



الهيئة العامة للإحصاء
General Authority for Statistics

Household Sports Practice Survey Bulletin

2019



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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 at least once a week from 13% to 40%. GASTAT hopes that the bulletin may help policy and decision makers, researchers, and those who are interested in sport activity in Saudi Arabia.

GASTAT would like to express its sincerest gratitude to all concerned partners and clients from relevant entities as well as establishment owners for their cooperation in providing the required data for the survey's questionnaire. Their cooperation has contributed greatly to the successful release of the bulletin. GASTAT also welcomes any suggestions or remarks that may improve the content of this bulletin or future bulletins on the following email (info@stats.gov.sa).

Allah is the Arbiter of Success,

General Authority for Statistics



1. Data sources:

The bulletin's data rely on field survey of households (Household Sport Practice Survey) which is conducted regularly every year. It is a field household survey classified under Knowledge Statistics where information is gathered by visiting a sample of households, withdrawn from the 2010 census frame to represent all households in Saudi administrative regions, in addition to filling an electronic questionnaire that contains several questions, through which estimations and indicators related to sports activity can be provided to enable beneficiaries gain strategic insights that help develop the activity in the Kingdom. Resulting statistics and indicators will also support meeting the local, regional and international needs, in addition to creating a wide database that is used as a reliable source to conduct studies and research and provide new, up-to-date indicators on households sport practicing. This should help decision makers identify the current status of sport activity and individuals' behavior in terms of practicing sport in the Kingdom, which assists decision and policy makers in optimal planning.

2. Objectives:

- 1) Providing recent statistical data on sport practice for the household by (gender, nationality, educational status, age, marital status).
- 2) Providing data on individuals who practice sports on a regular basis; at least once a week.
- 3) Providing data about types of sport activities practiced by the individuals during the week.
- 4) Providing data about how often the individual practices sport during the week.
- 5) 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.
- 6) Providing data about when the individual practices sport during the week.
- 7) Identifying reasons that hinder the individual from practicing sport.
- 8) Accurately identifying the percentage of individuals who practice sports in the Kingdom 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%.
- 9) 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.
- 10) Giving a clear picture on the scale of societal participation in sports and the resulting studies and plans regarding development in general and the sports field in particular.



This stage also ensured that the published statistics will contribute to fulfilling the Kingdom's Vision 2030.

3. Definitions and Terms:

❖ Sport activity:

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. and others.

❖ Individual practicing sport activity:

A 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).

❖ Sports clubs:

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.

❖ Sports centers:

Venues 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).

❖ 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.

❖ Core exercises:

Exercises dedicated to core muscles, which strengthen the muscles in the back and trunk, abdomen and shoulders and the spinal muscles.





4. Indicators and calculation methods:

Indicator	Indicator Description or calculation method
Percentage of individuals aged 15 years or more who practice sport activity in the Kingdom	This is done by asking individuals (aged 15 years or above) in the survey sample about sport activity practice for (150 minutes or more per week), after which the percentage of individuals who practice sport (the number of sport activity practitioners for 150 minutes per week or more out of the total individuals kingdom-wide) is identified.
Saudis (males and females) aged 15 years or above who practice sports in the Kingdom out of total Saudis	This is done by asking Saudi individuals (males and females) (aged 15 years or above) in the survey sample about sport activity practice for (150 minutes or more per week), after which the percentage of Saudi individuals who practice sport (the number of Saudi sport activity practitioners for 150 minutes per week or more out of the total Saudi individuals kingdom-wide) is identified.
Saudi males aged 15 years or above who practice sports in the Kingdom out of total Saudi males	This is done by asking Saudi males (aged 15 years or above) in the survey sample about sport activity practice for (150 minutes or more per week), after which the percentage of Saudi males who practice sport (the number of Saudi sport activity practitioners for 150 minutes per week or more out of the total Saudi males kingdom-wide) is identified.
Saudi females aged 15 years or above who practice sports in the Kingdom out of total Saudi females	This is done by asking Saudi females (aged 15 years or above) in the survey sample about sport activity practice for (150 minutes or more per week), after which the percentage of Saudi females who practice sport (the number of Saudi sport activity practitioners for 150 minutes per week or more out of the total Saudi females kingdom-wide) is identified.
Percentage of individuals aged 15 years or above who practice sport activity in	This is done by asking individuals (aged 15 years or above) in the survey sample about sport activity practice for (150 minutes or more per week), about



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the Kingdom by type of sport activity out of total practitioners Kingdom-wide	the type of practiced sport activity, after which the percentage of individuals who practice sport (the number of sport activity practitioners for 150 minutes per week or more out of the total individuals kingdom-wide) is identified by type of sport activity.
Saudi males aged 15 years or above who practice sports in for each age category the Kingdom	This is done by asking Saudi males (aged 15 years or above) according to age categories in the survey sample about sport activity practice for (150 minutes or more per week), after which the percentage of Saudi males who practice sport (the number of Saudi sport activity practitioners by age categories for 150 minutes per week or more out of the total Saudi males for each age category in the survey sample) is identified.
Saudi females aged 15 years or above who practice sports in for each age category the Kingdom	This is done by asking Saudi females (aged 15 years or above) according to age categories in the survey sample about sport activity practice for (150 minutes or more per week), after which the percentage of Saudi females who practice sport (the number of Saudi female sport activity practitioners by age categories for 150 minutes per week or more out of the total Saudi females for each age category in the survey sample) is identified.
Reasons for not practicing sport activity for individuals aged 15 years or above who do not practice sport activity kingdom-wide	This is done by asking individuals (aged 15 years or above) in the survey sample about reasons for not practicing sport activity (number of individuals who do not practice sport activity by reason out of the total sport practitioners kingdom-wide).
The many indicators and data provided by the survey can be reviewed in the publication tables.	





5. Coverage:

1) Spatial Coverage:

The household sports activity practice Survey bulletin the 13 administrative regions of the Kingdom of Saudi Arabia, as the household sports activity practice survey covering the following regions: (Riyadh, Makkah, Madinah, Qassim, Eastern Province, Asir, Tabuk, Hail, Northern Borders, Jazan, Najran, Al-Baha, and Al-Jouf). A scientifically selected sample representing the region's households is visited in each region.

2) Temporal Coverage:

- Basic data for all household members are based to the researcher's time of visit to the household.
- General characteristics of individuals in the household, such as the marital status, educational status and job status, based on the week preceding the household visit.
- Data related to sport activities practicing, sport awareness, use of applications and motivations for practicing sport, in addition to laziness and reasons for not practicing sport activities based to the last 12 months preceding the researcher's visit to the household.

6. Adopted statistical classifications:

The bulletin data use:

- The National guide for countries and nationalities:

7. Sample selection:

The survey sample was chosen by identifying 26000 households as a selected sample that represents the survey population at the level of the Kingdom and is distributed among the administrative regions 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 Province	3240	Jazan	1400		



Sampling units in the Household Sports Practice Survey:

The basic sampling units are the enumeration areas. They are sampling units drawn in the first stage of designing the survey sample. Households are considered secondary and ultimate sampling units at the same time. They are sampling units drawn in the second stage of designing the survey sample. Each secondary sampling unit is considered a part of the basic sampling units.

8. Data Collection Tools

Field Data Collection Questionnaire:

The survey form was prepared and designed by household sports activity practice survey experts at GASTAT. International recommendations, standards, and definitions were taken into consideration in the design of the survey, which was also presented to experts and stakeholders to obtain their insights and comments in relation to Household Sports Practice Survey. Questions were then redrafted based on a specific systematic approach aimed at unifying question formats used by researchers. The questionnaire was divided into six thematic sections to increase its efficiency in achieving the required specifications in the field work stage.

The questionnaire was divided into six thematic sections to improve the efficiency of complying with technical standards during the field work stage; these sections are:

Household members basic data	Educational, marital and job status of the household members	Regular practice of sport activity
Extent of sport awareness	Use of applications and motivations for sport activity practice	Laziness and reasons for not practicing sport activities

The complete questionnaire can be viewed and downloaded through GASTAT's official website

www.stats.gov.sa

After the survey form was approved, it was transformed into an electronic copy that can be reached through the tablet-based data collection system, which will allow:

- 1) Reviewing the field researcher's work zone (survey sample).
- 2) Accessing the sample (household) using the map service on the tablet device.
- 3) Completing data of high quality using data check rules and navigation to automatically detect input errors and illogical inputs while the completion of the data is underway.
- 4) Communication between the supervisory categories is through sending and receiving notes with the field researcher.



9. Data Collection Method:

The field research candidates in this survey were chosen based on standards related to the nature of the work, such as:

- 1) Educational level.
- 2) Fieldwork experience.
- 3) Personal attributes, such as: Good conduct, good senses and physical and psychological fitness.
- 4) The candidate must pass the training program of the ICT access for households and individuals Survey
- 5) The candidate must not be under 20 years old.

All candidates (GASTAT staff and collaborators from some government entities) were qualified and trained in special training programs.

* Direct contact with the household was adopted to complete the survey questionnaire and collect data. Field researchers visited the households located within the survey sample after reaching them using the coordinates recorded on the tablets and the guiding maps, introducing themselves and proving their IDs using official GASTAT documents. They also clarified the aim of their visit, and presented an overview of the survey and its objectives. The household data was then collected through the electronic questionnaire.

All field researchers used tablet devices to collect the survey questionnaire data according to timeframes specified based on the number of family members as well as their demographic, social and economic characteristics.

* Field researchers at all work locations in the Kingdom used the “synchronization” feature available on the tablet devices to download and transfer the completed data of the households directly to the database linked to them at GASTAT’ s headquarters where they are stored to be reviewed and processed at a later stage.

* Electronic check rules were applied to guarantee the accuracy, consistency, and rationality of the data entered in the household sports practice survey questionnaire. They are electronic rules that identify contradictions and they were designed by using a logical link between the answers of the questionnaire and its variables to help field researchers directly identify any errors upon completing the survey data with the household. Those programmed rules don’ t allow any mistakes to go through when an answer contradicts with another piece of information or another answer in the questionnaire.

* The authenticity of the collected data was checked by the field researcher, his inspector, and the survey supervisor for the control region. All work locations were monitored and reviewed by the Data Quality Room at the GASTAT headquarters. The Room also controlled and reviewed all field work performances as the data was being collected, from day one until the last working day. The collected data is verified





and reviewed by the field researcher, his/her inspector and the survey supervisor in the supervision area. All work areas are subjected to a monitoring and reviewing process from the Data Quality Room at GASTAT's headquarters. The room also controls and monitors the performance of all working groups in the field during the data collection process, from the first day and until the last day.

10. Results Preparation and Review:

After reviewing the accumulated data for the Household Sports Activity Practice Survey, results were calculated, extracted, uploaded, and stored on the database. The final reviewing processes were conducted by knowledge statistics specialists using modern technologies and software designed for the purposes of reviewing and auditing.

11. Data Publication:

First: Preparation and Process of the Results Designed for Publishing:

In this stage, GASTAT uploads the data results from the Household Sports Activity Practice Survey database. It then prepares publication tables and graphs for both data and indicators, and adds descriptive and methodological information as seen in this bulletin. These are prepared in both Arabic and English.

Second: Preparing Media Kit and Announcing the Date of the Release:

The publication date of the bulletin is already set up by GASTAT on its official website at the beginning of the Calendar Year. During this period, the Authority is preparing the media kits to announce the date of releasing the bulletin through media, in addition to its various platforms in social networking sites. The bulletin will be published firstly on GASTAT's official website in different formats, such as Excel format to be easily reached for all clients and those who are interested in sports statistics. It will be uploaded on the website's statistics library as well.

Third: Communicating with the clients and providing the bulletin to them:

GASTAT places great importance on communicating with clients who use its data. Therefore, upon publication of the Household Sports Activity Practice Survey Bulletin, GASTAT will communicate with clients to provide them with the Bulletin. It will also receive questions and enquiries from clients regarding the Bulletin and its results through various communication channels, also used to request data. Enquiries are received through:

- GASTAT's official website: www.stats.gov.sa
- GASTAT's official email: info@stats.gov.sa
- Client Support email: cs@stats.gov.sa
- Visiting GASTAT's headquarters in Riyadh or one of its branches in the regions of the Kingdom.
- Official Letters.
- On the statistical phone line (920020081).



12. Implemented Quality Procedures:

The Household Sports Activity Practice Survey is subject to many technical quality procedures to ensure the quality of survey data. Such procedures include:

1. Using assessments of previous surveys conducted by GASTAT to identify the weaknesses and strengths in survey implementation and improve procedures of statistical data collection.
 2. Training and testing researchers to guarantee their ability to get data properly in line with the survey objectives.
 3. Testing the electronic tools used to collect data to ensure data integrity and protection at all stages of the survey implementation.
 4. Reducing respondent burden by using appropriate statistical methods.
 5. Committing to publishing the results on the basis of previously set publication date.
1. Several other measures are implemented by the Data Quality Room at GASTAT during the field data collection process:

Data Quality Room:

An operations room that works simultaneously with the field works for the surveys. It is equipped with all sorts of electronic follow-up tools and monitoring and tracking screens. The observers and quality specialists in the room review the consistency of the data and detect error cases and extreme values during the data collection process that is taking place in the field. This is done by instantly and immediately following up what is being completed by the field researcher to check the researchers' commitment to the instructions of the survey, ensure the implementation of the schedule of arranged visits to households or the establishment, ensure the rationality and reliability of the data and review some important survey indicators to ensure data accuracy. The room undertakes several tasks, mainly:

- 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.
- Contacting households by phone and asking some of the questionnaire questions to ensure that the researchers collected the data correctly and complied with the instructions during their visits. These calls also seek to obtain any missing data and to thank heads of households for their collaboration.
- Responding to field inquiries, whether from the field researchers or heads of households.
- Checking the accuracy of the location where the questionnaire was completed by matching the location's coordinates to those registered in the sample file.



13. Beneficiaries and Benefits:

All the relevant public sectors benefit from the household sport practice survey, mainly the General Sport Authority, in addition to regional and international organizations, researchers and planners interested in sport statistics. The Household Sport Activity Practice Survey data is a statistical product that supports decision-making in this field. The private sector also benefits from the data and characteristics published in this bulletin.

More details on the methodology of the Household Sport Activity Practice Survey can be found on the GASTAT website:

www.stats.gov.sa





14. Household Sports Practice Survey key results:

1) Percentage of individuals aged 15 years or more who practice sport activity in the Kingdom

Figure (1)

Sport practice status (150 minutes and more per week) for individuals at the Kingdom level

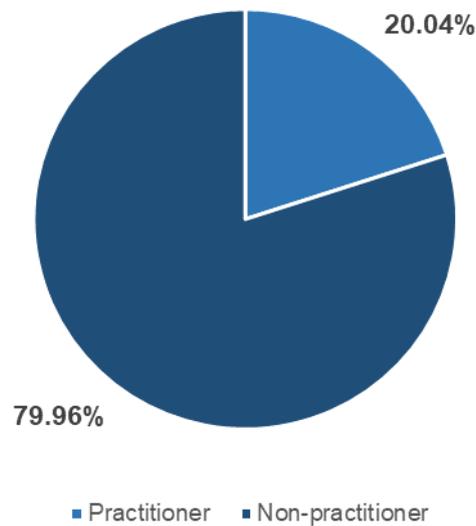


Figure (1) shows that the percentage of individuals who practice sports (150 minutes or more per week), aged 15 years or above, reached (20.04%), while non-practitioners amounted to (79.96%) of the total Kingdom population.



2) Saudis (males and females) aged 15 years or above who practice sports in the Kingdom out of total Saudis

Figure (2)

Sport practice status (150 minutes and more per week) for Saudis (males and females) **at the Kingdom**

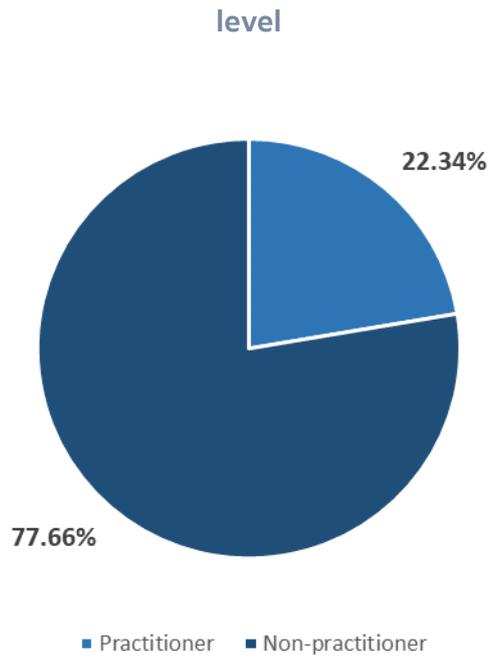


Figure (2) shows that the percentage of Saudi (male and female) individuals who practice sports (150 minutes or more per week), aged 15 years or above, reached (22.34%), while Saudi (males and females) non-practitioners amounted to (77.66%) of the total Saudis (males and females).



3) Saudi males aged 15 years or above who practice sports in the Kingdom out of total Saudi males

Figure (3)

Sport practice status (150 minutes and more per week) for Saudi males at the Kingdom level

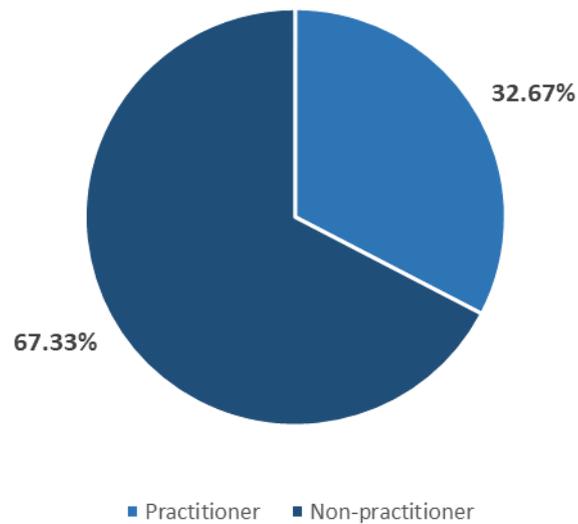


Figure (3) shows that the percentage of Saudi male individuals who practice sports (150 minutes or more per week), aged 15 years or above, reached (32.67%), while Saudi male non-practitioners amounted to (67.33%) of the total Saudi males.



4) Saudi females aged 15 years or above who practice sports in the Kingdom out of total Saudi females

Figure (4)

Sport practice status (150 minutes and more per week) for Saudi females at the Kingdom level

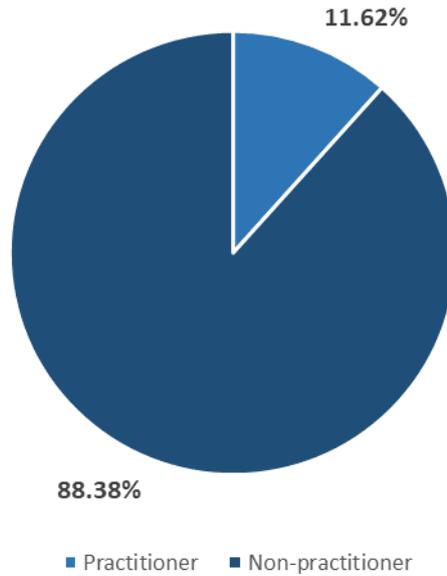


Figure (4) shows that the percentage of Saudi female individuals who practice sports (150 minutes or more per week), aged 15 years or above, reached (11.62%), while Saudi female non-practitioners amounted to (88.38%) of the total Saudi females.



5) Non-Saudis (males and females) aged 15 years or above who practice sports in the Kingdom out of total non-Saudis

Figure (5)

Sport practice status (150 minutes and more per week) for non- Saudis (males and females) at the Kingdom level

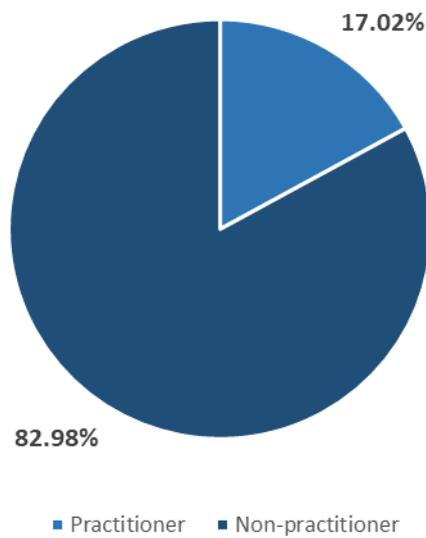


Figure (5) shows that the percentage of non-Saudi (male and female) individuals who practice sports (150 minutes or more per week), aged 15 years or above, reached (17.02%), while non-Saudi (males and females) non-practitioners amounted to (82.98%) of the total non-Saudis (males and females).



6) Non Saudi males aged 15 years or above who practice sports in the Kingdom out of total non-Saudi males

Figure (6)

Sport practice status (150 minutes and more per week) for non-Saudi males at the Kingdom level

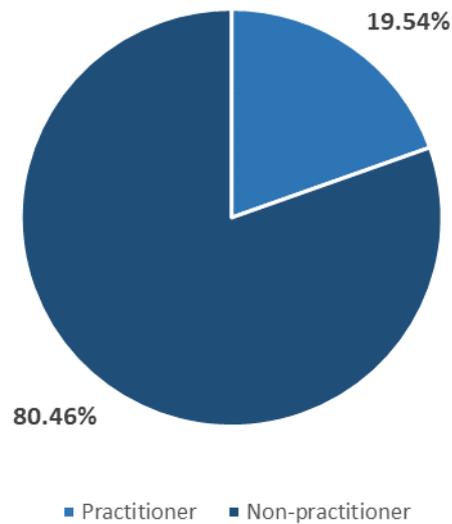


Figure (6) shows that the percentage of non-Saudi male individuals who practice sports (150 minutes or more per week), aged 15 years or above, reached (19.54%), while non-Saudi male non-practitioners amounted to (80.46%) of the total non-Saudi males.



7) Non-Saudi females aged 15 years or above who practice sports in the Kingdom out of total non-Saudi females

Figure (7)

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

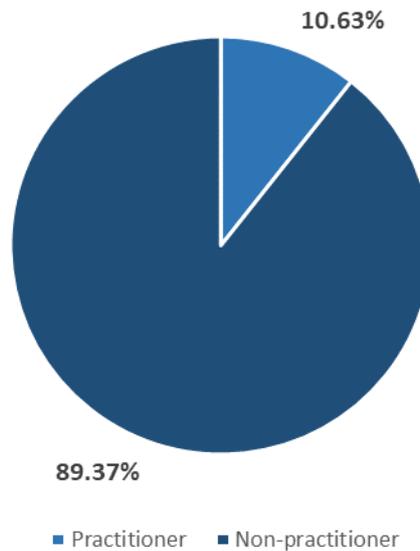


Figure (7) shows that the percentage of non-Saudi female individuals who practice sports (150 minutes or more per week), aged 15 years or above, reached (10.63%), while non-Saudi female non-practitioners amounted to (89.37%) of the total non-Saudi females.



8) Percentage of individuals aged 15 years or above who practice sport activity in the Kingdom by type of sport activity out of total practitioners At the Kingdom level

Figure (8)

Types of sports practiced by individuals (150 minutes and more per week) At the Kingdom level

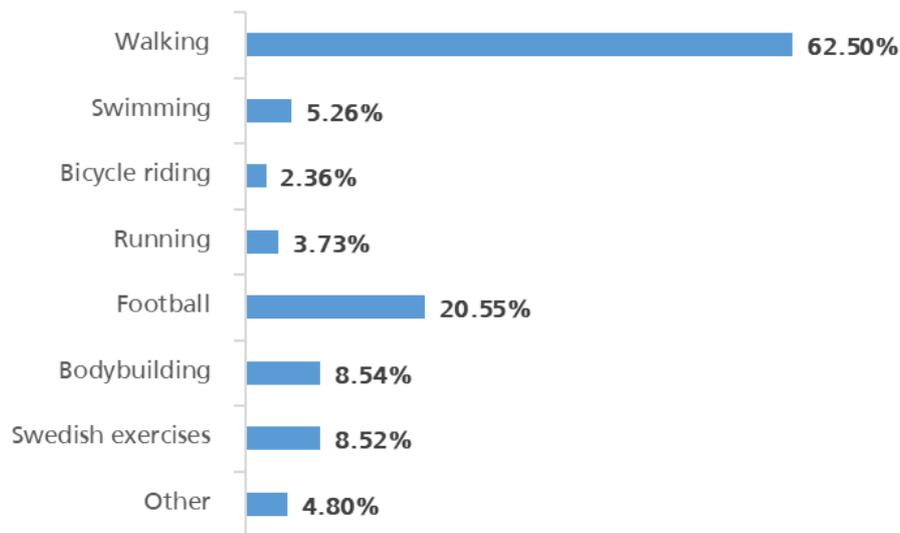


Figure (8) shows that the most practiced sport activity by individuals aged 15 years or above is walking, with (62.50%) of the total individuals who practice sport activity kingdom-wide, followed by football (20.55%). Bicycle riding was the least practiced sport activity, recording (2.36%) only.



9) Saudi males aged 9 years or above who practice sports in for each age category the Kingdom

Figure (9)

Sport practice status (150 minutes and more per week) for each age group of Saudi males
At the Kingdom level

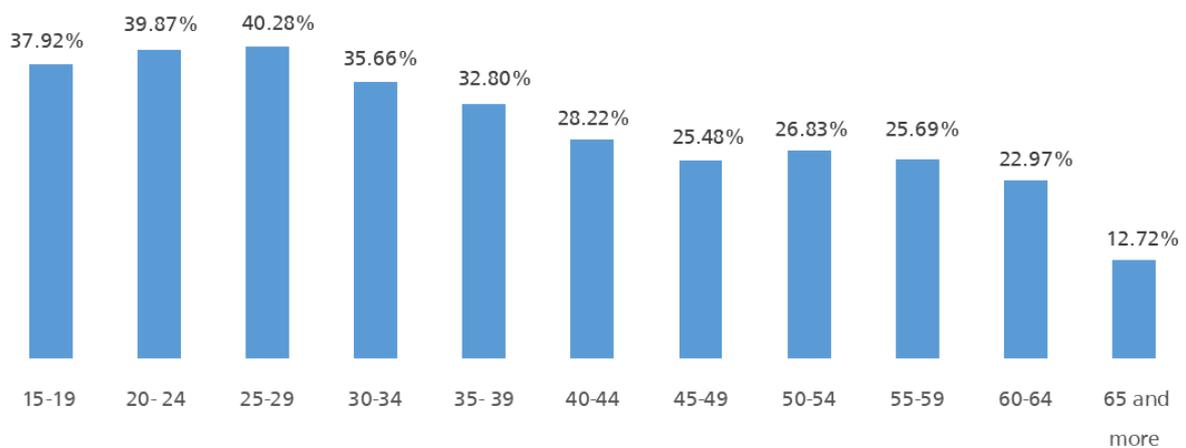


Figure (9) shows that the percentage of Saudi males who practice sport activities (for 150 minutes or more per week) was highest in the age category 25-29 years, recording (40.28%) , followed by the age category 20-24 years, which amounted to (39.87%). The least percentage was registered by the age category of 65 years and above, totaling (12.72%).



10) Saudi females aged 15 years or above who practice sports in for each age category the Kingdom

Figure (10)

Sport practice status (150 minutes and more per week) for each age group of Saudi females at the Kingdom level

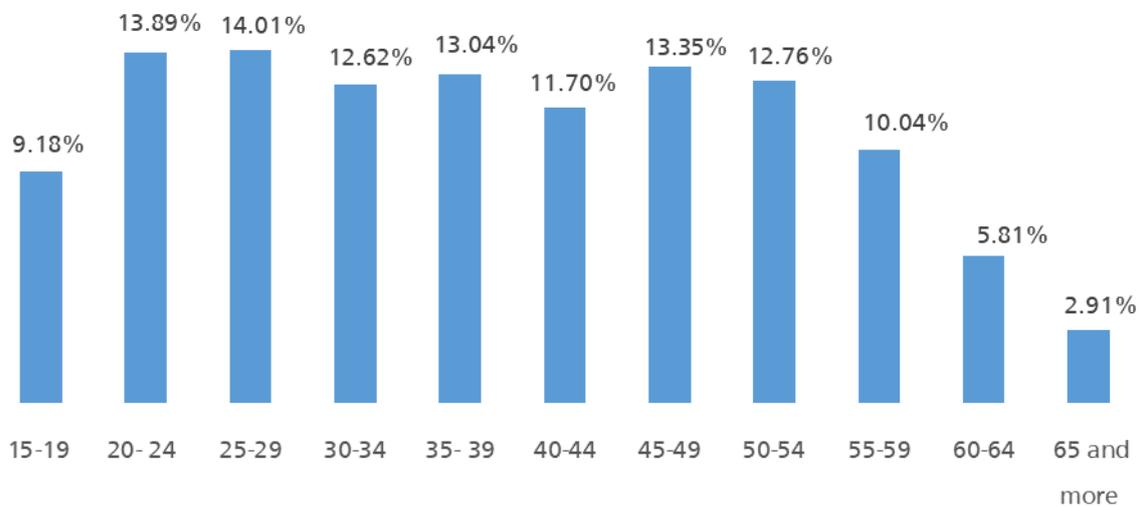


Figure (10) shows that the percentage of Saudi females who practice sport activities (for 150 minutes or more per week) was highest in the age category 25-29 years, recording (14.01%) , followed by the age category 20-24 years, which amounted to (13.89%). The least percentage was registered by the age category of 65 years and above, totaling (2.91%).



1 1) Non Saudi males aged 9 years or above who practice sports in for each age category the Kingdom

Figure (11)

Sport practice status (150 minutes and more per week) for each age group of non-Saudi males
At the Kingdom level

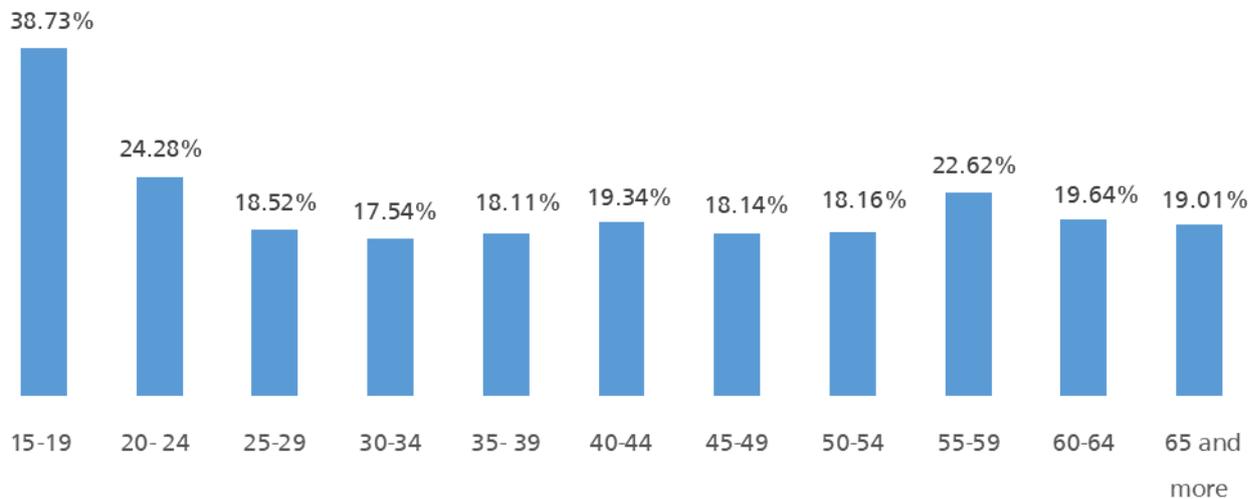


Figure (11) shows that the percentage of non-Saudi males who practice sport activities (for 150 minutes or more per week) was highest in the age category 15-19 years, recording (38.73%) , followed by the age category 20-24 years, which amounted to (24.28%). The least percentage was registered by the age category of 30-34 years, totaling (17.54%).



1 2) Non-Saudi females aged 15 years or above who practice sports in for each age category the Kingdom

Figure (12)

Sport practice status (150 minutes and more per week) for each age group of non-Saudi females at the Kingdom level

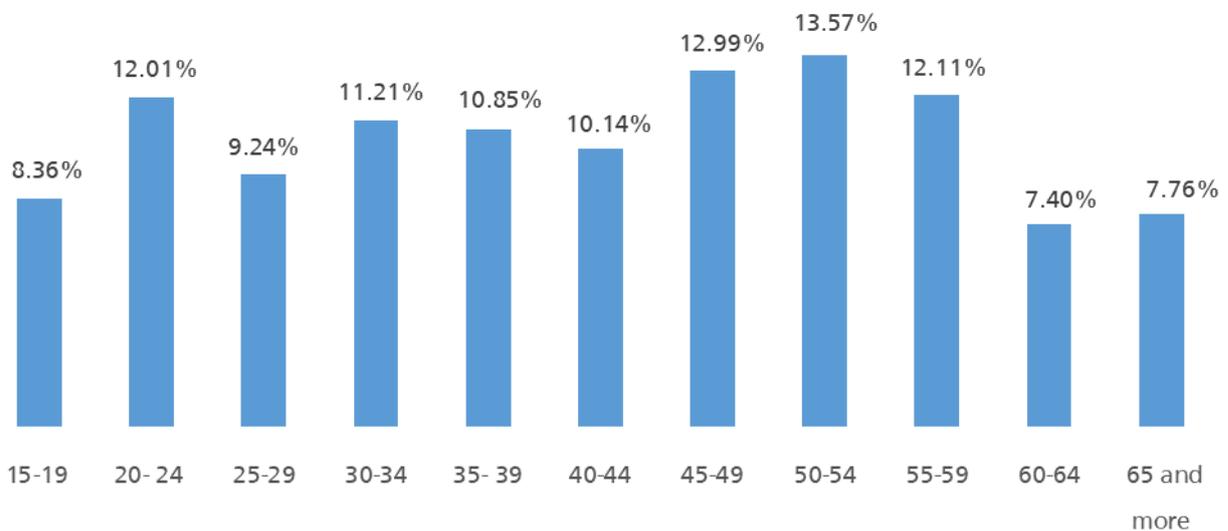


Figure (12) shows that the percentage of non-Saudi females who practice sport activities (for 150 minutes or more per week) was highest in the age category 50-54 years, recording (13.57%), followed by the age category 45-49 years, which amounted to (12.99%). The least percentage was registered by the age category of 60-64 years, totaling (7.40%).



1 3) Reasons for not practicing sport activity for individuals aged 15 years or above, who do not practice sport activity at the Kingdom level

Figure (13)

Reasons for not practicing sport activity for individuals who do not practice sport activity at the Kingdom level

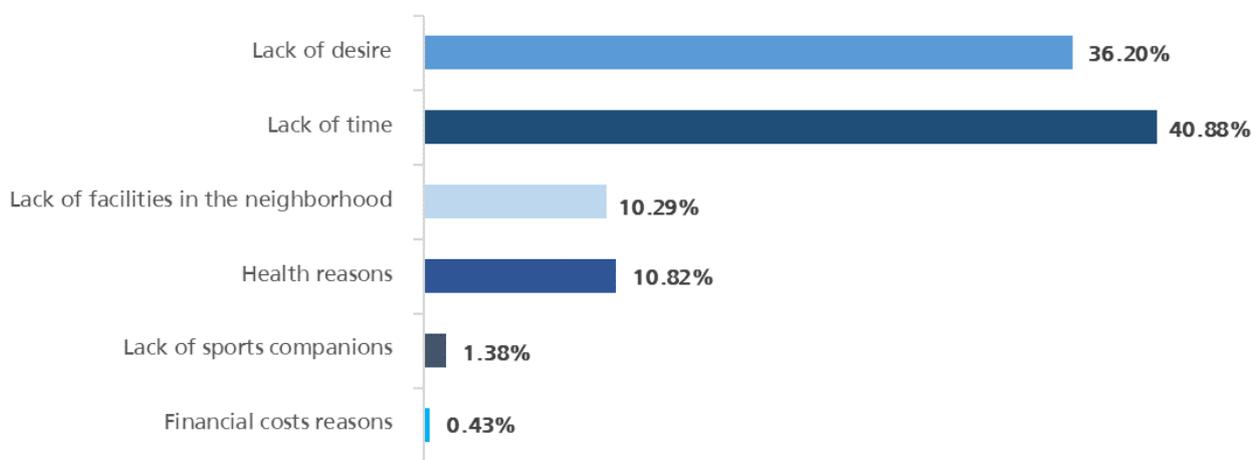


Figure (13) indicates that the most common reason for not practicing sport activity for individuals in Saudi Arabia is the lack of time, where they accounted for (40.88%), out of total individuals who do not practice sports, while the least common reason for not practicing sport activity for individuals in Saudi Arabia is financial costs as they accounted for (0.43%) out of total individuals not practicing sports. As for the Saudi individuals who referred to the following reasons: lack of desire to play sports, health reasons, lack of facilities in the neighborhood, and the lack of sports companions, their proportions respectively (36.20%), (10.82%), (10.29%), and (1.38%) out of total individuals not practicing sports activity.



1 4) Reasons for not practicing sport activity for Saudi individuals aged 15 years or above, who do not practice sport activity at the Kingdom level

Figure (14)

Reasons for not practicing sport activity for Saudis who do not practice sport activity at the Kingdom level

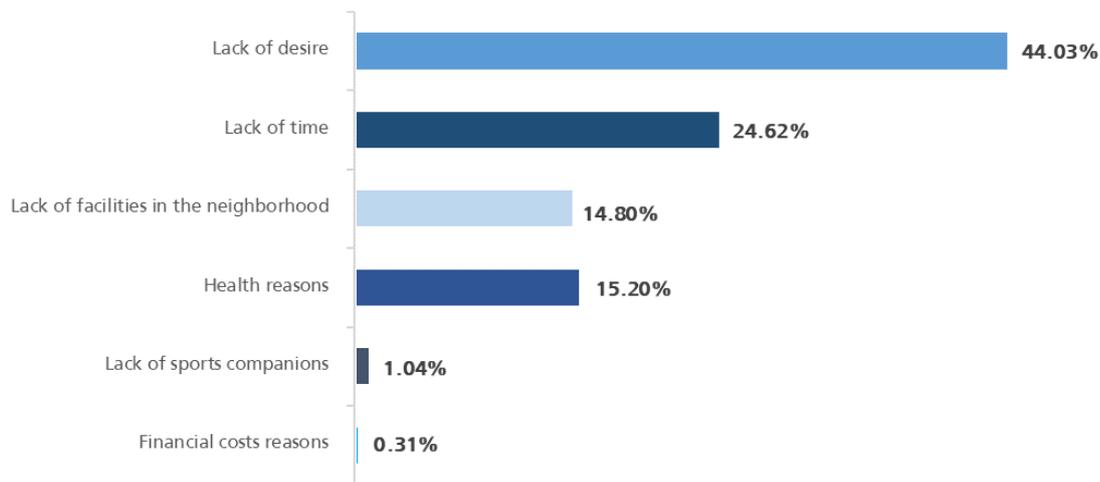


Figure (14) indicates that the most common reason for not practicing sport activity for Saudi individuals in Saudi Arabia is the lack of desire, where they accounted for (44.03%), out of total Saudis who do not practice sports, while the least common reason for not practicing sport activity for Saudi individuals in Saudi Arabia is financial costs as they accounted for (0.31%) out of total Saudi individuals not practicing sports. As for the Saudi individuals who referred to the following reasons: lack of time, health reasons, the lack of facilities in the neighborhood, and the lack of sports companions, their proportions respectively (24.62%), (15.20%), (14.80%), and (1.04%) out of total Saudi individuals not practicing sports activity.



1 5) Reasons for not practicing sport activity for non-Saudi individuals who do not practice sport activity at the Kingdom level

Figure (15)

Reasons for not practicing sport activity for non-Saudis who do not practice sport activity at the Kingdom level

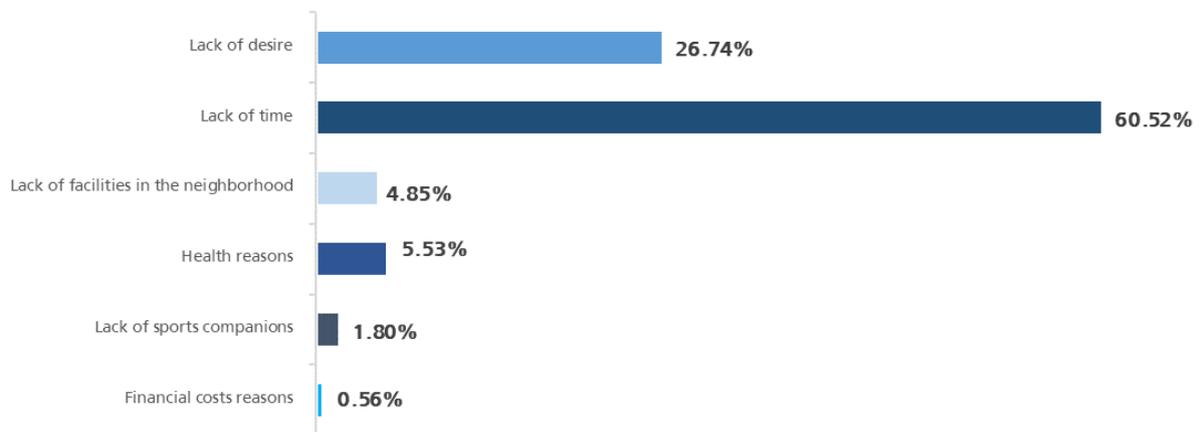


Figure (15) indicates that the most common reason for not practicing sport activity for non-Saudi males in Saudi Arabia is the lack of time, where they accounted for (60.52%), out of total non-Saudis not practicing sports, while the least common reason for not practicing sport activity for non-Saudi males in Saudi Arabia is financial costs as they accounted for (0.56%) out of total non-Saudis not practicing sports. As for the non-Saudi individuals who indicated the following reasons: lack of desire to play sports, health reasons, the absence of adapted facilities in the neighborhood, and the lack of sports companions, their proportions respectively (26.74%), (5.53%), (4.85%), and (1.80%) out of total non-Saudi individuals not practicing sports activity.



Publication Tables:



Percentage of individuals aged 15 years or above who practice sports activity (150 minutes and more per week) by gender and nationality at the administrative region level

Table 1-1

No.	Administrative Region	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Riyadh	31.60	10.69	21.60	18.07	9.92	15.79	23.78	10.41	18.71
2	Makkah	36.50	15.39	26.10	23.93	12.76	20.25	29.19	14.31	23.10
3	Madinah	30.04	9.79	19.94	14.46	8.12	12.56	22.23	9.28	16.85
4	Qassim	31.53	10.47	21.16	12.65	6.31	11.21	22.81	9.61	17.57
5	Eastern Region	33.81	12.76	23.72	20.99	10.26	18.52	27.09	12.10	21.50
6	Asir	29.23	8.04	18.36	16.04	8.89	14.40	24.49	8.15	17.32
7	Tabuk	29.83	10.37	20.41	9.53	7.67	9.11	22.72	9.99	17.44
8	Hail	28.39	6.18	17.05	17.19	4.70	14.22	24.02	5.94	16.22
9	Northern Borders	30.66	11.87	21.25	6.89	9.70	7.59	22.13	11.53	17.54
10	Jazan	32.31	10.69	21.55	19.88	10.27	16.99	28.19	10.62	20.36
11	Najran	34.87	12.89	23.89	17.30	4.50	14.07	27.84	11.34	20.85
12	Al-Baha	30.23	6.30	17.57	17.38	12.30	16.22	25.79	7.04	17.24
13	Al-Jouf	29.94	11.39	20.86	15.64	9.48	14.23	23.68	11.02	18.60
Total Percentage		32.67	11.62	22.34	19.54	10.63	17.02	25.88	11.32	20.04

Source: Household Sports Practice Survey 2019

Percentage of individuals aged 15 years or above who practice sports activity (150 minutes and more per week) by age category, gender and nationality at the Kingdom level

Table 1-2

No.	Age categories	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	from 15-19 years	37.92	9.18	23.79	38.73	8.36	24.11	38.10	9.00	23.86
2	from 20-24 years	39.87	13.89	27.46	24.28	12.01	19.05	36.38	13.54	25.71
3	From 25-29 years	40.28	14.01	27.28	18.52	9.24	15.07	30.69	12.48	22.55
4	From 30-34 years	35.66	12.62	24.23	17.54	11.21	15.58	25.98	12.13	20.29
5	From 35-39 years	32.80	13.04	23.02	18.11	10.85	16.06	23.14	12.09	19.02
6	From 40-44 years	28.22	11.70	20.11	19.34	10.14	16.81	22.17	10.98	18.13
7	From 45-49 years	25.48	13.35	19.56	18.14	12.99	17.02	20.69	13.22	18.16
8	From 50-54 years	26.83	12.76	19.98	18.16	13.57	17.55	21.49	12.92	18.80
9	From 55-59 years	25.69	10.04	18.18	22.62	12.11	21.10	24.00	10.42	19.43
10	From 60-64 years	22.97	5.81	14.65	19.64	7.40	17.41	21.39	6.09	15.66
11	65 years and above	12.72	2.91	7.69	19.01	7.76	15.59	14.33	3.52	9.22
Total Percentage		32.67	11.62	22.34	19.54	10.63	17.02	25.88	11.32	20.04

Source: Household Sports Practice Survey 2019

Percentage of individuals aged 15 years or above who practice sports activity (150 minutes and more per week) by education status, gender and nationality at the Kingdom level

Table 1-3

No.	Education status	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Illiterate	6.27	4.27	4.70	8.10	1.31	6.26	7.42	3.83	5.21
2	Reads and writes	13.28	5.00	7.26	11.33	6.92	10.00	11.70	5.78	8.98
3	Elementary	21.81	7.57	14.22	10.43	4.38	9.02	14.06	6.41	11.28
4	Intermediate	32.61	9.96	21.29	15.58	8.05	13.68	22.23	9.30	17.39
5	Secondary school or equivalent	32.55	11.91	23.69	22.58	12.96	19.45	29.01	12.18	22.34
6	Diploma below university degree	36.24	17.27	30.71	26.27	12.29	23.54	31.65	15.60	27.64
7	University graduate	39.01	16.26	27.52	30.76	16.43	26.17	35.27	16.30	27.01
8	Higher diploma	53.13	25.12	47.84	53.47	23.00	46.60	53.30	23.95	47.21
9	Masters degree	44.43	45.34	44.75	37.54	13.12	30.82	40.18	28.16	36.51
10	PhD degree	33.02	26.30	30.73	34.63	8.02	27.61	34.19	14.42	28.53
Total Percentage		32.67	11.62	22.34	19.54	10.63	17.02	25.88	11.32	20.04

Source: Household Sports Practice Survey 2019

Percentage of individuals aged 15 years or above who practice sports activity (150 minutes and more per week) by marital status, gender and nationality at the Kingdom level

Table 1-4

No.	Marital status	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Never married	37.98	13.95	27.88	25.14	11.68	21.04	34.22	13.50	26.12
2	Married	28.64	10.84	19.66	18.41	10.47	16.28	22.33	10.70	17.89
3	Divorced	31.64	14.00	19.54	17.65	11.33	14.17	27.51	13.50	18.33
4	Widow	11.70	5.84	6.25	15.39	8.05	9.72	13.36	6.22	6.93
Total Percentage		32.67	11.62	22.34	19.54	10.63	17.02	25.88	11.32	20.04

Source: Household Sports Practice Survey 2019

Percentage of individuals aged 15 years or above who practice sports activity (150 minutes and more per week) by type of sports activity, gender and nationality out of total practitioners at the Kingdom level

Table 2-1

No.	Type of sport activity	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Walking	51.27	82.45	59.23	64.71	84.07	68.14	56.51	82.92	62.50
2	Swimming	6.25	2.42	5.27	5.77	2.78	5.24	6.06	2.52	5.26
3	Cycling	2.06	2.52	2.18	2.64	2.89	2.69	2.29	2.63	2.36
4	Running	4.31	2.00	3.72	3.83	3.27	3.73	4.13	2.36	3.73
5	Football	32.89	0.73	24.67	16.25	0.27	13.42	26.40	0.60	20.55
6	Body building	11.18	1.10	8.60	9.95	1.29	8.42	10.70	1.15	8.54
7	Swedish exercises	7.96	15.94	10.00	4.80	11.41	5.97	6.73	14.65	8.52
8	Other	2.37	0.78	1.96	11.62	0.74	9.70	5.98	0.77	4.80

Source: Household Sports Practice Survey 2019

Percentage of individuals aged 15 years or above who practice sports activity (150 minutes and more per week) by type of sports activity and age categories out of total practitioners at the Kingdom level

Table 2-2

No.	Type of sport activity	Age categories										
		15-19	20-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65+
1	Walking	26.51	40.03	49.89	60.33	68.90	78.05	82.86	91.43	91.63	93.07	96.16
2	Swimming	5.76	6.07	4.80	5.11	6.50	5.14	4.91	3.72	5.14	3.24	2.55
3	Cycling	2.93	2.00	2.51	3.21	2.96	2.20	1.61	1.78	1.25	0.88	1.30
4	Running	2.47	4.73	5.06	4.56	4.76	3.51	3.29	0.78	2.17	1.77	0.00
5	Football	65.46	38.35	25.39	15.47	9.84	7.87	4.32	1.48	1.33	1.19	0.18
6	Body building	4.10	11.77	13.82	12.61	10.69	7.32	3.90	2.86	2.34	1.03	0.00
7	Swedish exercises	11.33	10.57	12.06	9.83	8.44	6.15	6.00	5.28	2.41	1.98	2.78

Source: Household Sports Practice Survey 2019

Percentage of individuals aged 15 years or above who practice sports activity (150 minutes and more per week) by type of sports activity and education status out of total practitioners at the Kingdom level

Table 2-3

No.	Type of sport activity	Education status									
		Illiterate	Reads and writes	Elementary	Intermediate	Secondary school or equivalent	Diploma below university degree	University graduate	Higher diploma	Masters degree	PhD degree
1	Walking	96.07	86.84	72.63	55.87	57.89	60.54	64.36	64.33	63.77	75.80
2	Swimming	0.00	0.43	1.67	3.89	4.31	5.38	7.30	21.41	15.83	12.98
3	Cycling	0.12	3.26	2.88	2.12	1.41	2.95	3.34	2.35	0.80	0.53
4	Running	0.00	0.17	1.18	2.12	4.94	4.69	3.74	14.89	6.61	1.82
5	Football	0.39	4.73	21.28	35.52	25.43	17.81	12.84	12.34	3.54	10.40
6	Body building	0.15	3.36	1.78	3.90	8.67	10.88	11.98	11.78	11.74	14.72
7	Swedish exercises	0.00	0.36	3.41	7.57	7.09	9.30	12.08	9.31	17.04	10.67

Source: Household Sports Practice Survey 2019

Percentage of individuals aged 15 years or above who practice sports activity (150 minutes and more per week) by type of sports activity and marital status out of total practitioners at the Kingdom level

Table 2-4

No.	Type of sport activity	Marital status			
		Never married	Married	Divorced	Widow
1	Walking	39.36	76.73	66.32	97.27
2	Swimming	6.07	4.81	5.10	0.32
3	Cycling	2.48	2.25	5.28	0.00
4	Running	4.33	3.35	4.54	1.31
5	Football	40.81	8.19	6.50	0.41
6	Body building	11.36	6.85	7.38	1.75
7	Swedish exercises	10.90	6.96	13.23	3.62

Source: Household Sports Practice Survey 2019

Percentage distribution of individuals aged 15 years or above who practice sports activity (150 minutes and more per week) by number of times for practicing sports activity, gender and nationality out of total practitioners at the Kingdom level

Table 2-5

No.	Frequency of sport activity practice	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Once	0.03	0.06	0.04	2.50	0.00	2.06	0.99	0.05	0.78
2	Twice	4.31	1.83	3.68	7.15	4.84	6.74	5.42	2.69	4.80
3	Three times	17.10	20.50	17.97	16.09	27.17	18.05	16.71	22.41	18.00
4	Four times	15.14	17.03	15.62	9.99	9.04	9.82	13.13	14.74	13.50
5	Five times	24.34	23.15	24.04	16.36	18.28	16.70	21.23	21.76	21.35
6	Six times	7.99	5.22	7.28	11.26	9.51	10.95	9.27	6.44	8.63
7	Seven times or more	31.10	32.20	31.38	36.65	31.16	35.68	33.26	31.90	32.95
	Total	100.00	100.00	100.00	100.00	100.00	100.00	100.00	100.00	100.00

Source: Household Sports Practice Survey 2019

Percentage of individuals aged 15 years or above who practice sports activity (150 minutes and more per week) by the venue for practicing sports activity, gender and nationality out of total practitioners at the Kingdom level

Table 2-6

No.	Places to practice sports activity	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Sports Club	5.37	2.06	4.52	1.69	0.77	1.53	3.93	1.69	3.43
2	Public facilities	62.52	45.33	58.13	75.47	60.55	72.83	67.57	49.68	63.52
3	Sports center	23.57	17.46	22.01	16.42	13.30	15.87	20.78	16.27	19.76
4	Home	4.27	39.38	13.24	5.55	26.44	9.25	4.77	35.68	11.78
5	School or university	8.83	4.04	7.61	3.16	1.39	2.85	6.62	3.28	5.86
6	Workplace facility	5.42	1.06	4.31	7.69	2.82	6.83	6.31	1.57	5.23
7	Private place	8.23	3.23	6.96	3.23	2.59	3.12	6.28	3.05	5.55

Source: Household Sports Practice Survey 2019

Percentage of individuals aged 15 years or above who practice sports activity (150 minutes and more per week) by time of practicing sports activity, gender and nationality out of total practitioners at the Kingdom level

Table 2-7

No.	Time of sport activity practice	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Morning	23.24	17.40	21.75	30.56	25.80	29.72	26.09	19.80	24.67
2	Noon	1.43	1.49	1.45	1.98	3.44	2.24	1.65	2.05	1.74
3	Afternoon	44.75	45.81	45.02	33.31	36.80	33.93	40.29	43.23	40.95
4	Evening	61.27	61.45	61.31	66.39	59.31	65.14	63.27	60.83	62.71

Source: Household Sports Practice Survey 2019

Percentage of individuals aged 15 years or above who practice sports activity (150 minutes and more per week) by who accompanies the individual in practicing the sports activity, gender and nationality out of total practitioners for every activity at the Kingdom level

Table 2-8

No.	Individuals with whom the sport activity is practiced	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Alone	44.15	50.10	45.67	57.23	47.42	55.50	49.26	49.33	49.27
2	With family members	12.93	44.82	21.07	14.14	48.29	20.19	13.40	45.81	20.75
3	With friends and colleagues	56.05	15.80	45.77	46.67	16.41	41.31	52.39	15.98	44.14
4	With a relative	3.85	4.23	3.95	3.43	2.28	3.23	3.69	3.67	3.68
5	Others	6.07	3.05	5.30	6.03	3.67	5.61	6.05	3.23	5.41

Source: Household Sports Practice Survey 2019

Percentage distribution of individuals aged 15 years or above who practice sports activity (150 minutes and more per week) by type of sports activity and number of practice times out of total practitioners at the Kingdom level

Table 3-1

No.	Type of sport activity	Number of practice times							Total
		Once	Twice	Three times	Four times	Five times	Six times	Seven times or more	
1	Walking	0.32	3.76	18.52	13.68	21.97	7.72	34.03	100.00
2	Swimming	13.46	20.99	29.71	11.51	11.19	4.07	9.07	100.00
3	Cycling	2.75	8.79	26.35	15.35	19.83	3.00	23.93	100.00
4	Running	1.29	9.21	20.07	16.69	27.71	7.09	17.94	100.00
5	Football	6.39	20.65	24.63	12.72	19.34	3.90	12.37	100.00
6	Body building	0.33	3.79	20.88	19.88	27.68	12.17	15.28	100.00
7	Swedish exercises	0.67	4.55	24.18	20.18	28.72	8.03	13.67	100.00

Source: Household Sports Practice Survey 2019

Percentage of individuals aged 15 years or above who practice sports activity (150 minutes and more per week) by type of sports activity and venue of practice out of total practitioners at the Kingdom level

Table 3-2

No.	Type of sport activity	Place of practice						
		Sports Club	Public facility	Sports center	Home	School or university	Workplace facility	Private place
1	Walking	0.98	77.38	6.03	13.51	1.71	4.79	4.37
2	Swimming	13.35	4.86	65.31	1.55	0.28	6.88	8.94
3	Cycling	0.59	59.48	14.53	25.21	0.00	1.29	1.44
4	Running	3.97	31.51	29.18	11.67	3.06	24.02	2.62
5	Football	4.52	62.84	16.07	1.29	22.21	2.33	9.52
6	Body building	10.46	0.84	76.73	9.63	0.13	2.55	0.73
7	Swedish exercises	6.87	1.47	67.49	15.31	7.43	3.44	0.47

Source: Household Sports Practice Survey 2019

Percentage of individuals aged 15 years or above who practice sports activity (150 minutes and more per week) by type of sports activity and time of practice out of total practitioners at the Kingdom level

Table 3-3

No.	Type of sport activity	Time of practice			
		Morning	Noon	Afternoon	Evening
1	Walking	25.58	1.15	33.26	64.28
2	Swimming	11.57	4.51	43.93	55.43
3	Cycling	16.86	3.45	44.50	74.79
4	Running	27.94	2.74	36.93	55.41
5	Football	21.79	0.15	53.05	48.99
6	Body building	10.11	5.49	36.89	70.47
7	Swedish exercises	19.50	2.31	41.06	59.60

Source: Household Sports Practice Survey 2019

Percentage of individuals aged 15 years or above who practice sports activity (150 minutes and more per week) by type of sports activity, and who accompanies the individual in practicing the activity out of total practitioners for every activity at the Kingdom level

Table 3-4

No.	Type of sport activity	Individuals with whom the sport activity is practiced				
		Alone	With family members	With friends and colleagues	With a relative	Others
1	Walking	60.45	28.18	26.19	3.37	1.60
2	Swimming	46.70	15.45	41.52	4.27	7.11
3	Cycling	69.88	12.01	27.59	5.62	3.87
4	Running	58.28	9.00	39.79	2.49	10.73
5	Football	1.70	5.09	94.90	3.15	7.32
6	Body building	58.80	5.34	37.12	2.78	11.12
7	Swedish exercises	46.78	11.28	39.99	2.56	16.10

Source: Household Sports Practice Survey 2019

Percentage of individuals aged 15 years or above who practice sports activity (150 minutes and more per week) by level of sports awareness and by gender and nationality out of total practitioners at the Kingdom level

Table 4-1

No.	Sport awareness	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Practicing sports activity under a specialist's supervision	30.21	19.66	27.52	17.59	16.76	17.44	25.29	18.83	23.83
2	Revealing the health condition before practicing a sports activity	23.98	21.34	23.31	20.49	20.09	20.42	22.62	20.98	22.25
3	Doing warm-up exercises before practicing the sports activity	61.82	39.14	56.03	51.71	37.80	49.25	57.88	38.76	53.54
4	Sport injury due to a wrong concept while practicing	7.33	1.57	5.86	4.93	1.89	4.39	6.39	1.67	5.32
5	Using modern application while practicing the sports activity	34.16	42.14	36.20	23.05	29.35	24.17	29.83	38.48	31.79

Source: Household Sports Practice Survey 2019

Percentage of individuals aged 15 years or above who practice sports activity (150 minutes and more per week) by level of sports awareness and by age categories out of total practitioners at the Kingdom level

Table 4-2

No.	Sport awareness	Age categories										
		15-19	20-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65+
1	Practicing sports activity under a specialist's supervision	45.74	31.02	29.42	25.62	22.60	17.66	12.31	8.82	6.70	6.16	5.53
2	Revealing the health condition before practicing a sports activity	15.64	21.91	24.18	23.87	25.19	21.61	22.34	21.83	20.51	23.63	22.99
3	Doing warm-up exercises before practicing the sports activity	67.77	66.43	62.81	57.65	54.82	44.97	42.65	34.27	33.22	27.71	22.73
4	Sport injury due to a wrong concept while practicing	4.20	6.67	6.48	6.88	6.70	4.61	3.03	2.18	4.27	4.12	2.14
5	Using modern application while practicing the sports activity	26.47	38.83	38.71	39.18	35.60	28.88	26.48	23.34	15.32	17.84	10.22

Source: Household Sports Practice Survey 2019

Percentage of individuals aged 15 years or above who practice sports activity (150 minutes and more per week) by motivations for practicing sports activity, gender and nationality out of total practitioners at the Kingdom level

Table 5-1

No.	Drives for sport activity practice	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Imitating the community	4.33	3.75	4.18	4.27	4.10	4.24	4.31	3.85	4.20
2	Enhancing health	65.09	75.15	67.66	73.93	77.35	74.53	68.54	75.78	70.18
3	Recreation	53.10	44.43	50.89	54.74	48.04	53.55	53.74	45.46	51.87
4	Improving Outer Appearance	22.94	40.99	27.55	22.37	40.83	25.64	22.72	40.94	26.85
5	Physical Fitness	52.01	29.74	46.32	43.49	31.24	41.32	48.69	30.17	44.49

Source: Household Sports Practice Survey 2019

Percentage of individuals aged 15 years or above who practice sports activity (150 minutes and more per week) by motivations for practicing sports activity and age categories out of total practitioners at the Kingdom level

Table 5-2

No.	Drives for sport activity practice	Age categories										
		15-19	20-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65+
1	Imitating the community	7.67	3.29	3.75	4.12	5.02	3.61	3.55	3.30	4.28	1.28	1.85
2	Enhancing health	45.83	55.82	62.32	70.98	73.16	79.38	83.13	88.12	90.32	91.50	91.92
3	Recreation	66.95	58.30	54.62	50.58	50.58	48.86	44.84	41.69	44.18	43.29	31.79
4	Improving Outer Appearance	20.12	33.24	32.35	34.28	29.54	27.51	23.17	19.11	12.17	8.48	6.08
5	Physical Fitness	51.25	52.95	51.40	48.37	47.57	39.34	35.15	30.45	28.91	28.49	24.20

Source: Household Sports Practice Survey 2019

Percentage of individuals aged 15 years or above who practice sports activity (150 minutes and more per week) by motivations for practicing sports activity and education status out of total practitioners at the Kingdom level

Table 5-3

No.	Drives for sport activity practice	Education status									
		Illiterate	Reads and writes	Elementary	Intermediate	Secondary school or	Diploma below university	University graduate	Higher diploma	Masters degree	PhD degree
1	Imitating the community	1.24	4.11	4.26	5.68	4.12	2.70	3.97	6.57	5.16	2.55
2	Enhancing health	81.03	76.25	74.73	62.53	66.49	68.39	74.69	78.01	84.52	87.78
3	Recreation	49.43	38.41	53.10	58.96	52.32	54.59	49.75	51.72	48.36	24.18
4	Improving Outer Appearance	1.19	6.92	13.02	18.63	28.51	28.48	34.39	49.07	29.36	26.38
5	Physical Fitness	15.44	24.84	31.25	40.13	47.32	47.55	47.79	54.25	57.16	54.92

Source: Household Sports Practice Survey 2019

Percentage of individuals aged 15 years or above who practice sports activity (150 minutes and more per week) by motivations for practicing sports activity and marital status out of total practitioners at the Kingdom level

Table 5-4

No.	Drives for sport activity practice	Marital status			
		Never married	Married	Divorced	Widow
1	Imitating the community	4.53	3.93	8.02	2.65
2	Enhancing health	55.97	78.96	72.18	89.95
3	Recreation	58.38	47.96	48.81	38.24
4	Improving Outer Appearance	29.10	25.30	38.55	15.77
5	Physical Fitness	53.44	39.23	40.80	17.33

Source: Household Sports Practice Survey 2019

Percentage distribution of individuals over 15 years of age who do not practice sport by reasons, gender and nationality at the Kingdom level

Table 6-1

No.	Reasons that hinder the individual from practicing sport	Saudi			Non-Saudi			Total		
		Male	Female	Total	Male	Female	Total	Male	Female	Total
1	Unwillingness to Practice Sport	46.16	42.76	44.03	21.48	37.57	26.74	31.39	41.19	36.20
2	Lack of sufficient time	26.29	23.62	24.62	69.05	42.93	60.52	51.88	29.45	40.88
3	Lack of Enough Facilities in the District	8.73	18.43	14.80	3.05	8.57	4.85	5.33	15.45	10.29
4	Health related reasons	17.69	13.71	15.20	5.32	5.98	5.53	10.28	11.37	10.82
5	No one to practice with me	0.60	1.30	1.04	0.62	4.25	1.80	0.61	2.19	1.38
6	Financial costs	0.53	0.19	0.31	0.49	0.70	0.56	0.51	0.34	0.43
	Total	100.00	100.00	100.00	100.00	100.00	100.00	100.00	100.00	100.00

Source: Household Sports Practice Survey 2019

Percentage distribution of individuals over 15 years of age who do not practice sport by reasons, and age categories at the Kingdom level

Table 6-2

No.	Reasons for not practicing sport activities	Age categories										
		15-19	20-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65+
1	Unwillingness to Practice Sport	59.01	51.59	38.53	34.88	30.68	30.77	34.84	34.06	36.82	29.77	16.82
2	Lack of sufficient time	14.61	26.35	42.80	48.15	55.97	55.19	50.40	44.21	32.36	20.18	5.69
3	Lack of Enough Facilities in the District	21.14	16.69	13.88	11.97	9.28	7.81	7.15	5.54	5.82	3.91	2.52
4	Health related reasons	2.25	2.60	2.24	2.44	2.51	4.63	6.34	15.04	24.38	45.71	74.72
5	No one to practice with me	2.47	2.23	1.80	1.87	1.26	1.22	1.26	0.60	0.33	0.37	0.13
6	Financial costs	0.51	0.54	0.75	0.69	0.30	0.39	0.02	0.56	0.28	0.07	0.12
	Total	100.00	100.00	100.00	100.00	100.00	100.00	100.00	100.00	100.00	100.00	100.00

Source: Household Sports Practice Survey 2019

Percentage distribution of individuals over 15 years of age who do not practice sport by reasons, and education status at the Kingdom level

Table 6-3

No.	Reasons for not practicing sport activities	Education status									
		Illiterate	Reads and writes	Elementary	Intermediate	Secondary school or equivalent	Diploma below university degree	University graduate	Higher diploma	Masters degree	PhD degree
1	Unwillingness to Practice Sport	22.83	28.29	32.79	38.39	43.12	33.39	36.95	27.16	23.38	25.75
2	Lack of sufficient time	26.83	42.10	44.95	42.75	36.53	48.68	42.57	54.31	65.39	63.59
3	Lack of Enough Facilities in the District	4.85	4.20	8.97	10.52	13.14	7.68	13.39	10.45	6.14	1.31
4	Health related reasons	45.38	24.67	11.81	6.12	5.13	7.65	4.75	4.01	4.09	9.35
5	No one to practice with me	0.10	0.47	1.23	1.81	1.51	2.03	1.77	4.07	1.00	0.00
6	Financial costs	0.01	0.27	0.25	0.41	0.57	0.57	0.57	0.00	0.00	0.00
	Total	100.00	100.00	100.00	100.00	100.00	100.00	100.00	100.00	100.00	100.00

Source: Household Sports Practice Survey 2019

Percentage distribution of individuals over 15 years of age who do not practice sport by reasons, and marital status at the Kingdom level

Table 6-4

No.	Reasons for not practicing sport activities	Marital status			
		Never married	Married	Divorced	Widow
1	Unwillingness to Practice Sport	50.14	31.84	39.92	22.11
2	Lack of sufficient time	27.71	47.45	29.87	9.26
3	Lack of Enough Facilities in the District	15.45	8.71	11.98	4.36
4	Health related reasons	4.41	10.27	17.07	63.80
5	No one to practice with me	1.70	1.34	0.74	0.37
6	Financial costs	0.58	0.39	0.42	0.10
Total		100.00	100.00	100.00	100.00

Source: Household Sports Practice Survey 2019

