 to 54 years old.

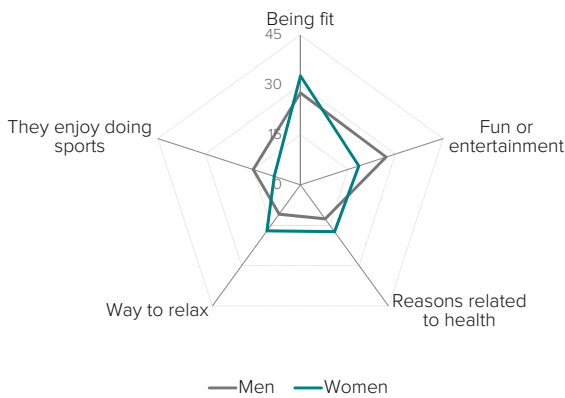
**Figure 25**  
**People who have supported sports activities through voluntary work or donations according to age group**  
*(As a percentage of surveyed population of each group)*



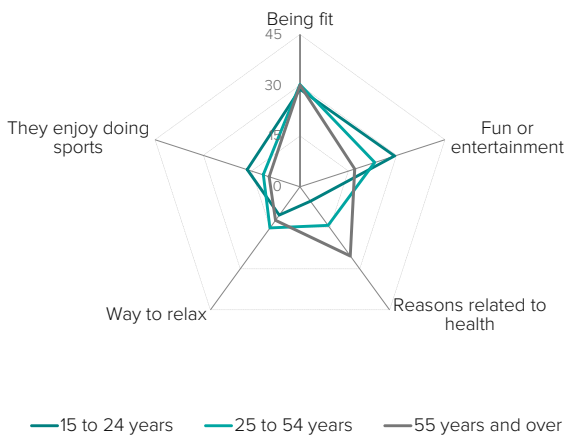
**Figure 26**  
**Main motivations for sports practice**  
*(As a percentage of the population who practised sport in the last year)*



**Figure 27**  
**Main motivations for sports practice according to gender**  
*(As a percentage of the population who practised sport in the last year)*



**Figure 28**  
**Main motivations for sports practice according to age groups**  
*(As a percentage of the population who practised sport in the last year)*



## Main motivations and barriers for sports practice

The survey investigates the main motivations for those who practise sport.

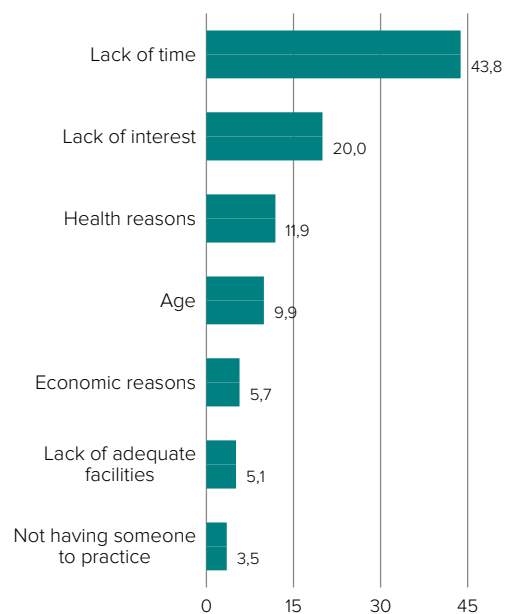
Being fit is the main stated reason for doing sports, 29,9%, especially among women, 32,7%, compared to 27,6% observed in men. This is followed in order of significance by fun or entertainment, 23%, In this case the percentages recorded among men, 27%, are far higher than those seen among women, 18,4%.

The reasons related to health, 14,8% or considering sport as a way to relax, 13,7%, are seen more acutely in the group of women. 11,9% said the main reason is that they enjoy doing sports, and in this case the rates are much higher among men. Much less common are the reasons such as considering sport as a form of social networking, 2,6% or self-improvement, 1,8%.

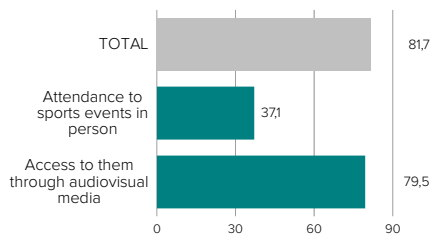
Among the main barriers to sports practice, the reasons why the population does not do sport, or doesn't do it more often, is primarily a lack of time, 43,8 followed far behind by the lack of interest, 20%. Health reasons, 11,9% or age, 9,9% are determinant in the population of 55 years and older.

5,7% consider the economic reasons as the key barrier, and 5,1% the lack of adequate facilities.

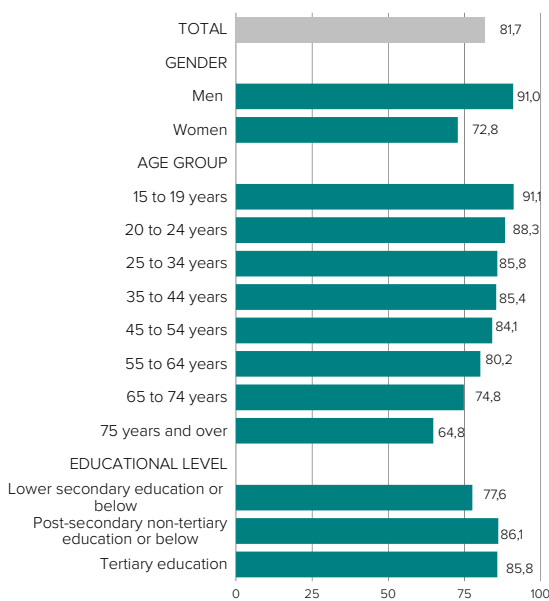
**Figure 29**  
**Main barriers to sports practice**  
*(As a percentage of surveyed population)*



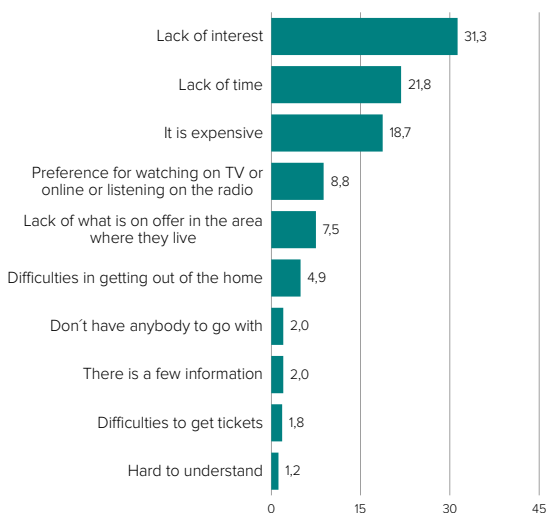
**Figure 30**  
**People according to the attendance in person or audiovisual media access to sports events in the last year**  
*(As a percentage of surveyed population)*



**Figure 31**  
**People who attended in person or accessed by audiovisual media to sports events in the last year according to characteristics**  
*(As a percentage of surveyed population of each group)*



**Figure 32**  
**Main motivations for not attending in person, or not more often, to sports events**  
*(As a percentage of surveyed population)*



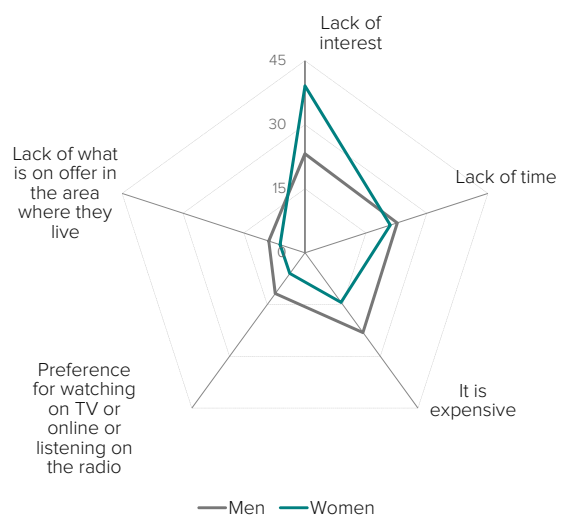
## Attendance in person or audiovisual media access to sports events

The survey researches both attendance to sports events in person, as well as access to them through audiovisual media, showing that, overall, eight out of ten of those surveyed, 81,7% of the population attend a sporting event in person or access one through audiovisual media at least once a year. Specifically 37,1% of the research population have attended in person and 79,5% have accessed through the media.

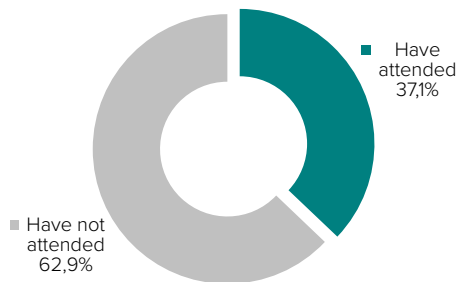
Access to this type of event, either in person or through audiovisual media, is much higher among men, 91%, than among women, 72,8%. The annual rate is above the average until 54 years old, and has its lowest values, 64,8% in the population over 75 years old.

The survey investigates the main reasons for why the research population does not attend in person, or not more often, to sports event. The lack of interest or time, with 31,3% and 21,8% respectively, are the key reasons. Following in order of importance are the price, 18,7% or the preference for watching on TV or online or listening on the radio, 8,8%. The lack of what is on offer in the area where they live, 7,5% or difficulties in getting out of the home, 4,9% have a much lower incidence.

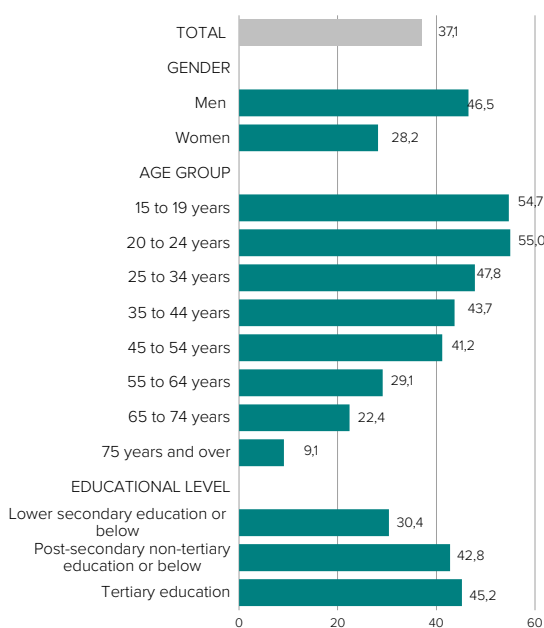
**Figure 33**  
**Main motivations for not attending in person, or not more often, to sports events according to gender**  
*(As a percentage of surveyed population)*



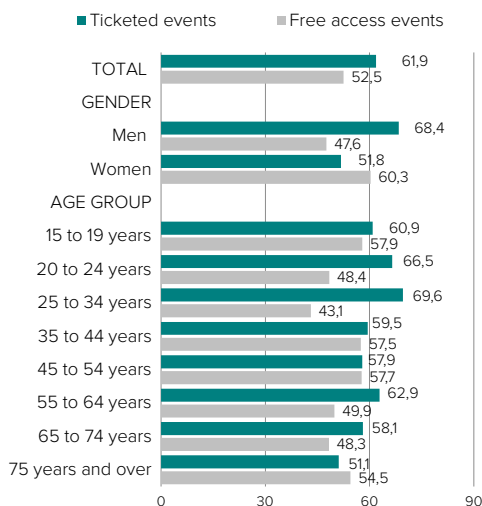
**Figure 34**  
**People who have attended sporting events in person in the last year**  
*(As a percentage of surveyed population)*



**Figure 35**  
**People who attended sporting events in person in the last year according to characteristics**  
*(As a percentage of surveyed population of each group)*



**Figure 36**  
**People who attended sporting events in the last year according to the access**  
*(As a percentage of the population of each group who attended sporting event)*



## Attendance at sporting events

37,1% of the research population have attended sporting events in person in the last year, a much higher figure among men 46,5%, than among women, 28,2%. The annual attendance rates are higher than 50% in the younger age groups, from 15 to 24 years, decreasing with increasing age, reaching 9,1% among those of 75 years and older. Single people living with their parents and those who have young children at home most often attend such events.

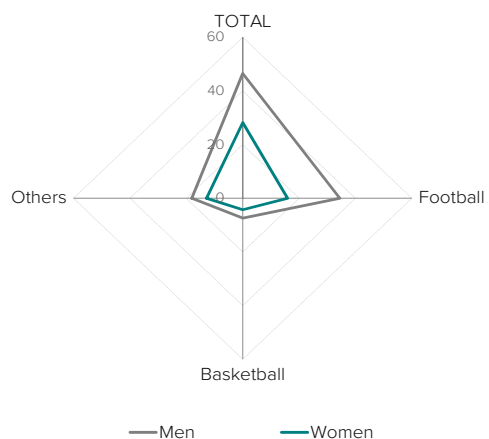
Among those who attended sporting events in the last year, 52,5% did so at free access events, and 61,9% at ticketed events. In the former we see higher rates among women and in the latter we see higher rates among men.

Regarding the type of event, 24,9% of the research population attended a football event in the last year, 5,8% a basketball event and 15,4% another sporting event.

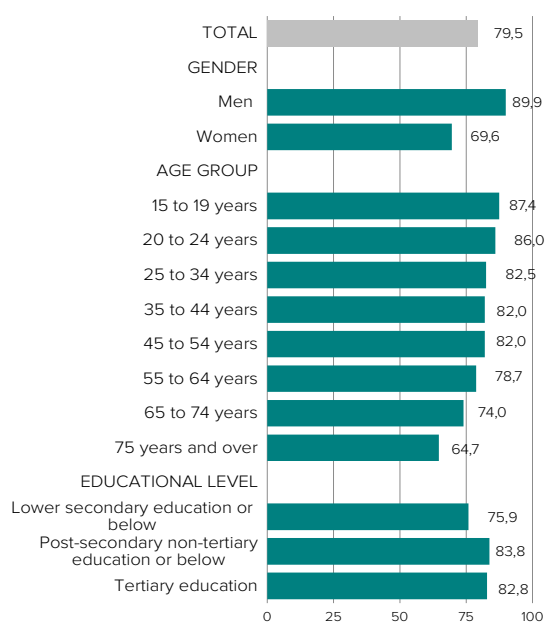
If we focus on the last time they attended, more than half of those who went to the football with a ticket, 54,7%, paid the entrance fee at the normal price, while the 25,4% used a season ticket, 9,8% used discounted admission and 10,1% got free admission. Among those who paid for their admission 14,5% purchased their tickets online.

Among those who attended basketball events with tickets, more than half, 55,9%, paid their entrance fee at the normal price, while 14,9% used a season ticket, 14,4% used discounted admission and 14,8% got free admission. Among those who paid for their admission 19,5% purchased their tickets online.

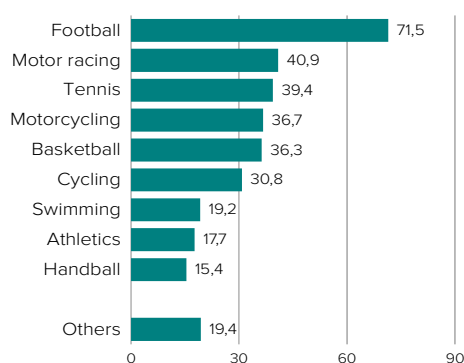
**Figure 37**  
**People who attended sporting events in the last year according to sports categories**  
*(As a percentage of the population of each group who attended sporting event)*



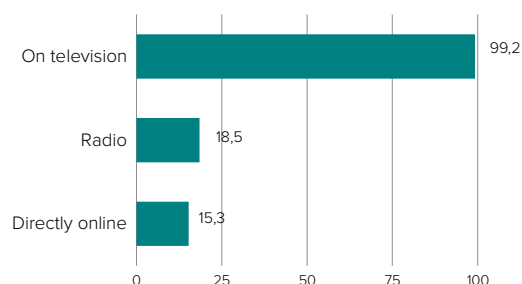
**Figure 38**  
**People who accessed to sporting events through audiovisual media in the last year according to characteristics**  
*(As a percentage of surveyed population of each group)*



**Figure 39**  
**People who accessed to sporting events through audiovisual media in the last year according to sports categories**  
*(As a percentage of surveyed population)*



**Figure 40**  
**People who accessed to sporting events through audiovisual media in the last year according to audiovisual media used**  
*(As a percentage of population who accessed through audiovisual media)*



## Access to sporting events through audiovisual media

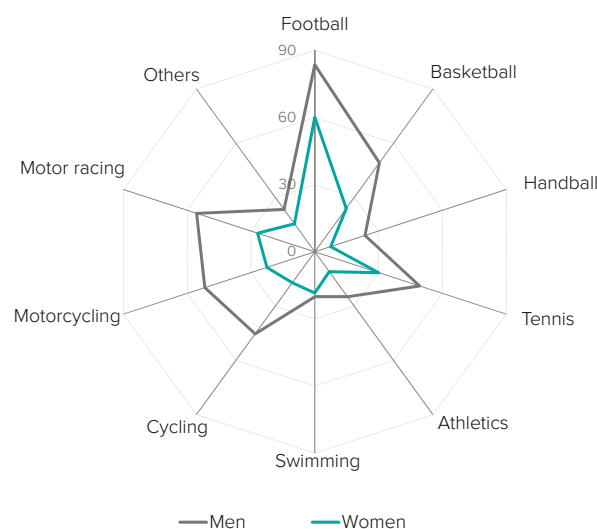
Eight out of ten, 79,5% of the research population, has accessed sporting events through audiovisual media such as television, radio or Internet in the last year. This practice is higher among men, 89,9%, than among women, 69,6%, peaking among the youngest of 15 to 19 years old, 87,4%, and decreases with age, to reach the minimum, 64,7%, among those who are 75 years and older.

If we analyse the audiovisual media used, 99,2% of those accessing an event via audiovisual media see it on television, 18,5% use radio and 15,3% do so directly online.

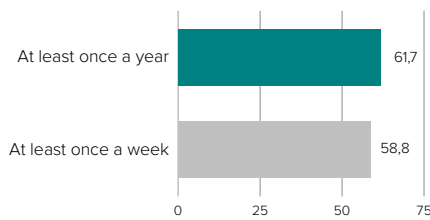
The most significant differences are observed in Internet use, peaking in the younger population, reaching 28% among those of 15 to 19 years.

By type of sports event it is football that stands out, with 71,5% accessing this type of event via the audiovisual media, followed far behind by motor racing, 40,9%, tennis, 39,4%, motorcycling 36,7%, basketball, 36,3% or cycling, 30,8%. With lower rates we find swimming, 19,2%, athletics, 17,7%, or handball, 15,4%.

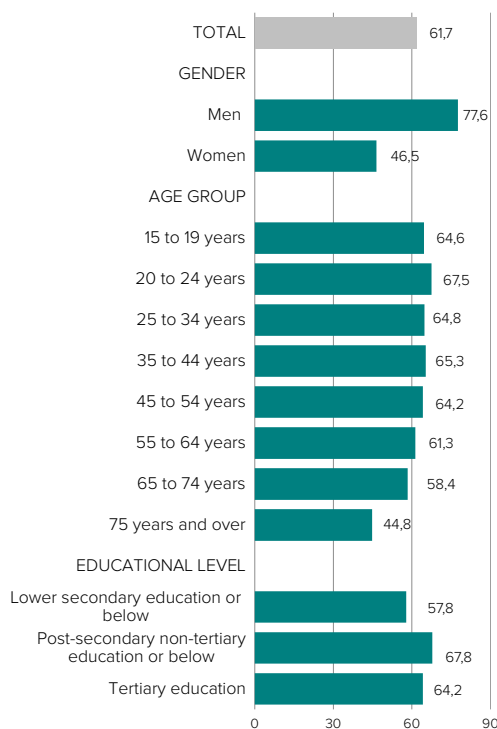
**Figure 41**  
**People who accessed to sporting events through audiovisual media in the last year according to the type of sports event**  
*(As a percentage of population who accessed by audiovisual media)*



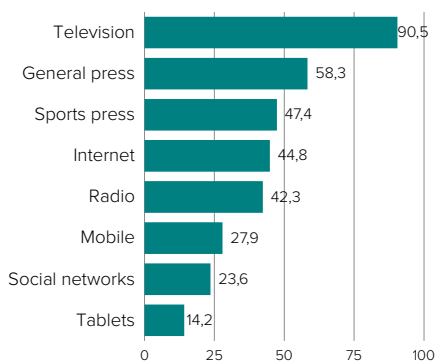
**Figure 42**  
**People who usually access to sports information through the press or audiovisual media according to frequency**  
*(As a percentage of surveyed population)*



**Figure 43**  
**People who usually access to sports information through the press or audiovisual media at least once a year according to characteristics**  
*(As a percentage of characterised population of each group)*



**Figure 44**  
**People who usually access to sports information through the press or audiovisual media according to type of media**  
*(As a percentage of population who usually access to sports information)*



## Access to sports information through the press or audiovisual media

61,7% of the research population got their information on sports through the press or audiovisual media in the last year, and most of them 95,4%, on a weekly basis.

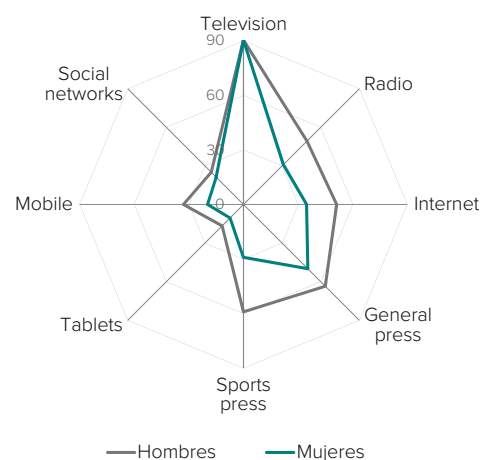
Consulting sports information is a much more common practice in men, 77,6%, than in women, 46,5%. By age group, the figures are above the average among those younger than 55 years, with rates decreasing beyond this age group.

If we analyse personal situation we see the highest rates among single people living with their parents and those who have young children at home.

The survey asks about the different media, either press or audiovisual, used to get information about sports. Of those who usually look for this information, television is the most widely used, 90,5%, followed by the press, both general, 58,3%, as well as specialised sports press, 47,4%, and radio, 42,3%.

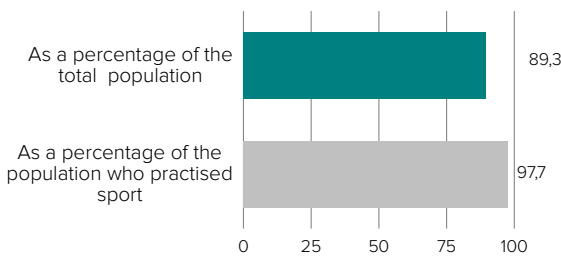
It also highlights the use of new technologies as tools for accessing information about sports: 44,8% of those who access this type of information do so online, 27,9% use their mobile, 14,2% use tablets, and 23,6% use social networks. This last figure of the access to sports information through social networks is the one with the most significant differences by age, doubling among the youngest age groups, reaching 52,3%, and reaching minimum values in the older population

**Figure 45**  
**People who usually access to sports information by press or audiovisual media according to the media used and gender**  
*(As a percentage of population who usually access to sports information)*

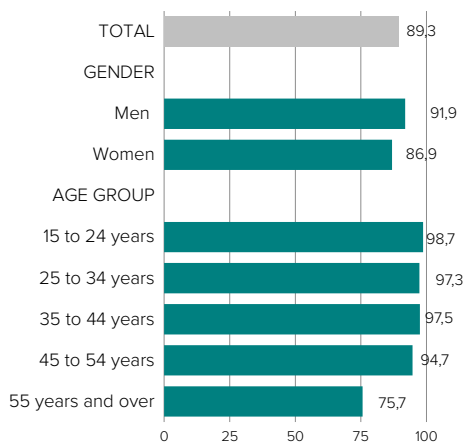




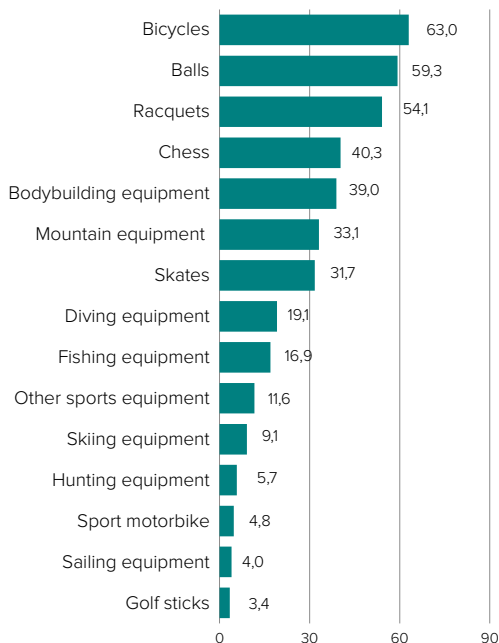
**Figure 46**  
**People who have sports equipment in the home according to the practice of sports**



**Figure 47**  
**People who have sports equipment in the home according to the main characteristics**  
*(As a percentage of the surveyed population of each group)*



**Figure 48**  
**People who have sports equipment in the home according to the type**  
*(As a percentage of the surveyed population)*



## Main equipment available in the home

Virtually the entire population has sports equipment in the home, 89,3%. The availability of equipment is universal, 97,7%, among those who do sports.

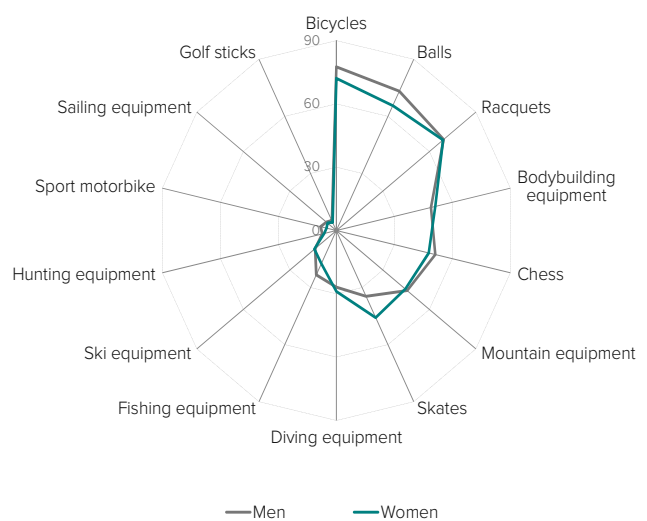
The most common equipment in the homes of the research population are bicycles, balls, racquets and chessboards.

Specifically, with regard to bicycles, 63% of the population have them, 55,9% have adult bikes and 28,1% have children's bikes.

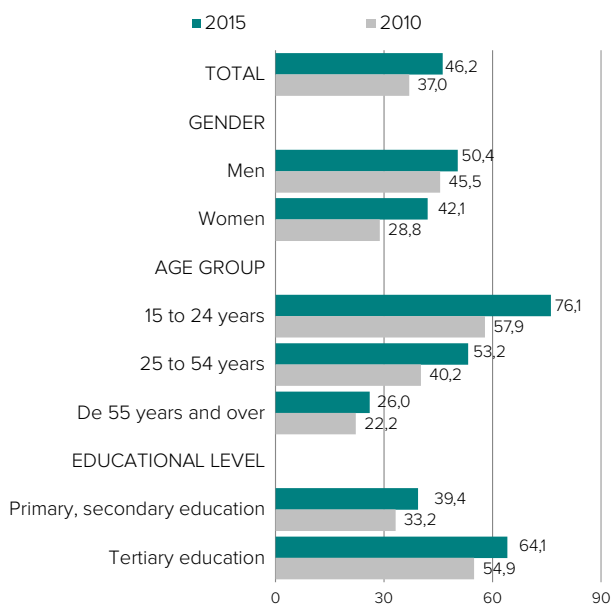
Six out of ten of those surveyed have a ball at home, 59,3%, noting that 51,3% have footballs and 27% have basketballs. More than half, 54,1%, have racquets, 35,3% have tennis racquets, 22% have table tennis bats, and 21,9% have paddle tennis bats. 40,3% of the population have a chess set at home.

Following these types of equipment we find fitness and bodybuilding equipment, 39%. With even lower rates, it may be noted that 33,1% have mountain equipment -26% have tents and 19,4% have mountaineering tools-, or that 31,7% have skates. With regard to specific equipment for diving and fishing, the percentages stand at 19,1% and 16,9% respectively.

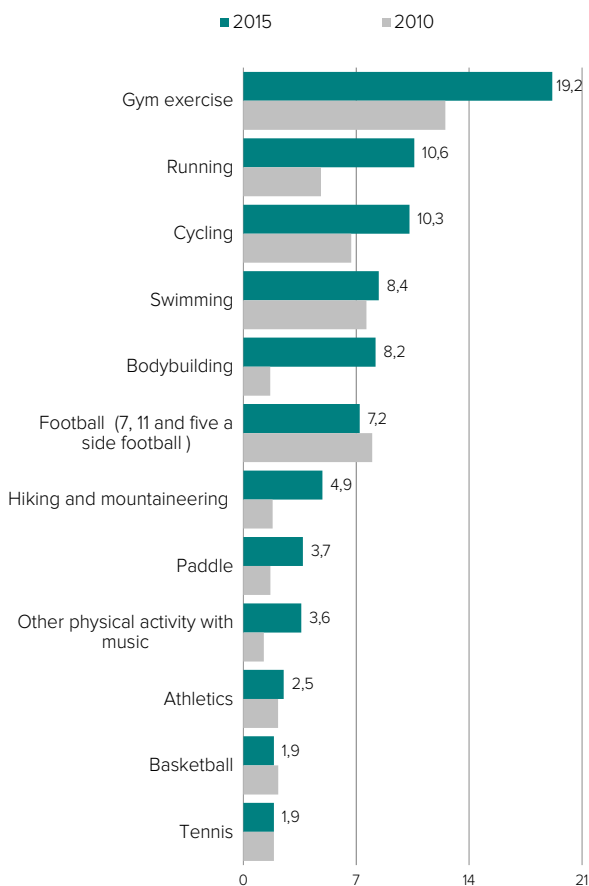
**Figure 49**  
**People who have sports equipment in the home according to the sports practice in the last year**  
*(As a percentage of population who practised sports in the last year)*



**Figure 50**  
**Evolution of sports practice on a weekly basis**  
*(As a percentage of surveyed population of each group)*



**Figure 51**  
**People who practiced sports on a weekly basis according to the most frequently sport categories**  
*(As a percentage of surveyed population)*



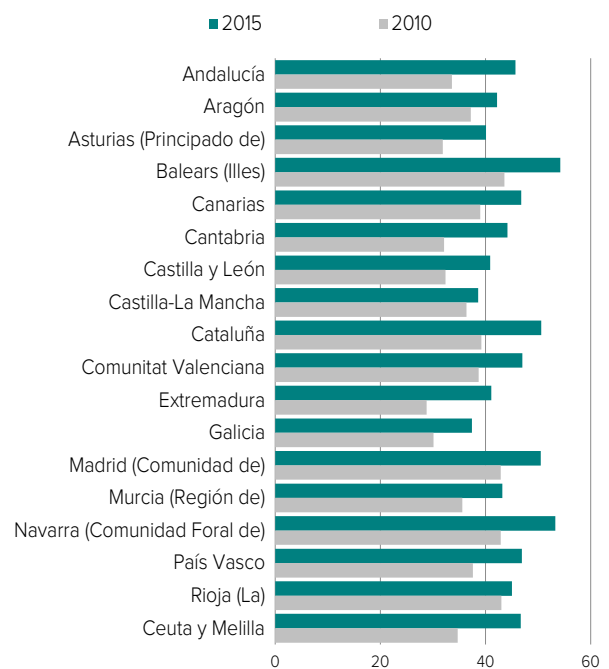
**Evolution of the main indicators of participation in sports**

It is important to point out that since the last survey, with reference to 2010, the rates in sports practice have grown significantly, being higher in women and in younger age groups. Specifically, the results obtained for 2015 estimate that 46,2% of the population of 15 years and older practised some kind of sport on a weekly basis, a figure which shows an increase of 9,2 percentage points compared to the last five-year period available.

Gender behaviour largely explains this favourable evolution, since although rates of practice increase both among men, with an increase of 4,9 percentage points, as well as among women, the increase in the latter of 13,3 percentage points is much higher. In fact the estimated gender gap in sports practice in 2010, of 15 percentage points, has declined significantly, with the distance in rates of weekly sports practice by gender standing at 8 percentage points.

In terms of the type of sport practised, in weekly terms the most important are gym exercise, running or bodybuilding, with marked increases in the period. Cycling, swimming and football are still very common activities in the research population.

**Figure 52**  
**People who practiced sports on a weekly basis according to autonomus region**  
*(Annual indicators in percentage)*



**R.1. AVERAGE RATE OF INTEREST LINKED TO SPORTS***(Figures from 0 to 10)*

	TOTAL	MEN	WOMEN
Sports in general	6,4	7,1	5,8
Sports practice	5,6	6,1	5,1
Attendance in person at sporting events	4,3	5,0	3,6
Audiovisual media access to sports events	5,4	6,5	4,3
Access to sports information	4,9	6,1	3,8

**R.2. MAIN INDICATORS OF SPORTS PRACTICE**

	TOTAL	MEN	WOMEN
<b>SPORTS PRACTICE FREQUENCY</b>			
<i>(As a percentage of surveyed population of each group)</i>	100	100	100
At least once a year	53,5	59,8	47,5
At least once a quarter	52,3	58,4	46,6
At least once a month	51,0	57,0	45,3
At least once a week	46,2	50,4	42,1
On a daily basis	19,5	21,8	17,3
<b>SPORTS PRACTICE CHARACTERISTICS</b>			
<i>(As a percentage of who practised sport in the last year of each group)</i>	100	100	100
Day of the week in which sports is more frequently practised			
Monday to Friday	40,7	30,3	53,2
Weekend or holiday	17,6	22,8	11,4
Indifferent	41,6	46,8	35,4
Time period in which sport is more frequently practised			
Holidays	10,5	11,1	9,7
Working periods	23,4	17,2	30,8
Indifferent	66,1	71,7	59,5
Type of environment in which sport is more frequently practised			
Outdoor	45,9	55,6	34,3
Indoor	24,0	14,9	34,9
Indifferent	30,1	29,5	30,8
At home	19,4	19,6	19,2
In a learning centre	15,8	11,1	21,5
Workplace	2,4	3,0	1,7
On their journeys to work or to the learning centre	3,4	2,8	4,2
Other places	74,8	80,0	68,6
Sporting facilities in which sports is more frequently practised			
Specific sporting facilities	58,8	53,7	64,9
Public gyms	13,2	10,1	16,9
Private gyms	23,1	19,2	27,7
Other public facilities or sports clubs	17,9	19,2	16,3
Other private facilities or sports clubs	12,1	14,2	9,6
Open spaces for outdoor activities (park,...)	69,9	78,1	60,0
Other places	19,1	18,5	19,7

**R.3. PEOPLE WHO USUALLY WALK***(As a percentage of surveyed population of each group)*

	TOTAL	MEN	WOMEN
Usually walk	70,6	67,0	74,0
On a daily basis	49,1	46,3	51,8
At least once a week	68,2	64,7	71,6
At least once a month	69,9	66,4	73,3
Usually walk at least once a week			
Usually walk and practise sports on a weekly basis	33,4	33,6	33,1
Usually walk and don't practise sports on a weekly basis	34,9	31,1	38,5
Usually walk or practise sports on a weekly basis	81,1	81,6	80,6

## SYNTHESIS OF RESULTS

### R.4. PEOPLE WHO PRACTISED SPORTS IN THE LAST YEAR ACCORDING TO SPORTS CATEGORIES

(As a percentage of the population who practised sport in the last year)

	TOTAL	MEN	WOMEN
<b>TOTAL</b>	<b>100</b>	<b>100</b>	<b>100</b>
Football 11 and 7	22,4	35,8	6,3
Five a side football	14,2	23,3	3,3
Basketball	11,7	14,9	7,9
Handball	4,1	4,5	3,6
Volleyball	8,6	8,9	8,3
Rugby	1,8	2,4	1,2
Fronton, frontenis	6,6	9,0	3,6
Petanca or bowling	5,8	6,0	5,5
Skating, skateboarding	9,8	7,7	12,3
Cycling	38,7	47,1	28,5
Motorcycling	3,2	5,2	0,8
Motor racing	1,6	2,3	0,7
Aeronautical activities	1,7	2,2	1,0
Tennis	14,0	18,1	9,1
Table tennis	11,1	14,4	7,2
Paddle	16,8	21,7	11,0
Squash	1,9	2,6	1,1
Golf	2,6	3,2	1,7
Swimming	38,5	36,3	41,2
Surf	2,3	3,0	1,5
Sailing	1,9	2,6	1,0
Waterskiing	1,8	2,2	1,4
Canoeing, rowing	3,8	4,8	2,5
Underwater Activities	6,9	9,1	4,3
Winter sports	9,5	10,5	8,3
Hiking and mountaineering	31,9	32,1	31,6
Athletics	8,6	10,6	6,2
Running	30,4	33,4	26,7
Triathlon	1,3	1,8	0,8
Boxing	2,5	3,5	1,4
Martial arts	2,8	4,0	1,4
Wrestling or personal defence	1,1	1,5	0,7
Hunting	2,9	4,8	0,6
Fishing	9,2	14,2	3,1
Horse riding	2,4	2,1	2,8
Chess	11,3	15,6	6,2
Light gym exercise	28,8	14,4	46,0
Intense gym exercise	29,0	22,9	36,3
Other physical activity with music	8,6	3,1	15,2
Bodybuilding	20,1	26,7	12,1
Other	9,5	9,5	9,6

### R.5. MAIN INDICATORS REGARDING THE LINK WITH THE PARENTS SPORTING PRACTICE

	TOTAL	MEN	WOMEN
<i>Total population</i>	100	100	100
<i>At least one of the parents have practised sports</i>	23,2	23,2	23,2
<i>None of the parents have practised sports</i>	76,8	76,8	76,8
<i>People who practised sports</i>	100	100	100
<i>At least one of the parents have practised sports</i>	34,2	32,7	36,0
<i>None of the parents have practised sports</i>	65,8	67,3	64,0

**R.6. MAIN INDICATORS ACCORDING TO THE PARENTAL INVOLVEMENT IN SPORTS OF THEIR CHILDREN***(As a percentage of the population with children under 18 years old)*

	TOTAL	MEN	WOMEN
People with children under 18 years old	100	100	100
Do some kind of sports with them	41,6	50,4	33,9
Usually accompany them on their trainings	42,2	42,1	42,4
Usually accompany them to their competitions	35,2	35,9	34,6
People who practised sports and have children under 18 years old	100	100	100
Do some kind of sports with them	53,9	60,4	46,1
Usually accompany them on their trainings	45,4	44,2	46,9
Usually accompany them to their competitions	39,4	38,7	40,2

**R.7. MAIN INDICATORS REGARDIN THE LINK TO SPORTS FEDERATIONS OR ORGANISATIONS**

	TOTAL	MEN	WOMEN
<b>LINK TO SPORTS FEDERATIONS</b>			
Have a sports license in effect (As a % of the surveyed population)	9,8	14,8	5,0
Have a sports license in effect (As a % of the people who practised sports)	16,1	22,1	8,9
<b>LINK TO GYMS, SPORT CLUBS OR ASSOCIATIONS</b>			
<i>(As a percentage of the surveyed population of each group)</i>			
Total subscribers or members of gyms or sport clubs	28,1	29,0	27,3
Gyms	17,6	16,0	19,2
Other sports clubs or associations	12,7	15,8	9,8
Public	17,7	19,4	16,2
Private	11,8	11,3	12,2
<b>SUPPORT OF SPORTS ACTIVITIES</b>			
<i>(As a percentage of the surveyed population of each group)</i>			
Have supported sports activities	100	100	100
Through voluntary work	7,4	9,5	5,3
Through donations	3,1	4,2	2,1

**R.8. MAIN INDICATORS OF ATTENDANCE IN PERSON OR AUDIOVISUAL MEDIA ACCESS TO SPORTS EVENTS**

	TOTAL	MEN	WOMEN
<i>(As a percentage of the surveyed population of each group)</i>			
<b>ATTENDANCE IN PERSON OR AUDIOVISUAL MEDIA ACCESS TO SPORTS EVENTS</b>			
ATTENDED OR ACCESSED in the last year	81,7	91,0	72,8
Attended	37,1	46,5	28,2
Accessed through audiovisual media	79,5	89,9	69,6
<b>ATTENDANCE IN PERSON TO SPORTS EVENTS</b>			
Attended in the last year	37,1	46,5	28,2
Free access events	19,5	22,1	17,0
Ticketed events	23,0	31,8	14,6
Football	24,9	34,4	15,9
Basketball	5,8	7,4	4,3
Others	15,4	18,1	12,8
<b>AUDIOVISUAL MEDIA ACCESS TO SPORTS EVENTS</b>			
Audiovisual media access in the last year	79,5	89,9	69,6
Television	78,8	88,9	69,3
Radio	14,7	22,9	6,9
Internet	12,2	19,3	5,5

**R.9. MAIN INDICATORS OF ACCESS TO SPORTS INFORMATION THROUGH THE PRESS OR AUDIOVISUAL MEDIA***(As a percentage of the surveyed population of each group)*

	TOTAL	MEN	WOMEN
Usually access to sports information at least once a year	61,7	77,6	46,5
Usually access to sports information at least once a week	58,8	75,9	42,6

SYNTHESIS OF RESULTS

**R.10. PEOPLE ACCORDING TO THE AVAILABILITY OF SPORTING EQUIPMENT IN THEIR HOUSEHOLDS**

*(As a percentage of the population of each group)*

	As a percentage of surveyed population	As a percentage of population who practised sports in the last year
<b>TOTAL</b>	<b>100</b>	<b>100</b>
<b>HAVE SPORTING EQUIPMENT</b>		
%	<b>89,3</b>	<b>97,7</b>
Balls	59,3	69,8
<i>Football</i>	51,3	60,5
<i>Basketball</i>	27,0	34,7
<i>Other balls</i>	23,9	29,9
Skates	31,7	39,7
Bicycles	63,0	75,1
<i>Adult bikes</i>	55,9	69,3
<i>Children's bikes</i>	28,1	31,7
Sports Motorbike	4,8	6,8
Racquets	54,1	69,0
<i>Paddle tennis bats</i>	21,9	31,2
<i>Tennis racquets</i>	35,3	45,9
<i>Table tennis bats</i>	22,0	29,6
<i>Other racquets or bats</i>	27,2	36,2
Golf sticks	3,4	4,8
Mountain equipment	33,1	45,1
<i>Tents</i>	26,0	34,9
<i>Mountaineering tools</i>	19,4	28,0
Hunting equipment	5,7	6,9
Fishing equipment	16,9	20,7
Diving equipment	19,1	27,8
Sailing equipment	4,0	6,1
Skiing equipment	9,1	13,9
Bodybuilding and fitness equipment	39,0	50,0
<i>Fitness equipment</i>	26,9	33,1
<i>Bodybuilding equipment</i>	23,5	33,2
Chess	40,3	49,6
Other sporting equipment	11,6	13,8

**E.1. Main indicators of participation development**

	2010	2015
<b>SPORTS PRACTICE ON A WEEKLY BASIS</b>		
<i>(As a percentage of the surveyed population of each group)</i>		
TOTAL	37,0	46,2
GENDER		
Men	45,5	50,4
Women	28,8	42,1
AGE GROUP		
15 to 24 years	57,9	76,1
25 to 54 years	40,2	53,2
55 years and over	22,2	26,0
EDUCATIONAL LEVEL		
Primary, secondary education	33,2	39,4
Tertiary education	54,9	64,1
AUTONOMOUS REGION		
Andalucía	33,6	45,7
Aragón	37,2	42,2
Asturias (Principado de)	31,9	40,1
Balears (Illes)	43,6	54,2
Canarias	39,0	46,8
Cantabria	32,1	44,2
Castilla y León	32,4	40,9
Castilla-La Mancha	36,4	38,6
Cataluña	39,2	50,6
Comunitat Valenciana	38,7	47,0
Extremadura	28,8	41,1
Galicia	30,1	37,4
Madrid (Comunidad de)	42,9	50,5
Murcia (Región de)	35,6	43,2
Navarra (Comunidad Foral de)	42,9	53,3
País Vasco	37,6	46,9
Rioja (La)	43,0	45,0
Ceuta y Melilla	34,7	46,7
	<b>2010</b>	<b>2015</b>
<b>LINK TO SPORTS FEDERATIONS</b>		
Have a sports license in effect (As a % of the surveyed population)	-	9,8
Have a sports license in effect (As a % of the people who practised sports)	16,4	16,1

SYNTHESIS OF RESULTS

**E2. Main indicators of participation development**

	2010	2015
<b>SPORTS PRACTICE ON A WEEKLY BASIS</b>	<b>100</b>	<b>100</b>
<i>(As a percentage of the surveyed population)</i>		
Football 11, 7 and five a side football	8,0	7,2
Basketball	2,2	1,9
Handball <sup>(1)</sup>	0,5	0,6
Volleyball	0,4	1,0
Rugby	0,1	0,3
Fronton, frontenis	0,5	0,9
Petanca or bowling	0,2	0,4
Skating, skateboarding	0,5	1,4
Cycling	6,7	10,3
Motorcycling	0,3	0,7
Motor racing	0,0	0,1
Aeronautical activities	0,0	0,1
Tennis	1,9	1,9
Table tennis	0,3	1,1
Paddle	1,7	3,7
Squash	0,2	0,3
Golf	0,4	0,3
Swimming	7,6	8,4
Surf	-	0,2
Sailing <sup>(2)</sup>	0,2	0,2
Waterskiing	0,0	0,2
Canoeing, rowing	0,1	0,2
Underwater Activities	0,3	0,5
Winter sports	0,5	0,2
Hiking and mountaineering	1,8	4,9
Athletics	2,2	2,5
Running	4,8	10,6
Triathlon	0,0	0,3
Boxing	0,2	0,8
Martial arts	0,8	1,0
Wrestling or personal defence	0,2	0,4
Hunting <sup>(3)</sup>	0,7	0,4
Fishing	0,7	1,0
Horse riding	0,1	0,5
Chess	-	1,0
Gym	12,5	19,2
Other physical activity with music	1,3	3,6
Bodybuilding	1,7	8,2

*(1) Includes beach handball*

*(2) Includes navigation windsurf*

*(3) Shooting is included in 2010*





GOBIERNO  
DE ESPAÑA

MINISTERIO  
DE EDUCACIÓN, CULTURA  
Y DEPORTE