



الهيئة العامة للإحصاء
General Authority for Statistics

Bulletin of Household Sport Practice Survey

2018



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Introduction

By virtue of the cabinet decree no. (211) dated 13/1/1437H, the General Authority for Statistics GASTAT is entitled to conduct statistical procedures in the economic, social, and population fields and to publish them on a regular basis. Hence, GASTAT has created programs and surveys that aim to provide a statistical database in all fields including (Knowledge statistics).

As part of field surveys conducted by GASTAT, Household Sport Practice Survey 2018 is the second survey provided by GASTAT on sport activity and included in the knowledge statistics. On the other hand, providing up to date indicators on sport activity is extremely important to GASTAT since it's associated with Saudi Arabia's Vision 2030 that contains increasing the percentage of individuals who practice sports from 13% to 40% at least once a week. GASTAT hopes that the bulletin may help policy and decision makers, researchers, and those who are interested in sport activity in Saudi Arabia.

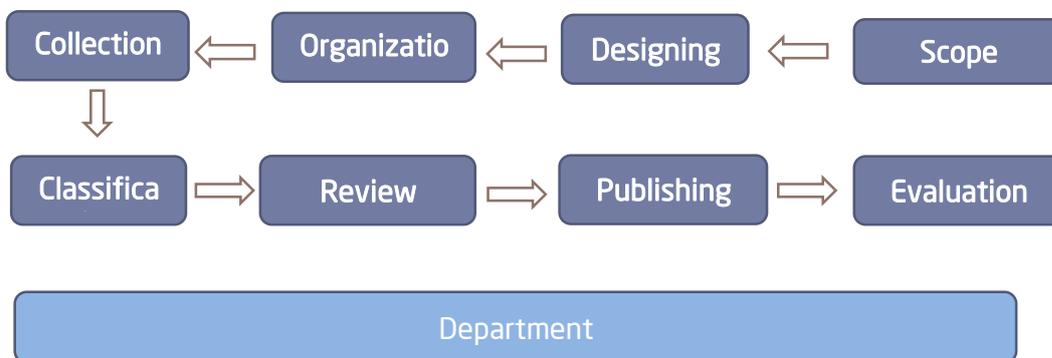
GASTAT is pleased to thank all those who contributed to this work including all partners and surveyed households where their cooperation has greatly impact the release of this bulletin. For comments or suggestions, kindly send them via the e-mail info@stats.gov.a as they may improve the content of the bulletin and further develop future bulletins.



Methodology of Household Sport Practice Survey

In line with GASTAT message in presenting updated and value-added statistical products and services that are accurate, comprehensive and credible and in accordance with best international criteria and practices and pioneering in developing the statistical sector with a view to boosting decision-making and achieving GASTAT vision of being the most distinctive and innovative statistical reference for supporting economic and social development in Saudi Arabia, GASTAT has developed all methodologies of its statistical works to be in tune with the work stages stipulated in the Statistical Work Procedures Manual that is consistent with work procedures approved by international organizations related to the development of statistical methodologies.

Statistical work stages are divided into eight connected stages, along with a ninth stage represented in the "Comprehensive Department" stage as follows:



The bulletin of the Household Sport Practice Survey is one of GASTAT products, whose methodology has been developed in line with these stages on which we will shed light in details as follows:

First Stage Scope:

Containing and confirming the statistical needs as well as identifying the possible solutions are all done in this stage. GASTAT has communicated and held meetings with the relevant government entity concerned with Household Sport Practice Survey in Saudi Arabia and represented by GASTAT. Experts' opinions are considered before conducting the survey to ensure the achievement of all the objectives of the Household Sport Practice Survey's Bulletin.



The survey's bulletin aims to provide recent and new indicators on the extent of household sport practice whether inside or outside the house as well as recognizing the reasons of individuals who do not practice sport through the following:

- Providing recent statistical data on sport practice for the household by (gender, nationality, educational status, age, marital status).
- Providing data about individuals who practice sports on a regular basis; at least once a week.
- Providing data about types of sport activities practiced by the individuals during the week.
- Providing data about how often the individual practices sport during the week.
- Providing data about the numbers of individuals who practice sports in specialized public facilities or (clubs/sport centers) that provide a proper place for practicing sport.
- Providing data about when the individual practices sport during the week.
- Understanding reasons that hinder the individual from practicing sport.
- Identifying the percentage of individuals who practice sports in the Kingdom accurately in order to be presented to decision-makers with a view to achieving the Kingdom Vision 2030, which sets a clear goal of enhancing the level of sports practice for at least once a week from 13% to 40%.
- Providing researchers, students and those interested with the necessary statistical data about the household sports practice for using it in the field of researches and scientific studies that highlight the importance of the household sports practice.
- Giving a picture about the scale of societal participation in sports and the resulting studies and plans regarding development in general and the sports field in particular.

Second Stage Designing:

The key steps in this stage are the following:

First: Definition of statistical society

The targeted statistical society in the bulletin of the Household Sport Practice Survey is composed of all individuals (Saudis and non-Saudis) who reside normally in the Kingdom.





Second: Sources of Statistics

Through the statistical society, GASTAT gathers the data of the Household Sport Practice Survey from a sample of households withdrawn from the updated framework of 2016 based on the Census Framework of Population and Houses 1431 H (2010).

Third: Definition of concepts and terms in the Household Sport Practice Survey

❖ Sport activity:

"Sport activity" is defined as any bodily movement produced by skeletal muscles that causes the acceleration of breathing and heartbeats as running, brisk walking, cycling, swimming and traditional sport as football, handball and basketball... etc.

❖ Individual practicing physical activity:

He is the person who makes a physical activity starting from age of 15 and above. As for the time spent in practicing sport, it depends on the person himself and the goal he seeks to achieve from practicing sport. Given the need to establish a period of time to measure the practice of sport activity, a period of 30 minutes a day has been set as a minimum for most days of the week (at least five days).

❖ Sport Clubs

They are the clubs that have a special and official organization, located in a province, locality or district and are officially recognized by the General Authority of Sport and by the federation they follow.

❖ Sport centers:

They are places that include a number of multi-purpose closed halls in which members and visitors can practice different kinds of sport activities and are available for daily fees or monthly or annual subscription (private sport centers). The sport center could be affiliated with a government agency (free or for symbolic fees). It could be a single and closed sport hall in which only one sport is being practiced.

❖ Workplace facility:

Sport facility at work whether in a private or government sector (with no charge or for nominal fees), it may be indoor fitness center with only one kind of sport.

Fourth: Definition of sampling units in Household Sport Practice Survey

Preliminary Sampling Units: They are count areas, which are sampling units withdrawn in the first stage of the sample design.



Final Sampling Units: They are the households, which are the sampling units withdrawn in the second stage of the sample survey design. Every secondary sampling unit is considered part of preliminary sampling units.

Fifth: Definition and identification of variables:

This stage sees the definition of the variables to be extracted from the survey results and mathematical formulas to be calculated as follows:

Variable	Calculation equation
Totals and percentages to extract results and indicators	$= (\text{the total to be determined from the sample} / \text{grand total of the sample}) \times 100$

Sixth: Definition of statistical categories:

Classification is a sorted group of related categories used for collecting data according to similarity. The classification forms the basis for data collection and publishing in all statistical fields (economic activity, products, expenses, crafts, or health... etc.) as the classification of data and information allows it to be placed in meaningful categories for the production of useful statistics, because the data collection requires a thorough and methodical order of their common characteristics so that the statistics are reliable and comparable.

Evidence and classifications used in data collection are:

National Code for Countries and Nationalities:

It is an internationally recognized code that designates every country and most of the dependent areas. It depends on the international code ISO 3166) Country codes). This code gives symbols to countries and dependent areas as the use of these symbols and numbers instead of the country's name is useful for statistical purposes, which saves time and avoids mistakes. The purpose of using this code in the Workforce Survey is to classify the Saudi and non-Saudi individuals.





Seventh: Form design

The survey form was prepared and designed by sport activity specialists and experts. International standards and definitions were taken into account while designing the form. The form includes the following:

First Section: Basic data of household members (It is based on the time of the researcher's visit to the household)

This section is composed of a group of questions related to gender, relationship with the household head, nationality and age.

Second Section: Education and marital status (It is based on the week preceding the researcher's visit to the household)

This section is composed of two questions about the educational level of the household members and the marital status

Third Section: Sport activity practice (It is based on the last 12 months before the researcher's visit to the household)

This section is composed of a group of questions related to the practice of sport activity regularly for at least once a week, the type of sport activity, the duration and place of sport activity and how many times.

Fourth Section: Irregular practice of sport activity (It is based on the last 12 months before the researcher's visit to the household)

This section is composed of a group of questions related to the irregular practice of sport activity for at least once, the type of sport activity, the duration and place of sport activity and how many times.

Fifth Section: The use of applications and drives for sport activity practice (It is based on the last 12 months before the researcher's visit to the household)

This section is composed of a group of questions related to the use of modern applications by individuals during the sport activity practice to measure the number of heartbeats, pressure level and calories for instance.

Sixth Section: Laziness and reasons of non-practice of sport activity (It is based on the last 12 months before the researcher's visit to the household)





This section is composed of a group of questions related to the reasons of not practicing sport activity and time spent sitting or lying down by the individual on a normal day at home or work.

Eighth: Statistical framework design and survey sample

Design of statistical frameworks plan

- 1) To design and document the proper plan to create a framework of the statistical society.
- 2) To set lists, maps and analytical specifications of units through which data providers are selected
- 3) To use the common records and statistical frameworks as possible.
- 4) To define the required metadata for creating a statistical framework and test framework, verifying its authenticity and approving its use of the current survey round.

Design of sample withdrawal plan

- 1) Designing and documenting the proper plan to select the sample units from which data will be collected. To get highly efficient and effective estimates, the survey society has been divided into non-overlapping parts, characterized by relative homogeneity in their units. Each part is considered a category, and each category is dealt with as an independent society. A random sample is drawn from each category independently, and eventually all drawn units are integrated to form the total sample.
- 2) Selecting the sampling units from the statistical frames that were designed to cover the target statistical community. Choosing the sample is done through two stages; in the first stage, the primary sampling is selected which includes the enumeration areas from the procedure of numbering the buildings and real estate units. (1300) enumeration areas are selected and distributed to all the categories in all the administrative regions by using the sampling proportional to the size as well as considering the number of households included. In the second stage, the final sampling unit is randomly selected which includes households of the enumeration areas who were chosen in the first stage by using the systematic sampling with (20) households for each enumeration area; in other words, (26000) households were selected across Saudi Arabia.
- 3) To prepare the proper methodology for selecting the sample units with a view to providing the outputs with the required quality, with the minimum burden on data providers and the use of rotation and overlapping monitoring methods.





- 4) To define the required metadata for application of the statistical framework and sample customization and selection.
- 5) To select and assess the sample, verify its authenticity and approve its use in the current survey round.

Third Stage: Organization

This stage includes the following:

- 1) To prepare the required work procedures for preparing the bulletin, which starts from the next stage "collection" and ends with "evaluation".
- 2) To regulate and collect these procedures and select the optimal sequence with a view to reaching a methodology that achieves goals of the bulletin of the Household Sport Practice Survey.
- 3) To benefit from the previous rounds of the bulletin of the Household Sport Practice Survey and develop the work procedures in the current round.

To describe and document these procedures for facilitating the updates in future rounds.

- 4) To try and test the statistical work procedures to make sure that they meet the requirements of preparing the bulletin of the Household Sport Practice Survey in its final shape.
- 5) To approve the statistical work procedures and set a plan for implementation.

Fourth stage: Collection:

In this stage, the following is applied: Dealing with all data according to the appropriate methods and nature of these data.

Sample selection:

- 1) In the collection process, the sample is selected as specified in the "Design of Sample Withdrawal Plan" step, so that the selection process will be region-wide as follows:





Administrative Region	Number of Households	Administrative Region	Number of Households	Administrative Region	Number of Households
Riyadh	4040	Asir	1800	Najran	1260
Makkah	4720	Tabuk	1420	Al-Baha	1160
Madinah	1800	Hail	1280	Al-Jouf	1300
Qassim	1280	Northern Borders	1300	Total	26000
Eastern Region	3240	Jazan	1400		

2) Verifying the authenticity of the sample selected and approved for use

Training and evaluation of candidates for field work:

Employees nominated to work in this survey are selected according to standards related to the nature of work. The focus was placed on the quality of employees in terms of the scientific level. The candidate is preferable to be with experience, who had participated in previous field works conducted by GASTAT provided that he has a good behavior, has healthy senses, is medically and psychologically fit and is no less than 20 years of age. He must pass the training program of the Household Sport Practice Survey.

After this, all candidates whether collaborators from outside GASTAT or even GASTAT employees must be qualified and trained through special training programs as follows:

- Holding a training program for employees in GASTAT main headquarters.
- Holding similar training programs for collaborators as inspectors, supervisors and researchers kingdom-wide.

Training programs include lectures about a number of technical, administrative and awareness materials, during which the e-instructions booklet is explained, survey goals and data collection methods are defined and how to use maps and access. They also include a detailed explanation of all form questions as well as the technical and administrative missions of all participants in the survey at all administrative levels.



At the start of the training program, all tablet devices are provided to all trainees to enable the trainees to do the following:

- To see the instructions manual and learn about its content as the trainer explains the instructions.
- To see the e-form of the survey and attempt to fill it out during application in workshops of the training program.
- To log in on the "evaluation system of the training program" as the trainee has the right to express his opinion regarding the evaluation of the training program with a view to improving the quality of the training programs in the future. This evaluation includes several criteria, the most important of which are: (How far the lecturer is familiar with the material, how far the lecturer is committed by the time set in the training schedule, how far the lecture covers all aspects of the survey, how far the training room is fit along with proposals for improving the quality of the training program).
- To log in on the "evaluation system of trainees" by the end of the training program, through which levels of the trainee's understanding of the survey concepts and instructions are defined.

The manpower is nominated to participate in the survey according to their results extracted automatically from the "evaluation system of trainees", in a way that ensures speed, accuracy and neutrality when selecting the candidates and their efficiency.

Field Data Collection Method:

The Household Sport Practice Survey is conducted annually because the household is the focus of the research. The method of direct contact with the household has been applied in completing the survey form as researchers visited the household in the survey sample. When visiting the household, the researcher introduces himself and shows official documents that prove his statistical ID. He also explains his goal and gives an introduction about the survey and its goals and takes the permission to complete the household data directly, using the e-form of the Household Sport Practice Survey. Data of the survey form are completed based on the set time reference in accordance with the number of household members and their demographic, social and economic characteristics. Field researchers in all work areas





in the Kingdom use the synchronization feature on the tablets to upload and transfer the survey data directly to the database in GASTAT main premise to be stored for reviewing and processing.

Verifying the validity of collected data and monitoring data collectors and providers:

The validity of collected data is verified through reviewing the data by the researcher himself, his inspector and supervisor of the surveyed area. All work areas are subject to monitoring and review by the data quality room at GASTAT main premise, which also regulates and monitors the performance of all categories operating in the field in conjunction with the data collection process from the first day to the last day. One of the key tasks of the data quality room is:

- Review the collected data and send notes to all working teams in the field through the automated desk system connected with the tablets carried by researchers, so they get the notes quickly at their work sites.
- Make phone calls with the households and asks some questions mentioned in the form to verify the integrity of the researcher's data and his commitment to the instructions during the visit, obtain the missing data that were not received and thank the households for their cooperation.
- Assign a specialized technical team in the data quality room to answer field inquiries whether by employees or households.
- Apply the rules of errors to ensure the consistency, accuracy and logic of data.
- Verify the validity of the data completion site through matching its coordinates with the coordinates registered in the sample file.

Fifth Stage: Classification

In this stage, data (raw data) are classified depending on the classification and coding inputs that were carried out during data collection whether the National Code for Countries and Nationalities depending on the (Country Codes - ISO 316) or other classifications and codings as the geographical classification of data (such as data distributions region-wide) or the qualitative of descriptive characterization such as defining the gender or social status of the individual to be presented in suitable tables in order to summarize, understand and conclude the results and compare them with other data to get statistical





indications about the study society and to return to them in the form of tables without a need to look at the original forms, which most probably carry some data such as: Names and addresses of individuals, which violates the principle of confidentiality of statistical data.

The following are the main procedures in this stage:

Data matching:

For adding quality and accuracy to the bulletin statistics, the data are verified and matched to ensure its validity and accuracy in a way that is commensurate with the nature of these data. Data of the current round of the survey are matched with data of the previous round to verify the integrity and logic of the data in preparation for processing, extracting and reviewing the results in the next stages.

Maintaining the confidentiality of data

For maintaining the confidentiality of data, all clues to identification are removed from the entered data such as hiding the individual's name and address to ensure the privacy of individuals.

Sixth Stage: Review

In this stage, the authenticity of the results is verified and explained by implementing a number of steps as follows:

Verifying the authenticity of data results:

In addition to the data review processes conducted on data collected in the fourth stage "Collection" to ensure the integrity of collected data and the following review processes in the fifth stage "Classification" and after the processes of calculation and data extraction, the outputs are uploaded and stored on the database to be reviewed and processed by specialists in the knowledge statistics department through a specialized review program on review screens designed for that.

Dealing with secret data:

Data are kept in secrecy at GASTAT and are only used for statistical purposes. Individual data of any household or members cannot be disclosed under any circumstances. Only published are aggregate statistical tables of health characteristics of the households kingdom-wide, region-wide and city-wide according to the demographics.





Seventh stage: Publishing:

In this stage, the product is prepared to be ready for publishing. This can be done in a number of steps as follows:

Preparing & processing results designed for publishing

This is through:

- 1) Downloading data results from the database of surveys of the knowledge statistics department.
- 2) Preparing and processing publishing tables and diagrams of data and indicators
- 3) Preparing and processing the metadata and writing the work methodology.
- 4) Reviewing the bulletin before publishing.

Preparing the media materials:

After receiving the bulletin in its final shape from the relevant statistical department "knowledge statistics", GASTAT's media departments - in accordance with their respective competence - prepare a press release and infographic of the key results in the bulletin and prepare special press reports about it to be sent to newspapers. The media materials are approved in coordination with the knowledge statistics.

Data publishing:

This step is done as follows:

- 1) Uploading the bulletin on GASTAT portal.
- 2) Coordinating with media departments in partners about the date of publishing the promotional materials.
- 3) Sending the press release to (Saudi News Agency, paper and online newspapers, channels and radios and international news agencies).
- 4) Publishing tweets and infographic on Twitter.
- 5) Sending the bulletin to the list of clients by e-mail.
- 6) Monitoring what is published in media outlets on a daily basis and dealing with it in accordance with its content.





Responding to customer inquiries:

Questions and inquiries by customers about the bulletin of the Household Sport Practice Survey and its results are received via five available channels (website - customer data provision mail - official letters - communication center - direct visits). The customer's request is fulfilled after coordination with the competent statistical department via the appropriate channel for providing the information directly from the available statistical library on GASTAT website or the statistical department itself if needed.

Preserving the published content:

To guarantee the preservation of the published contents for long periods of time, the Center for Archives and Records keeps and archives the published data for reference at any time when needed, whether it is needed inside or outside GASTAT.

Eighth Stage: Evaluation:

In this stage, measures of evaluating the statistical process are conducted, starting from collection and until after the publication of data, with a view to improving the process of collecting high quality data. These improvements include the methodologies, processes, systems, employees' skills, criteria and statistical work frameworks through a number of steps as follows:

Collection of measurable evaluation inputs:

The key comments and notes are collected and documented from its sources in all different stages. Some of them are collected and documented during collection such as: Comments and notes made by data collectors and field supervisors as well as comments and notes made by data providers. There is what is collected and documented in the review stage such as notes deduced by specialists tasked with reviewing, auditing and analyzing data gathered from the field. Finally, comments and notes provided by data users are collected and documented after publishing.

Evaluation:

This is done by analyzing the collected evaluation inputs and comparing the results of this analysis with the expected results. Based on this, a number of improvements and possible solutions are defined to discuss them with specialists in all relevant departments inside GASTAT or with partners in the bulletin of the Household Sport Practice Survey. In this step, the customer performance and satisfaction of the bulletin results of the Household Sport Practice Survey are also measured as well as communicating with





unsatisfied customers and providing explanations to them. Based on these procedures, proposed recommendations are agreed to obtain high quality data in the next round of the bulletin of the





Key Statistical Indicators in the Household's Sports Practice Survey

1. Percentage of individuals who practice sports in Saudi Arabia

Figure (1)

Sport practice status (150 minutes and more per week) for individuals in Saudi Arabia

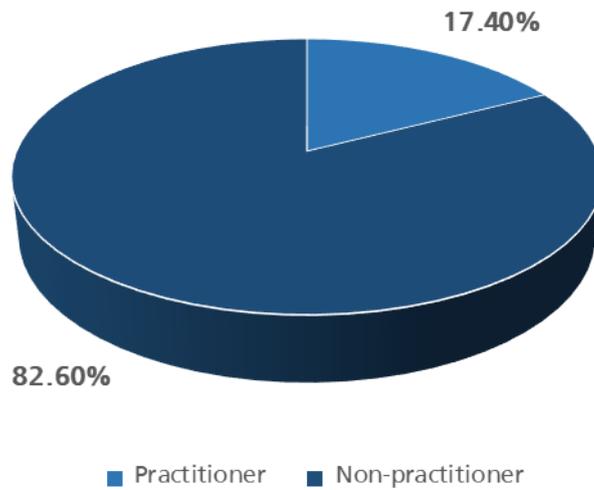


Figure (1) shows that the percentage of individuals who practice sports (150 minutes and more per week), who are aged 15 and above reached (17.40%), while the percentage of individuals who do not practice sports reached (82.60%) of total population in Saudi Arabia.



2. Percentage of Saudis who practice sports (males and females) in Saudi Arabia out of total Saudis

Figure (2)

Sport practice status (150 minutes and more per week) for Saudis (males and females) in Saudi Arabia

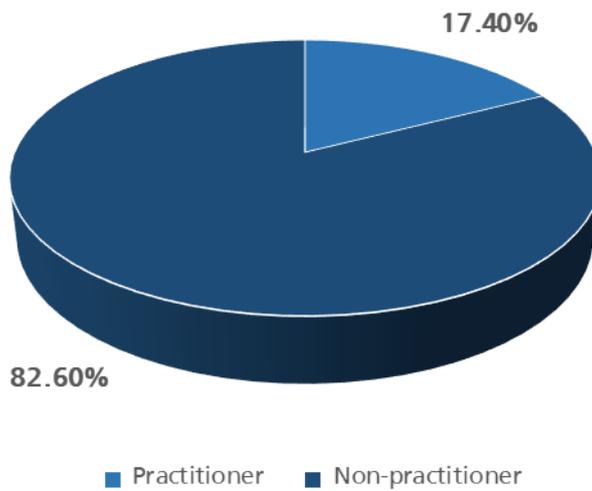


Figure (2) shows that the percentage of Saudis (males and females) who practice sports (150 minutes and more per week), and who are aged 15 years and above, reached (18.99%), while the Saudis (males and females) who do not practice sports reached (81.01%) of total Saudis (males and females).





3. Percentage of Saudi males who practice sports in Saudi Arabia out of total Saudi males

Figure (3)
Sport practice status (150 minutes and more per week) for Saudi males

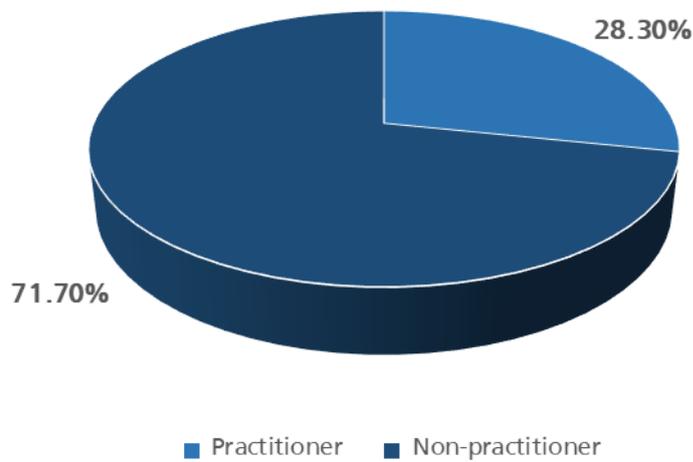
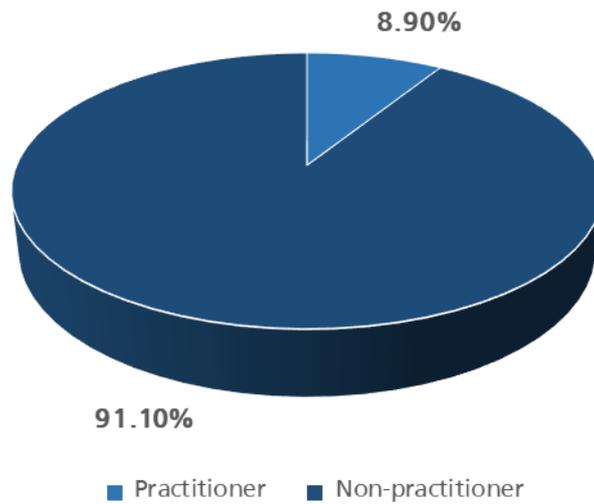


Figure (3) shows that the percentage of Saudi males who practice sports (150 minutes and more per week), who are aged 15 years and above reached (28.30%), while the percentage of Saudi males who do not practice sports reached (71.70%) of total Saudi males.



4. Percentage of Saudi females who practice sports in Saudi Arabia, out of total Saudi females

Figure (4)
Sport practice status (150 minutes and more per week) for Saudi females



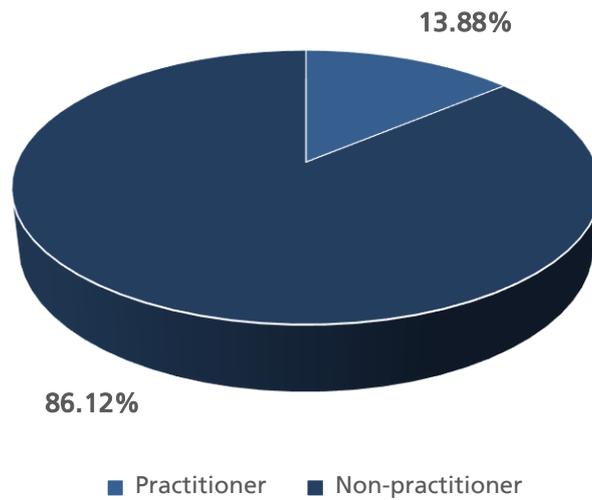
The figure (4) shows that the percentage of Saudi females who practice sports (150 minutes and more per week), who are aged 15 years and above reached (8.90%), while the percentage of Saudi females who do not practice sports reached (91.10%) of total Saudi females.



5. Non-Saudi (males and females) who practice sports in Saudi Arabia , out of total non-Saudis

Figure (5)

Sport practice status (150 minutes and more per week) for non-Saudis (males and females) in Saudi Arabia



The figure (5) shows that the percentage of non-Saudis (males and females) who practice sports (150 minutes and more per week), who are aged 15 years and above reached (13.88%), while the percentage of non-Saudis who do not practice sports reached (86.12%) of total non-Saudis (males and females).



6. Percentage of non-Saudi males who practice sports in Saudi Arabia, out of total non-Saudi males

Figure (6)
Sport practice status (150 minutes and more per week) for non-Saudi males

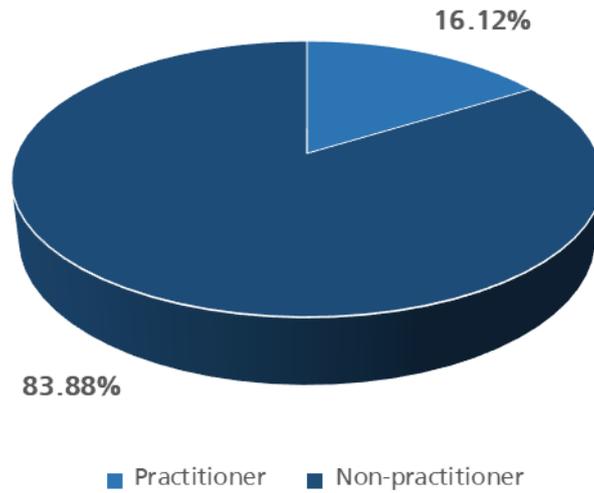


Figure (6) shows that the percentage of non-Saudi males who practice sports (150 minutes and more per week), and who are aged 15 years and above reached (16.12%), while the non-Saudi males who do not practice sports reached (83.88%) out of total non-Saudi males.





7. Percentage of non-Saudi females who practice sports in Saudi Arabia out of total non-Saudi females

Figure (7)

Sport practice status (150 minutes and more per week) for non-Saudi females

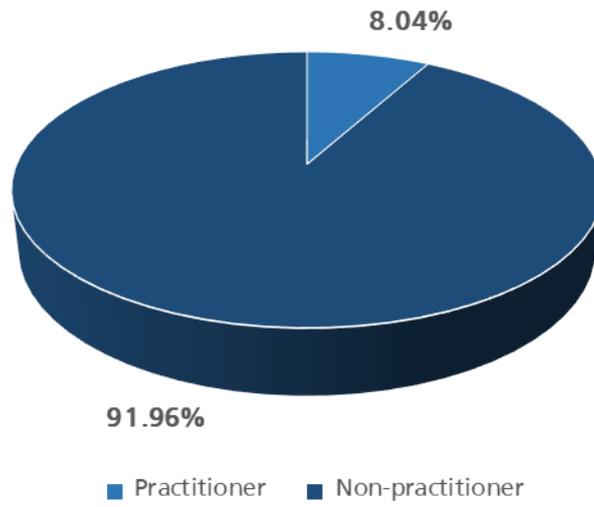


Figure (7) shows that the percentage of non-Saudi females who practice sports (150 minutes and more per week), and who are aged 15 years and above reached (8.04%), while the percentage of non-Saudi females who do not practice sports reached (91.96%) of total non-Saudi females.



8. Percentage of individuals who practice sports by type of sport, out of total sports practitioners Kingdom-wide

Figure (8)

Types of sports practiced by individuals (150 minutes and more per week) Kingdom-wide

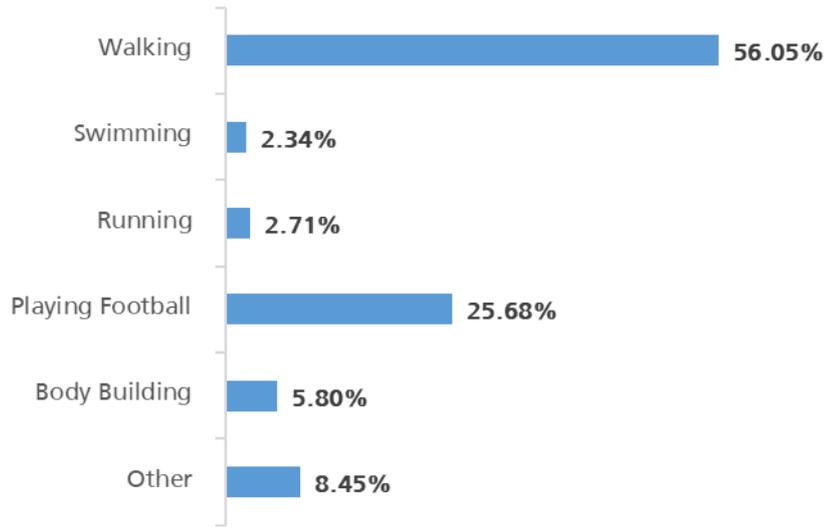


Figure (8) shows that the highest sports activity practiced by individuals is walking, reaching (56.05%) of total individuals who practice sports, followed by playing football (25.68%), while swimming is the lowest practiced sport (it reached 2.34%) compared with the rest of sports activities.





9. Percentage of Saudi males who practice sports by age group Kingdom-wide

Figure (9)

Sport practice status (150 minutes and more per week) for each age group of Saudi males kingdom-wide

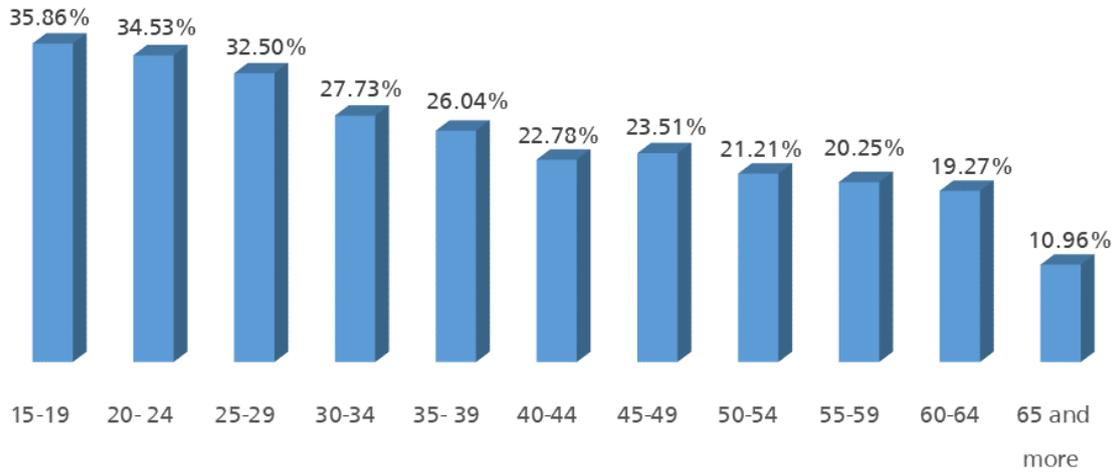


Figure (9) shows that the percentage of Saudi males who practice sports (150 minute and more per week) for the age group (15-19) years is the highest reaching (35.86%) compared to the rest of groups in terms of the practice percentage of the total of each group, followed by the age group (20-24) years (34.53%), while the age group (65 years and above) is the lowest (10.96%) compared to the rest of the age groups in terms of the practice percentage of the total of each group.





10. Saudi females engaged in sports activities for each age group kingdom-wide

Figure (10)

Sport practice status (150 minutes and more per week) for each age group of Saudi females kingdom-wide

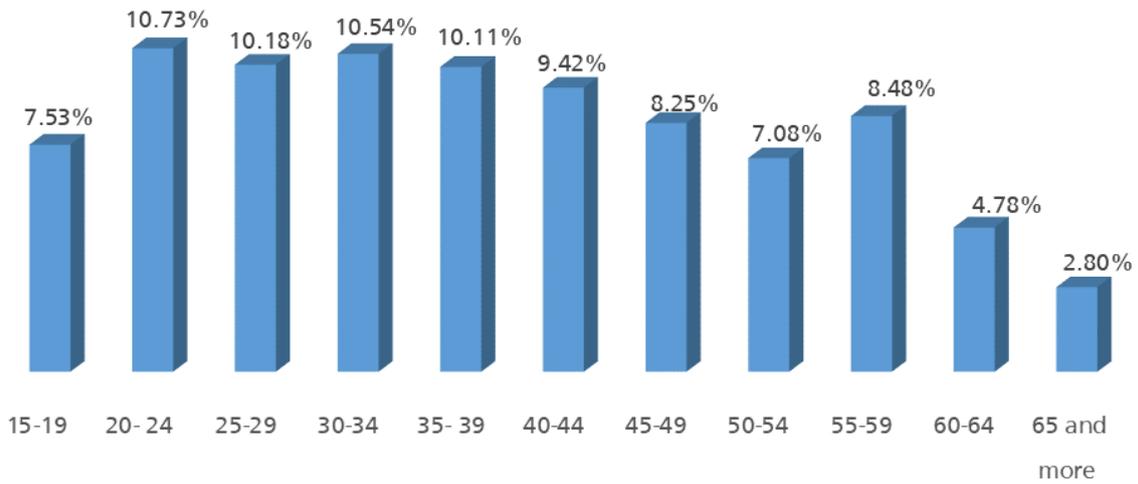


Figure (10) shows that Saudi females engaged in sports activities (150 minutes and more per week) in the age group 20-24 years recorded the highest percentage, reaching (10.73%), compared to the rest groups in terms of the practice percentage of the total of each group, followed by the age group 25-29 years with (10.18%). However, the age group 65 years and above had the lowest percentage with (2.80%), compared to the other groups in terms of the percentage of practice of the total of each group.





11. Non-Saudi males engaged in sports activities for each group Kingdom-wide

Figure (11)

Sport practice status (150 minutes and more per week) for each age group of non-Saudi males kingdom-wide

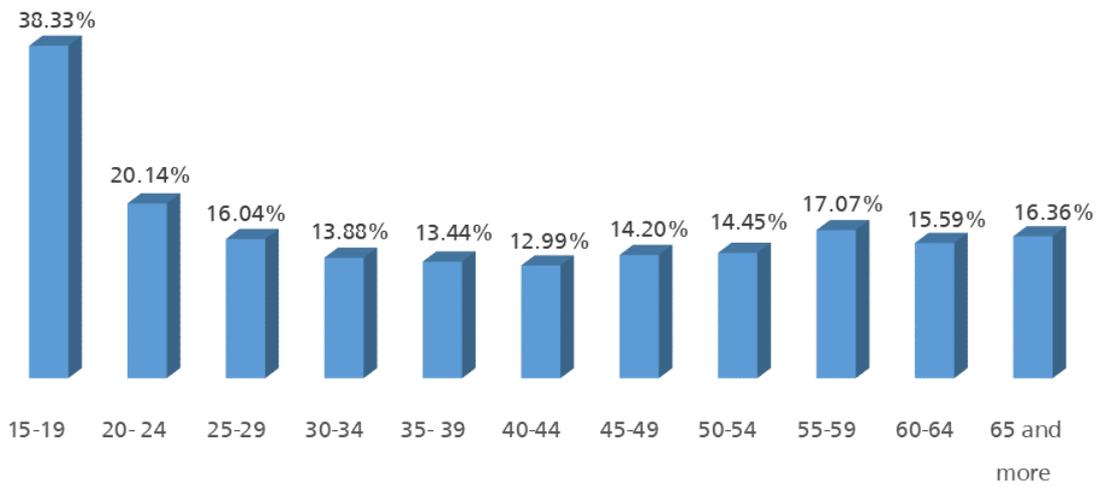


Figure (11) shows that non-Saudi males engaged in sports activities (150 minutes and more per week) in the age group 15-19 years had the highest percentage with (38.33%), compared to the rest groups in terms of the practice percentage of the total of each groups, followed by the age group 20-24 years with (20.14%). On the other hand, the age group 40-44 years recorded the lowest percentage, reaching (12.99%), compared to the other groups in terms of the practice percentage of the total of each group.





12. Non-Saudi females engaged in sports activities for each age group kingdom-wide

Figure (12)

Sport practice status (150 minutes and more per week) for each age group of non-Saudi females kingdom-wide

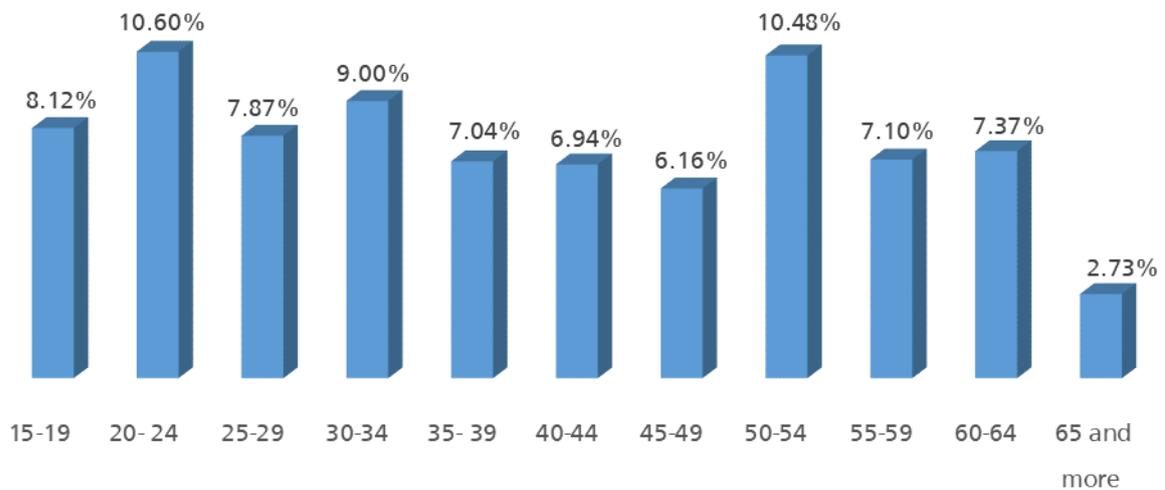


Figure (12) indicates that non-Saudi females engaged in sports activities (150 minutes and more per week) in the age group 20-24 years recorded the highest percentage, reaching (10.60%), compared to the rest groups in terms of the practice percentage of the total of each group, followed by the age groups 50-54 years with (10.48%). However, the age group 65 years and above registered the lowest percentage with (2.73%), compared to the other groups in terms of the practice percentage of the total of each group.

13. Reasons for not practicing sport activity for individuals who do not practice sport activity kingdom-wide

Figure (13)

Reasons for not practicing sport activity for individuals who do not practice sport activity kingdom-wide

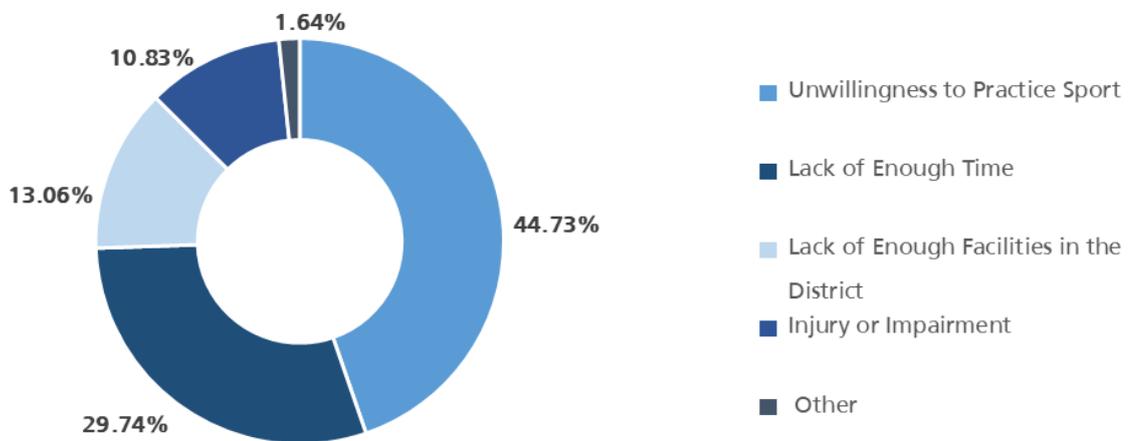


Figure (13) shows that the most common reason for not practicing sport activity for individuals in Saudi Arabia is the lack of desire, with a percentage of 44.73%, out of total Saudi population. The percentage of individuals who do not practice sport activity due to lack of time recorded 29.74%, out of total Saudi Arabia population. The percentage of individuals who do not practice sport activity due to absence of adapted facilities in the neighborhood was 13.06%, out of total Saudi population. The percentage of individuals who do not practice sport activity due to injury or disability made up 10.83%. Finally, the percentage of individuals who do not practice sport activity due to other reasons accounted for 1.64%, out of total Saudi population.



14. Reasons for not practicing sport activity for Saudis who do not practice sport activity kingdom-wide

Figure (14)

Reasons for not practicing sport activity for Saudis who do not practice sport activity kingdom-wide

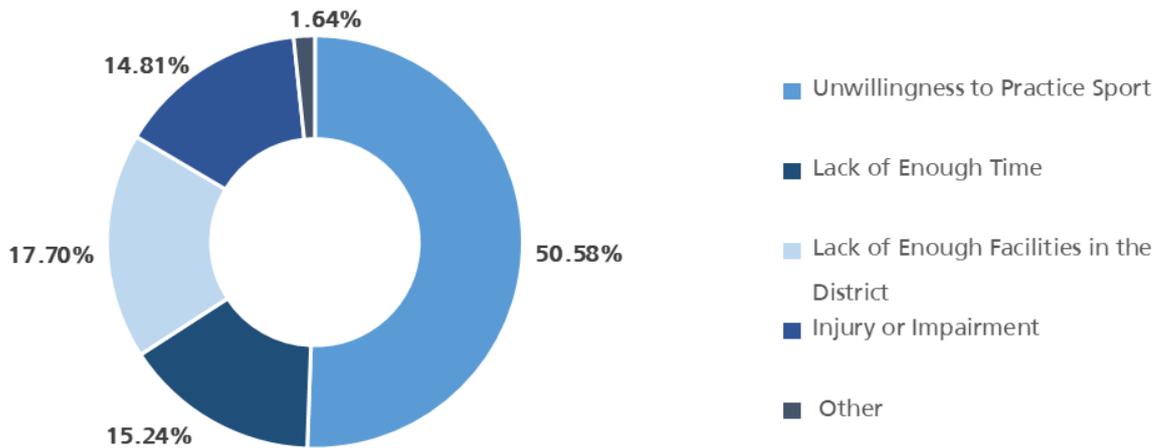


Figure (14) shows that the most common reason for not practicing sport activity for Saudi individuals in Saudi Arabia is the lack of desire, where they accounted for 50.58%, out of total Saudis. The percentage of Saudi individuals who do not practice sport activity due to lack of time recorded 15.24%, out of total Saudis. The percentage of Saudi individuals who do not practice sport activity due to absence of adapted facilities in the neighborhood was 17.40%, out of total Saudis. The percentage of Saudi individuals who do not practice sport activity due to injury or disability made up 14.81%, out of total Saudis. Finally, the percentage of Saudi individuals who do not practice sport activity due to other reasons accounted for 1.64%, out of total Saudis.





15. Reasons for not practicing sport activity for Saudi males who do not practice sport activity kingdom-wide

Figure (15)

Reasons for not practicing sport activity for Saudi males who do not practice sport activity kingdom-wide

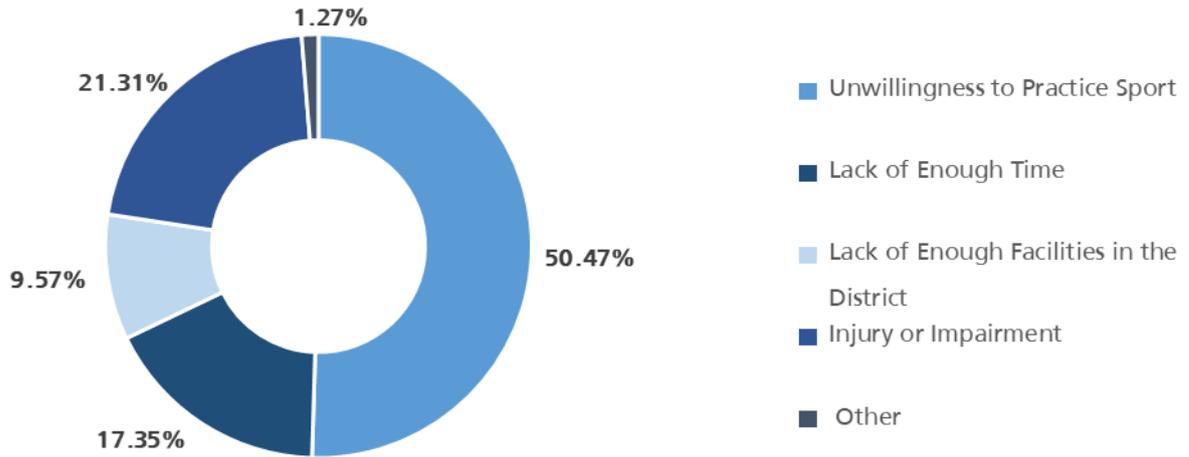


Figure (15) indicates that the most common reason for not practicing sport activity for Saudi males in Saudi Arabia is the lack of desire, where they accounted for 50.47%, out of total Saudi males. The percentage of individuals who do not practice sport activity due to lack of time recorded 17.35%, out of total Saudi males. The percentage of individuals who do not practice sport activity due to absence of adapted facilities in the neighborhood was 9.57%. The percentage of Saudi males who do not practice sport activity due to injury or disability made up 21.31%. Finally, the percentage of individuals who do not practice sport activity due to other reasons accounted for 1.27%.



16. Reasons for not practicing sport activity for Saudi females who do not practice sport activity kingdom-wide

Figure (16)

Reasons for not practicing sport activity for Saudi females who do not practice sport activity kingdom-wide

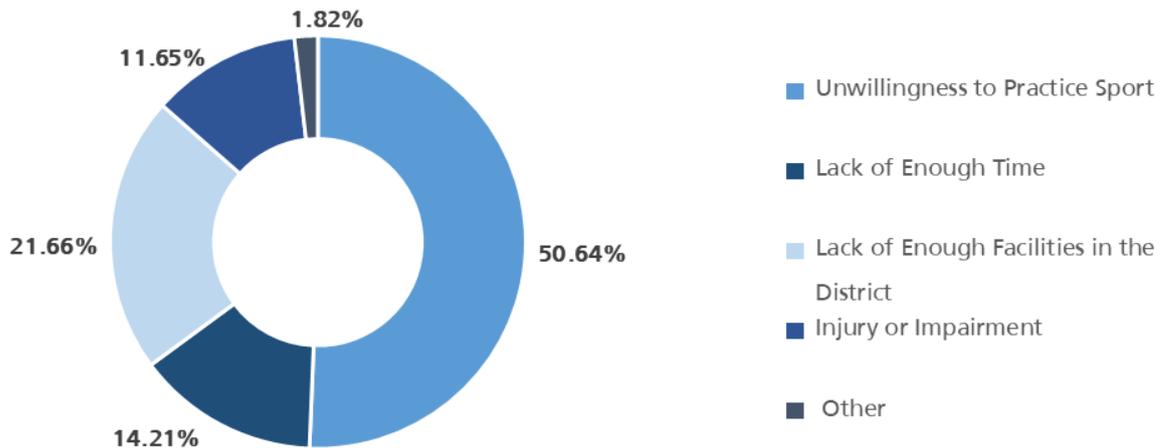


Figure (16) indicates that the most common reason for not practicing sport activity for Saudi females in Saudi Arabia is the lack of desire, with a percentage of 50.64%, out of total Saudi females. The percentage of Saudi females who do not practice sport activity due to lack of time recorded 14.21%, out of total Saudi females. The percentage of Saudi females who do not practice sport activity due to absence of adapted facilities in the neighborhood was 21.66%, out of total Saudi females. The percentage of Saudi females who do not practice sport activity due to injury or disability made up 11.65%, out of total Saudi females. Finally, the percentage of Saudi females who do not practice sport activity due to other reasons accounted for 1.82%, out of total Saudi females.





17. Reasons for not practicing sport activity for non-Saudis who do not practice sport activity kingdom-wide

Figure (17)

Reasons for not practicing sport activity for non-Saudis who do not practice sport activity kingdom-wide

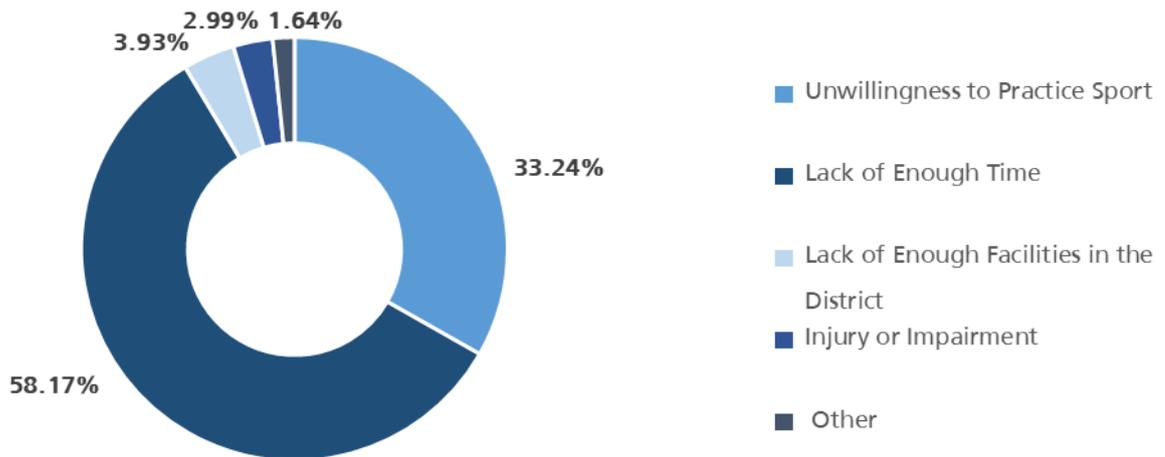


Figure (17) shows that the most common reason for not practicing sport activity for non-Saudis in Saudi Arabia is the lack of time, with a percentage of 58.17%, out of total non-Saudis. The percentage of non-Saudis who do not practice sport activity due to lack of desire recorded 33.24%, out of total non-Saudis. The percentage of non-Saudis who do not practice sport activity due to absence of adapted facilities in the neighborhood was 3.93%, out of total non-Saudis. The percentage of non-Saudis who do not practice sport activity due to injury or disability made up 2.99%, out of total non-Saudis. Finally, the percentage of non-Saudis who do not practice sport activity due to other reasons accounted for 1.64%, out of total non-Saudis.





18. Reasons for not practicing sport activity for non-Saudi males who do not practice sport activity kingdom-wide

Figure (18)

Reasons for not practicing sport activity for non-Saudi males who do not practice sport activity kingdom-wide

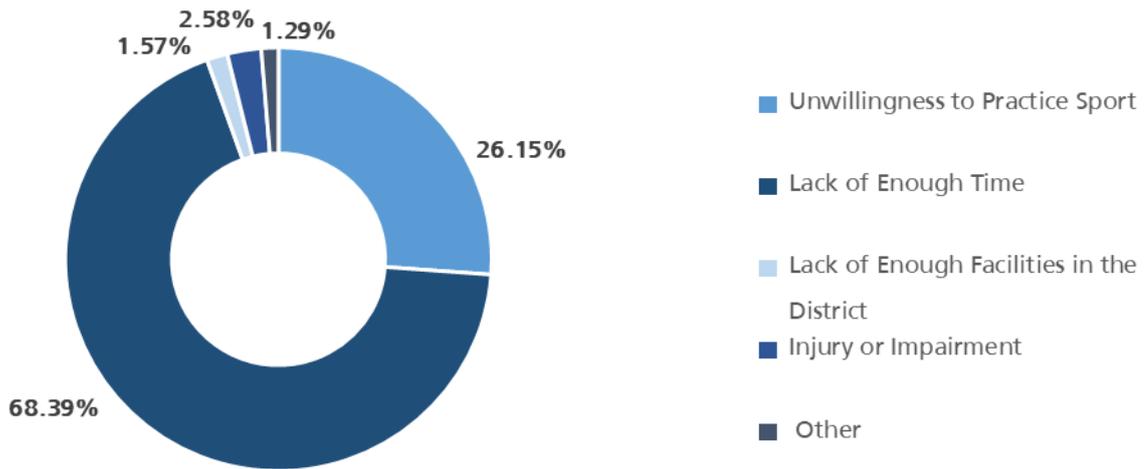


Figure (18) indicates that the most common reason for not practicing sport activity for non-Saudi males in Saudi Arabia is the lack of time, with a percentage of 68.39%, out of total non-Saudi males. The percentage of non-Saudi males who do not practice sport activity due to lack of desire recorded 26.15%, out of total non-Saudi males. The percentage of non-Saudi males who do not practice sport activity due to absence of adapted facilities in the neighborhood was 1.57%, out of total non-Saudi males. The percentage of non-Saudi males who do not practice sport activity due to injury or disability made up 2.58%, out of total non-Saudi males. Finally, the percentage of non-Saudi males who do not practice sport activity due to other reasons accounted for 1.29%, out of total non-Saudi males.





19. Reasons for not practicing sport activity for non-Saudi females who do not practice sport activity kingdom-wide

Figure (19)

Reasons for not practicing sport activity for non-Saudi females who do not practice sport activity kingdom-wide

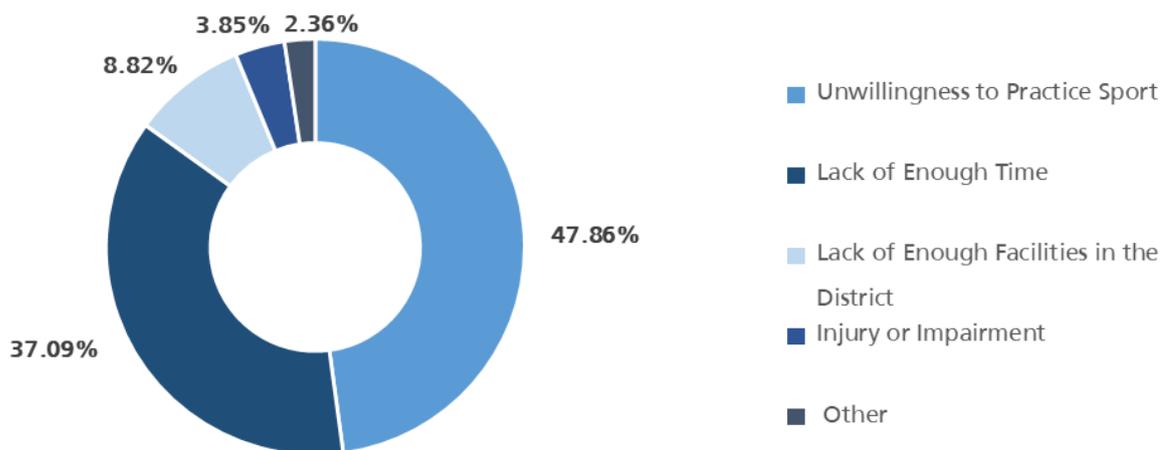


Figure (19) indicates that the most common reason for not practicing sport activity for non-Saudi females in Saudi Arabia is the lack of desire, with a percentage of 47.86%, out of total non-Saudi females. The percentage of non-Saudi females who do not practice sport activity due to lack of time recorded 37.09%, out of total non-Saudi females. The percentage of non-Saudi females who do not practice sport activity due to absence of adapted facilities in the neighborhood was 8.82%, out of total non-Saudi females. The percentage of non-Saudi females who do not practice sport activity due to injury or disability made up 3.85%, out of total non-Saudi females. Finally, the percentage of non-Saudi females who do not practice sport activity due to other reasons accounted for 2.36%, out of total non-Saudi females.





Publishing table



Percentage distribution of individuals by sport practice status, gender, and nationality kingdom-wide*

Table 1-1

S/ N	sport Activity Practicing Status (150 minutes or more per week) for Individuals (%)	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Practitioner	10.14	2.94	13.08	3.62	0.69	4.32	13.76	3.64	17.40
2	Non-practitioner	25.69	30.13	55.82	18.86	7.92	26.78	44.55	38.05	82.60

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by administrative region, gender and nationality out of total individuals who practice sport kingdom-wide*

Table 1-2

S/ N	Administrative Region (%)	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Riyadh	7.36	1.93	9.29	2.69	0.70	3.38	10.04	2.63	12.67
2	Makkah	10.55	3.96	14.51	7.17	1.59	8.76	17.72	5.54	23.27
3	Madinah	4.15	1.14	5.29	0.95	0.14	1.09	5.10	1.28	6.38
4	Qassim	2.30	1.08	3.38	1.23	0.11	1.34	3.53	1.19	4.72
5	Eastern Region	7.57	2.47	10.04	2.65	0.38	3.04	10.22	2.86	13.08
6	Asir	3.79	1.43	5.21	0.94	0.15	1.09	4.73	1.58	6.31
7	Tabuk	3.69	0.74	4.43	0.37	0.08	0.45	4.06	0.82	4.88
8	Hail	3.72	0.75	4.47	1.10	0.08	1.18	4.82	0.82	5.65
9	Northern Borders	2.91	0.93	3.84	0.67	0.21	0.88	3.58	1.14	4.72
10	Jazan	3.87	0.53	4.40	0.56	0.10	0.66	4.43	0.63	5.06
11	Najran	3.18	0.86	4.04	1.28	0.27	1.55	4.46	1.13	5.59
12	Al-Baha	2.49	0.56	3.05	0.28	0.03	0.31	2.77	0.59	3.36
13	Al-Jouf	2.68	0.55	3.23	0.94	0.14	1.08	3.62	0.69	4.31

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by age group, gender and nationality out of total sports practitioners kingdom-wide*

Table 1-3

S/ N	Age groups (%)	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	From 15-19 years	12.77	2.29	15.05	2.63	0.39	3.02	15.40	2.68	18.08
2	From 20- 24 years	11.62	3.20	14.82	2.19	0.60	2.79	13.81	3.79	17.61
3	From 25-29 years	9.06	2.80	11.87	3.36	0.60	3.96	12.42	3.40	15.82
4	From 30-34 years	6.86	2.16	9.02	3.24	0.75	4.00	10.10	2.91	13.01
5	From 35- 39 years	5.00	2.02	7.02	2.83	0.60	3.42	7.83	2.62	10.44
6	From 40-44 years	3.29	1.35	4.64	2.19	0.35	2.54	5.48	1.70	7.19
7	From 45-49 years	2.61	1.09	3.70	1.70	0.24	1.93	4.30	1.33	5.63
8	From 50-54 years	2.28	0.77	3.05	1.15	0.27	1.43	3.43	1.04	4.48
9	From 55-59 years	1.68	0.70	2.38	0.84	0.10	0.94	2.52	0.80	3.32
10	From 60-64 years	1.62	0.27	1.89	0.42	0.05	0.47	2.03	0.33	2.36
11	From 65 years and more	1.48	0.27	1.75	0.28	0.02	0.31	1.77	0.29	2.06

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by educational status, gender and nationality out of total sports practitioners kingdom-wide*

Table 1-4

S/ N	Educational Status (%)	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Illiterate	0.24	0.40	0.64	0.24	0.09	0.34	0.49	0.49	0.98
2	Literate	0.93	0.95	1.88	2.05	0.38	2.43	2.98	1.34	4.31
3	Primary education	3.69	0.95	4.64	2.08	0.26	2.34	5.77	1.21	6.98
4	Intermediate education	10.69	2.28	12.97	4.91	0.61	5.52	15.60	2.89	18.49
5	Secondary or equivalent	23.23	5.14	28.37	5.58	1.15	6.74	28.81	6.30	35.11
6	Under-university diploma	4.64	0.69	5.33	1.56	0.27	1.84	6.20	0.97	7.17
7	Graduate	13.94	6.24	20.18	3.83	1.03	4.86	17.77	7.27	25.04
8	High Diploma	0.06	0.03	0.09	0.11	0.02	0.13	0.17	0.05	0.23
9	Master's Degree	0.63	0.16	0.79	0.27	0.09	0.35	0.90	0.25	1.15
10	PhD degree	0.22	0.06	0.28	0.20	0.06	0.26	0.42	0.13	0.54

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by marital status, gender, and nationality out of total sports practitioners kingdom-wide*

Table 1-5

S/ N	Marital status (%)	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Never married before	32.37	6.87	39.24	7.41	1.18	8.59	39.78	8.05	47.83
2	Married	25.37	9.04	34.40	13.32	2.63	15.95	38.68	11.67	50.35
3	Divorced	0.47	0.55	1.02	0.07	0.08	0.15	0.54	0.63	1.17
4	Widow	0.06	0.46	0.52	0.03	0.09	0.13	0.09	0.55	0.64

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by sporting activity, gender, and nationality out of total sports practitioners kingdom-wide*

Table 1-6

S/ N	Type of sport Activity Individuals Practice (%)	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Walking	25.58	14.76	40.34	12.13	3.58	15.71	37.71	18.34	56.05
2	Swimming	1.76	0.18	1.94	0.38	0.02	0.40	2.14	0.20	2.34
3	Running	1.99	0.28	2.27	0.42	0.02	0.45	2.41	0.31	2.72
4	Playing Football	21.92	0.09	22.00	3.68	0.01	3.68	25.59	0.09	25.69
5	Body Building	4.31	0.07	4.38	1.41	0.02	1.42	5.72	0.09	5.80
6	Other	4.02	1.84	5.86	2.24	0.36	2.60	6.26	2.20	8.46

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by frequency of sport practice out of total sports practitioners per each activity kingdom-wide*

Table 1-7

S/ N	Type of sport Activity Individuals Practice (%)	Number of Practices per week					
		TWO Times amd less	Three Times	Four Times	Five Times	Six Times	Seven Times and more
1	Walking	2.16	17.88	17.47	23.03	7.69	31.77
2	Swimming	10.40	32.21	15.44	19.46	7.72	14.77
3	Running	2.02	14.45	12.72	45.95	5.20	19.65
4	Playing Football	12.60	25.59	20.09	18.83	5.14	17.76
5	Body Building	1.76	18.81	22.19	28.96	13.26	15.02
6	Other	9.38	22.47	17.83	23.68	8.45	18.20

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by sporting activity and duration of practice (in minutes) out of total sports practitioners per each activity kingdom-wide

Table 1-8

S/ N	Type of sport Activity Individuals Practice (%)	Number of Minutes of Practicing sport Activities			
		From 150 to less than 180	From 180 to less than 210	From 210 to less than 240	From 240 and more
1	Walking	13.74	24.26	13.31	48.68
2	Swimming	12.75	35.91	6.04	45.30
3	Running	11.85	18.50	23.12	46.53
4	Playing Football	3.88	28.46	3.42	64.23
5	Body Building	4.19	18.00	2.84	74.97
6	Other	7.89	24.51	7.34	60.26

Reference: Family sport Practice Survey 2018

Percentage distribution of the places where individuals practice sport out of total sports practitioners per each activity kingdom-wide*

Table 1-9

S/ N	Type of sport Activity Individuals Practice (%)	Place of Practicing sport Activity						
		Sport Club	Public Facilities (garden, street, municipality yard, ...etc)	Sport Center	Home	School or University	Facility affiliated with the employer	Other
1	Walking	1.08	67.25	5.11	20.29	2.28	2.62	1.37
2	Swimming	13.10	11.18	62.30	6.71	0.00	2.56	4.15
3	Running	4.63	39.33	20.57	12.08	1.29	17.74	4.37
4	Playing Football	5.32	58.74	11.62	3.90	16.68	1.54	2.22
5	Body Building	12.45	3.28	76.54	6.95	0.26	0.39	0.13
6	Other	6.59	28.53	44.49	14.22	1.91	1.99	2.25

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by sporting activity and time of practice out of total sports practitioners per each activity kingdom-wide*

Table 1-10

S/ N	Type of sport Activity Individuals Practice (%)	Time of Practicing sport Activity			
		Morning	Noon	Afternoon	Evening
1	Walking	18.2	3.2	31.7	46.9
2	Swimming	8.6	4.8	38.0	48.7
3	Running	27.5	1.5	28.2	42.7
4	Playing Football	14.5	0.5	44.9	40.1
5	Body Building	3.9	3.0	34.9	58.2
6	Other	10.2	1.8	40.5	47.5

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of what motivates individuals to practice sport by gender, and nationality kingdom-wide*

Table 1-11

S/ N	Individuals' Motives to Practice sport activity (%)	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Imitating the Community	1.92	0.30	2.22	0.43	0.07	0.49	2.34	0.37	2.71
2	Enhancing Health	19.18	6.35	25.53	7.41	1.38	8.79	26.59	7.73	34.32
3	Recreation	16.77	4.29	21.05	5.20	0.90	6.11	21.97	5.19	27.16
4	Improving Outer Appearance	5.99	2.84	8.83	1.97	0.57	2.55	7.96	3.42	11.38
5	Physical Fitness	15.20	2.91	18.11	5.26	0.76	6.02	20.46	3.67	24.13
6	Other	0.15	0.03	0.18	0.05	0.07	0.12	0.20	0.10	0.30

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by usage of modern technologies, gender, and nationality out of total sports practitioners kingdom-wide*

Table 1-12

S/ N	Using modern application during practicing sport activity for individuals (%)	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Use	13.10	4.81	17.90	2.82	0.77	3.59	15.92	5.58	21.49
2	Do not Use	45.17	12.11	57.28	18.01	3.21	21.23	63.19	15.32	78.51

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who do not practice sport by reason, gender and nationality kingdom-wide

Table 1-13

S/ N	Reasons of Not Practicing sport Activity	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Unwillingness to Practice Sport	10.95	22.55	33.50	5.95	5.28	11.23	16.90	27.83	44.73
2	Lack of Enough Time	3.76	6.33	10.10	15.56	4.09	19.65	19.32	10.42	29.74
3	Lack of Enough Facilities in the District	2.08	9.65	11.72	0.36	0.97	1.33	2.43	10.62	13.06
4	Injury or Impairment	4.62	5.19	9.81	0.59	0.42	1.01	5.21	5.61	10.83
5	Other	0.28	0.81	1.09	0.29	0.26	0.55	0.57	1.07	1.64

Reference: Family sport Practice Survey 2018

Percentage distribution of individuals by sport practice status, gender, and nationality in Riyadh region*

Table 2-1

S/ N	sport Activity Practicing Status (150 minutes or more per week) for Individuals (%)	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Practitioner	8.32	2.18	10.50	3.04	0.79	3.83	11.36	2.97	14.33
2	Non-practitioner	20.87	22.87	43.75	29.35	12.57	41.92	50.23	35.44	85.67

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by age groups, gender and nationality out of total sports practitioners in Riyadh region*

Table 2-2

S/ N	Age groups (%)	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	From 15-19 years	11.15	2.04	13.20	2.91	0.43	3.35	14.06	2.48	16.54
2	From 20- 24 years	11.90	3.28	15.18	2.11	0.93	3.04	14.00	4.21	18.22
3	From 25-29 years	9.11	1.86	10.97	2.48	0.56	3.04	11.59	2.42	14.00
4	From 30-34 years	7.62	1.67	9.29	3.04	0.74	3.78	10.66	2.42	13.07
5	From 35- 39 years	4.34	2.48	6.82	3.35	1.05	4.40	7.68	3.53	11.21
6	From 40-44 years	3.04	1.36	4.40	2.79	0.74	3.53	5.82	2.11	7.93
7	From 45-49 years	2.97	0.87	3.84	1.43	0.50	1.92	4.40	1.36	5.76
8	From 50-54 years	2.04	0.74	2.79	1.18	0.37	1.55	3.22	1.12	4.34
9	From 55-59 years	2.11	0.56	2.66	1.12	0.12	1.24	3.22	0.68	3.90
10	From 60-64 years	1.92	0.31	2.23	0.68	0.06	0.74	2.60	0.37	2.97
11	From 65 years and more	1.86	0.06	1.92	0.12	0.00	0.12	1.98	0.06	2.04

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by educational status, gender and nationality out of total sports practitioners in Riyadh region*

Table 2-3

S/ N	Educational Status (%)	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Illiterate	0.43	0.31	0.74	0.12	0.06	0.19	0.56	0.37	0.93
2	Literate	0.68	0.50	1.18	1.92	0.87	2.79	2.60	1.36	3.97
3	Primary education	3.22	0.81	4.03	1.86	0.12	1.98	5.08	0.93	6.01
4	Intermediate education	9.23	1.86	11.09	4.46	0.87	5.33	13.69	2.73	16.42
5	Secondary or equivalent	25.46	5.08	30.55	4.58	0.87	5.45	30.05	5.95	36.00
6	Under-university diploma	4.40	0.99	5.39	1.61	0.56	2.17	6.01	1.55	7.56
7	Graduate	13.51	5.33	18.84	5.27	1.73	7.00	18.77	7.06	25.84
8	High Diploma	0.00	0.00	0.00	0.37	0.00	0.37	0.37	0.00	0.37
9	Master's Degree	0.74	0.31	1.05	0.62	0.31	0.93	1.36	0.62	1.98
10	PhD degree	0.37	0.06	0.43	0.37	0.12	0.50	0.74	0.19	0.93

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by marital status, gender and nationality out of total sports practitioners in Riyadh region*

Table 2-4

S/ N	Marital status (%)	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Never married before	32.16	7.00	39.16	6.94	1.30	8.24	39.10	8.30	47.40
2	Married	25.34	7.37	32.71	14.00	4.03	18.03	39.34	11.40	50.74
3	Divorced	0.43	0.74	1.18	0.19	0.06	0.25	0.62	0.81	1.43
4	Widow	0.12	0.12	0.25	0.06	0.12	0.19	0.19	0.25	0.43

Reference: Family Sports Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by sporting activity, gender and nationality out of total sports practitioners in Riyadh region*

Table 2-5

S/ N	Type of sport Activity Individuals Practice (%)	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Walking	30.11	12.64	42.75	10.35	4.46	14.81	40.46	17.10	57.56
2	Swimming	1.43	0.43	1.86	0.43	0.06	0.50	1.86	0.50	2.35
3	Running	2.04	0.25	2.29	0.50	0.06	0.56	2.54	0.31	2.85
4	Playing Football	16.91	0.06	16.98	2.23	0.00	2.23	19.14	0.06	19.21
5	Body Building	5.02	0.00	5.02	1.24	0.06	1.30	6.26	0.06	6.32
6	Other	3.22	2.23	5.45	2.42	0.81	3.22	5.64	3.04	8.67

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by frequency of practice out of total sports practitioners per each activity in Riyadh region*

Table 2-6

S/ N	Type of sport Activity Individuals Practice (%)	Number of Practices per week					
		Two Times and less	Three Times	Four Times	Five Times	Six Times	Seven Times and more
1	Walking	1.29	15.93	20.78	22.50	11.63	27.88
2	Swimming	7.89	15.79	18.42	44.74	10.53	2.63
3	Running	2.17	6.52	10.87	45.65	8.70	26.09
4	Playing Football	12.90	26.45	17.74	21.94	6.45	14.52
5	Body Building	0.98	16.67	28.43	20.59	15.69	17.65
6	Other	12.86	22.14	22.86	19.29	5.00	17.86

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by sporting activity and duration of practice (in minute) out of total sports practitioners per each activity in Riyadh region

Table 2-7

S/ N	Type of sport Activity Individuals Practice (%)	Number of Minutes of Practicing sport Activities			
		From 150 to less than 180	From 180 to less than 210	From 210 to less than 240	From 240 and more
1	Walking	19.16	29.17	15.61	36.06
2	Swimming	39.47	34.21	0.00	26.32
3	Running	19.57	21.74	41.30	17.39
4	Playing Football	10.00	31.61	5.48	52.90
5	Body Building	2.94	22.55	4.90	69.61
6	Other	5.71	27.86	6.43	60.00

Reference: Family sport Practice Survey 2018

Percentage distribution of the places where individuals practice sport out of total sports practitioners per each activity in Riyadh region*

Table 2-8

S/ N	Type of sport Activity Individuals Practice (%)	Place of Practicing sport Activity						
		Sport Club	Public Facilities (garden, street, municipality yard, ...etc)	Sport Center	Home	School or University	Facility affiliated with the employer	Other
1	Walking	1.56	64.86	9.66	15.46	2.67	3.22	2.58
2	Swimming	2.56	2.56	69.23	15.38	0.00	2.56	7.69
3	Running	5.77	26.92	30.77	9.62	1.92	23.08	1.92
4	Playing Football	9.04	60.98	8.79	3.88	14.47	0.78	2.07
5	Body Building	6.80	1.94	84.47	5.83	0.00	0.97	0.00
6	Other	2.82	27.46	52.82	14.08	1.41	1.41	0.00

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by sporting activity and time of practice out of total sports practitioners per each activity in Riyadh region*

Table 2-9

S/ N	Type of sport Activity Individuals Practice (%)	Time of Practicing sport Activity			
		Morning	Noon	Afternoon	Evening
1	Walking	17.48	6.07	21.95	54.51
2	Swimming	11.63	2.33	25.58	60.47
3	Running	32.14	7.14	16.07	44.64
4	Playing Football	12.92	1.20	46.89	39.00
5	Body Building	2.44	0.00	30.08	67.48
6	Other	11.05	2.33	34.88	51.74

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of what motivates individuals to practice sport by gender, and nationality in Riyadh region*

Table 2-10

S/ N	Individuals' Motives to Practice sport activity (%)	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Imitating the Community	1.32	0.13	1.45	0.26	0.03	0.30	1.58	0.16	1.75
2	Enhancing Health	20.06	6.27	26.33	8.35	2.14	10.49	28.41	8.41	36.82
3	Recreation	17.26	3.27	20.52	4.52	1.09	5.61	21.77	4.35	26.13
4	Improving Outer Appearance	6.80	2.90	9.70	2.28	0.82	3.10	9.07	3.73	12.80
5	Physical Fitness	12.97	2.64	15.61	4.75	0.73	5.48	17.72	3.37	21.08
6	Other	0.63	0.10	0.73	0.20	0.49	0.69	0.82	0.59	1.42

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by usage of modern technologies, gender, and nationality out of total sports practitioners in Riyadh region*

Table 2-11

S/ N	Using modern application during practicing sport activity for individuals (%)	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Use	9.23	1.98	11.21	3.41	0.62	4.03	12.64	2.60	15.24
2	Do not Use	48.82	13.26	62.08	17.78	4.89	22.68	66.60	18.15	84.76

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who do not practice sport by reasons, gender and nationality in Riyadh region

Table 2-12

S/ N	Reasons of Not Practicing sport Activity	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Unwillingness to Practice Sport	10.32	21.40	31.71	9.61	9.37	18.98	19.93	30.77	50.70
2	Lack of Enough Time	3.79	5.46	9.25	21.45	5.86	27.31	25.24	11.31	36.55
3	Lack of Enough Facilities in the District	0.73	3.25	3.97	0.22	0.42	0.63	0.94	3.66	4.61
4	Injury or Impairment	2.39	3.21	5.60	0.78	0.33	1.11	3.17	3.54	6.71
5	Other	0.29	0.73	1.02	0.27	0.15	0.42	0.56	0.87	1.43

Reference: Family sport Practice Survey 2018

Percentage distribution of individuals by sport practice status, gender, and nationality in Makkah region*

Table3-1

S/ N	sport Activity Practicing Status (150 minutes or more per week) for Individuals (%)	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Practitioner	10.19	3.82	14.01	6.92	1.53	8.45	17.11	5.35	22.46
2	Non-practitioner	18.20	23.78	41.99	21.84	13.71	35.55	40.05	37.49	77.54

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by age groups, gender and nationality out of total sports practitioners in Makkah region*

Table 3-2

S/ N	Age groups (%)	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	From 15-19 years	10.19	1.89	12.08	5.23	0.64	5.87	15.42	2.53	17.95
2	From 20- 24 years	8.91	2.83	11.74	4.22	1.21	5.43	13.13	4.05	17.18
3	From 25-29 years	6.99	3.10	10.09	4.86	1.01	5.87	11.85	4.12	15.96
4	From 30-34 years	4.83	2.60	7.42	3.81	1.42	5.23	8.64	4.02	12.66
5	From 35- 39 years	3.91	2.02	5.94	3.75	0.78	4.52	7.66	2.80	10.46
6	From 40-44 years	2.33	1.42	3.75	2.46	0.40	2.87	4.79	1.82	6.61
7	From 45-49 years	2.06	0.94	3.00	1.99	0.30	2.29	4.05	1.25	5.30
8	From 50-54 years	1.86	0.67	2.53	1.75	0.61	2.36	3.61	1.28	4.89
9	From 55-59 years	1.42	0.91	2.33	1.62	0.24	1.86	3.04	1.15	4.18
10	From 60-64 years	1.55	0.34	1.89	0.44	0.17	0.61	1.99	0.51	2.50
11	From 65 years and more	1.32	0.27	1.59	0.67	0.03	0.71	1.99	0.30	2.29

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by educational status, gender and nationality out of total sports practitioners in Makkah region*

Table 3-3

S/ N	Educational Status (%)	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Illiterate	0.10	0.24	0.34	0.24	0.03	0.27	0.34	0.27	0.61
2	Literate	0.74	0.71	1.45	2.13	0.34	2.46	2.87	1.05	3.91
3	Primary education	2.60	1.21	3.81	2.50	0.40	2.90	5.10	1.62	6.72
4	Intermediate education	8.71	1.86	10.56	7.83	1.11	8.94	16.54	2.97	19.51
5	Secondary or equivalent	18.63	5.23	23.86	10.19	2.60	12.79	28.82	7.83	36.65
6	Under-university diploma	2.63	0.54	3.17	1.72	0.37	2.09	4.35	0.91	5.26
7	Graduate	11.00	6.75	17.75	5.70	1.72	7.42	16.71	8.47	25.18
8	High Diploma	0.00	0.00	0.00	0.07	0.07	0.13	0.07	0.07	0.13
9	Master's Degree	0.81	0.34	1.15	0.30	0.07	0.37	1.11	0.40	1.52
10	PhD degree	0.13	0.13	0.27	0.13	0.10	0.24	0.27	0.24	0.51

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by marital status, gender and nationality out of total sports practitioners in Makkah region*

Table 3-4

S/ N	Marital status (%)	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Never married before	25.28	6.72	31.99	13.97	2.29	16.27	39.25	9.01	48.26
2	Married	19.44	9.21	28.65	16.64	4.02	20.65	36.08	13.23	49.31
3	Divorced	0.61	0.57	1.18	0.13	0.24	0.37	0.74	0.81	1.55
4	Widow	0.03	0.51	0.54	0.07	0.27	0.34	0.10	0.78	0.88

Reference: Family Sports Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by sporting activity, gender, and nationality out of total sports practitioners in Makkah region*

Table 3-5

S/ N	Type of sport Activity Individuals Practice (%)	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Walking	21.36	14.55	35.91	17.18	6.24	23.42	38.54	20.79	59.33
2	Swimming	1.96	0.34	2.29	0.64	0.00	0.64	2.60	0.34	2.94
3	Running	2.23	0.34	2.56	0.57	0.03	0.61	2.80	0.37	3.17
4	Playing Football	15.52	0.07	15.59	8.17	0.00	8.17	23.69	0.07	23.76
5	Body Building	4.08	0.07	4.15	2.60	0.03	2.63	6.68	0.10	6.78
6	Other	4.18	2.43	6.61	2.29	0.67	2.97	6.48	3.10	9.58

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by frequency of practice out of total sports practitioners per each activity in Makkah region*

Table 3-6

S/ N	Type of sport Activity Individuals Practice (%)	Number of Practices per week					
		Two times and less	Three Times	Four Times	Five Times	Six Times	Seven Times and more
1	Walking	1.31	16.38	15.02	17.69	6.83	42.78
2	Swimming	5.75	43.68	16.09	12.64	5.75	16.09
3	Running	0.00	22.34	8.51	43.62	3.19	22.34
4	Playing Football	19.18	27.70	20.60	17.76	2.41	12.36
5	Body Building	2.99	17.41	22.39	30.35	14.93	11.94
6	Other	8.80	22.18	21.13	21.83	7.39	18.66

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by sporting activity and duration of practice (in minutes) out of total sports practitioners per each activity in Makkah region

Table 3-7

S/ N	Type of sport Activity Individuals Practice (%)	Number of Minutes of Practicing sport Activities			
		From 150 to less than 180	From 180 to less than 210	From 210 to less than 240	From 240 and more
1	Walking	8.19	22.75	14.16	54.89
2	Swimming	5.75	42.53	9.20	42.53
3	Running	4.26	21.28	24.47	50.00
4	Playing Football	1.99	33.52	5.97	58.52
5	Body Building	3.48	14.43	3.48	78.61
6	Other	6.34	22.89	6.34	64.44

Reference: Family sport Practice Survey 2018

Percentage distribution of the places where individuals practice sport out of total sports practitioners per each activity in Makkah region*

Table 3-8

S/ N	Type of sport Activity Individuals Practice (%)	Place of Practicing sport Activity						
		Sport Club	Public Facilities (garden, street, municipality yard, ...etc)	Sport Center	Home	School or University	Facility affiliated with the employer	Other
1	Walking	0.81	68.82	4.69	21.61	2.09	1.28	0.71
2	Swimming	12.90	4.30	72.04	5.38	0.00	3.23	2.15
3	Running	4.95	32.67	20.79	10.89	1.98	17.82	10.89
4	Playing Football	3.66	54.96	15.09	1.83	20.80	1.83	1.83
5	Body Building	18.05	2.44	72.20	6.83	0.00	0.00	0.49
6	Other	5.03	17.79	59.73	14.43	1.34	0.67	1.01

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by sporting activity and time of practice out of total sports practitioners per each activity in Makkah region*

Table 3-9

S/ N	Type of sport Activity Individuals Practice (%)	Time of Practicing sport Activity			
		Morning	Noon	Afternoon	Evening
1	Walking	17.80	3.43	34.76	44.02
2	Swimming	3.67	4.59	41.28	50.46
3	Running	39.47	0.00	25.44	35.09
4	Playing Football	19.41	0.21	38.71	41.67
5	Body Building	4.96	1.53	40.08	53.44
6	Other	10.56	1.39	41.11	46.94

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of what motivates individuals to practice sport by gender and nationality in Makkah region*

Table 3-10

S/ N	Individuals' Motives to Practice sport activity (%)	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Imitating the Community	2.20	0.56	2.76	0.82	0.19	1.01	3.02	0.75	3.77
2	Enhancing Health	15.02	6.48	21.51	10.34	2.18	12.52	25.36	8.67	34.02
3	Recreation	11.52	4.45	15.97	6.93	1.46	8.39	18.46	5.91	24.36
4	Improving Outer Appearance	6.39	2.74	9.13	3.77	1.28	5.06	10.16	4.03	14.19
5	Physical Fitness	11.51	1.96	13.46	8.47	1.36	9.84	19.98	3.32	23.30
6	Other	0.18	0.03	0.21	0.11	0.03	0.14	0.29	0.06	0.35

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by usage of modern technologies, gender, and nationality out of total sports practitioners in Makkah region*

Table 3-11

S/ N	Using modern application during practicing sport activity for individuals (%)	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Use	13.47	6.14	19.61	5.16	1.92	7.09	18.63	8.07	26.70
2	Do not Use	31.89	10.87	42.76	25.65	4.89	30.54	57.54	15.76	73.30

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who do not practice sport by reasons, gender and nationality in Makkah region

Table 3-12

S/ N	Reasons of Not Practicing sport Activity	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Unwillingness to Practice Sport	7.10	16.83	23.93	7.32	10.13	17.45	14.42	26.96	41.38
2	Lack of Enough Time	3.09	4.87	7.96	18.92	5.20	24.11	22.01	10.07	32.08
3	Lack of Enough Facilities in the District	1.28	10.52	11.80	0.56	2.33	2.89	1.84	12.85	14.69
4	Injury or Impairment	3.84	4.10	7.94	0.68	0.97	1.65	4.52	5.07	9.59
5	Other	0.50	0.66	1.16	0.41	0.70	1.11	0.91	1.36	2.27

Reference: Family sport Practice Survey 2018

Percentage distribution of individuals by sport practice status, gender, and nationality in Madinah region*

Table 4-1

S/ N	sport Activity Practicing Status (150 minutes or more per week) for Individuals (%)	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Practitioner	12.03	3.30	15.33	2.75	0.41	3.16	14.79	3.71	18.49
2	Non-practitioner	27.05	32.58	59.62	17.65	4.23	21.88	44.70	36.81	81.51

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by age groups, gender and nationality out of total sports practitioners in Madinah region*

Table 4-2

S/ N	Age groups (%)	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	From 15-19 years	19.19	2.58	21.77	1.48	0.25	1.72	20.66	2.83	23.49
2	From 20- 24 years	15.13	3.44	18.57	1.85	0.25	2.09	16.97	3.69	20.66
3	From 25-29 years	7.75	2.34	10.09	1.35	0.49	1.85	9.10	2.83	11.93
4	From 30-34 years	6.89	2.09	8.98	3.57	0.37	3.94	10.46	2.46	12.92
5	From 35- 39 years	4.18	1.60	5.78	1.97	0.37	2.34	6.15	1.97	8.12
6	From 40-44 years	2.09	1.85	3.94	1.72	0.12	1.85	3.81	1.97	5.78
7	From 45-49 years	2.09	1.85	3.94	1.11	0.12	1.23	3.20	1.97	5.17
8	From 50-54 years	3.57	1.23	4.80	0.74	0.25	0.98	4.31	1.48	5.78
9	From 55-59 years	1.85	0.62	2.46	0.37	0.00	0.37	2.21	0.62	2.83
10	From 60-64 years	1.11	0.12	1.23	0.25	0.00	0.25	1.35	0.12	1.48
11	From 65 years and more	1.23	0.12	1.35	0.49	0.00	0.49	1.72	0.12	1.85

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by educational status, gender and nationality out of total sports practitioners in Madinah region*

Table 4-3

S/ N	Educational Status (%)	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Illiterate	0.37	0.98	1.35	0.25	0.00	0.25	0.62	0.98	1.60
2	Literate	1.60	0.37	1.97	1.97	0.12	2.09	3.57	0.49	4.06
3	Primary education	4.06	0.98	5.04	0.49	0.00	0.49	4.55	0.98	5.54
4	Intermediate education	14.64	2.83	17.47	3.08	0.37	3.44	17.71	3.20	20.91
5	Secondary or equivalent	25.71	4.80	30.50	3.44	0.86	4.31	29.15	5.66	34.81
6	Under-university diploma	4.43	0.62	5.04	1.48	0.12	1.60	5.90	0.74	6.64
7	Graduate	13.41	7.13	20.54	3.81	0.62	4.43	17.22	7.75	24.97
8	High Diploma	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
9	Master's Degree	0.62	0.12	0.74	0.37	0.12	0.49	0.98	0.25	1.23
10	PhD degree	0.25	0.00	0.25	0.00	0.00	0.00	0.25	0.00	0.25

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by marital status, gender and nationality out of total sports practitioners in Madinah region*

Table 4-4

S/ N	Marital status (%)	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Never married before	40.71	7.50	48.22	4.80	0.49	5.29	45.51	8.00	53.51
2	Married	23.74	9.23	32.96	9.72	1.72	11.44	33.46	10.95	44.40
3	Divorced	0.62	0.37	0.98	0.25	0.00	0.25	0.86	0.37	1.23
4	Widow	0.00	0.74	0.74	0.12	0.00	0.12	0.12	0.74	0.86

Reference: Family Sports Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by sporting activity, gender, and nationality out of total sports practitioners in Madinah region*

Table 4-5

S/ N	Type of sport Activity Individuals Practice (%)	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Walking	24.48	15.38	39.85	8.12	2.09	10.21	32.60	17.47	50.06
2	Swimming	1.97	0.12	2.09	0.25	0.00	0.25	2.21	0.12	2.34
3	Running	0.49	0.12	0.62	0.12	0.00	0.12	0.62	0.12	0.74
4	Playing Football	33.21	0.25	33.46	2.34	0.00	2.34	35.55	0.25	35.79
5	Body Building	3.44	0.37	3.81	1.72	0.00	1.72	0.00	0.37	5.54
6	Other	5.17	2.34	7.50	3.08	0.12	3.20	2.83	2.46	10.70

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by frequency of practice out of total sports practitioners per each activity in Madinah region*

Table 4-6

S/ N	Type of sport Activity Individuals Practice (%)	Number of Practices per week					
		Two times and less	Three Times	Four Times	Five Times	Six Times	Seven Times and more
1	Walking	1.23	21.38	21.87	23.34	6.63	25.55
2	Swimming	10.53	36.84	21.05	21.05	0.00	10.53
3	Running	0.00	16.67	16.67	33.33	0.00	33.33
4	Playing Football	11.68	29.90	19.59	21.99	5.50	11.34
5	Body Building	2.22	20.00	35.56	26.67	6.67	8.89
6	Other	3.45	31.03	20.69	22.99	9.20	12.64

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by sporting activity and duration of practice (in minutes) out of total sports practitioners per each activity in Madinah region

Table 4-7

S/ N	Type of sport Activity Individuals Practice (%)	Number of Minutes of Practicing sport Activities			
		From 150 to less than 180	From 180 to less than 210	From 210 to less than 240	From 240 and more
1	Walking	14.00	26.54	8.11	51.35
2	Swimming	10.53	42.11	0.00	47.37
3	Running	0.00	0.00	0.00	100.00
4	Playing Football	4.47	27.15	0.34	68.04
5	Body Building	6.67	17.78	0.00	75.56
6	Other	9.20	33.33	4.60	52.87

Reference: Family sport Practice Survey 2018

Percentage distribution of the places where individuals practice sport out of total sports practitioners per each activity in Madinah region*

Table 4-8

S/ N	Type of sport Activity Individuals Practice (%)	Place of Practicing sport Activity						
		Sport Club	Public Facilities (garden, street, municipality yard, ...etc)	Sport Center	Home	School or University	Facility affiliated with the employer	Other
1	Walking	0.00	74.78	6.36	11.84	0.00	5.26	1.75
2	Swimming	0.00	10.00	70.00	10.00	0.00	0.00	10.00
3	Running	0.00	57.14	14.29	0.00	0.00	28.57	0.00
4	Playing Football	5.54	69.85	12.00	1.23	3.08	3.69	4.62
5	Body Building	4.26	6.38	82.98	6.38	0.00	0.00	0.00
6	Other	1.08	26.88	58.06	11.83	0.00	1.08	1.08

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by sporting activity and time of practice out of total sports practitioners per each activity in Madinah region*

Table 4-9

S/ N	Type of sport Activity Individuals Practice (%)	Time of Practicing sport Activity			
		Morning	Noon	Afternoon	Evening
1	Walking	16.58	3.28	30.97	49.18
2	Swimming	3.85	0.00	42.31	53.85
3	Running	25.00	12.50	37.50	25.00
4	Playing Football	2.75	0.27	53.85	43.13
5	Body Building	6.56	1.64	32.79	59.02
6	Other	7.50	2.50	39.17	50.83

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of what motivates individuals to practice sport by gender and nationality in Madinah region*

Table 4-10

S/ N	Individuals' Motives to Practice sport activity (%)	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Imitating the Community	0.74	0.06	0.80	0.12	0.06	0.19	0.86	0.12	0.99
2	Enhancing Health	19.49	6.79	26.28	5.80	1.05	6.85	25.29	7.83	33.13
3	Recreation	21.65	5.92	27.58	3.52	0.49	4.01	25.17	6.42	31.59
4	Improving Outer Appearance	4.44	2.71	7.16	1.54	0.31	1.85	5.98	3.02	9.01
5	Physical Fitness	16.78	3.76	20.54	4.01	0.68	4.69	20.79	4.44	25.23
6	Other	0.06	0.00	0.06	0.00	0.00	0.00	0.06	0.00	0.06

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by usage of modern technologies, gender, and nationality out of total sports practitioners in Madinah region*

Table 4-11

S/ N	Using modern application during practicing sport activity for individuals (%)	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Use	5.54	2.34	7.87	1.85	0.49	2.34	7.38	2.83	10.21
2	Do not Use	59.53	15.50	75.03	13.04	1.72	14.76	72.57	17.22	89.79

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who do not practice sport by reasons, gender and nationality in Madinah region

Table 4-12

S/ N	Reasons of Not Practicing sport Activity	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Unwillingness to Practice Sport	12.79	16.63	29.43	3.45	1.70	5.15	16.24	18.34	34.57
2	Lack of Enough Time	5.54	4.83	10.38	17.35	1.86	19.21	22.89	6.69	29.58
3	Lack of Enough Facilities in the District	3.80	18.46	22.26	0.51	0.99	1.50	4.32	19.45	23.76
4	Injury or Impairment	5.43	4.99	10.42	0.67	0.44	1.11	6.10	5.43	11.52
5	Other	0.12	0.32	0.44	0.08	0.04	0.12	0.20	0.36	0.55

Reference: Family sport Practice Survey 2018

Percentage distribution of individuals by sport practice status, gender, and nationality in Qassim region*

Table 5-1

S/ N	sport Activity Practicing Status (150 minutes or more per week) for Individuals (%)	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Practitioner	7.24	3.39	10.63	3.88	0.35	4.23	11.12	3.73	14.85
2	Non-practitioner	31.29	33.39	64.68	15.00	5.46	20.46	46.29	38.85	85.15

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by age groups, gender and nationality out of total sports practitioners in Qassim region*

Table 5-2

S/ N	Age groups (%)	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	From 15-19 years	11.65	3.33	14.98	0.83	0.33	1.16	12.48	3.66	16.14
2	From 20- 24 years	11.15	5.49	16.64	3.00	0.33	3.33	14.14	5.82	19.97
3	From 25-29 years	7.65	3.33	10.98	4.33	0.33	4.66	11.98	3.66	15.64
4	From 30-34 years	4.33	1.16	5.49	3.99	0.33	4.33	8.32	1.50	9.82
5	From 35- 39 years	2.50	1.66	4.16	3.49	0.33	3.83	5.99	2.00	7.99
6	From 40-44 years	2.33	2.83	5.16	4.33	0.00	4.33	6.66	2.83	9.48
7	From 45-49 years	2.83	2.00	4.83	2.83	0.17	3.00	5.66	2.16	7.82
8	From 50-54 years	2.16	1.33	3.49	2.00	0.33	2.33	4.16	1.66	5.82
9	From 55-59 years	1.33	0.67	2.00	0.33	0.00	0.33	1.66	0.67	2.33
10	From 60-64 years	0.83	0.67	1.50	0.33	0.00	0.33	1.16	0.67	1.83
11	From 65 years and more	2.00	0.33	2.33	0.67	0.17	0.83	2.66	0.50	3.16

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by educational status, gender and nationality out of total sports practitioners in Qassim region*

Table 5-3

S/ N	Educational Status (%)	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Illiterate	0.00	0.33	0.33	0.00	0.00	0.00	0.00	0.33	0.33
2	Literate	0.17	2.16	2.33	3.66	0.00	3.66	3.83	2.16	5.99
3	Primary education	2.50	0.83	3.33	5.32	0.83	6.16	7.82	1.66	9.48
4	Intermediate education	8.15	3.99	12.15	5.49	0.33	5.82	13.64	4.33	17.97
5	Secondary or equivalent	19.97	6.82	26.79	6.82	0.17	6.99	26.79	6.99	33.78
6	Under-university diploma	4.33	0.67	4.99	1.50	0.17	1.66	5.82	0.83	6.66
7	Graduate	13.14	7.82	20.97	3.00	0.83	3.83	16.14	8.65	24.79
8	High Diploma	0.17	0.17	0.33	0.00	0.00	0.00	0.17	0.17	0.33
9	Master's Degree	0.17	0.00	0.17	0.17	0.00	0.17	0.33	0.00	0.33
10	PhD degree	0.17	0.00	0.17	0.17	0.00	0.17	0.33	0.00	0.33

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by marital status, gender and nationality out of total sports practitioners in Qassim region*

Table 5-4

S/ N	Marital status (%)	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Never married before	31.61	11.15	42.76	6.82	1.16	7.99	38.44	12.31	50.75
2	Married	16.97	9.98	26.96	19.30	1.16	20.47	36.27	11.15	47.42
3	Divorced	0.17	0.83	1.00	0.00	0.00	0.00	0.17	0.83	1.00
4	Widow	0.00	0.83	0.83	0.00	0.00	0.00	0.00	0.83	0.83

Reference: Family Sports Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by sporting activity, gender, and nationality out of total sports practitioners in Qassim region*

Table 5-5

S/ N	Type of sport Activity Individuals Practice (%)	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Walking	20.63	20.13	40.77	19.13	2.33	21.46	39.77	22.46	62.23
2	Swimming	0.83	0.17	1.00	0.33	0.00	0.33	1.16	0.17	1.33
3	Running	1.33	0.17	1.50	0.33	0.00	0.33	1.66	0.17	1.83
4	Playing Football	16.31	0.00	16.31	1.33	0.00	1.33	17.64	0.00	17.64
5	Body Building	3.00	0.17	3.16	1.66	0.00	1.66	4.66	0.17	4.83
6	Other	5.66	2.00	7.65	4.16	0.00	4.16	9.82	2.00	11.81

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by frequency of practice out of total sports practitioners per each activity in Qassim region*

Table 5-6

S/ N	Type of sport Activity Individuals Practice (%)	Number of Practices per week					
		Two Times and less	Three Times	Four Times	Five Times	Six Times	Seven Times and more
1	Walking	1.07	8.02	9.09	26.20	6.68	48.93
2	Swimming	12.50	25.00	25.00	12.50	0.00	25.00
3	Running	0.00	0.00	18.18	54.55	9.09	18.18
4	Playing Football	4.72	30.19	25.47	28.30	1.89	9.43
5	Body Building	0.00	6.90	6.90	34.48	17.24	34.48
6	Other	5.63	12.68	14.08	23.94	8.45	35.21

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by sporting activity and duration of practice (in minutes) out of total sports practitioners per each activity in Qassim region

Table 5-7

S/ N	Type of sport Activity Individuals Practice (%)	Number of Minutes of Practicing sport Activities			
		From 150 to less than 180	From 180 to less than 210	From 210 to less than 240	From 240 and more
1	Walking	18.72	13.64	17.11	50.53
2	Swimming	0.00	62.50	12.50	25.00
3	Running	27.27	9.09	36.36	27.27
4	Playing Football	2.83	13.21	0.00	83.96
5	Body Building	10.34	3.45	3.45	82.76
6	Other	8.45	5.63	14.08	71.83

Reference: Family sport Practice Survey 2018

Percentage distribution of the places where individuals practice sport out of total sports practitioners per each activity in Qassim region*

Table 5-8

S/ N	Type of sport Activity Individuals Practice (%)	Place of Practicing sport Activity						
		Sport Club	Public Facilities (garden, street, municipality yard, ...etc)	Sport Center	Home	School or University	Facility affiliated with the employer	Other
1	Walking	1.57	62.02	3.37	23.15	0.90	4.27	4.72
2	Swimming	0.00	0.00	70.00	20.00	0.00	0.00	10.00
3	Running	0.00	9.09	54.55	9.09	0.00	27.27	0.00
4	Playing Football	4.97	39.75	12.42	4.35	28.57	0.62	9.32
5	Body Building	10.34	0.00	72.41	17.24	0.00	0.00	0.00
6	Other	5.41	27.03	39.19	16.22	0.00	5.41	6.76

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by sporting activity and time of practice out of total sports practitioners per each activity in Qassim region*

Table 5-9

S/ N	Type of sport Activity Individuals Practice (%)	Time of Practicing sport Activity			
		Morning	Noon	Afternoon	Evening
1	Walking	22.58	3.23	22.20	51.99
2	Swimming	8.33	16.67	25.00	50.00
3	Running	20.00	0.00	26.67	53.33
4	Playing Football	24.24	0.00	25.45	50.30
5	Body Building	5.13	17.95	28.21	48.72
6	Other	16.19	6.67	31.43	45.71

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of what motivates individuals to practice sport by gender and nationality in Qassim region*

Table 5-10

S/ N	Individuals' Motives to Practice sport activity (%)	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Imitating the Community	0.44	0.06	0.51	0.25	0.00	0.25	0.70	0.06	0.76
2	Enhancing Health	17.51	8.38	25.89	9.96	0.89	10.85	27.47	9.26	36.74
3	Recreation	10.41	3.49	13.90	3.05	0.13	3.17	13.45	3.62	17.07
4	Improving Outer Appearance	4.57	2.98	7.55	0.63	0.00	0.63	5.20	2.98	8.19
5	Physical Fitness	17.89	8.44	26.33	9.96	0.89	10.85	27.86	9.33	37.18
6	Other	0.06	0.00	0.06	0.00	0.00	0.00	0.06	0.00	0.06

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by usage of modern technologies, gender, and nationality out of total sports practitioners in Qassim region*

Table 5-11

S/ N	Using modern application during practicing sport activity for individuals (%)	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Use	11.48	6.32	17.80	2.00	0.00	2.00	13.48	6.32	19.80
2	Do not Use	37.27	16.47	53.74	24.13	2.33	26.46	61.40	18.80	80.20

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who do not practice sport by reasons, gender and nationality in Qassim region

Table 5-12

S/ N	Reasons of Not Practicing sport Activity	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Unwillingness to Practice Sport	16.16	26.09	42.25	5.99	3.77	9.76	22.15	29.86	52.01
2	Lack of Enough Time	1.72	1.56	3.28	17.72	5.09	22.81	19.44	6.64	26.09
3	Lack of Enough Facilities in the District	0.33	3.53	3.86	0.16	0.08	0.25	0.49	3.61	4.10
4	Injury or Impairment	6.07	8.45	14.52	0.66	0.08	0.74	6.73	8.53	15.26
5	Other	0.00	0.90	0.90	0.33	1.31	1.64	0.33	2.21	2.54

Reference: Family sport Practice Survey 2018

Percentage distribution of individuals by sport practice status, gender, and nationality in the Eastern region*

Table 6-1

S/ N	sport Activity Practicing Status (150 minutes or more per week) for Individuals (%)	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Practitioner	11.65	3.81	15.46	4.09	0.59	4.68	15.74	4.40	20.14
2	Non-practitioner	26.08	28.51	54.59	17.07	8.21	25.27	43.15	36.72	79.86

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by age groups, gender and nationality out of total sports practitioners in the Eastern region*

Table 6-2

S/ N	Age groups (%)	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	From 15-19 years	8.40	1.80	10.20	1.74	0.48	2.22	10.14	2.28	12.42
2	From 20- 24 years	10.50	3.84	14.35	1.56	0.00	1.56	12.06	3.84	15.91
3	From 25-29 years	10.74	3.24	13.99	4.32	0.24	4.56	15.07	3.48	18.55
4	From 30-34 years	8.58	2.58	11.16	3.24	0.30	3.54	11.82	2.88	14.71
5	From 35- 39 years	5.52	2.16	7.68	3.12	0.54	3.66	8.64	2.70	11.34
6	From 40-44 years	3.30	1.38	4.68	2.16	0.72	2.88	5.46	2.10	7.56
7	From 45-49 years	2.94	1.08	4.02	1.86	0.36	2.22	4.80	1.44	6.24
8	From 50-54 years	2.46	1.08	3.54	0.78	0.18	0.96	3.24	1.26	4.50
9	From 55-59 years	2.28	1.08	3.36	0.78	0.06	0.84	3.06	1.14	4.20
10	From 60-64 years	1.86	0.48	2.34	0.48	0.00	0.48	2.34	0.48	2.82
11	From 65 years and more	1.26	0.18	1.44	0.24	0.06	0.30	1.50	0.24	1.74

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by educational status, gender and nationality out of total sports practitioners in the Eastern region*

Table 6-3

S/ N	Educational Status (%)	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Illiterate	0.12	0.12	0.24	0.00	0.06	0.06	0.12	0.18	0.30
2	Literate	0.66	0.54	1.20	0.18	0.12	0.30	0.84	0.66	1.50
3	Primary education	2.70	0.72	3.42	0.42	0.12	0.54	3.12	0.84	3.96
4	Intermediate education	8.16	1.74	9.90	5.88	0.48	6.36	14.05	2.22	16.27
5	Secondary or equivalent	21.43	6.78	28.21	6.42	0.84	7.26	27.85	7.62	35.47
6	Under-university diploma	7.32	1.02	8.34	2.10	0.18	2.28	9.42	1.20	10.62
7	Graduate	16.51	7.74	24.25	4.74	0.90	5.64	21.25	8.64	29.89
8	High Diploma	0.18	0.12	0.30	0.24	0.06	0.30	0.42	0.18	0.60
9	Master's Degree	0.66	0.06	0.72	0.30	0.12	0.42	0.96	0.18	1.14
10	PhD degree	0.12	0.06	0.18	0.00	0.06	0.06	0.12	0.12	0.24

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by marital status, gender and nationality out of total sports practitioners in the Eastern region*

Table 6-4

S/ N	Marital status (%)	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Never married before	28.21	6.06	34.27	5.70	0.60	6.30	33.91	6.66	40.58
2	Married	29.11	11.94	41.06	14.59	2.22	16.81	43.70	14.17	57.86
3	Divorced	0.48	0.48	0.96	0.00	0.12	0.12	0.48	0.60	1.08
4	Widow	0.06	0.42	0.48	0.00	0.00	0.00	0.06	0.42	0.48

Reference: Family Sports Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by sporting activity, gender, and nationality out of total sports practitioners in the Eastern region*

Table 6-5

S/ N	Type of sport Activity Individuals Practice (%)	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Walking	27.19	15.55	42.74	11.40	2.40	13.81	38.60	17.95	56.54
2	Swimming	2.10	0.18	2.28	0.60	0.06	0.66	2.70	0.24	2.94
3	Running	3.12	0.12	3.24	1.08	0.06	1.14	4.20	0.18	4.38
4	Playing Football	15.91	0.12	16.03	2.40	0.00	2.40	18.31	0.12	18.43
5	Body Building	7.62	0.12	7.74	0.72	0.00	0.72	8.34	0.12	8.46
6	Other	5.64	3.18	8.82	2.70	0.24	2.94	8.34	3.42	11.76

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by frequency of practice out of total sports practitioners per each activity in the Eastern region*

Table 6-6

S/ N	Type of sport Activity Individuals Practice (%)	Number of Practices per week					
		Two Times and less	Three Times	Four Times	Five Times	Six Times	Seven Times and more
1	Walking	4.14	23.46	20.49	25.90	7.43	18.58
2	Swimming	24.49	38.78	14.29	12.24	2.04	8.16
3	Running	5.48	17.81	23.29	35.62	5.48	12.33
4	Playing Football	27.04	33.55	17.92	12.05	4.23	5.21
5	Body Building	0.71	20.57	26.95	33.33	12.06	6.38
6	Other	11.73	26.53	15.82	26.02	7.65	12.24

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by sporting activity and duration of practice (in minutes) out of total sports practitioners per each activity in the Eastern region

Table 6-7

S/ N	Type of sport Activity Individuals Practice (%)	Number of Minutes of Practicing sport Activities			
		From 150 to less than 180	From 180 to less than 210	From 210 to less than 240	From 240 and more
1	Walking	8.39	30.04	11.25	50.32
2	Swimming	10.20	40.82	2.04	46.94
3	Running	9.59	23.29	17.81	49.32
4	Playing Football	1.63	41.04	0.98	56.35
5	Body Building	0.71	21.28	0.00	78.01
6	Other	4.59	23.47	7.14	64.80

Reference: Family sport Practice Survey 2018

Percentage distribution of the places where individuals practice sport out of total sports practitioners per each activity in the Eastern region*

Table 6-8

S/ N	Type of sport Activity Individuals Practice (%)	Place of Practicing sport Activity						
		Sport Club	Public Facilities (garden, street, municipality yard, ...etc)	Sport Center	Home	School or University	Facility affiliated with the employer	Other
1	Walking	1.68	68.82	8.57	15.37	3.89	1.24	0.44
2	Swimming	26.92	13.46	40.38	3.85	0.00	7.69	7.69
3	Running	6.41	53.85	19.23	7.69	2.56	10.26	0.00
4	Playing Football	8.70	54.35	14.98	1.21	18.12	1.69	0.97
5	Body Building	7.43	4.73	80.41	6.08	0.00	1.35	0.00
6	Other	10.05	32.54	41.63	11.96	1.91	1.91	0.00

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by sporting activity and time of practice out of total sports practitioners per each activity in the Eastern region*

Table 6-9

S/ N	Type of sport Activity Individuals Practice (%)	Time of Practicing sport Activity			
		Morning	Noon	Afternoon	Evening
1	Walking	12.34	3.81	35.76	48.09
2	Swimming	9.84	4.92	40.98	44.26
3	Running	13.76	1.83	37.61	46.79
4	Playing Football	14.91	0.46	44.72	39.91
5	Body Building	3.33	3.33	40.00	53.33
6	Other	5.05	2.53	45.85	46.57

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of what motivates individuals to practice sport by gender and nationality in the Eastern region*

Table 6-10

S/ N	Individuals' Motives to Practice sport activity (%)	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Imitating the Community	1.88	0.52	2.40	0.50	0.05	0.55	2.38	0.57	2.95
2	Enhancing Health	20.17	7.29	27.46	7.65	0.97	8.62	27.82	8.25	36.08
3	Recreation	15.73	4.96	20.69	6.35	0.73	7.08	22.07	5.69	27.77
4	Improving Outer Appearance	7.65	2.66	10.32	1.85	0.26	2.12	9.51	2.93	12.43
5	Physical Fitness	13.35	2.90	16.25	3.84	0.47	4.31	17.19	3.37	20.56
6	Other	0.13	0.08	0.21	0.00	0.00	0.00	0.13	0.08	0.21

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by usage of modern technologies, gender, and nationality out of total sports practitioners in the Eastern region*

Table 6-11

S/ N	Using modern application during practicing sport activity for individuals (%)	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Use	19.75	6.30	26.05	3.24	0.66	3.90	22.99	6.96	29.95
2	Do not Use	38.12	12.61	50.72	17.05	2.28	19.33	55.16	14.89	70.05

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who do not practice sport by reasons, gender and nationality in the Eastern region

Table 6-12

S/ N	Reasons of Not Practicing sport Activity	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Unwillingness to Practice Sport	12.53	20.83	33.37	2.05	2.19	4.23	14.58	23.02	37.60
2	Lack of Enough Time	6.59	10.96	17.55	10.72	4.20	14.92	17.32	15.16	32.48
3	Lack of Enough Facilities in the District	4.10	10.72	14.82	0.10	0.79	0.89	4.20	11.51	15.71
4	Injury or Impairment	5.60	5.84	11.44	0.44	0.48	0.92	6.05	6.32	12.36
5	Other	0.38	1.06	1.43	0.10	0.31	0.41	0.48	1.37	1.84

Reference: Family sport Practice Survey 2018

Percentage distribution of individuals by sport practice status, gender, and nationality in Asir region*

Table 7-1

S/ N	sport Activity Practicing Status (150 minutes or more per week) for Individuals (%)	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Practitioner	9.55	3.61	13.16	2.38	0.38	2.75	11.93	3.98	15.91
2	Non-practitioner	32.49	37.98	70.48	10.62	2.99	13.61	43.11	40.97	84.09

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by age groups, gender and nationality out of total sports practitioners in Asir region*

Table 7-2

S/ N	Age groups (%)	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	From 15-19 years	10.83	2.37	13.20	0.62	0.12	0.75	11.46	2.49	13.95
2	From 20- 24 years	9.09	2.24	11.33	0.62	0.25	0.87	9.71	2.49	12.20
3	From 25-29 years	9.34	3.99	13.33	1.87	1.12	2.99	11.21	5.11	16.31
4	From 30-34 years	5.35	2.49	7.85	2.99	0.25	3.24	8.34	2.74	11.08
5	From 35- 39 years	6.85	3.49	10.34	2.12	0.37	2.49	8.97	3.86	12.83
6	From 40-44 years	3.36	1.37	4.73	2.74	0.12	2.86	6.10	1.49	7.60
7	From 45-49 years	4.11	1.74	5.85	1.99	0.00	1.99	6.10	1.74	7.85
8	From 50-54 years	3.36	1.74	5.11	1.25	0.00	1.25	4.61	1.74	6.35
9	From 55-59 years	2.62	1.12	3.74	0.50	0.00	0.50	3.11	1.12	4.23
10	From 60-64 years	1.99	0.37	2.37	0.12	0.12	0.25	2.12	0.50	2.62
11	From 65 years and more	3.11	1.74	4.86	0.12	0.00	0.12	3.24	1.74	4.98

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by educational status, gender and nationality out of total sports practitioners in Asir region*

Table 7-3

S/ N	Educational Status (%)	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Illiterate	0.75	1.00	1.74	0.12	0.12	0.25	0.87	1.12	1.99
2	Literate	1.49	4.23	5.73	3.86	0.37	4.23	5.35	4.61	9.96
3	Primary education	5.35	1.99	7.35	3.11	0.37	3.49	8.47	2.37	10.83
4	Intermediate education	10.34	3.61	13.95	3.36	0.37	3.74	13.70	3.99	17.68
5	Secondary or equivalent	21.54	4.86	26.40	1.87	0.75	2.62	23.41	5.60	29.02
6	Under-university diploma	4.23	1.00	5.23	1.00	0.00	1.00	5.23	1.00	6.23
7	Graduate	15.07	5.85	20.92	1.37	0.37	1.74	16.44	6.23	22.67
8	High Diploma	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
9	Master's Degree	1.00	0.12	1.12	0.00	0.00	0.00	1.00	0.12	1.12
10	PhD degree	0.25	0.00	0.25	0.25	0.00	0.25	0.50	0.00	0.50

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by marital status, gender and nationality out of total sports practitioners in Asir region*

Table 7-4

S/ N	Marital status (%)	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Never married before	27.65	6.60	34.25	2.86	0.75	3.61	30.51	7.35	37.86
2	Married	31.88	14.20	46.08	12.08	1.62	13.70	43.96	15.82	59.78
3	Divorced	0.25	0.62	0.87	0.00	0.00	0.00	0.25	0.62	0.87
4	Widow	0.25	1.25	1.49	0.00	0.00	0.00	0.25	1.25	1.49

Reference: Family Sports Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by sporting activity, gender, and nationality out of total sports practitioners in Asir region*

Table 7-5

S/ N	Type of sport Activity Individuals Practice (%)	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Walking	31.26	21.54	52.80	12.45	2.37	14.82	43.71	23.91	67.62
2	Swimming	1.87	0.00	1.87	0.00	0.00	0.00	1.87	0.00	1.87
3	Running	0.37	0.25	0.62	0.12	0.00	0.12	0.50	0.25	0.75
4	Playing Football	19.68	0.12	19.80	0.87	0.00	0.87	20.55	0.12	20.67
5	Body Building	1.25	0.12	1.37	0.12	0.00	0.12	1.37	0.12	1.49
6	Other	2.24	0.25	2.49	1.00	0.00	1.00	3.24	0.25	3.49

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by frequency of practice out of total sports practitioners per each activity in Asir region*

Table 7-6

S/ N	Type of sport Activity Individuals Practice (%)	Number of Practices per week					
		Two Times and less	Three Times	Four Times	Five Times	Six Times	Seven Times and more
1	Walking	0.74	16.76	13.08	28.91	7.00	33.52
2	Swimming	6.67	60.00	13.33	20.00	0.00	0.00
3	Running	0.00	0.00	33.33	16.67	0.00	50.00
4	Playing Football	9.04	37.95	25.30	10.24	3.61	13.86
5	Body Building	0.00	50.00	16.67	0.00	8.33	25.00
6	Other	3.57	42.86	14.29	21.43	0.00	17.86

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by sporting activity and duration of practice (in minutes) out of total sports practitioners per each activity in Asir region

Table 7-7

S/ N	Type of sport Activity Individuals Practice (%)	Number of Minutes of Practicing sport Activities			
		From 150 to less than 180	From 180 to less than 210	From 210 to less than 240	From 240 and more
1	Walking	18.23	28.73	17.68	35.36
2	Swimming	6.67	66.67	0.00	26.67
3	Running	16.67	16.67	33.33	33.33
4	Playing Football	2.41	65.06	1.81	30.72
5	Body Building	8.33	50.00	0.00	41.67
6	Other	10.71	60.71	0.00	28.57

Reference: Family sport Practice Survey 2018

Percentage distribution of the places where individuals practice sport out of total sports practitioners per each activity in Asir region*

Table 7-8

S/ N	Type of sport Activity Individuals Practice (%)	Place of Practicing sport Activity						
		Sport Club	Public Facilities (garden, street, municipality yard, ...etc)	Sport Center	Home	School or University	Facility affiliated with the employer	Other
1	Walking	0.82	59.59	1.37	33.42	2.19	2.19	0.41
2	Swimming	50.00	18.75	18.75	12.50	0.00	0.00	0.00
3	Running	14.29	57.14	0.00	14.29	0.00	14.29	0.00
4	Playing Football	5.67	54.25	8.91	5.26	17.81	3.64	4.45
5	Body Building	20.00	6.67	60.00	6.67	6.67	0.00	0.00
6	Other	11.43	42.86	20.00	17.14	2.86	2.86	2.86

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by sporting activity and time of practice out of total sports practitioners per each activity in Asir region*

Table 7-9

S/ N	Type of sport Activity Individuals Practice (%)	Time of Practicing sport Activity			
		Morning	Noon	Afternoon	Evening
1	Walking	30.64	2.43	35.95	30.97
2	Swimming	10.00	10.00	25.00	55.00
3	Running	14.29	0.00	42.86	42.86
4	Playing Football	15.73	1.61	43.55	39.11
5	Body Building	6.67	0.00	20.00	73.33
6	Other	14.29	0.00	40.00	45.71

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of what motivates individuals to practice sport by gender and nationality in Asir region*

Table 7-10

S/ N	Individuals' Motives to Practice sport activity (%)	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Imitating the Community	1.02	0.54	1.56	0.16	0.00	0.16	1.18	0.54	1.72
2	Enhancing Health	20.11	7.53	27.63	4.68	0.81	5.48	24.78	8.33	33.12
3	Recreation	18.28	7.10	25.38	3.98	0.65	4.62	22.26	7.74	30.00
4	Improving Outer Appearance	6.13	3.71	9.84	0.81	0.22	1.02	6.94	3.92	10.86
5	Physical Fitness	15.81	4.03	19.84	3.82	0.59	4.41	19.62	4.62	24.25
6	Other	0.00	0.00	0.00	0.05	0.00	0.05	0.05	0.00	0.05

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by usage of modern technologies, gender, and nationality out of total sports practitioners in Asir region*

Table 7-11

S/ N	Using modern application during practicing sport activity for individuals (%)	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Use	8.47	3.36	11.83	0.87	0.25	1.12	9.34	3.61	12.95
2	Do not Use	51.56	19.30	70.86	14.07	2.12	16.19	65.63	21.42	87.05

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who do not practice sport by reasons, gender and nationality in Asir region

Table 7-12

S/ N	Reasons of Not Practicing sport Activity	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Unwillingness to Practice Sport	7.33	20.06	27.38	2.77	2.06	4.84	10.10	22.12	32.22
2	Lack of Enough Time	3.77	12.09	15.86	13.73	3.70	17.43	17.50	15.79	33.29
3	Lack of Enough Facilities in the District	0.78	10.81	11.59	0.07	0.28	0.36	0.85	11.10	11.95
4	Injury or Impairment	8.32	8.75	17.07	0.28	0.00	0.28	8.61	8.75	17.35
5	Other	0.43	4.55	4.98	0.00	0.21	0.21	0.43	4.77	5.19

Reference: Family sport Practice Survey 2018

Percentage distribution of individuals by sport practice status, gender, and nationality in Tabuk region*

Table 8-1

S/ N	sport Activity Practicing Status (150 minutes or more per week) for Individuals (%)	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Practitioner	11.78	2.36	14.14	1.18	0.25	1.43	12.96	2.61	15.57
2	Non-practitioner	30.68	34.77	65.46	15.57	3.41	18.98	46.25	38.18	84.43

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by age groups, gender and nationality out of total sports practitioners in Tabuk region*

Table 8-2

S/ N	Age groups (%)	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	From 15-19 years	15.62	2.90	18.52	0.64	0.16	0.81	16.26	3.06	19.32
2	From 20- 24 years	16.43	2.90	19.32	0.32	0.00	0.32	16.75	2.90	19.65
3	From 25-29 years	11.92	2.09	14.01	0.64	0.48	1.13	12.56	2.58	15.14
4	From 30-34 years	11.76	1.77	13.53	1.61	0.48	2.09	13.37	2.25	15.62
5	From 35- 39 years	5.80	1.61	7.41	0.81	0.16	0.97	6.60	1.77	8.37
6	From 40-44 years	4.83	0.97	5.80	1.45	0.00	1.45	6.28	0.97	7.25
7	From 45-49 years	2.42	1.77	4.19	1.13	0.16	1.29	3.54	1.93	5.48
8	From 50-54 years	2.90	0.32	3.22	0.48	0.00	0.48	3.38	0.32	3.70
9	From 55-59 years	2.25	0.48	2.74	0.00	0.16	0.16	2.25	0.64	2.90
10	From 60-64 years	0.97	0.32	1.29	0.32	0.00	0.32	1.29	0.32	1.61
11	From 65 years and more	0.81	0.00	0.81	0.16	0.00	0.16	0.97	0.00	0.97

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by educational status, gender and nationality out of total sports practitioners in Tabuk region*

Table 8-3

S/ N	Educational Status (%)	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Illiterate	0.16	0.48	0.64	0.16	0.00	0.16	0.32	0.48	0.81
2	Literate	0.97	0.64	1.61	0.16	0.16	0.32	1.13	0.81	1.93
3	Primary education	5.31	1.29	6.60	0.81	0.00	0.81	6.12	1.29	7.41
4	Intermediate education	14.49	2.42	16.91	0.97	0.32	1.29	15.46	2.74	18.20
5	Secondary or equivalent	34.30	4.83	39.13	2.25	0.00	2.25	36.55	4.83	41.38
6	Under-university diploma	5.15	0.64	5.80	0.81	0.32	1.13	5.96	0.97	6.92
7	Graduate	14.81	4.67	19.48	2.25	0.48	2.74	17.07	5.15	22.22
8	High Diploma	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
9	Master's Degree	0.32	0.00	0.32	0.00	0.16	0.16	0.32	0.16	0.48
10	PhD degree	0.16	0.16	0.32	0.16	0.16	0.32	0.32	0.32	0.64

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by marital status, gender and nationality out of total sports practitioners in Tabuk region*

Table 8-4

S/ N	Marital status (%)	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Never married before	45.57	7.09	52.66	2.25	0.32	2.58	47.83	7.41	55.23
2	Married	29.15	7.41	36.55	5.31	1.29	6.60	34.46	8.70	43.16
3	Divorced	0.81	0.16	0.97	0.00	0.00	0.00	0.81	0.16	0.97
4	Widow	0.16	0.48	0.64	0.00	0.00	0.00	0.16	0.48	0.64

Reference: Family Sports Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by sporting activity, gender, and nationality out of total sports practitioners in Tabuk region*

Table 8-5

S/ N	Type of sport Activity Individuals Practice (%)	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Walking	28.20	14.02	42.22	4.16	1.54	5.70	32.36	15.56	47.92
2	Swimming	4.93	0.00	4.93	0.00	0.00	0.00	4.93	0.00	4.93
3	Running	5.24	0.46	5.70	0.00	0.00	0.00	5.24	0.46	5.70
4	Playing Football	30.20	0.00	30.20	0.92	0.00	0.92	31.12	0.00	31.12
5	Body Building	4.62	0.00	4.62	1.23	0.00	1.23	5.86	0.00	5.86
6	Other	3.08	0.46	3.54	0.92	0.00	0.92	0.00	0.00	4.47

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by frequency of practice out of total sports practitioners per each activity in Tabuk region*

Table 8-6

S/ N	Type of sport Activity Individuals Practice (%)	Number of Practices per week					
		Two Times and less	Three Times	Four Times	Five Times	Six Times	Seven Times and more
1	Walking	4.18	17.04	15.76	21.22	10.29	31.51
2	Swimming	9.38	12.50	18.75	12.50	25.00	21.88
3	Running	0.00	2.70	8.11	83.78	0.00	5.41
4	Playing Football	10.89	20.79	23.27	23.76	7.92	13.37
5	Body Building	0.00	23.68	15.79	36.84	18.42	5.26
6	Other	0.00	27.59	10.34	17.24	10.34	34.48

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by sporting activity and duration of practice (in minutes) out of total sports practitioners per each activity in Tabuk region

Table 8-7

S/ N	Type of sport Activity Individuals Practice (%)	Number of Minutes of Practicing sport Activities			
		From 150 to less than 180	From 180 to less than 210	From 210 to less than 240	From 240 and more
1	Walking	7.40	18.01	10.29	64.31
2	Swimming	12.50	9.38	6.25	71.88
3	Running	13.51	10.81	8.11	67.57
4	Playing Football	0.99	20.79	2.48	75.74
5	Body Building	2.63	15.79	0.00	81.58
6	Other	10.34	20.69	0.00	68.95

Reference: Family sport Practice Survey 2018

Percentage distribution of the places where individuals practice sport out of total sports practitioners per each activity in Tabuk region*

Table 8-8

S/ N	Type of sport Activity Individuals Practice (%)	Place of Practicing sport Activity						
		Sport Club	Public Facilities (garden, street, municipality yard, ...etc)	Sport Center	Home	School or University	Facility affiliated with the employer	Other
1	Walking	0.58	77.49	5.56	12.57	0.88	2.05	0.88
2	Swimming	9.38	46.88	40.63	3.13	0.00	0.00	0.00
3	Running	0.00	26.67	13.33	4.44	0.00	46.67	8.89
4	Playing Football	3.28	62.70	11.07	1.23	13.11	0.82	7.79
5	Body Building	2.38	9.52	83.33	4.76	0.00	0.00	0.00
6	Other	2.94	41.17	29.41	5.88	0.00	5.88	14.70

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by sporting activity and time of practice out of total sports practitioners per each activity in Tabuk region*

Table 8-9

S/ N	Type of sport Activity Individuals Practice (%)	Time of Practicing sport Activity			
		Morning	Noon	Afternoon	Evening
1	Walking	17.30	0.47	35.55	46.68
2	Swimming	25.00	0.00	45.00	30.00
3	Running	65.22	0.00	13.04	21.74
4	Playing Football	10.15	0.00	49.62	40.23
5	Body Building	2.13	6.38	34.04	57.45
6	Other	10.56	0.00	49.50	39.93

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of what motivates individuals to practice sport by gender and nationality in Tabuk region*

Table 8-10

S/ N	Individuals' Motives to Practice sport activity (%)	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Imitating the Community	2.11	0.08	2.18	0.15	0.00	0.15	2.26	0.08	2.33
2	Enhancing Health	21.80	5.11	26.92	2.63	0.68	3.31	24.44	5.79	30.23
3	Recreation	19.92	2.78	22.71	2.48	0.53	3.01	22.41	3.31	25.71
4	Improving Outer Appearance	7.07	3.23	10.30	1.35	0.38	1.73	8.42	3.61	12.03
5	Physical Fitness	23.01	3.68	26.69	2.26	0.60	2.86	25.26	4.29	29.55
6	Other	0.15	0.00	0.15	0.00	0.00	0.00	0.15	0.00	0.15

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by usage of modern technologies, gender, and nationality out of total sports practitioners in Tabuk region*

Table 8-11

S/ N	Using modern application during practicing sport activity for individuals (%)	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Use	11.76	5.31	17.07	1.13	0.81	1.93	12.88	6.12	19.00
2	Do not Use	63.93	9.82	73.75	6.44	0.81	7.25	70.37	10.63	81.00

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who do not practice sport by reasons, gender and nationality in Tabuk region

Table 8-12

S/ N	Reasons of Not Practicing sport Activity	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Unwillingness to Practice Sport	14.10	22.74	36.83	3.65	1.62	5.28	17.75	24.36	42.11
2	Lack of Enough Time	6.67	9.57	16.24	13.52	2.78	16.30	20.19	12.35	32.54
3	Lack of Enough Facilities in the District	2.67	11.08	13.75	0.12	0.12	0.23	2.78	11.19	13.98
4	Injury or Impairment	4.64	4.64	9.28	0.06	0.06	0.12	4.70	4.70	9.40
5	Other	0.70	0.75	1.45	0.41	0.12	0.52	1.10	0.87	1.97

Reference: Family sport Practice Survey 2018

Percentage distribution of individuals by sport practice status, gender, and nationality in Hail region*

Table 9-1

S/ N	sport Activity Practicing Status (150 minutes or more per week) for Individuals (%)	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Practitioner	11.58	2.32	13.90	3.42	0.24	3.66	15.00	2.57	17.57
2	Non-practitioner	27.68	35.94	63.62	14.56	4.25	18.81	42.24	40.19	82.43

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by age groups, gender and nationality out of total sports practitioners in Hail region*

Table 9-2

S/ N	Age groups (%)	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	From 15-19 years	15.91	3.73	19.64	1.24	0.55	1.80	17.15	4.29	21.44
2	From 20- 24 years	16.60	3.04	19.64	1.24	0.28	1.52	17.84	3.32	21.16
3	From 25-29 years	12.86	1.80	14.66	4.70	0.14	4.84	17.57	1.94	19.50
4	From 30-34 years	5.67	1.11	6.78	3.18	0.14	3.32	8.85	1.24	10.10
5	From 35- 39 years	4.15	1.38	5.53	2.63	0.14	2.77	6.78	1.52	8.30
6	From 40-44 years	3.18	0.41	3.60	1.80	0.14	1.94	4.98	0.55	5.53
7	From 45-49 years	2.77	0.69	3.46	2.49	0.00	2.49	5.26	0.69	5.95
8	From 50-54 years	1.80	0.41	2.21	1.11	0.00	1.11	2.90	0.41	3.32
9	From 55-59 years	0.69	0.41	1.11	0.41	0.00	0.41	1.11	0.41	1.52
10	From 60-64 years	1.66	0.00	1.66	0.55	0.00	0.55	2.21	0.00	2.21
11	From 65 years and more	0.28	0.14	0.41	0.00	0.00	0.55	0.28	0.14	0.97

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by educational status, gender and nationality out of total sports practitioners in Hail region*

Table 9-3

S/ N	Educational Status (%)	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Illiterate	0.00	0.56	0.56	0.97	0.00	0.97	0.97	0.56	1.53
2	Literate	0.28	0.42	0.70	3.48	0.00	3.48	3.76	0.42	4.17
3	Primary education	3.06	0.70	3.76	2.50	0.14	2.64	5.56	0.83	6.40
4	Intermediate education	12.93	2.92	15.86	4.73	0.56	5.29	17.66	3.48	21.14
5	Secondary or equivalent	31.29	4.59	35.88	2.92	0.28	3.20	34.21	4.87	39.08
6	Under-university diploma	5.84	0.83	6.68	1.67	0.14	1.81	7.51	0.97	8.48
7	Graduate	11.82	3.06	14.88	3.06	0.28	3.34	14.88	3.34	18.22
8	High Diploma	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
9	Master's Degree	0.56	0.14	0.70	0.00	0.00	0.00	0.56	0.14	0.70
10	PhD degree	0.14	0.00	0.14	0.14	0.00	0.14	0.28	0.00	0.28

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by marital status, gender and nationality out of total sports practitioners in Hail region*

Table 9-4

S/ N	Marital status (%)	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Never married before	43.81	7.65	51.46	5.70	0.70	6.40	49.51	8.34	57.86
2	Married	21.42	4.87	26.29	13.77	0.70	14.46	35.19	5.56	40.75
3	Divorced	0.56	0.56	1.11	0.00	0.00	0.00	0.56	0.56	1.11
4	Widow	0.14	0.14	0.28	0.00	0.00	0.00	0.14	0.14	0.28

Reference: Family Sports Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by sporting activity, gender, and nationality out of total sports practitioners in Hail region*

Table 9-5

S/ N	Type of sport Activity Individuals Practice (%)	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Walking	19.13	11.89	31.01	11.07	1.37	12.43	30.19	13.25	43.44
2	Swimming	0.82	0.00	0.82	0.14	0.00	0.14	0.96	0.00	0.96
3	Running	2.73	0.82	3.55	0.55	0.00	0.55	3.28	0.82	4.10
4	Playing Football	34.15	0.00	34.15	2.87	0.00	2.87	37.02	0.00	37.02
5	Body Building	4.78	0.00	4.78	2.32	0.00	2.32	7.10	0.00	7.10
6	Other	4.51	0.41	4.92	2.32	0.14	2.46	6.83	0.55	7.38

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by frequency of practice out of total sports practitioners per each activity in Hail region*

Table 9-6

S/ N	Type of sport Activity Individuals Practice (%)	Number of Practices per week					
		Two Times and less	Three Times	Four Times	Five Times	Six Times	Seven Times and more
1	Walking	5.03	16.04	17.30	20.44	5.66	35.53
2	Swimming	0.00	0.00	0.00	28.57	28.57	42.86
3	Running	6.67	13.33	13.33	36.67	13.33	16.67
4	Playing Football	12.92	25.46	15.13	17.71	2.58	26.20
5	Body Building	3.85	7.69	11.54	32.69	15.38	28.85
6	Other	16.66	24.07	12.96	24.07	16.66	5.55

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by sporting activity and duration of practice (in minutes) out of total sports practitioners per each activity in Hail region

Table 9-7

S/ N	Type of sport Activity Individuals Practice (%)	Number of Minutes of Practicing sport Activities			
		From 150 to less than 180	From 180 to less than 210	From 210 to less than 240	From 240 and more
1	Walking	17.30	19.50	20.13	43.08
2	Swimming	14.29	0.00	42.86	42.86
3	Running	26.67	13.33	16.67	43.33
4	Playing Football	5.54	32.47	4.43	57.56
5	Body Building	7.69	9.62	5.77	76.92
6	Other	9.26	38.89	5.56	46.29

Reference: Family sport Practice Survey 2018

Percentage distribution of the places where individuals practice sport out of total sports practitioners per each activity in Hail region*

Table 9-8

S/ N	Type of sport Activity Individuals Practice (%)	Place of Practicing sport Activity						
		Sport Club	Public Facilities (garden, street, municipality yard, ...etc)	Sport Center	Home	School or University	Facility affiliated with the employer	Other
1	Walking	2.16	60.54	1.62	27.30	0.27	3.24	4.86
2	Swimming	0.00	0.00	100.00	0.00	0.00	0.00	0.00
3	Running	4.88	39.02	17.07	31.71	0.00	7.32	0.00
4	Playing Football	9.56	53.23	5.17	9.30	21.71	0.26	0.78
5	Body Building	16.98	1.89	73.58	7.55	0.00	0.00	0.00
6	Other	13.56	45.76	27.11	1.69	0.00	5.08	6.78

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by sporting activity and time of practice out of total sports practitioners per each activity in Hail region*

Table 9-9

S/ N	Type of sport Activity Individuals Practice (%)	Time of Practicing sport Activity			
		Morning	Noon	Afternoon	Evening
1	Walking	18.95	1.00	26.68	53.37
2	Swimming	0.00	25.00	25.00	50.00
3	Running	11.36	0.00	38.64	50.00
4	Playing Football	20.40	0.00	35.77	43.83
5	Body Building	3.33	10.00	20.00	66.67
6	Other	7.14	0.00	32.85	60.00

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of what motivates individuals to practice sport by gender and nationality in Hail region*

Table 9-10

S/ N	Individuals' Motives to Practice sport activity (%)	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Imitating the Community	3.83	0.14	3.98	0.22	0.00	0.22	4.05	0.14	4.19
2	Enhancing Health	21.04	4.99	26.03	5.93	0.22	6.15	26.97	5.21	32.18
3	Recreation	22.49	3.25	25.74	4.70	0.51	5.21	27.19	3.76	30.95
4	Improving Outer Appearance	4.41	1.74	6.15	1.95	0.29	2.24	6.36	2.02	8.39
5	Physical Fitness	16.92	2.46	19.38	4.48	0.29	4.77	21.40	2.75	24.15
6	Other	0.07	0.00	0.07	0.07	0.00	0.07	0.14	0.00	0.14

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by usage of modern technologies, gender, and nationality out of total sports practitioners in Hail region*

Table 9-11

S/ N	Using modern application during practicing sport activity for individuals (%)	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Use	16.41	5.56	21.97	1.53	0.14	1.67	17.94	5.70	23.64
2	Do not Use	49.51	7.65	57.16	17.94	1.25	19.19	67.45	8.90	76.36

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who do not practice sport by reasons, gender and nationality in Hail region

Table 9-12

S/ N	Reasons of Not Practicing sport Activity	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Unwillingness to Practice Sport	11.45	34.59	46.04	4.53	2.77	7.30	15.97	37.36	53.33
2	Lack of Enough Time	1.07	8.74	9.81	10.38	4.03	14.40	11.45	12.77	24.21
3	Lack of Enough Facilities in the District	0.69	7.80	8.49	0.19	0.19	0.38	0.88	7.99	8.87
4	Injury or Impairment	4.78	7.23	12.01	0.44	0.13	0.57	5.22	7.36	12.58
5	Other	0.06	0.75	0.82	0.13	0.06	0.19	0.19	0.82	1.01

Reference: Family sport Practice Survey 2018

Percentage distribution of individuals by sport practice status, gender, and nationality in the Northern Borders region*

Table 10-1

S/ N	sport Activity Practicing Status (150 minutes or more per week) for Individuals (%)	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Practitioner	8.21	2.61	10.82	1.88	0.60	2.48	10.09	3.21	13.30
2	Non-practitioner	33.17	34.17	67.34	14.32	5.05	19.36	86.70	39.21	86.70

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by age groups, gender and nationality out of total sports practitioners in the Northern Borders region*

Table 10-2

S/ N	Age groups (%)	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	From 15-19 years	12.65	4.16	16.81	2.00	0.17	2.16	14.64	4.33	18.97
2	From 20- 24 years	15.14	4.16	19.30	0.67	1.00	1.66	15.81	5.16	20.97
3	From 25-29 years	8.49	3.66	12.15	2.16	0.83	3.00	10.65	4.49	15.14
4	From 30-34 years	9.82	2.83	12.65	3.49	1.50	4.99	13.31	4.33	17.64
5	From 35- 39 years	6.66	1.66	8.32	2.00	0.67	2.66	8.65	2.33	10.98
6	From 40-44 years	4.16	1.16	5.32	0.50	0.17	0.67	4.66	1.33	5.99
7	From 45-49 years	2.33	1.16	3.49	1.33	0.00	1.33	3.66	1.16	4.83
8	From 50-54 years	0.83	0.17	1.00	0.67	0.17	0.83	1.50	0.33	1.83
9	From 55-59 years	0.50	0.50	1.00	1.00	0.00	1.00	1.50	0.50	2.00
10	From 60-64 years	0.83	0.17	1.00	0.33	0.00	0.33	1.16	0.17	1.33
11	From 65 years and more	0.33	0.00	0.33	0.00	0.00	0.00	0.33	0.00	0.33

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by educational status, gender and nationality out of total sports practitioners in the Northern Borders region*

Table 10-3

S/ N	Educational Status (%)	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Illiterate	0.00	0.00	0.00	0.17	0.00	0.17	0.17	0.00	0.17
2	Literate	0.33	0.67	1.00	1.33	0.17	1.50	1.66	0.83	2.50
3	Primary education	3.83	1.00	4.83	1.66	0.00	1.66	5.49	1.00	6.49
4	Intermediate education	8.65	3.00	11.65	3.83	0.50	4.33	12.48	3.49	15.97
5	Secondary or equivalent	27.62	5.66	33.28	3.00	1.66	4.66	30.62	7.32	37.94
6	Under-university diploma	3.33	0.50	3.83	1.16	0.33	1.50	4.49	0.83	5.32
7	Graduate	17.64	8.65	26.29	2.66	1.83	4.49	20.30	10.48	30.78
8	High Diploma	0.00	0.17	0.17	0.00	0.00	0.00	0.00	0.17	0.17
9	Master's Degree	0.17	0.00	0.17	0.33	0.00	0.33	0.50	0.00	0.50
10	PhD degree	0.17	0.00	0.17	0.00	0.00	0.00	0.17	0.00	0.17

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by marital status, gender and nationality out of total sports practitioners in the Northern Borders region*

Table 10-4

S/ N	Marital status (%)	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Never married before	32.45	8.82	41.26	4.16	0.83	4.99	36.61	9.65	46.26
2	Married	29.28	9.82	39.10	9.98	3.49	13.48	39.27	13.31	52.58
3	Divorced	0.00	0.83	0.83	0.00	0.00	0.00	0.00	0.83	0.83
4	Widow	0.00	0.17	0.17	0.00	0.17	0.17	0.00	0.33	0.33

Reference: Family Sports Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by sporting activity, gender, and nationality out of total sports practitioners in the Northern Borders region*

Table 10-5

S/ N	Type of sport Activity Individuals Practice (%)	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Walking	28.60	17.61	46.21	10.04	4.55	14.58	38.64	22.16	60.80
2	Swimming	0.76	0.00	0.76	0.57	0.00	0.57	1.33	0.00	1.33
3	Running	0.38	0.38	0.76	0.38	0.38	0.38	0.76	0.76	1.14
4	Playing Football	20.08	0.38	20.45	2.27	0.00	2.27	22.35	0.38	22.73
5	Body Building	4.36	0.00	4.36	1.14	0.00	1.14	5.49	0.00	5.49
6	Other	2.27	3.98	6.25	1.70	0.57	2.27	3.98	4.55	8.52

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by frequency of practice out of total sports practitioners per each activity in the Northern Borders region*

Table 10-6

S/ N	Type of sport Activity Individuals Practice (%)	Number of Practices per week					
		Two Times and less	Three Times	Four Times	Five Times	Six Times	Seven Times and more
1	Walking	0.93	22.43	30.53	28.04	4.05	14.01
2	Swimming	0.00	57.14	14.29	28.57	0.00	0.00
3	Running	0.00	33.33	0.00	50.00	16.67	0.00
4	Playing Football	0.83	30.83	17.50	37.50	0.83	12.50
5	Body Building	0.00	3.45	6.90	68.97	6.90	13.79
6	Other	2.22	6.06	20.00	51.11	11.11	8.89

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by sporting activity and duration of practice (in minutes) out of total sports practitioners per each activity in the Northern Borders region

Table 10-7

S/ N	Type of sport Activity Individuals Practice (%)	Number of Minutes of Practicing sport Activities			
		From 150 to less than 180	From 180 to less than 210	From 210 to less than 240	From 240 and more
1	Walking	33.33	25.55	7.48	33.64
2	Swimming	14.29	42.86	0.00	42.86
3	Running	33.33	33.33	0.00	33.33
4	Playing Football	5.83	13.33	2.50	78.33
5	Body Building	17.24	17.24	3.45	62.07
6	Other	28.89	11.11	11.11	48.89

Reference: Family sport Practice Survey 2018

Percentage distribution of the places where individuals practice sport out of total sports practitioners per each activity in the Northern Borders region*

Table 10-8

S/ N	Type of sport Activity Individuals Practice (%)	Place of Practicing sport Activity						
		Sport Club	Public Facilities (garden, street, municipality yard, ...etc)	Sport Center	Home	School or University	Facility affiliated with the employer	Other
1	Walking	0.00	83.18	0.00	12.91	2.70	0.90	0.30
2	Swimming	0.00	0.00	100.00	0.00	0.00	0.00	0.00
3	Running	0.00	33.33	50.00	16.67	0.00	0.00	0.00
4	Playing Football	0.00	68.42	11.18	1.97	15.13	1.97	1.32
5	Body Building	0.00	6.90	82.76	10.34	0.00	0.00	0.00
6	Other	6.38	19.15	29.79	25.53	19.15	0.00	0.00

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by sporting activity and time of practice out of total sports practitioners per each activity in the Northern Borders region*

Table 10-9

S/ N	Type of sport Activity Individuals Practice (%)	Time of Practicing sport Activity			
		Morning	Noon	Afternoon	Evening
1	Walking	9.21	1.63	14.09	75.07
2	Swimming	0.00	25.00	25.00	50.00
3	Running	12.50	0.00	12.50	75.00
4	Playing Football	13.69	0.00	36.31	50.00
5	Body Building	9.09	0.00	30.30	60.61
6	Other	28.00	0.00	26.00	46.00

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of what motivates individuals to practice sport by gender and nationality in the Northern Borders region*

Table 10-10

S/ N	Individuals' Motives to Practice sport activity (%)	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Imitating the Community	1.66	0.08	1.74	0.00	0.00	0.00	1.66	0.08	1.74
2	Enhancing Health	22.27	6.87	29.14	5.30	2.15	7.45	27.57	9.02	36.59
3	Recreation	21.69	6.29	27.98	4.47	1.49	5.96	26.16	7.78	33.94
4	Improving Outer Appearance	2.48	3.15	5.63	0.41	0.25	0.66	2.90	3.39	6.29
5	Physical Fitness	18.05	0.99	19.04	2.24	0.17	2.40	20.28	1.16	21.44
6	Other	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by usage of modern technologies, gender, and nationality out of total sports practitioners in the Northern Borders region*

Table 10-11

S/ N	Using modern application during practicing sport activity for individuals (%)	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Use	11.31	5.49	16.81	0.42	0.17	0.58	11.73	5.66	17.39
2	Do not Use	50.42	14.14	64.56	13.73	4.33	18.05	64.14	18.47	82.61

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who do not practice sport by reasons, gender and nationality in the Northern Borders region

Table 10-12

S/ N	Reasons of Not Practicing sport Activity	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Unwillingness to Practice Sport	13.45	37.16	50.61	3.75	2.83	6.57	17.20	39.99	57.19
2	Lack of Enough Time	3.26	5.53	8.78	13.27	6.27	19.53	16.52	11.79	28.32
3	Lack of Enough Facilities in the District	0.25	3.62	3.87	0.00	0.18	0.18	0.25	3.81	4.05
4	Injury or Impairment	5.22	4.18	9.40	0.25	0.18	0.43	5.47	4.36	9.83
5	Other	0.31	0.49	0.80	0.06	0.00	0.06	0.18	0.43	0.61

Reference: Family sport Practice Survey 2018

Percentage distribution of individuals by sport practice status, gender, and nationality in Jazan region*

Table 11-1

S/ N	sport Activity Practicing Status (150 minutes or more per week) for Individuals (%)	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Practitioner	11.02	1.50	12.52	1.59	0.29	1.88	12.61	1.79	14.40
2	Non-practitioner	29.04	38.83	67.87	10.66	7.06	17.73	39.70	45.90	85.60

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by age groups, gender and nationality out of total sports practitioners in Jazan region*

Table 11-2

S/ N	Age groups (%)	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	From 15-19 years	24.38	2.95	27.33	3.11	0.16	3.26	27.48	3.11	30.59
2	From 20- 24 years	13.20	1.86	15.06	2.17	0.78	2.95	15.37	2.64	18.01
3	From 25-29 years	9.47	1.71	11.18	1.40	0.00	1.40	10.87	1.71	12.58
4	From 30-34 years	6.99	1.71	8.70	1.86	0.47	2.33	8.85	2.17	11.02
5	From 35- 39 years	6.06	0.47	6.52	0.62	0.47	1.09	6.68	0.93	7.61
6	From 40-44 years	3.73	0.62	4.35	0.93	0.00	0.93	4.66	0.62	5.28
7	From 45-49 years	2.95	0.62	3.57	0.47	0.00	0.47	3.42	0.62	4.04
8	From 50-54 years	3.42	0.31	3.73	0.47	0.00	0.47	3.88	0.31	4.19
9	From 55-59 years	2.48	0.16	2.64	0.00	0.16	0.16	2.48	0.31	2.80
10	From 60-64 years	2.33	0.00	2.33	0.00	0.00	0.00	2.33	0.00	2.33
11	From 65 years and more	1.55	0.00	1.55	0.00	0.00	0.00	1.55	0.00	1.55

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by educational status, gender and nationality out of total sports practitioners in Jazan region*

Table 11-3

S/ N	Educational Status (%)	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Illiterate	0.47	0.00	0.47	0.31	0.00	0.31	0.78	0.00	0.78
2	Literate	1.71	0.31	2.02	2.95	1.09	4.04	4.66	1.40	6.06
3	Primary education	8.54	0.31	8.85	2.95	0.62	3.57	11.49	0.93	12.42
4	Intermediate education	20.19	2.95	23.14	1.40	0.00	1.40	21.58	2.95	24.53
5	Secondary or equivalent	25.78	3.42	29.19	2.33	0.16	2.48	28.11	3.57	31.68
6	Under-university diploma	4.35	0.00	4.35	0.00	0.00	0.00	4.35	0.00	4.35
7	Graduate	14.75	3.42	18.17	1.09	0.16	1.24	15.84	3.57	19.41
8	High Diploma	0.31	0.00	0.31	0.00	0.00	0.00	0.31	0.00	0.31
9	Master's Degree	0.16	0.00	0.16	0.00	0.00	0.00	0.16	0.00	0.16
10	PhD degree	0.31	0.00	0.31	0.00	0.00	0.00	0.31	0.00	0.31

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by marital status, gender and nationality out of total sports practitioners in Jazan region*

Table 11-4

S/ N	Marital status (%)	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Never married before	46.12	6.68	52.80	6.99	0.93	7.92	53.11	7.61	60.71
2	Married	29.81	3.42	33.23	4.04	0.93	4.97	33.85	4.35	38.20
3	Divorced	0.62	0.31	0.93	0.00	0.00	0.00	0.62	0.31	0.93
4	Widow	0.00	0.00	0.00	0.00	0.16	0.16	0.00	0.16	0.16

Reference: Family Sports Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by sporting activity, gender, and nationality out of total sports practitioners in Jazan region*

Table 11-5

S/ N	Type of sport Activity Individuals Practice (%)	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Walking	23.91	9.01	32.92	3.57	2.02	5.59	27.48	11.02	38.51
2	Swimming	0.93	0.00	0.93	0.16	0.00	0.16	1.09	0.00	1.09
3	Running	1.40	0.16	1.55	0.00	0.00	0.00	1.40	0.16	1.55
4	Playing Football	45.03	0.00	45.03	6.06	0.00	6.06	51.09	0.00	51.09
5	Body Building	3.88	0.00	3.88	0.47	0.00	0.47	4.35	0.00	4.35
6	Other	2.17	0.93	3.11	0.31	0.00	0.31	2.48	0.93	3.42

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by frequency of practice out of total sports practitioners per each activity in Jazan region*

Table 11-6

S/ N	Type of sport Activity Individuals Practice (%)	Number of Practices per week					
		Two Times and less	Three Times	Four Times	Five Times	Six Times	Seven Times and more
1	Walking	0.81	5.24	16.13	26.21	10.48	41.13
2	Swimming	14.29	14.29	0.00	42.86	0.00	28.57
3	Running	0.00	0.00	0.00	20.00	10.00	70.00
4	Playing Football	0.91	5.78	14.89	16.11	8.81	53.50
5	Body Building	3.57	17.86	21.43	14.29	3.57	39.29
6	Other	9.09	4.55	13.64	27.27	13.64	31.82

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by sporting activity and duration of practice (in minutes) out of total sports practitioners per each activity in Jazan region

Table 11-7

S/ N	Type of sport Activity Individuals Practice (%)	Number of Minutes of Practicing sport Activities			
		From 150 to less than 180	From 180 to less than 210	From 210 to less than 240	From 240 and more
1	Walking	20.56	14.92	11.69	52.82
2	Swimming	14.29	14.29	0.00	71.43
3	Running	0.00	0.00	10.00	90.00
4	Playing Football	3.65	7.29	4.86	84.19
5	Body Building	0.00	10.71	10.71	78.57
6	Other	13.64	9.09	4.55	72.73

Reference: Family sport Practice Survey 2018

Percentage distribution of the places where individuals practice sport out of total sports practitioners per each activity in Jazan region*

Table 11-8

S/ N	Type of sport Activity Individuals Practice (%)	Place of Practicing sport Activity						
		Sport Club	Public Facilities (garden, street, municipality yard, ...etc)	Sport Center	Home	School or University	Facility affiliated with the employer	Other
1	Walking	1.49	82.09	0.75	10.82	3.73	0.75	0.37
2	Swimming	25.00	12.50	50.00	12.50	0.00	0.00	0.00
3	Running	9.09	72.73	0.00	18.18	0.00	0.00	0.00
4	Playing Football	1.57	80.68	5.48	1.31	8.88	2.09	0.00
5	Body Building	31.03	0.00	55.17	13.79	0.00	0.00	0.00
6	Other	12.50	45.83	4.17	33.33	4.17	0.00	0.00

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by sporting activity and time of practice out of total sports practitioners per each activity in Jazan region*

Table 11-9

S/ N	Type of sport Activity Individuals Practice (%)	Time of Practicing sport Activity			
		Morning	Noon	Afternoon	Evening
1	Walking	23.10	2.13	42.25	32.52
2	Swimming	18.18	0.00	36.36	45.45
3	Running	20.00	0.00	40.00	40.00
4	Playing Football	6.65	0.49	73.15	19.70
5	Body Building	0.00	0.00	38.46	61.54
6	Other	16.13	0.00	25.81	58.06

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of what motivates individuals to practice sport by gender and nationality in Jazan region*

Table 11-10

S/ N	Individuals' Motives to Practice sport activity (%)	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Imitating the Community	2.59	0.09	2.67	0.43	0.09	0.52	3.02	0.17	3.19
2	Enhancing Health	24.68	4.92	29.59	3.80	1.12	4.92	28.47	6.04	34.51
3	Recreation	23.55	2.85	26.40	2.50	0.17	2.67	26.06	3.02	29.08
4	Improving Outer Appearance	4.49	1.29	5.78	0.43	0.00	0.43	4.92	1.29	6.21
5	Physical Fitness	21.57	2.16	23.73	2.76	0.52	3.28	24.33	2.67	27.01
6	Other	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by usage of modern technologies, gender, and nationality out of total sports practitioners in Jazan region*

Table 11-11

S/ N	Using modern application during practicing sport activity for individuals (%)	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Use	8.07	2.80	10.87	1.24	0.16	1.40	9.32	2.95	12.27
2	Do not Use	68.48	7.61	76.09	9.78	1.86	11.65	78.26	9.47	87.73

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who do not practice sport by reasons, gender and nationality in Jazan region

Table 11-12

S/ N	Reasons of Not Practicing sport Activity	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Unwillingness to Practice Sport	12.03	23.44	35.47	5.98	4.77	10.75	18.01	28.21	46.22
2	Lack of Enough Time	1.94	2.48	4.42	3.84	1.13	4.97	5.78	3.61	9.39
3	Lack of Enough Facilities in the District	5.47	19.44	24.91	1.13	3.03	4.15	6.60	22.47	29.06
4	Injury or Impairment	6.25	6.25	12.50	1.16	0.81	1.98	7.41	7.06	14.47
5	Other	0.12	0.19	0.31	0.47	0.08	0.54	0.58	0.27	0.85

Reference: Family sport Practice Survey 2018

Percentage distribution of individuals by sport practice status, gender, and nationality in Najran region*

Table 12-1

S/ N	sport Activity Practicing Status (150 minutes or more per week) for Individuals (%)	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Practitioner	11.07	3.01	14.08	4.46	0.93	5.39	15.53	3.94	19.46
2	Non-practitioner	23.89	29.03	52.93	21.32	6.29	27.61	45.22	35.32	80.54

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by age groups, gender and nationality out of total sports practitioners in Najran region*

Table 12-2

S/ N	Age groups (%)	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	From 15-19 years	16.15	1.54	17.70	2.81	0.00	2.81	18.96	1.54	20.51
2	From 20- 24 years	10.96	2.95	13.90	1.83	0.56	2.39	12.78	3.51	16.29
3	From 25-29 years	8.57	3.09	11.66	4.49	1.12	5.62	13.06	4.21	17.28
4	From 30-34 years	5.34	1.69	7.02	4.21	0.84	5.06	9.55	2.53	12.08
5	From 35- 39 years	4.49	2.81	7.30	2.67	0.98	3.65	7.16	3.79	10.96
6	From 40-44 years	5.20	1.26	6.46	2.53	0.56	3.09	7.72	1.83	9.55
7	From 45-49 years	1.26	0.70	1.97	1.40	0.42	1.83	2.67	1.12	3.79
8	From 50-54 years	1.83	0.70	2.53	1.40	0.14	1.54	3.23	0.84	4.07
9	From 55-59 years	0.56	0.28	0.84	0.84	0.14	0.98	1.40	0.42	1.83
10	From 60-64 years	1.12	0.14	1.26	0.70	0.00	0.70	1.83	0.14	1.97
11	From 65 years and more	1.40	0.28	1.69	0.00	0.00	0.00	1.40	0.28	1.69

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by educational status, gender and nationality out of total sports practitioners in Najran region*

Table 12-3

S/ N	Educational Status (%)	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Illiterate	0.28	1.12	1.40	0.28	0.98	1.26	0.56	2.11	2.67
2	Literate	1.97	2.25	4.21	2.67	0.98	3.65	4.63	3.23	7.87
3	Primary education	5.06	1.12	6.18	3.65	0.28	3.93	8.71	1.40	10.11
4	Intermediate education	13.06	2.25	15.31	5.90	0.28	6.18	18.96	2.53	21.49
5	Secondary or equivalent	21.91	3.93	25.84	4.92	0.98	5.90	26.83	4.92	31.74
6	Under-university diploma	4.63	1.12	5.76	1.69	0.56	2.25	6.32	1.69	8.01
7	Graduate	9.97	3.65	13.62	2.67	0.70	3.37	12.64	4.35	16.99
8	High Diploma	0.00	0.00	0.00	0.14	0.00	0.14	0.14	0.00	0.14
9	Master's Degree	0.00	0.00	0.00	0.84	0.00	0.84	0.84	0.00	0.84
10	PhD degree	0.00	0.00	0.00	0.14	0.00	0.14	0.14	0.00	0.14

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by marital status, gender and nationality out of total sports practitioners in Najran region*

Table 12-4

S/ N	Marital status (%)	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Never married before	33.85	5.48	39.33	6.04	1.26	7.30	39.89	6.74	46.63
2	Married	22.89	8.29	31.18	16.85	3.51	20.37	39.75	11.80	51.54
3	Divorced	0.14	0.70	0.84	0.00	0.00	0.00	0.14	0.70	0.84
4	Widow	0.00	0.98	0.98	0.00	0.00	0.00	0.00	0.98	0.98

Reference: Family Sports Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by sporting activity, gender, and nationality out of total sports practitioners in Najran region*

Table 12-5

S/ N	Type of sport Activity Individuals Practice (%)	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Walking	24.30	15.03	39.33	16.43	4.63	21.07	40.73	19.66	60.39
2	Swimming	1.54	0.00	1.54	0.00	0.00	0.00	1.54	0.00	1.54
3	Running	1.54	0.00	1.54	0.00	0.00	0.00	1.54	0.00	1.54
4	Playing Football	25.14	0.14	25.28	2.95	0.14	3.09	28.09	0.28	28.37
5	Body Building	1.69	0.00	1.69	0.28	0.00	0.28	1.97	0.00	1.97
6	Other	2.67	0.14	2.81	2.67	0.00	2.67	5.34	0.14	5.48

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by frequency of practice out of total sports practitioners per each activity in Najran region*

Table 12-6

S/ N	Type of sport Activity Individuals Practice (%)	Number of Practices per week					
		Two Times and less	Three Times	Four Times	Five Times	Six Times	Seven Times and more
1	Walking	2.33	13.26	10.70	26.28	4.88	42.56
2	Swimming	9.09	18.18	0.00	18.18	9.09	45.45
3	Running	0.00	0.00	0.00	72.73	0.00	27.27
4	Playing Football	6.44	15.35	25.25	12.87	9.90	30.20
5	Body Building	7.14	14.29	14.29	7.14	7.14	50.00
6	Other	20.51	20.51	2.56	10.26	5.13	41.03

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by sporting activity and duration of practice (in minutes) out of total sports practitioners per each activity in Najran region

Table 12-7

S/ N	Type of sport Activity Individuals Practice (%)	Number of Minutes of Practicing sport Activities			
		From 150 to less than 180	From 180 to less than 210	From 210 to less than 240	From 240 and more
1	Walking	12.79	13.26	12.56	61.40
2	Swimming	9.09	18.18	18.18	54.55
3	Running	0.00	0.00	54.55	45.45
4	Playing Football	8.91	21.29	0.50	69.31
5	Body Building	7.14	7.14	0.00	85.71
6	Other	10.26	33.33	23.08	33.33

Reference: Family sport Practice Survey 2018

Percentage distribution of the places where individuals practice sport out of total sports practitioners per each activity in Najran region*

Table 12-8

S/ N	Type of sport Activity Individuals Practice (%)	Place of Practicing sport Activity						
		Sport Club	Public Facilities (garden, street, municipality yard, ...etc)	Sport Center	Home	School or University	Facility affiliated with the employer	Other
1	Walking	0.20	58.98	3.32	26.56	4.49	6.05	0.39
2	Swimming	0.00	0.00	100.00	0.00	0.00	0.00	0.00
3	Running	0.00	81.82	18.18	0.00	0.00	0.00	0.00
4	Playing Football	0.78	48.64	17.90	11.67	20.62	0.39	0.00
5	Body Building	21.43	0.00	78.57	0.00	0.00	0.00	0.00
6	Other	9.52	57.14	16.67	9.52	0.00	0.00	7.14

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by sporting activity and time of practice out of total sports practitioners per each activity in Najran region*

Table 12-9

S/ N	Type of sport Activity Individuals Practice (%)	Time of Practicing sport Activity			
		Morning	Noon	Afternoon	Evening
1	Walking	21.05	2.26	32.48	44.21
2	Swimming	0.00	0.00	53.85	46.15
3	Running	0.00	0.00	30.77	69.23
4	Playing Football	15.36	1.43	50.71	32.50
5	Body Building	0.00	0.00	38.89	61.11
6	Other	12.50	0.00	64.58	22.92

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of what motivates individuals to practice sport by gender and nationality in Najran region*

Table 12-10

S/ N	Individuals' Motives to Practice sport activity (%)	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Imitating the Community	4.31	0.15	4.47	0.61	0.08	0.68	4.92	0.23	5.15
2	Enhancing Health	16.88	4.16	21.04	8.55	1.74	10.30	25.44	5.90	31.34
3	Recreation	18.70	2.57	21.27	7.87	1.29	9.16	26.57	3.86	30.43
4	Improving Outer Appearance	4.39	4.16	8.55	1.06	0.61	1.67	5.45	4.77	10.22
5	Physical Fitness	14.84	2.04	16.88	5.15	0.83	5.98	19.98	2.88	22.86
6	Other	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by usage of modern technologies, gender, and nationality out of total sports practitioners in Najran region*

Table 12-11

S/ N	Using modern application during practicing sport activity for individuals (%)	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Use	15.17	2.11	17.28	2.53	0.00	2.53	17.70	2.11	19.80
2	Do not Use	41.71	13.34	55.06	20.37	4.78	25.14	62.08	18.12	80.20

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who do not practice sport by reasons, gender and nationality in Najran region

Table 12-12

S/ N	Reasons of Not Practicing sport Activity	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Unwillingness to Practice Sport	11.09	35.19	46.28	13.95	7.44	21.39	25.04	42.63	67.67
2	Lack of Enough Time	1.36	3.29	4.65	13.09	2.15	15.24	14.45	5.44	19.89
3	Lack of Enough Facilities in the District	0.50	2.86	3.36	0.64	0.07	0.72	1.14	2.93	4.08
4	Injury or Impairment	2.79	4.22	7.01	0.43	0.36	0.79	3.22	4.58	7.80
5	Other	0.00	0.50	0.50	0.00	0.07	0.07	0.00	0.57	0.57

Reference: Family sport Practice Survey 2018

Percentage distribution of individuals by sport practice status, gender, and nationality in Al-Baha region*

Table 13-1

S/ N	sport Activity Practicing Status (150 minutes or more per week) for Individuals (%)	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Practitioner	10.38	2.32	12.70	1.18	0.13	1.31	11.55	2.45	14.01
2	Non-practitioner	33.65	38.92	72.57	11.03	2.39	13.42	44.68	41.31	85.99

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by age groups, gender and nationality out of total sports practitioners in Al-Baha region*

Table 13-2

S/ N	Age groups (%)	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	From 15-19 years	12.15	0.70	12.85	0.47	0.00	0.47	12.62	0.70	13.32
2	From 20- 24 years	10.75	2.10	12.85	0.93	0.23	1.17	11.68	2.34	14.02
3	From 25-29 years	11.68	3.74	15.42	1.64	0.00	1.64	13.32	3.74	17.06
4	From 30-34 years	8.88	3.04	11.92	0.93	0.00	0.93	9.81	3.04	12.85
5	From 35- 39 years	9.58	2.57	12.15	0.93	0.23	1.17	10.51	2.80	13.32
6	From 40-44 years	6.31	1.87	8.18	1.64	0.00	1.64	7.94	1.87	9.81
7	From 45-49 years	2.80	0.70	3.50	0.93	0.23	1.17	3.74	0.93	4.67
8	From 50-54 years	2.80	0.23	3.04	0.47	0.23	0.70	3.27	0.47	3.74
9	From 55-59 years	2.34	1.17	3.50	0.00	0.00	0.00	2.34	1.17	3.50
10	From 60-64 years	3.04	0.00	3.04	0.47	0.00	0.47	3.50	0.00	3.50
11	From 65 years and more	3.74	0.47	4.21	0.00	0.00	0.00	3.74	0.47	4.21

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by educational status, gender and nationality out of total sports practitioners in Al-Baha region*

Table 13-3

S/ N	Educational Status (%)	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Illiterate	0.47	0.70	1.17	0.47	0.00	0.47	0.93	0.70	1.64
2	Literate	1.40	0.70	2.10	2.34	0.23	2.57	3.74	0.93	4.67
3	Primary education	4.44	0.47	4.91	0.70	0.23	0.93	5.14	0.70	5.84
4	Intermediate education	10.51	0.93	11.45	0.47	0.00	0.47	10.98	0.93	11.92
5	Secondary or equivalent	18.69	2.10	20.79	2.10	0.23	2.34	20.79	2.34	23.13
6	Under-university diploma	8.18	0.23	8.41	1.17	0.00	1.17	9.35	0.23	9.58
7	Graduate	27.57	11.21	38.79	0.93	0.00	0.93	28.50	11.21	39.72
8	High Diploma	0.47	0.00	0.47	0.00	0.00	0.00	0.47	0.00	0.47
9	Master's Degree	0.70	0.00	0.70	0.23	0.23	0.47	0.93	0.23	1.17
10	PhD degree	1.64	0.23	1.87	0.00	0.00	0.00	1.64	0.23	1.87

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by marital status, gender and nationality out of total sports practitioners in Al-Baha region*

Table 13-4

S/ N	Marital status (%)	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Never married before	31.31	3.97	35.28	2.80	0.47	3.27	34.11	4.44	38.55
2	Married	42.76	12.38	55.14	5.61	0.47	6.07	48.36	12.85	61.21
3	Divorced	0.00	0.23	0.23	0.00	0.00	0.00	0.00	0.23	0.23
4	Widow	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00

Reference: Family Sports Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by sporting activity, gender, and nationality out of total sports practitioners in Al-Baha region*

Table 13-5

S/ N	Type of sport Activity Individuals Practice (%)	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Walking	36.45	15.42	51.87	5.14	0.70	5.84	41.59	16.12	57.71
2	Swimming	0.93	0.00	0.93	0.00	0.00	0.00	0.93	0.00	0.93
3	Running	0.47	0.23	0.70	0.23	0.00	0.23	0.70	0.23	0.93
4	Playing Football	27.80	0.00	27.80	0.23	0.00	0.23	28.04	0.00	28.04
5	Body Building	5.37	0.00	5.37	0.23	0.00	0.23	5.61	0.00	5.61
6	Other	5.14	0.70	5.84	0.70	0.23	0.93	5.84	0.93	6.78

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by frequency of practice out of total sports practitioners per each activity in Al-Baha region*

Table 13-6

S/ N	Type of sport Activity Individuals Practice (%)	Number of Practices per week					
		Two Times and less	Three Times	Four Times	Five Times	Six Times	Seven Times and more
1	Walking	0.40	32.79	23.89	23.48	6.07	13.36
2	Swimming	0.00	50.00	0.00	25.00	0.00	25.00
3	Running	0.00	75.00	0.00	25.00	0.00	0.00
4	Playing Football	12.50	52.50	20.83	13.33	0.00	0.83
5	Body Building	0.00	58.33	20.83	16.67	0.00	4.17
6	Other	10.34	27.59	27.59	20.69	6.90	6.90

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by sporting activity and duration of practice (in minutes) out of total sports practitioners per each activity in Al-Baha region

Table 13-7

S/ N	Type of sport Activity Individuals Practice (%)	Number of Minutes of Practicing sport Activities			
		From 150 to less than 180	From 180 to less than 210	From 210 to less than 240	From 240 and more
1	Walking	12.15	36.84	14.57	36.44
2	Swimming	25.00	25.00	25.00	25.00
3	Running	0.00	75.00	25.00	0.00
4	Playing Football	2.50	31.67	0.00	65.83
5	Body Building	0.00	45.83	4.17	50.00
6	Other	6.90	34.48	6.90	51.72

Reference: Family sport Practice Survey 2018

Percentage distribution of the places where individuals practice sport out of total sports practitioners per each activity in Al-Baha region*

Table 13-8

S/ N	Type of sport Activity Individuals Practice (%)	Place of Practicing sport Activity						
		Sport Club	Public Facilities (garden, street, municipality yard, ...etc)	Sport Center	Home	School or University	Facility affiliated with the employer	Other
1	Walking	0.65	62.75	4.90	29.74	1.31	0.65	0.00
2	Swimming	0.00	0.00	50.00	0.00	0.00	0.00	50.00
3	Running	16.67	50.00	33.33	0.00	0.00	0.00	0.00
4	Playing Football	6.51	57.40	20.71	8.28	5.92	1.18	0.00
5	Body Building	4.00	0.00	88.00	4.00	4.00	0.00	0.00
6	Other	8.33	25.00	30.56	36.11	0.00	0.00	0.00

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by sporting activity and time of practice out of total sports practitioners per each activity in Al-Baha region*

Table 13-9

S/ N	Type of sport Activity Individuals Practice (%)	Time of Practicing sport Activity			
		Morning	Noon	Afternoon	Evening
1	Walking	13.08	1.36	40.87	44.69
2	Swimming	14.29	0.00	57.14	28.57
3	Running	0.00	0.00	20.00	80.00
4	Playing Football	4.14	0.00	44.38	51.48
5	Body Building	0.00	0.00	34.48	65.52
6	Other	4.65	0.00	48.84	46.51

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of what motivates individuals to practice sport by gender and nationality in Al-Baha region*

Table 13-10

S/ N	Individuals' Motives to Practice sport activity (%)	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Imitating the Community	0.93	0.00	0.93	0.46	0.00	0.46	1.39	0.00	1.39
2	Enhancing Health	27.78	5.90	33.68	2.31	0.00	2.31	30.09	5.90	36.00
3	Recreation	21.99	2.55	24.54	1.74	0.35	2.08	23.73	2.89	26.62
4	Improving Outer Appearance	5.09	3.94	9.03	0.46	0.23	0.69	5.56	4.17	9.72
5	Physical Fitness	20.95	2.20	23.15	2.55	0.46	3.01	23.50	2.66	26.16
6	Other	0.12	0.00	0.12	0.00	0.00	0.00	0.00	0.00	0.12

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by usage of modern technologies, gender, and nationality out of total sports practitioners in Al-Baha region*

Table 13-11

S/ N	Using modern application during practicing sport activity for individuals (%)	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Use	16.59	5.37	21.96	0.23	0.23	0.47	16.82	5.61	22.43
2	Do not Use	57.48	11.21	68.69	8.18	0.70	8.88	65.65	11.92	77.57

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who do not practice sport by reasons, gender and nationality in Al-Baha region

Table 13-12

S/ N	Reasons of Not Practicing sport Activity	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Unwillingness to Practice Sport	12.44	21.01	33.45	0.99	0.72	1.71	13.44	21.73	35.17
2	Lack of Enough Time	5.68	9.29	14.97	8.93	2.80	11.72	14.61	12.08	26.69
3	Lack of Enough Facilities in the District	4.24	17.76	22.00	0.27	0.45	0.72	4.51	18.21	22.72
4	Injury or Impairment	6.04	8.21	14.25	0.27	0.09	0.36	6.31	8.30	14.61
5	Other	0.18	0.54	0.72	0.09	0.00	0.09	0.27	0.54	0.81

Reference: Family sport Practice Survey 2018

Percentage distribution of individuals by sport practice status, gender, and nationality in Al-Jouf region*

Table 14-1

S/ N	sport Activity Practicing Status (150 minutes or more per week) for Individuals (%)	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Practitioner	10.71	2.20	12.91	3.77	0.57	4.33	14.48	2.76	17.24
2	Non-practitioner	23.24	27.95	51.19	25.97	5.59	31.56	49.21	33.54	82.76

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by age groups, gender and nationality out of total sports practitioners in Al-Jouf region*

Table 14-2

S/ N	Age groups (%)	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	From 15-19 years	14.39	1.64	16.03	2.73	0.73	3.46	17.12	2.37	19.49
2	From 20- 24 years	11.66	3.64	15.30	1.82	0.18	2.00	13.48	3.83	17.30
3	From 25-29 years	8.56	2.37	10.93	3.83	0.18	4.01	12.39	2.55	14.94
4	From 30-34 years	8.20	2.19	10.38	3.64	1.46	5.10	11.84	3.64	15.48
5	From 35- 39 years	6.74	1.09	7.83	4.74	0.36	5.10	11.48	1.46	12.93
6	From 40-44 years	4.01	0.91	4.92	1.28	0.18	1.46	5.28	1.09	6.38
7	From 45-49 years	3.28	0.55	3.83	2.00	0.00	2.00	5.28	0.55	5.83
8	From 50-54 years	1.64	0.36	2.00	0.91	0.18	1.09	2.55	0.55	3.10
9	From 55-59 years	0.73	0.00	0.73	0.73	0.00	0.73	1.46	0.00	1.46
10	From 60-64 years	1.64	0.00	1.64	0.18	0.00	0.18	1.82	0.00	1.82
11	From 65 years and more	1.28	0.00	1.28	0.00	0.00	0.00	1.28	0.00	1.28

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by educational status, gender and nationality out of total sports practitioners in Al-Jouf region*

Table 14-3

S/ N	Educational Status (%)	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Illiterate	0.36	0.18	0.55	0.73	0.18	0.91	1.09	0.36	1.46
2	Literate	1.28	0.18	1.46	2.37	0.36	2.73	3.64	0.55	4.19
3	Primary education	3.10	0.00	3.10	2.19	0.18	2.37	5.28	0.18	5.46
4	Intermediate education	11.66	1.28	12.93	4.01	0.73	4.74	15.66	2.00	17.67
5	Secondary or equivalent	23.68	5.46	29.14	5.83	1.28	7.10	29.51	6.74	36.25
6	Under-university diploma	6.19	0.00	6.19	3.10	0.18	3.28	9.29	0.18	9.47
7	Graduate	14.57	5.28	19.85	2.37	0.36	2.73	16.94	5.65	22.59
8	High Diploma	0.00	0.00	0.00	0.18	0.00	0.18	0.18	0.00	0.18
9	Master's Degree	0.55	0.18	0.73	0.55	0.00	0.55	1.09	0.18	1.28
10	PhD degree	0.73	0.18	0.91	0.55	0.00	0.55	1.28	0.18	1.46

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by marital status, gender and nationality out of total sports practitioners in Al-Jouf region*

Table 14-4

S/ N	Marital status (%)	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Never married before	32.06	5.46	37.52	7.29	0.91	8.20	39.34	6.38	45.72
2	Married	29.14	6.74	35.88	14.57	2.37	16.94	43.72	9.11	52.82
3	Divorced	0.91	0.36	1.28	0.00	0.00	0.00	0.91	0.36	1.28
4	Widow	0.00	0.18	0.18	0.00	0.00	0.00	0.00	0.18	0.18

Reference: Family Sports Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by sporting activity, gender, and nationality out of total sports practitioners in Al-Jouf region*

Table 14-5

S/ N	Type of sport Activity Individuals Practice (%)	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Walking	28.05	11.84	39.89	13.66	2.91	16.58	56.47	14.75	56.47
2	Swimming	1.64	0.18	1.82	0.73	0.00	0.73	2.55	0.18	2.55
3	Running	1.64	0.55	2.19	0.00	0.00	0.00	2.19	0.55	2.19
4	Playing Football	23.13	0.00	23.13	2.91	0.00	2.91	26.05	0.00	26.05
5	Body Building	2.91	0.00	2.91	1.46	0.00	1.46	0.00	0.00	4.37
6	Other	5.10	0.55	5.65	3.46	0.55	4.01	2.91	1.09	9.65

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by frequency of practice out of total sports practitioners per each activity in Al-Jouf region*

Table 14-6

S/ N	Type of sport Activity Individuals Practice (%)	Number of Practices per week					
		Two Times and less	Three Times	Four Times	Five Times	Six Times	Seven Times and more
1	Walking	7.10	27.10	18.06	23.55	11.61	12.58
2	Swimming	14.29	14.29	21.43	14.29	14.29	21.43
3	Running	0.00	16.67	16.67	50.00	0.00	16.67
4	Playing Football	7.69	9.79	29.37	27.27	14.69	11.19
5	Body Building	0.00	25.00	20.83	12.50	29.17	12.50
6	Other	7.55	13.21	11.32	28.30	18.87	20.75

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by sporting activity and duration of practice (in minutes) out of total sports practitioners per each activity in Al-Jouf region

Table 14-7

S/ N	Type of sport Activity Individuals Practice (%)	Number of Minutes of Practicing sport Activities			
		From 150 to less than 180	From 180 to less than 210	From 210 to less than 240	From 240 and more
1	Walking	10.65	25.16	5.81	58.39
2	Swimming	7.14	28.57	0.00	64.29
3	Running	16.67	16.67	25.00	41.67
4	Playing Football	0.00	13.29	6.29	80.42
5	Body Building	8.33	20.83	0.00	70.83
6	Other	5.66	13.21	7.55	73.58

Reference: Family sport Practice Survey 2018

Percentage distribution of the places where individuals practice sport out of total sports practitioners per each activity in Al-Jouf region*

Table 14-8

S/ N	Type of sport Activity Individuals Practice (%)	Place of Practicing sport Activity						
		Sport Club	Public Facilities (garden, street, municipality yard, ...etc)	Sport Center	Home	School or University	Facility affiliated with the employer	Other
1	Walking	2.13	60.90	4.98	20.14	1.66	7.35	2.84
2	Swimming	7.14	0.00	85.71	0.00	0.00	0.00	7.14
3	Running	0.00	38.46	15.38	30.77	0.00	7.69	7.69
4	Playing Football	8.15	54.94	6.44	6.44	23.61	0.00	0.43
5	Body Building	37.50	0.00	58.33	4.17	0.00	0.00	0.00
6	Other	8.33	25.00	40.00	11.67	1.67	6.67	6.67

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by sporting activity and time of practice out of total sports practitioners per each activity in Al-Jouf region*

Table 14-9

S/ N	Type of sport Activity Individuals Practice (%)	Time of Practicing sport Activity			
		Morning	Noon	Afternoon	Evening
1	Walking	17.53	2.19	31.47	48.80
2	Swimming	0.00	6.25	31.25	62.50
3	Running	14.29	0.00	28.57	57.14
4	Playing Football	22.71	0.40	30.28	46.61
5	Body Building	6.67	3.33	23.33	66.67
6	Other	9.21	0.00	44.74	46.05

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of what motivates individuals to practice sport by gender and nationality in Al-Jouf region*

Table 14-10

S/ N	Individuals' Motives to Practice sport activity (%)	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Imitating the Community	2.21	0.21	2.43	0.36	0.00	0.36	2.57	0.21	2.78
2	Enhancing Health	18.70	4.64	23.34	7.14	0.86	7.99	25.84	5.50	31.33
3	Recreation	17.77	3.78	21.56	7.42	1.00	8.42	25.20	4.78	29.98
4	Improving Outer Appearance	7.99	2.28	10.28	2.21	0.57	2.78	10.21	2.86	13.06
5	Physical Fitness	15.77	2.28	18.06	4.07	0.64	4.71	19.84	2.93	22.77
6	Other	0.00	0.00	0.00	0.00	0.07	0.07	0.00	0.07	0.07

Reference: Family sport Practice Survey 2018

* (150 minutes or more per week)

Percentage distribution of individuals who practice sport by usage of modern technologies, gender, and nationality out of total sports practitioners in Al-Jouf region*

Table 14-11

S/ N	Using modern application during practicing sport activity for individuals (%)	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Use	9.29	2.55	11.84	2.37	0.73	3.10	11.66	3.28	14.94
2	Do not Use	52.82	10.20	63.02	19.49	2.55	22.04	72.31	12.75	85.06

Reference: Family sport Practice Survey 2018

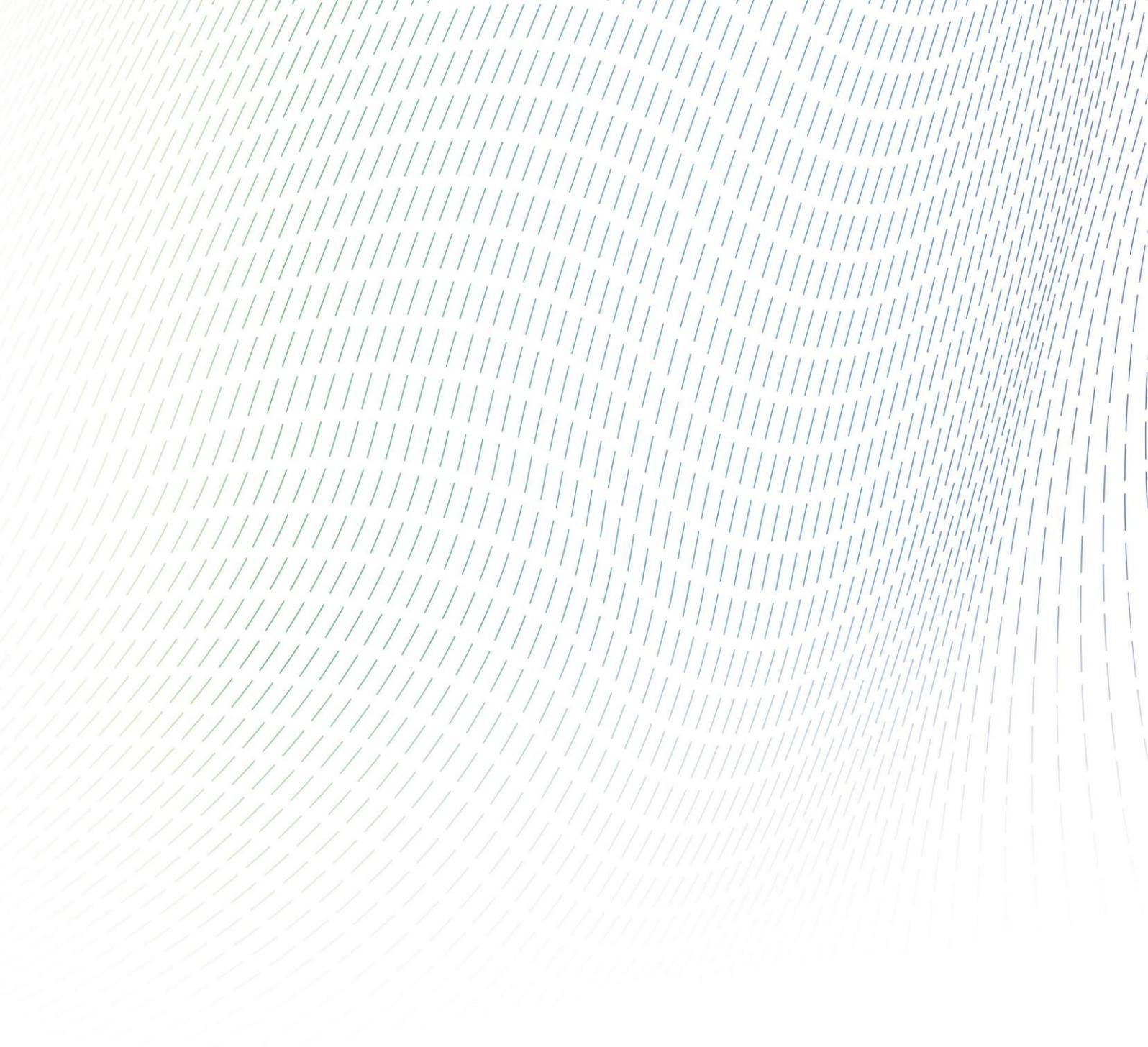
* (150 minutes or more per week)

Percentage distribution of individuals who do not practice sport by reasons, gender and nationality in Al-Jouf region

Table 14-12

S/ N	Reasons of Not Practicing sport Activity	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Unwillingness to Practice Sport	8.62	16.96	25.57	5.56	2.43	7.99	14.18	19.39	33.56
2	Lack of Enough Time	2.99	8.20	11.19	27.66	4.17	31.83	30.65	12.37	43.02
3	Lack of Enough Facilities in the District	2.22	7.64	9.87	0.21	0.69	0.90	2.43	8.34	10.77
4	Injury or Impairment	4.52	5.49	10.01	0.49	0.21	0.69	5.00	5.70	10.70
5	Other	0.00	0.42	0.42	1.46	0.07	1.53	1.46	0.49	1.95

Reference: Family sport Practice Survey 2018



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