Appendix B – Activity classification approach

Following is the activity classification approach used in the study. This was discussed and agreed prior to commencement analysis. The report authors and Sport and Recreation fully acknowledge that many different approaches could be used to classify physical activities and this is by no means suggested as the only or correct approach.

However, this approach was seen as a useful approach for analysis and reporting to understand overall themes and trends. Importantly, it provides useful insight into overall population preferences for physical activity to ensure that the study does just not report individual activities (which can make it difficult to understand overall population level preferences and behaviours).

Different approaches to analysis may also be worthy of future research attention.

Activity	Definitions	
Active play	3 Active play	
Chores or work involving physical activity	27 Active chores/work	
Active transport	 202 Other type of active transport (Please specify) 203 Other type of active transport (Please specify) 204 Other type of active transport (Please specify) 190 Walking – active transport (e.g., to school, shops) 161 Running/jogging – active transport (e.g., to school, shops) 164 Scooter riding – active transport (e.g., to school, shops) 167 Skateboarding – active transport (e.g., to school, shops) 38 Cycling/bike riding – active transport (e.g., to school) 	
Sport	28 Cricket – indoor 29 Cricket – outdoor 11 Basketball – Aussie Hoops 12 Basketball – other (exclude Aussie Hoops) 73 Football – Auskick 72 Football – Auskick 73 Football – Auskick 74 Football/soccer – indoor (SOCCER) 76 Football/soccer – outdoor (SOCCER) 76 Football – Oztag football 77 Football – Oztag football 78 Rugby league 155 Rugby union 75 Football – gridiron/American Football 80 Futsal 74 Football – Gaelic football 136 Netball – indoor netball 137 Netball – outdoor netball 138 Netball – outdoor netball 139 Hockey – indoor hockey 99 Hockey – outdoor 182 Tennis – Hot Shots tennis 181 Tennis – Gardio Tennis 146 Racquet ball 171 Squash 172 Tee ball 173 Volleyball – beach volleyball <	

Activity		Definitions
	97 Hocl	key – ice hockey
	9 Badı	minton
	25 Boxi	ing – contact (hit person) (exclude fitness classes)
	111 Lacr	rosse
	194 Wall	king – race walking
	7 Trac	ck and field (general)
	8 Little	e Athletics
	112 Mara	athon
	56 Dua	thlon
	185 Triat	
		nnastics – rhythmic
		nnastics – artistic
		nnastics – trampolining (exclude backyard)
		nnastics – aerobic
		tial arts – wrestling / Grappling
		tial arts – fencing
		tial arts – kickboxing – contact
		tial arts – Brazilian Jiu Jitsu (BJJ)
		tial arts – other (please specify)
		tial arts – Judo
		tial arts – Mixed martial arts / MMA
		tial arts – Muay Thai
		tial arts – Taekwondo
		- golf course
		- driving range
		obatics
		mming – synchronised swimming
		lern pentathlon
		lifesaving – general (excluding nippers) life saving sports – Nippers
		enture racing
		ses – harness racing / horse racing
		ses – polo / polocrosse
		ses – rodeos / bull riding / bucking animals
		estrian / dressage / show jumping
		orbikes – motorbike racing
		orsports – other (excluding motorbiking)
	155 1000	orsports – other (excluding motorbixing)
Cycling and scootering	34 Cycl	ling/bike riding – BMX Freestyle
(excluding active transport)	40 Cycl	ling/bike riding – track or velodrome cycling
	33 Cycl	ling/bike riding – BMX at skate park
	39 Cycl	ling/bike riding – on–road
		ling/bike riding – mountain biking/On trails
	32 Cycl	ling/bike riding – BMX (general riding)
	35 Cycl	ling/bike riding – footpath/open spaces (not on road)
	163 Scoo	oter riding – general
Walking (excluding active transport)	191 Wall	king – hush walking / hiking
		king – bush walking / hiking king – for exercise (exclude active transport to get_somewhere)
		king – dog
		ning dog
General exercise and fitness	65 Fitne	ess classes – other (please specify)
	66 Fitne	ess classes – pilates mat
	67 Fitne	ess classes – pilates reformer

Activity		Definitions
	68 CXW	Fitness classes – strength/core/resistance training (e.g., Body pump,
	70	Fitness classes – yoga/pilates (mix) (e.g. Body Balance)
	60	Fitness classes – aerobics/step (e.g., Body Attack, Step)
	63	Fitness classes – dancing (e.g., BodyJam, ShBam, Zumba)
	62	Fitness classes – circuit training (e.g. F45, circuit class, mix of weights/cardio)
	69	Fitness classes – yoga (any yoga – including Bikram yoga)
	64	Fitness classes – martial arts/boxing/kick boxing/muay thai/MMA
	61	Fitness classes – boxing or boxercise (non-contact – fitness only)
	5	Aqua aerobics / water aerobics
	31	Crossfit
	21	Boot camp – outdoor
	144	Personal training / PT – at home (trainers/yours/other home)
	145	Personal training / PT – outdoors
	143	Personal training / PT – at a gym/studio
	20	Boot camp – gym/studio/indoor
	195	Walking – water walking/exercise
	58	Exercise at home – strength/core/weight training/pilates/yoga
	90	Gym – weight training for powerlifting (exclude fitness classes)
	89	Gym – weight training for body building / body sculpting (exclude fitness classes)
	57	Exercise at home – cardio (including exercise bikes, treadmill, dancing)
	88	Gym – weight machine exercising (exclude fitness classes)
	87 86	Gym – free weights exercising (exclude fitness classes) (e.g., dumbbells) Gym – cardio exercising (exclude fitness classes) (e.g., treadmill, cross trainer)
	37	Cycling/bike riding – stationary exercise bike (exclude spin fitness classes)
	160	Running/jogging – treadmill at home (exclude gym)
	159	Running/jogging – trail or bush (excluding cross–country)
	156	Running/jogging – cross country
	158	Running/jogging – Parkrun
	157	Running/jogging – outdoor general
	176	Swimming – laps/sprints for fitness
	177	Swimming – leisure (not laps)
Recreational activities	59	Fishing – recreational angling/fishing
	96	Hang gliding / gliding / paragliding / parachuting
	6	Archery
	18	Bocce / boccia
	23	Bowls – indoor or carpet bowls
	71	Flying disc / frisbee
	16	Billiards/snooker/pool
	103	Horses – horse riding /trail riding / Pony Club (non–equestrian)
	13	Baton twirling
	30	Croquet
	24	Bowls – outside/lawn bowls
	54 100	Diving – springboard/platform in pool
	109 85	Kindergym
	85 26	Golf – mini golf / Putt Putt / putting practice
	26 106	Cheerleading Ice/snow sports – skiing, snowboarding, ice skating (excluding ice
	113	hockey) Marching
	113	

131Motorkies - motorcas/rensily en notorosa133Motorkies - trait king / dit bing / Peevee nding134Motorkies - trait king / dit bing / Peevee nding137J et skiing138Martal afa - Hapkido139Martal afa - Hapkido131Martal afa - Hapkido132Martal afa - Hapkido133Martal afa - Karata134Martal afa - Karata135Martal afa - Karata136Obstacle courses - ropes courses - Challenge Ropes Courses137Boatag / powerboating / dingty (engine)138Obstacle courses - ropes courses - Challenge Ropes Courses139Obstacle courses - Tough mudder140Obstacle courses - general (exclude Tough Mudder)141Geoceking142Rock climbing - antificial/indoor rock climbing143Rock climbing - antificial/indoor rock climbing144River anting / rafting / white water rafting145Nextering / rafting / white water rafting146Nextering / paddito boarding (SULP)147Parkour148Nextering / paddito boarding (SULP)149River rafting140Other (Please specify)141Other (Please specify)142Parkour143Not string144River rading145Rowing146Storting / paddito boarding (SULP)147Resiting - antificial/indoor rock climbing148Not string - antificial/indoor rock climbing149St	Activity		Definitions
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82 Go-Axdring / gokarting 117 Jart skiing 114 Martial arts – Akkdo 117 Martial arts – Kando 128 Martial arts – Kando 128 Martial arts – Lingtu 129 Martial arts – Lingtu 120 Martial arts – Luigtu 121 Martial arts – Kando 122 Martial arts – Kando 123 Martial arts – Kando 124 Martial arts – Kando 125 Dotatice courses – ropes courses – Challenge Ropes Courses 130 Obstacle courses – Tough mudder 141 Orienteering/rogaining 142 Obstacle courses – Tough mudder 143 Recreational caving 144 Recreational caving 145 Rock elimbing – artificial/indoor rock elimbing 146 River rafting / rafting / white water rafting 147 Recreational caving 148 River rafting / rafting / white water rafting / stand up paddleboard) 142 Parkour 144 Parkour 145 Dragon boat racing 148 Kiver rafting / raf		133	Motorbikes – motorcycling (not on trials, but elsewhere)
107 Jet skiing 114 Martial arts – Hapkido 117 Martial arts – Kendo 128 Martial arts – Kendo 129 Martial arts – Lungtu 120 Martial arts – Lungtu 121 Martial arts – Lungtu 122 Martial arts – Lungtu 123 Martial arts – Lungtu 120 Martial arts – Lungtu 121 Martial arts – Lungtu 122 Martial arts – Kerate 130 Obstacle courses – general (exclude Tough Mudder) 141 Orienteering/rogaining 142 Obstacle courses – Tough mudder 143 Obstacle courses – Tough mudder 144 Obstacle courses – Tough mudder 147 Recreating / reting / white water rafting 148 River rafting / reting / induition rock climbing 148 River rafting / reting / induition (exclude rafting, stand up paddleboard) 142 Parkour 143 Parkour 144 Parkour 145 Stand up paddle boarding (SUP) 146 Stand up paddle boarding (SUP) 147 <t< th=""><th></th><th>134</th><th>Motorbikes – trail biking / dirt biking / Peewee riding</th></t<>		134	Motorbikes – trail biking / dirt biking / Peewee riding
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		42	Dancing – ballroom dancing
48 Dancing – line dancing		47	Dancing – Latin dancing
		48	Dancing – line dancing
50 Dancing – pole dancing		50	Dancing – pole dancing

Activity	Definitions
	44 Dancing – folk dancing (any nationality specific dancing)
	43 Dancing – Dancesport
	52 Dancing (other specify)
	49 Dancing – Modern dancing (exclude fitness classes)
	51 Dancing – tap dancing
	45 Dancing – Hip Hop dancing
	46 Dancing – jazz dancing
	41 Dancing – ballet
	186 Video games – console-based physical activities (e.g., WiiFit, Xbox Kinect, Xbox 360, Playstation)