

Evolution Of Most Practiced Sports In Catalonia (2005-2014)



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AIM OF THE RESEARCH AND LITERATURE REVIEW

The aim of the present study was to describe the evolution of most practiced sports in Catalonia from 2005 to 2014.

Knowledge about sport practice and reasons for practising sport among the general population can lead to appropriate strategic decisions about the sports phenomenon. Closely monitoring the evolution of sport practice can enhance social agents to make the most appropriate decisions according to the information obtained. Sport practice has gradually increased during the last decade in Catalonia, from a 43.0% of general population practising sport in 2005 to 43.5% in 2010, and reaching 45.6% in 2014 (Puig et al., 2017).

METHODS



Sample

A community sample from Catalonia, which is at least 15 years old, was randomly recruited through stratified sampling procedure.

Data collection

Data was collected in 2005 (n=1286), 2010 (n=811), and 2014 (n=393) by means of face-to-face interviews conducted by the Sociological Research Centre (CIS, 2014).

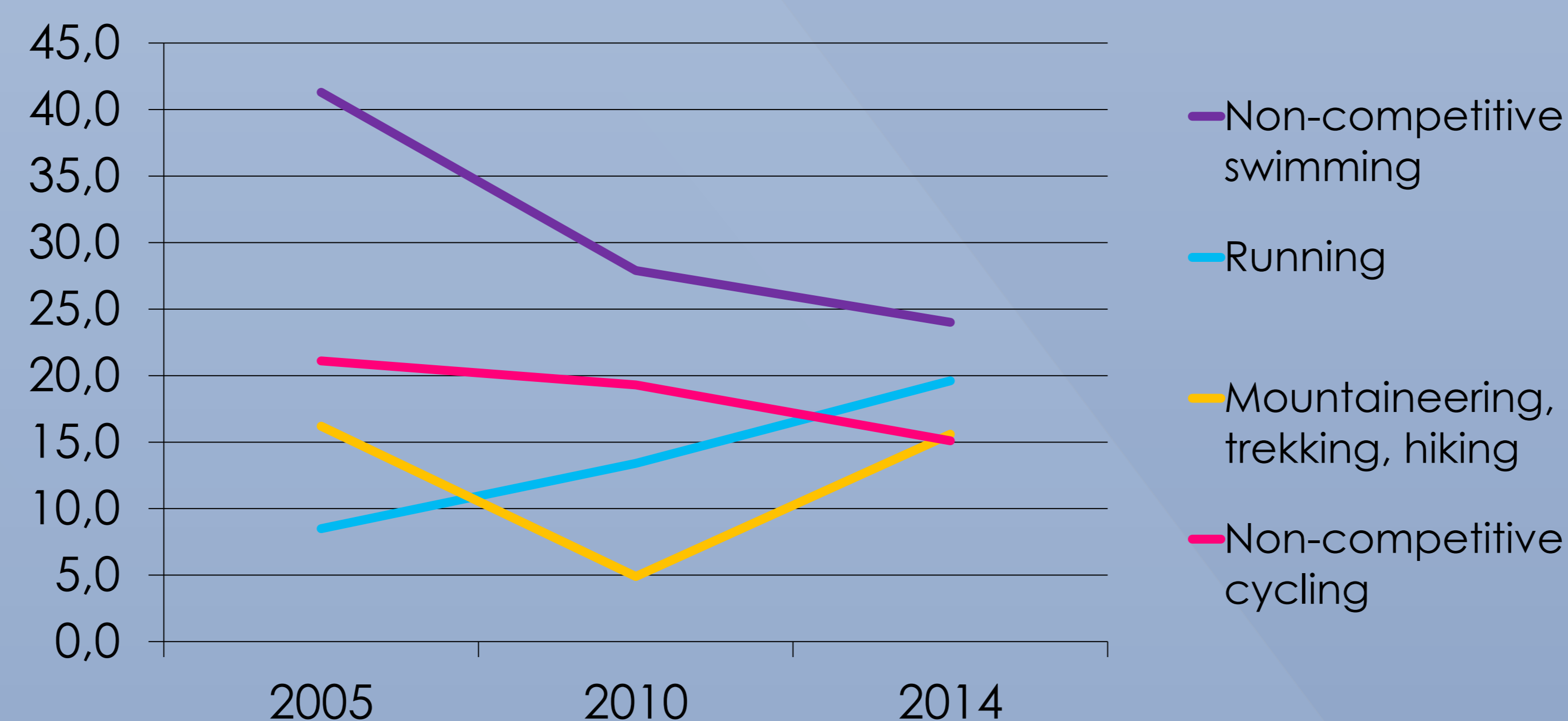
Data analysis

In the present study, a **secondary data** analysis was conducted. A descriptive analysis was carried out using IBM SPSS Statistics 22.

RESULTS

The most practiced sport during the period studied was non-competitive swimming, reaching the 41,3% of practice in 2005. In 2010, the percentage of people who swam significantly decreased to 27.9%, whereas cycling remained steady (19.3%) and football (16.7%) was included in the three most practised sports. The increased popularity of running during the last years was reflected by data, with the 19.6% of the population reported running in 2014, in comparison to the 8.5% of people who ran in 2005 (Figure 1).

Figure 1. Evolution of most practiced sports



Improvement and maintenance of **health** as a reason for practising sport increased from 37.1% in 2005 to 52.5% in 2014



Table 1. Reasons for practising sport in 2014

| Reasons | % |
|-----------------------------------------|------|
| To exercise | 65.4 |
| To maintain and/or improve one's health | 52.5 |
| Leisure, for recreational purposes | 49.7 |
| To keep fit | 34.6 |
| Because they like sport | 34.0 |
| To meet up with friends | 22.9 |

Fitness training at a **sport center** decreased from 17.2% in 2005 to 9.5% in 2014

The main reason for practising sport along the period studied was to do physical exercise (Table 1). Less than 4% of participants reported doing sport because they enjoyed competition. Moreover, the lack of time (34.6%) was the main reason for not practising sport.

The longitudinal analysis revealed that recreational swimming was the most practiced sport during the period studied. The increased popularity of running during the last years has lead this sport to the second position of most practised sport in Catalonia. Health seems to be a key message for participants when promoting sport practice, which could be taken into consideration by municipalities and sport government bodies when developing and implementing physical activity and sport policies.

REFERENCES

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