

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 – AFL / Aussie Rules 78 Football/soccer – indoor (SOCCER) 79 Football/soccer – outdoor (SOCCER) 76 Football – Oztag football 77 Football – touch football 154 Rugby league 155 Rugby union 75 Football – gridiron/American Football 80 Futsal 74 Football – Gaelic football 136 Netball – indoor netball 137 Netball – outdoor netball 98 Hockey – indoor hockey 99 Hockey – outdoor 182 Tennis – Hot Shots tennis 181 Tennis – general (e.g., doubles, singles, practice tennis) 180 Tennis – Cardio Tennis 146 Racquet ball 171 Squash 179 Tee ball 187 Volleyball – beach volleyball 188 Volleyball – general 196 Water polo 170 Softball 10 Baseball 95 Handball

Activity	Definitions
	97 Hockey – ice hockey 9 Badminton 25 Boxing – contact (hit person) (exclude fitness classes) 111 Lacrosse 194 Walking – race walking 7 Track and field (general) 8 Little Athletics 112 Marathon 56 Duathlon 185 Triathlon 93 Gymnastics – rhythmic 92 Gymnastics – artistic 94 Gymnastics – trampolining (exclude backyard) 91 Gymnastics – aerobic 129 Martial arts – wrestling / Grappling 116 Martial arts – fencing 122 Martial arts – kickboxing – contact 115 Martial arts – Brazilian Jiu Jitsu (BJJ) 126 Martial arts – other (please specify) 118 Martial arts – Judo 124 Martial arts – Mixed martial arts / MMA 125 Martial arts – Muay Thai 127 Martial arts – Taekwondo 84 Golf – golf course 83 Golf – driving range 2 Acrobatics 178 Swimming – synchronised swimming 15 Biathlon 130 Modern pentathlon 174 Surf lifesaving – general (excluding nippers) 173 Surf life saving sports – Nippers 4 Adventure racing 102 Horses – harness racing / horse racing 104 Horses – polo / polocrosse 105 Horses – rodeos / bull riding / bucking animals 101 Equestrian / dressage / show jumping 132 Motorbikes – motorbike racing 135 Motorsports – other (excluding motorbiking)
Cycling and scootering (excluding active transport)	34 Cycling/bike riding – BMX Freestyle 40 Cycling/bike riding – track or velodrome cycling 33 Cycling/bike riding – BMX at skate park 39 Cycling/bike riding – on–road 36 Cycling/bike riding – mountain biking/On trails 32 Cycling/bike riding – BMX (general riding) 35 Cycling/bike riding – footpath/open spaces (not on road) 163 Scooter riding – general
Walking (excluding active transport)	191 Walking – bush walking / hiking 193 Walking – for exercise (exclude active transport to get somewhere) 192 Walking – dog
General exercise and fitness	65 Fitness classes – other (please specify) 66 Fitness classes – pilates mat 67 Fitness classes – pilates reformer

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

Activity	Definitions
	131 Motorbikes – motocross/freestyle motocross 133 Motorbikes – motorcycling (not on trials, but elsewhere) 134 Motorbikes – trail biking / dirt biking / Peewee riding 82 Go-Karting / gokarting 107 Jet skiing 114 Martial arts – Aikido 117 Martial arts – Hapkido 121 Martial arts – Kendo 128 Martial arts – Tai Chi 123 Martial arts – Kung fu wushu (Kung Fu) 119 Martial arts – Jujitsu 120 Martial arts – Karate 17 Boating / powerboating / dinghy (engine) 139 Obstacle courses – ropes courses – Challenge Ropes Courses 138 Obstacle courses – general (exclude Tough Mudder) 81 Geocaching 141 Orienteering/rogaining 140 Obstacle courses – Tough mudder 147 Recreational caving 1 Abseiling 149 Rock climbing – outdoor 150 Rock climbing – artificial/indoor rock climbing 148 River rafting / rafting / white water rafting 108 Kayaking/ canoeing / paddling (exclude rafting, stand up paddleboard) 142 Parkour 201 Other (Please specify) 200 Other (Please specify) 199 Other (Please specify) 55 Dragon boat racing 198 Wind surfing 172 Stand up paddle boarding (SUP) 162 Sailing 153 Rowing 175 Surfing 165 Shooting sports 168 Skating – artistic skating/Artistic roller skating 151 Roller skating – indoor 152 Rollerblading – outdoor 166 Skateboarding – general 169 Skirmish / paintball / lasertag 110 Kiteboarding / kitesurfing 19 Bodyboarding / boogie boarding (exclude other surfing) 183 Tennis – table tennis 22 Bowling – ten pin Bowling 184 Tobogganing 100 Hockey – underwater hockey 53 Diving – scuba diving / snorkelling 189 Wakeboarding / kneeboarding 197 Waterskiing 14 Belly dancing 42 Dancing – ballroom dancing 47 Dancing – Latin dancing 48 Dancing – line 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)