



SPORTS & FITNESS
INDUSTRY ASSOCIATION
SPORTS, FITNESS, AND
LEISURE ACTIVITIES
TOPLINE
PARTICIPATION
REPORT

2021

SFIA TOPLINE REPORT



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Your Guide to the 2021 Topline Participation Report

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1

Research Methodology

Research Methodology

2020 Participation Data

All participation statistics are from a nationwide study conducted during the 2020 calendar year by Sports Marketing Surveys USA (SMS). Under the guidance of the Sports and Fitness Industry Association (SFIA) and seven other sports industry associations that make up the Physical Activity Council (PAC), the participation study was designed and launched by Digital Research (DRI). All other data is attributable to the SFIA/SMS research partnership.

Sample Specification

During 2020, a total of 18,000 online interviews were carried out with a nationwide sample of individuals from U.S. proprietary online panels representative of the U.S. population for people ages six and older. Strict quotas associated with gender, age, income, region, and ethnicity were followed to ensure a balanced sample.

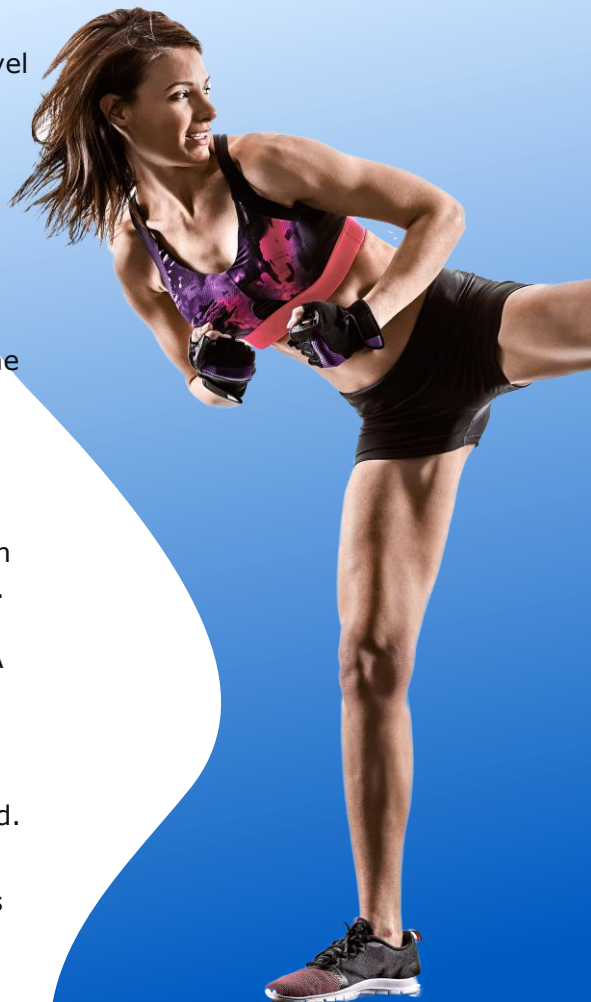
The 2020 participation survey sample size of 18,000 completed interviews provides a high degree of statistical accuracy. All surveys are subject to some level of standard error - that is, the degree to which the results might differ from those obtained by a complete census of every person in the U.S. A sport with a participation rate of five percent has a confidence interval of plus or minus 0.32 percentage points at the 95 percent confidence level.

A weighting technique was used to balance the data to reflect the total U.S. population ages six and above. The following variables were used: gender, age, income, ethnicity, household size, region, and population density. The total population figure used was 303,971,652 people age six and older.

All manufacturer shipment data was taken directly from SFIA's annual Manufacturers' Sales by Category report. This report may be obtained at www.sfia.org. The Manufacturers' Sales by Category report is free to SFIA members; the price for non-members is \$245.

Activity reported is based on a rolling 12-month participation rate. All charts represent data from US populations ages 6 and over, unless otherwise specified.

If you have specific questions regarding the methodology, please contact Sports Marketing Surveys at info@sportsmarketingsurveysusa.com or (561) 427-0647.



2

Executive Summary



Executive Summary

President/CEO of the Sports & Fitness Industry Association



Tom Cave

In 2020, the world faced an unprecedented period of disruption and unpredictability. This report's 2020 participation data show that some sports and activities experienced record-breaking growth, while a significant portion of the sports and fitness world faced large declines.

Looking at data from Q1 2020, SFIA's trend analysis indicates the industry was strongly positioned for another year of growth, expansion, and innovation across several segments until COVID-19 hit. Starting in March, as the seriousness of the virus became apparent, shutdown orders closed businesses, stores, schools - literally stopping the country in its tracks. Everything from public parks to private fitness clubs were shuttered, and sport seasons and competitions were postponed or cancelled. Sports and fitness participation immediately dropped dramatically. But that was only the beginning of the story. Throughout the rest of the year, Americans reacted and adapted, and changed their activity habits, venues and preferences. This year's Topline Report illustrates and details those changes.

To help answer the question that everyone is asking, "How did the COVID-19 pandemic affect sports and fitness participation?", we have added a special section to this report: COVID-19 Effect on Participation (page 29). Of special note, in this section we included "frequency and occasion" numbers for all 50 activities that we track in addition to our traditional calculations of number of participants. We found this clarifies that, in team sports and group fitness activities, for example, many people participated in some way in 2020, but not nearly as many times.

Let's start by highlighting good news from last year. For the second straight year, the Inactivity rate dropped. In 2020, the inactivity rate was 24.4 percent, a 2.4 percentage point drop from 2019, accounting for nearly 7.0 million more Americans becoming active. This is a significant move in the right direction. Also, for the first time ever, inactivity rates dropped among every income bracket. While there is still a significant gap between inactivity at the lowest income level and inactivity at the highest income level, we are encouraged by this data.

In terms of participation, sports and activities that allowed people to be socially distant had banner years. These activities included pickleball, tennis, golf, trail running, skateboarding, surfing, day hiking, and recreational kayaking. In general, outdoor sports and racquet sports had the largest increase in participation compared to their 2019 numbers.

Team sports, on the other hand, had an extremely difficult year. Only 5 of the 23 team sports that SFIA tracks had total participation increases; while only two, basketball and ultimate frisbee, had core participation increases. We note that both of these can be and are played in informal settings with varying numbers of participants. Most team sports had significant - over 10 percent - core participation decreases. We estimate a considerable percentage of team sport participation in 2020 can be attributed to recreational or backyard play, which is counter to the trend of the past decade.

Unlike other categories, COVID-19 for the fitness industry was a double-edged sword. With gyms and health clubs being forced to close, fitness participation levels overall decreased in 2020. Home fitness activities that can practice at home, like yoga, pilates, and kettlebells, showed robust participation increases, while activities done generally in health clubs or studios, like stationary cycling (group), stair-climbing machine, and cardio kickboxing, experienced significant declines.

In sum, sports and fitness participation in 2020 was, like everything else, unpredictable and constantly evolving. We trust this report will help make sense of it.

3

Sport & Activity Participation in the U.S.



Overall Participation in the U.S.

U.S. Population Ages 6+

This past year brought many changes to the American lifestyle. The COVID-19 pandemic affected the way people worked, communicated, socialized, and connected. The role of sports and fitness in daily living were of no exception. While these changes took a toll on both an emotional and economic level, American's still found ways to positively adapt.

In 2020, 229.7 million people ages 6 and over reported being active, accounting for 75.6 percent of the population (fig. 1a). This was a 3.6 percent increase from 2019 and the greatest number of active Americans since 2007. This was the year people skateboarded, played tennis, surfed, camped, and played basketball at record highs (see pages 40-53 for topline participation trends section).

Regarding participation and its effect on the sports/fitness industry, the year 2020 had started out strong. December of 2019 and January of 2020 had participation rates higher than in April of 2019 (fig. 1b). However, when the COVID-19 pandemic restrictions were enforced throughout the nation, there was an initial dip in participation. From February through April of 2020, participation decreased 2.7 percentage points, going from 77.5 percent participation rates in January to 75.0 percent in April. Americans found alternative ways to work out while gyms and health clubs temporarily closed. May of 2020 was the most active month with 78.2 percent of the population reporting activity. Bike sales skyrocketed to the point where finding a new bike was nearly impossible. Fitness and strength equipment, such as kettlebells, free weights, and stationary bikes, not only flew off the shelf, but it was also incredibly difficult to purchase these items online (see the 2021 SFIA Manufacturers' Sales by Category Report for a closer look at equipment sales in the U.S.).

While the overall activity participation rate increased, the frequency and intensity of activity stayed relatively consistent (fig. 1c). Inactivity decreased in 2020, dropping 2.4 percentage points, to 24.4 percent of the population ages 6 and over (see more in-depth analysis on inactivity on page 15), as did the low/medium calorie activities, declining 0.5 percentage points. Casual participation in high calorie activities increased, accounting for 65.3 million Americans ages 6 and over. This change from high frequency participation of high calorie activities to a casual frequency has a lot to do with the temporary closure of gyms/health clubs, cancelation of team sport seasons, and the guidelines implemented to socially distance.

As many Americans began to work remotely and children moved to virtual learning, not only did free time increase, but due to stay-at-home orders and general decisions to keep out of public places, people found themselves trying to find ways to occupy their time. At home fitness and outdoor activities became the appropriate way to maintain physical exercise while remaining socially distance. In 2020, outdoor and racquet sports increased 2.1 and 0.9 percentage points, respectively (fig. 1d). Trail Running, pickleball, tennis, road cycling, and day hiking had the largest number of participants in the last six years. Some of these sports having over a 20.0 percent increase from 2019.

Overall Participation in the U.S.

U.S. Population Ages 6+

Fitness sports remained flat at a 67.0 percent participation rate. The lack of a significant increase in participants, as seen in outdoor and racquet sports, has more to do with the decrease of equipment use, such as elliptical motion/cross-trainer, stair-climbing machine, stationary cycling, weight/resistance machines, and treadmill, than the decrease of overall fitness participation (see pages 41-43 for fitness equipment trends). Fitness activities that were easy to practice at home and had virtual class options, such as yoga, Pilates, dance, step, and other choreographed exercise to music, all had the most gains since 2015. But those fitness activities that required expensive equipment or in-class participation were greatly impacted by the COVID-19 pandemic.

Team sports were expected to be affected greatly by the COVID-19 pandemic. While total participation rates in team sports decreased, it remained higher than anticipated. Much of this effect was attributed to youths and young adults who found ways to either continue their preferred sport or engage in a new one at home. With most team sport seasons being canceled, closure of recreational buildings, and limiting outdoor gatherings due to social distancing guidelines, core participation plummeted across the board. However, many participants took to shooting hoops in the driveway, practiced soccer skills in the backyard, or went to the street to slap the hockey puck around, which all contributed to the increase of casual participation. (For a closer look at team sport participation 2019-2020 comparison, see pages 33-34).

Most generations increased their participation in each of the sport

categories. Racquet sports had the greatest increases across generations. An impressive 22.4 percent of Gen Zers played a form of a racquet game, a 23.4 percent increase from 2019. Millennials continued to have the highest participation rates in fitness sports, however, only increasing by 0.6 percent.

Gen X had a renewed interest in team sports. This increase being mainly attributed to children spending most of their time at home and their parents finding alternative ways to occupy their time.



Overall Participation in the U.S.

U.S. Population Ages 6+

Fig.1a

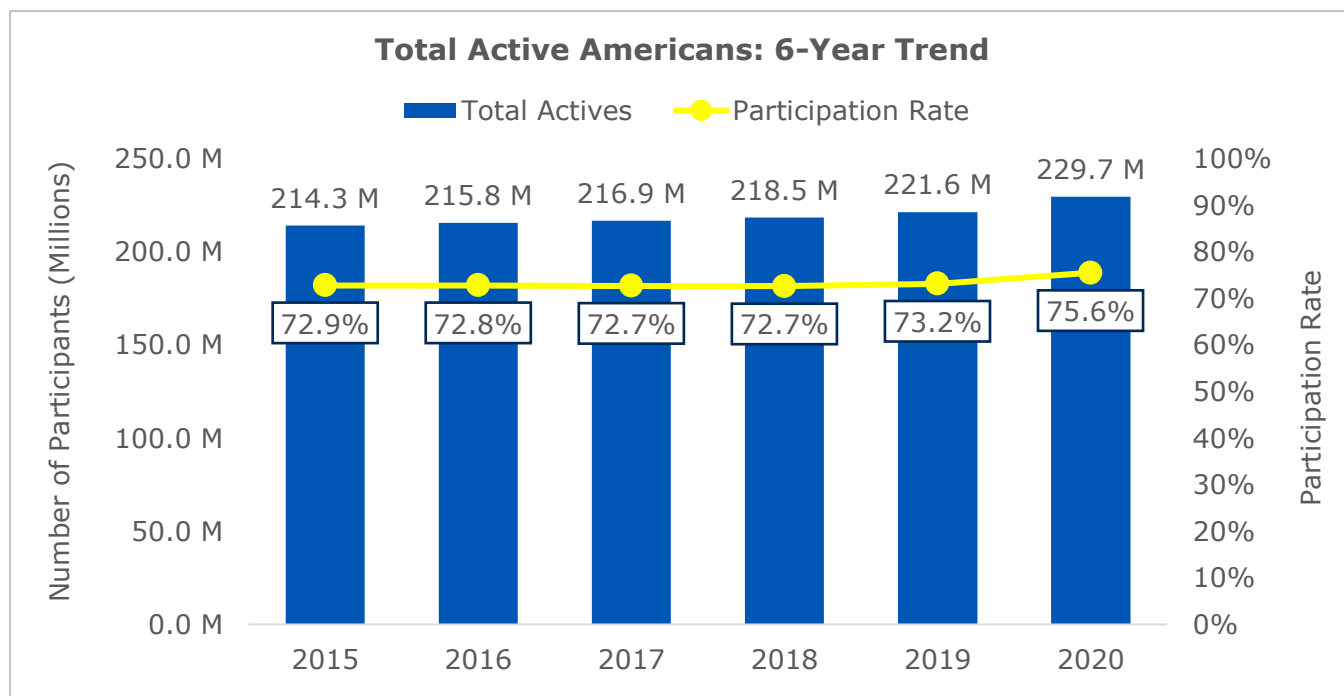
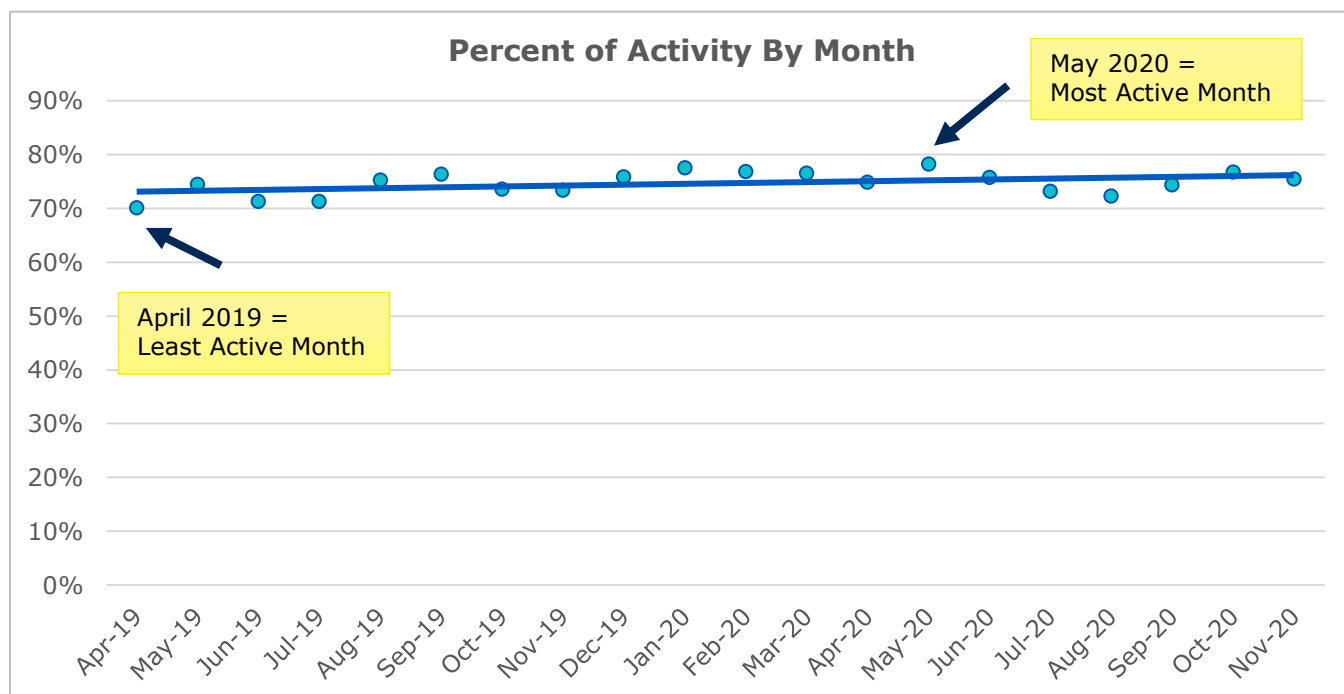


Fig.1b

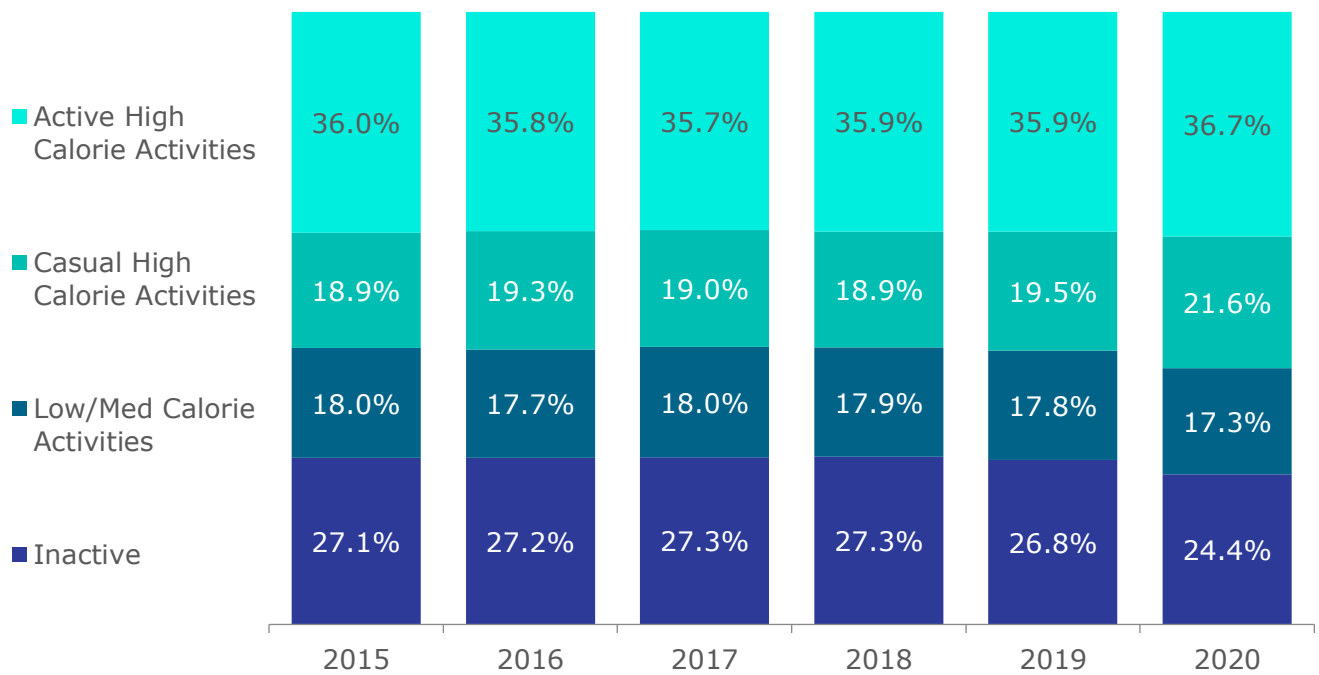


Overall Participation in the U.S.

U.S. Population Ages 6+

Fig.1c

Inactive to Healthy Active Across 6-Year Trend



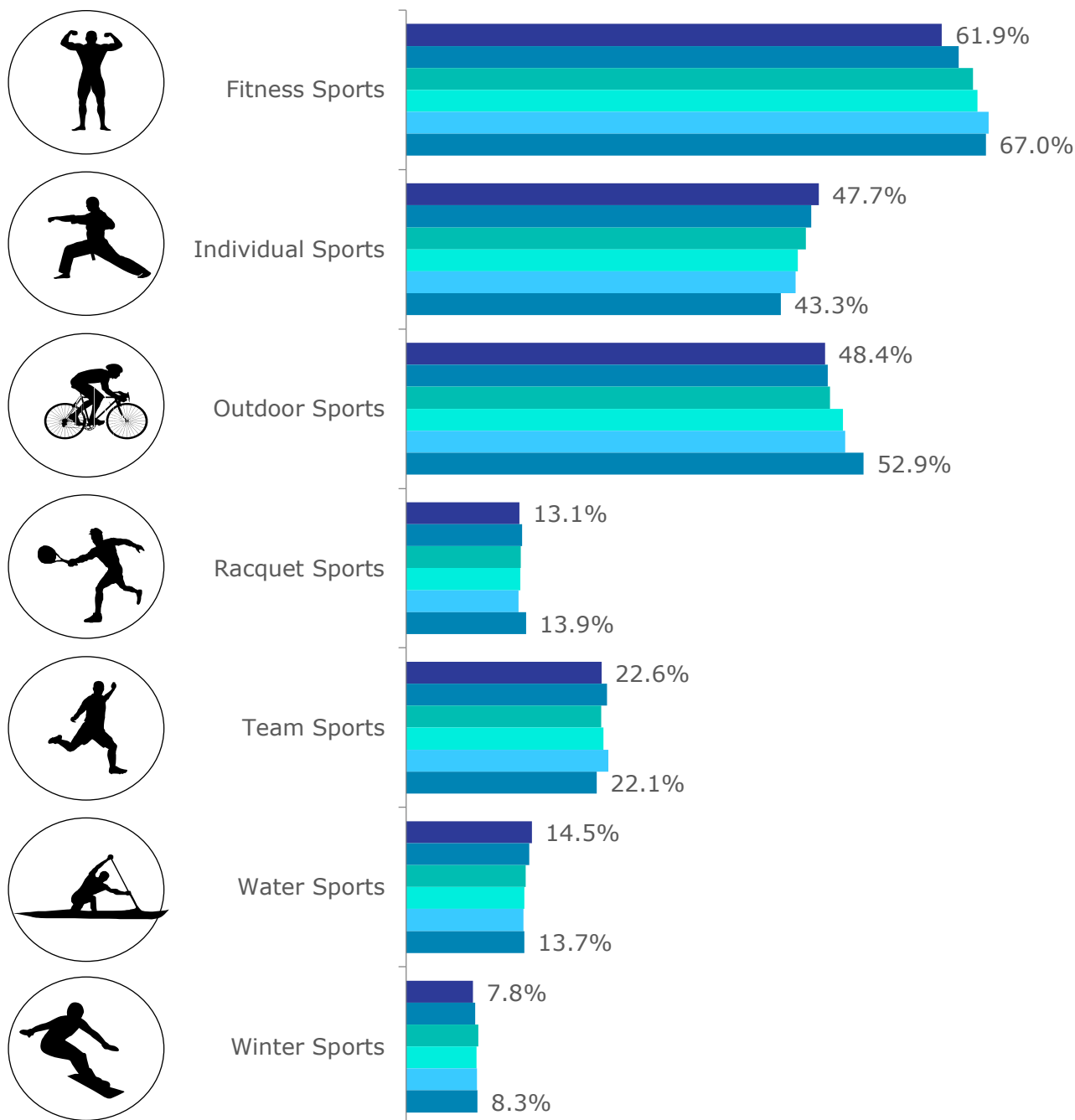
Overall Participation in the U.S.

U.S. Population Ages 6+

Fig.1d

Total Participation Rate by Activity Category

■ 2015 ■ 2016 ■ 2017 ■ 2018 ■ 2019 ■ 2020

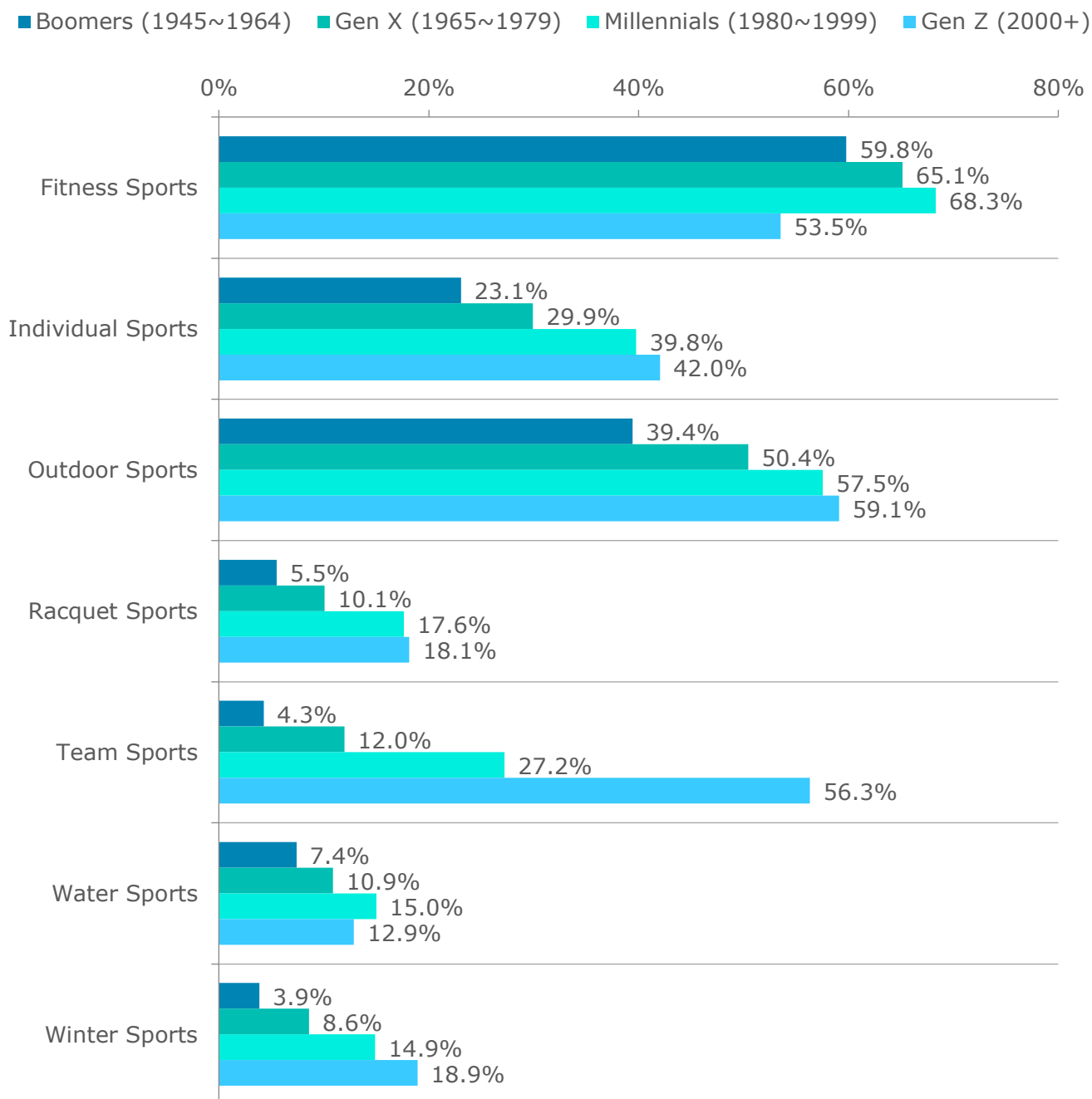


Overall Participation in the U.S.

U.S. Population Ages 6+

Fig.1e

Activity Category Segmented by Generation



4

Inactivity Levels in the U.S.



Inactivity Levels in the U.S.

U.S. Population Ages 6+

When it came to American's becoming active, 2020 was a record-breaking year. So, inversely, inactivity rates plummeted, 8.8 percent to be exact (fig. 2a). Seventy-four million people reported inactivity during the pandemic year, the lowest inactivity number since 2011 and the lowest inactivity rate since 2007. The decrease of inactive people meant that 6.8 million Americans started participating in activities, such as hiking, yoga, biking, and walking for fitness, compared to last year. This spike in activity was the greatest activity increase in the U.S. to date!

While the decline of inactivity numbers was incredibly optimistic, not all age groups were affected equally. Both 18 to 24 and 25 to 34 age segments had the greatest gain of inactivity, 3.1 and 3.7 percentage point, respectively. The increase in both age groups can be attributed to the economic impact of the COVID-19 pandemic.

Young adults ages 18 to 24 were most likely in college and working part-time. When most colleges went to virtual learning, the collegiate sports seasons, both organized and recreational, ended. These young adults moved back home and, while likely working in the service industry, lost work hours or were laid off. The loss of income along with canceled organized sports and closure of school gyms and recreational buildings, contributed toward a participation decline.

Household income disparity has been a hot topic of discussion when it comes to inactivity. Historically, lower income households had the highest inactivity rates and struggled to maintain a downward turn. However, in 2020, inactivity in the two lowest income brackets had impressive declines. Households with incomes under \$25K went from 45.6 percent inactivity rate to 41.4 percent, a 4.2 percentage point decrease. While \$25K to \$49K household incomes declined by 2.8 percentage points from 2018 to 2019. Knowing that these two household income brackets struggle the most with maintaining an active lifestyle, however, when facing the social restrictions, economic loss, and the mental toll of a pandemic, they persevered.

Inactivity Levels in the U.S.

U.S. Population Ages 6+

Fig.2a

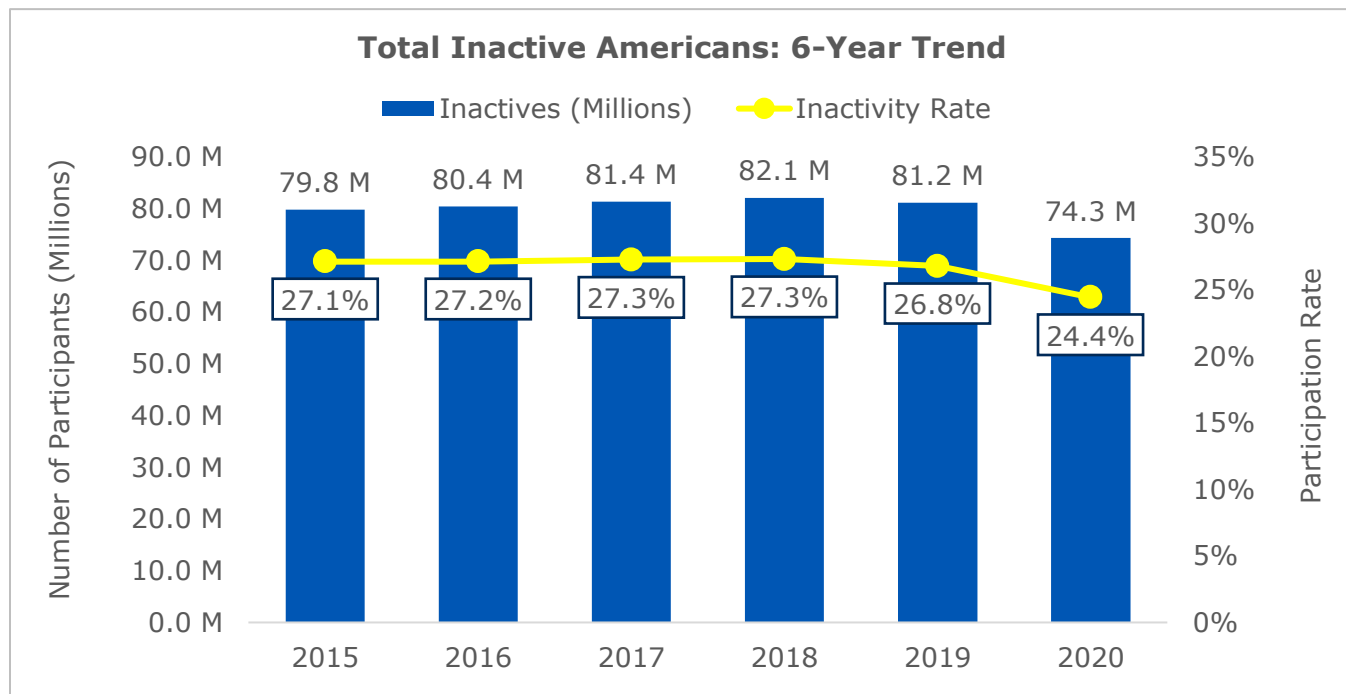
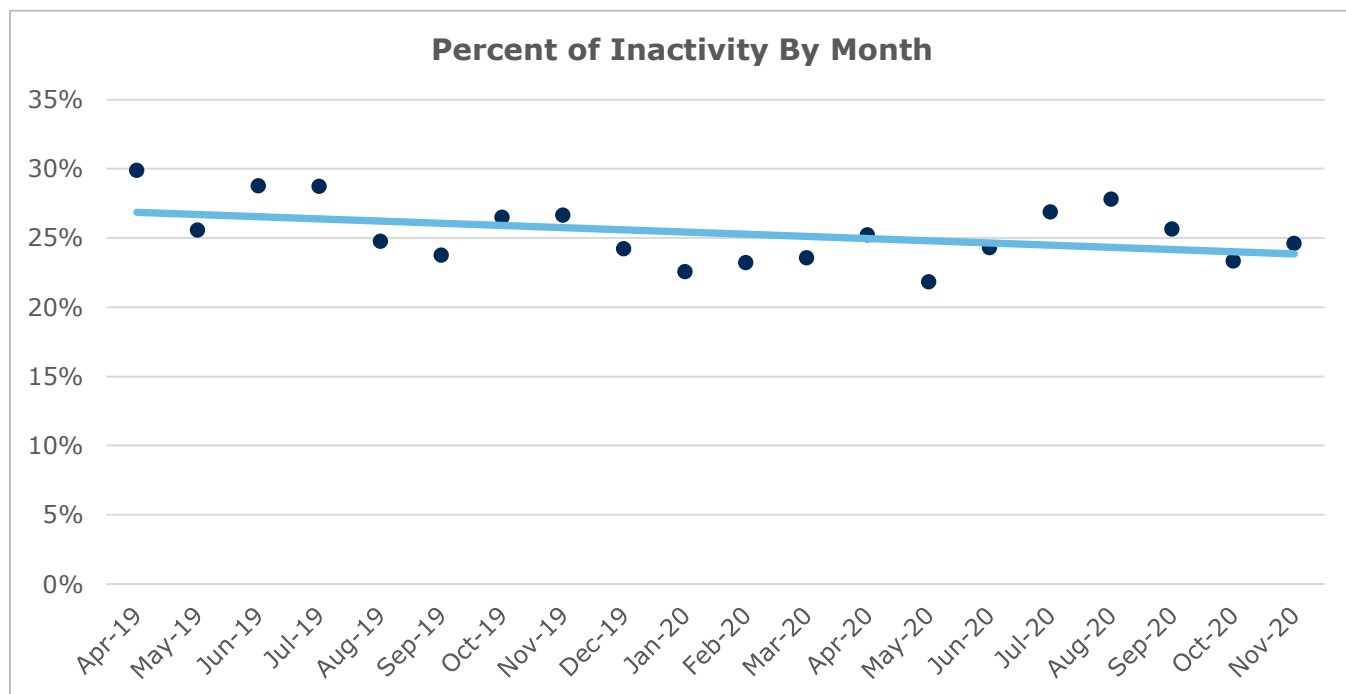


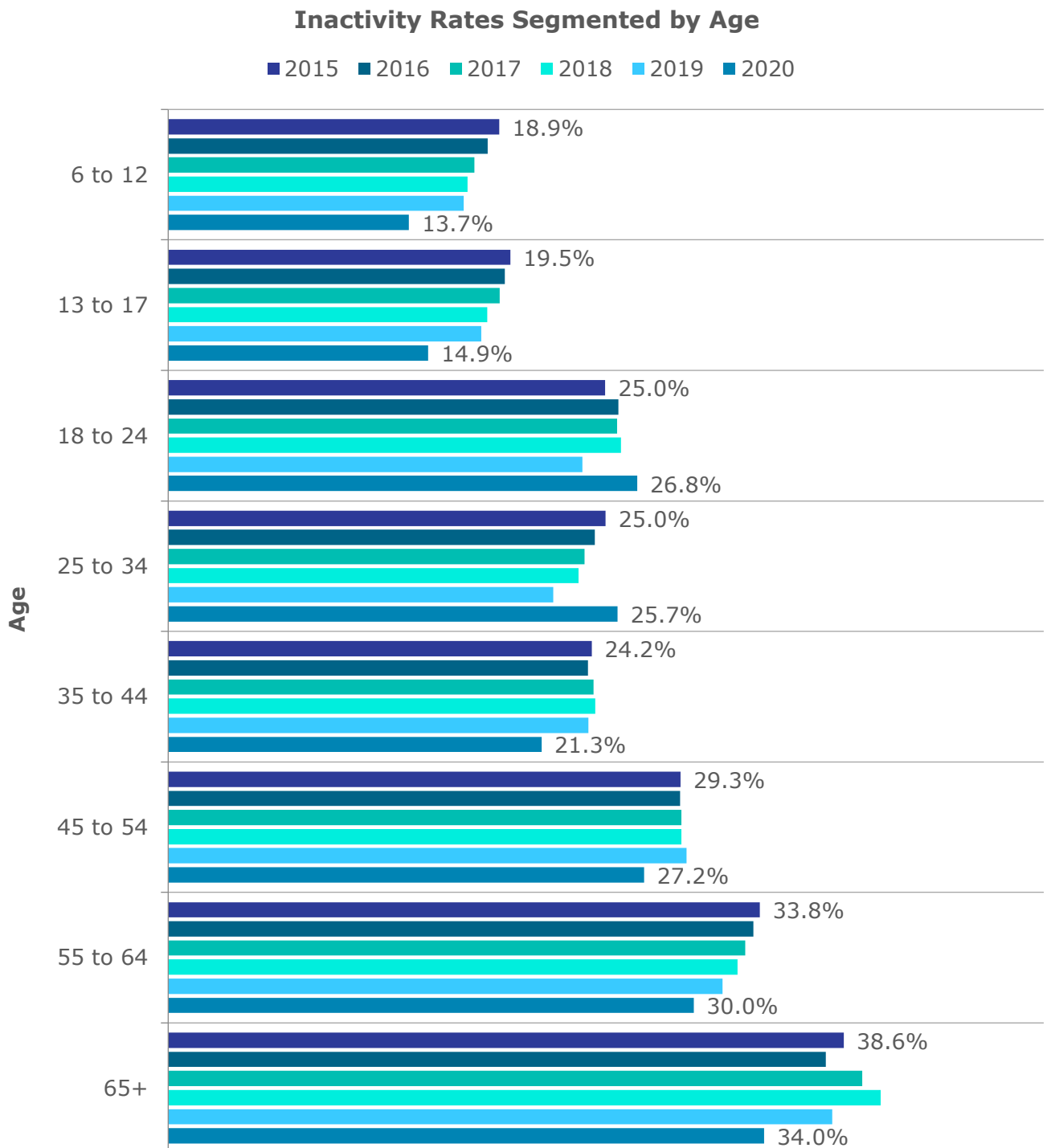
Fig.2b



Inactivity Levels in the U.S.

U.S. Population Ages 6+

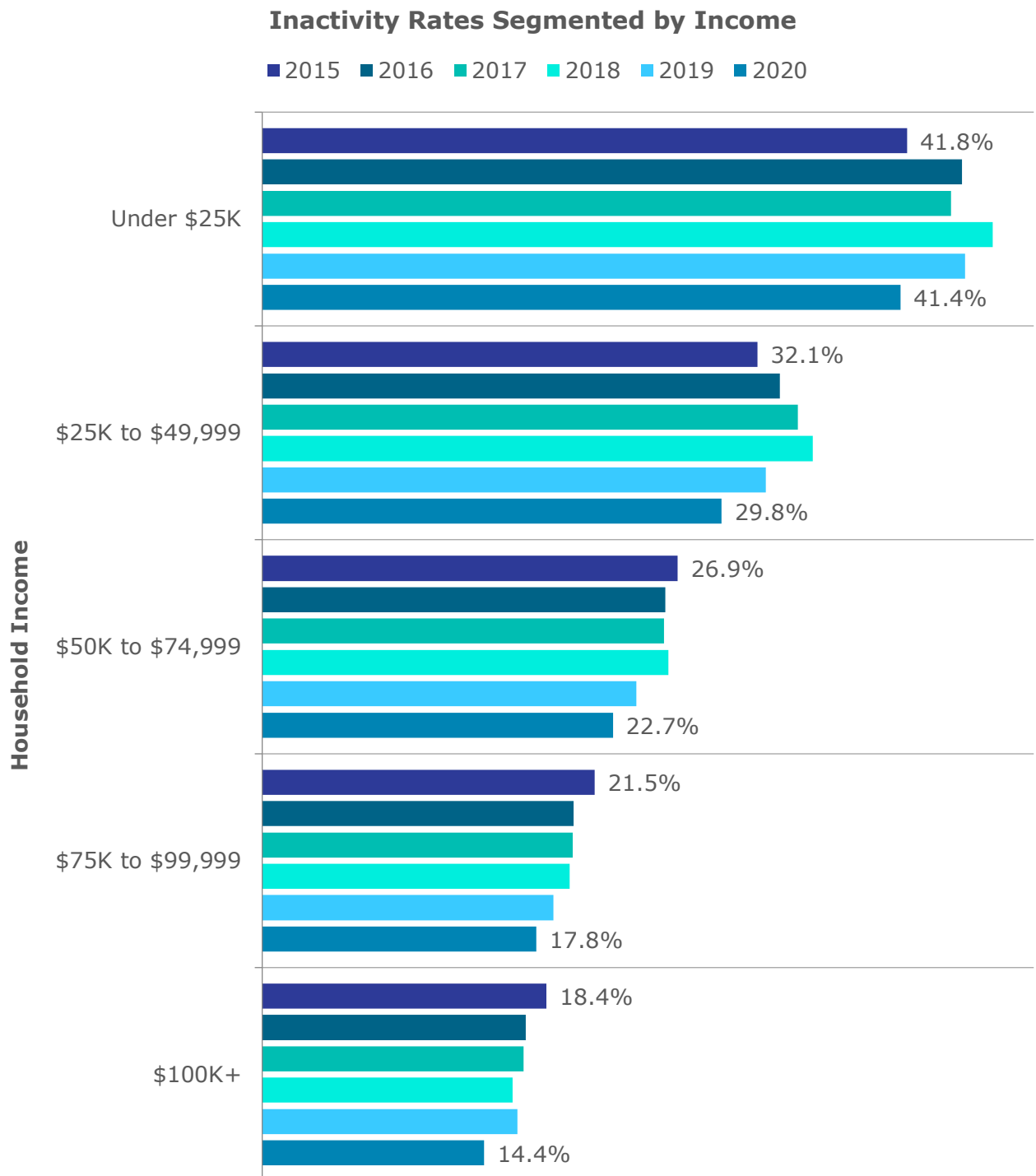
Fig.2c



Inactivity Levels in the U.S.

U.S. Population Ages 6+

Fig.2d



5

Aspirational Participation



Americans' Intent to Participate

U.S. Population Ages 6+

To gain additional insights into which activities people wanted to continue, start, or end, it was important to adjust how the data was collected. In 2020, the question was modified to capture intent of participating for the next 12 months. These questions were also asked to all respondents rather than to just those who reported not participating in the activity during the previous two years. The following illustrates the data collected from the new question.

Team sports were high on the list of activities youths ages 6 to 17 intend to participate in during the next 12 months. Basketball, soccer, baseball, and tennis were all ranked in the top ten along with the outdoor activities of running/jogging, camping, hiking, and fishing.

Overall, adults ages 18 and over focus primarily on fitness and outdoor activities. Hiking, running/jogging, and yoga were listed in the top three for young adults ages 18 to 24. As the age segments increased, hiking and fishing rose on the list of aspirational activities. While golf was a focus for adults ages 55 and over, children ages 6 to 12 also reported an intent to participate in the next 12 months.

Hiking was ranked in the top two of intent to participate for all household income brackets. Those households under \$75K ranked fishing, hiking, and camping in the top three. Yoga was included at some point in the top ten of all household income brackets. As yoga being one the fastest growing fitness activities, it is not surprising that people intend to practice yoga in the next 12 months.



Americans' Intent to Participate

U.S. Population Ages 6+

Fig.3a

Intent to Participate by Age



Americans' Intent to Participate

U.S. Population Ages 6+

Fig.3b

Intent to Participate by Income



6

Physical Education Participation



Physical Education Participation

U.S. Population Ages 6+

Participating in gym class/physical education (PE) at school has a direct link to activity levels in adulthood. While school PE participation may have been on hold during the pandemic, the importance of physical activity during the day was not lost. Consider how inactivity rates for youths ages 6 to 12 and 13 to 17 all declined during 2020 goes to the fact that adults and children alike recognize the importance of being active.

During the 2020 school year, nearly all 6- to 12-year-olds, 94.8 percent, and 13- to 17-year-olds, 83.5% attended PE when it was being held at school (fig. 4a-b). Older youths attended gym class slightly more often than their younger counterparts (fig. 4c). Thirteen-year-olds attend gym class the most, 3.3 days on average, while 6- to 9-year old's and 17-year-olds attended the least on average, 2.8 days.

Not only was gym class/PE a contributor to an active adult lifestyle, attending these classes also contribute to current activity levels. For those who attended PE at least once a week, one out of eight youths were likely to participate in a high calorie activity during the year compared to their non-PE counterparts (fig.4d). Almost 20.0 percent of both youth age segments who did not attend PE during 2020 reported being inactive.

Eighty percent of adults who reported having PE in childhood were active in 2020. Of those adults, the higher level of enjoyment in PE class increased the likelihood they would be active in a high calorie activity during adulthood. One out of three people who avoided PE class, but were still required to participate, reported being inactive in adulthood.



Physical Education Participation

U.S. Population Ages 6 to 17

Fig.4a

6 to 12 Year Old's Attending PE

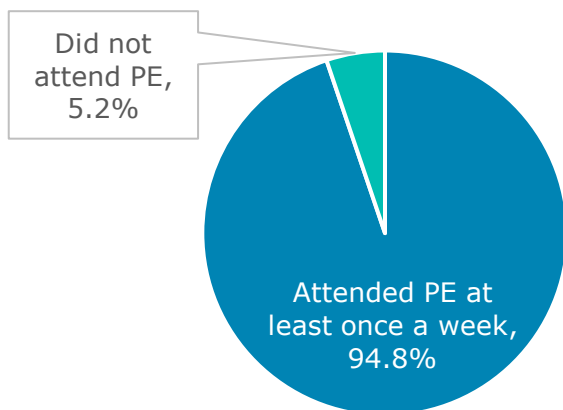


Fig.4b

13 to 17 Year Old's Attending PE

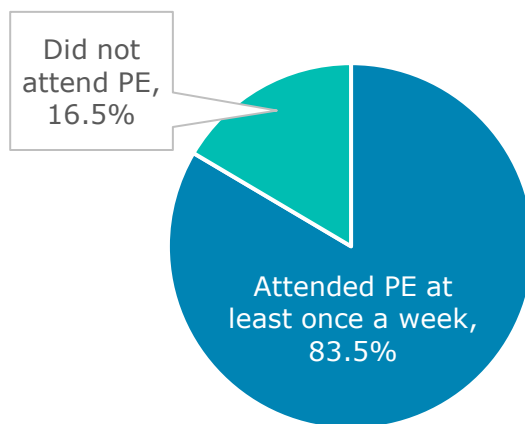


Fig.4c

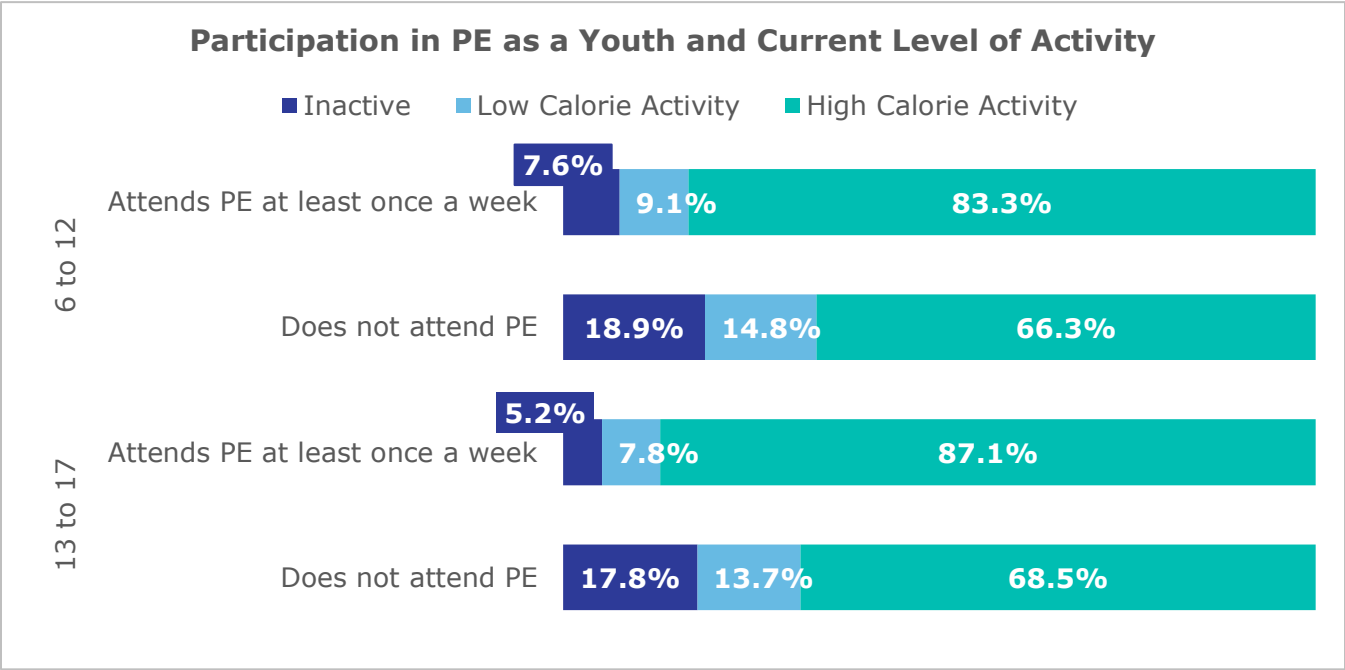
Youth Participation in PE

Age	Percent Who Attend PE	Average Days
6	94.4%	2.8
7	97.3%	2.8
8	95.9%	2.8
9	95.7%	2.9
10	96.4%	2.9
11	93.8%	3.1
12	92.2%	3.2
13	93.6%	3.3
14	89.0%	3.2
15	80.8%	3.1
16	78.2%	2.9
17	71.1%	2.8

Physical Education Participation

U.S. Population Ages 6 to 17

Fig.4d



Physical Education Participation

U.S. Population Ages 18+

Fig.4e

Had PE in Childhood

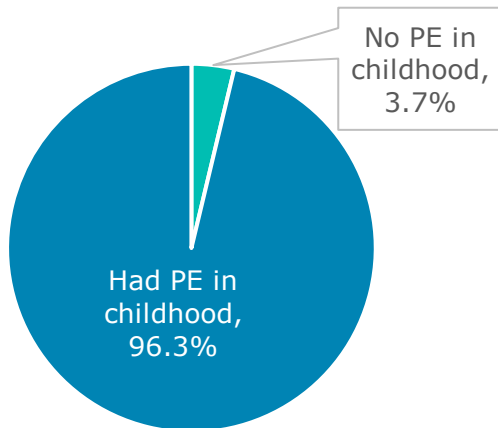


Fig.4f

Perception of PE in Childhood

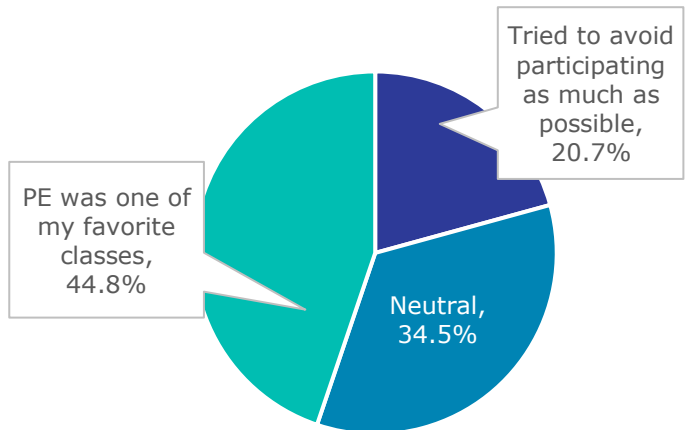
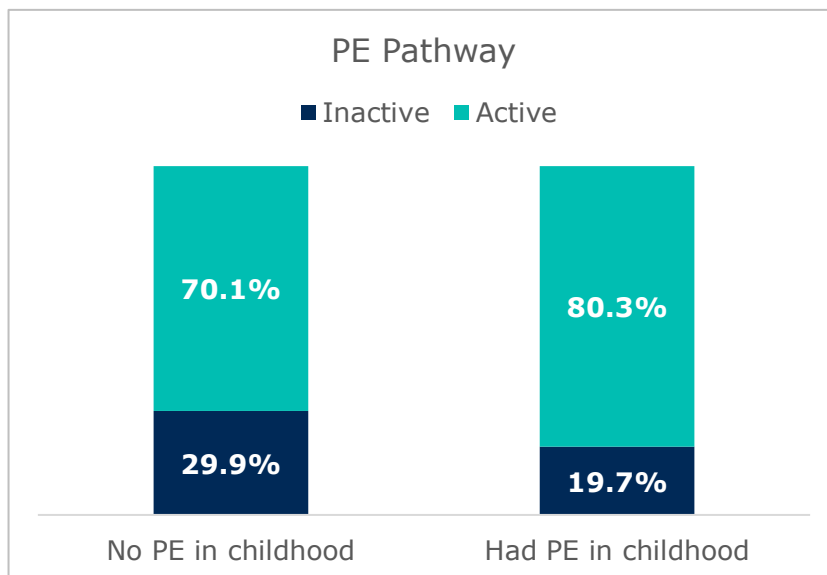


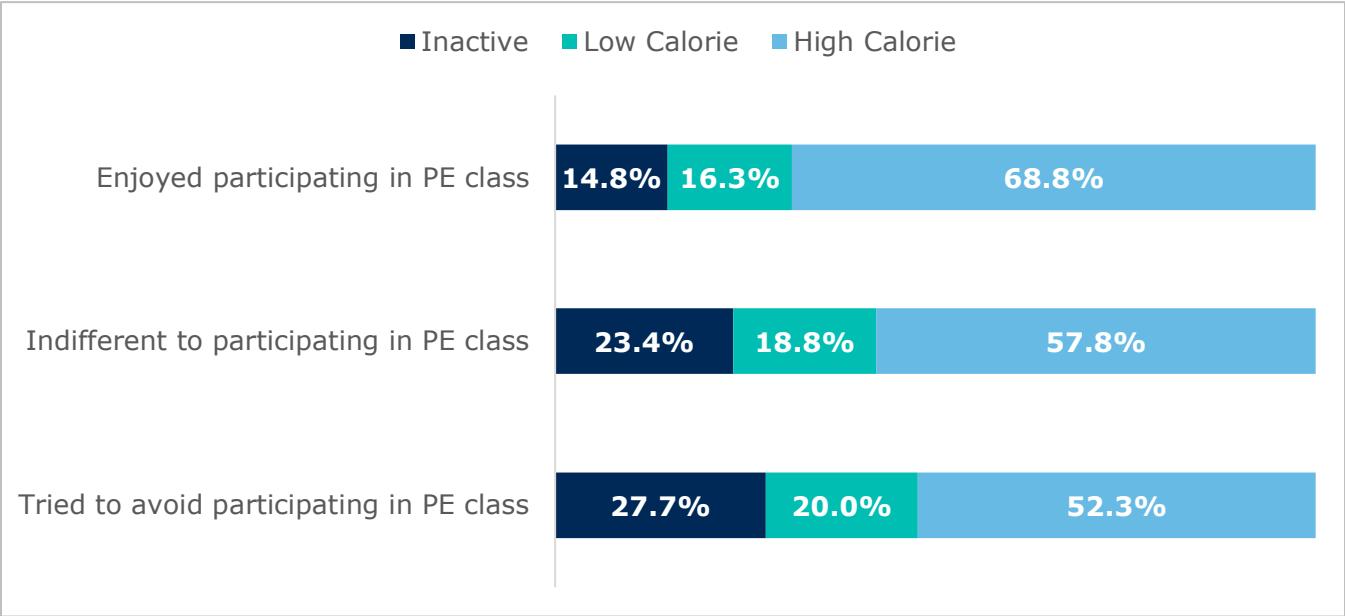
Fig.4g



Physical Education Participation

U.S. Population Ages 18+

Fig.2h



7

COVID-19 Deeper Dive Analysis



COVID-19 Effect on Participation

U.S. Population Ages 6+

- One big take away from 2020 was gyms and fitness clubs were highly important to fitness and well being. With group exercise, such as stationary cycling, cross-training style workouts, and cardio kickboxing, decreasing the most in core numbers, indicated that many individuals rely on gyms and fitness clubs for their main venue for exercise.
- Fitness activities like running, jogging, free weight use, and yoga had some of the largest increases in total participation because these required little equipment and can be practiced without the access to a gym or fitness club.
- The largest hit core participation fitness activity was aquatic exercise. Not only was this fitness activity affected from the temporary closures of gyms and fitness clubs, but also the fact this activity was a favorite among the older age group of 65 and over. This age group was the most vulnerable to COVID-19 virus, therefore many restricted themselves to their home further reducing access to participate in aquatic exercise.
- Yoga had the largest core participation increase out of the 24 fitness activities. The practiced gained 17.1 percent of core participants from 2019, the largest gain since tracking yoga, accounting for 1.9 additional core yogis.
- Three big standout individual/outdoor activities were road biking, skateboarding, and surfing. In total participants, road biking gained 5.1 million, skateboarding gained 2.3 million, and surfing gained 0.8 million additional people. These additional participants created an additional demand for equipment that, in turn, produced record high sales.
- Basketball and soccer had gains during the pandemic. Both sports can be a solo activity and can be practiced at home with minimal equipment. The decrease in frequency and occasions in both basketball and soccer suggest play was not team-oriented or organized.
- The team sports took the biggest hits were volleyball, swimming on a team, and gymnastics. Sports that were typically played inside and with a team suffered the most.
- In terms of core numbers, soccer and cheerleading had the biggest declines, while basketball and ultimate frisbee had the largest increases. Overall, most of the team sports decreased during the pandemic.

COVID-19 Effect on Participation

U.S. Population Ages 6+

FITNESS ACTIVITY	TOTAL Numbers			Mean			Occasions		
	2019	2020	1-YR Change	2019	2020	1-YR Change	2019	2020	1-YR Change
Aquatic Exercise	11.2 M	11.0 M	-2.1%	35	34	-0.7%	387 B	376 B	-2.8%
Barre	3.7 M	3.6 M	-2.3%	32	29	-11.6%	119 B	102 B	-13.7%
Bodyweight Exercise & Bodyweight Accessory-Assisted Training	23.5 M	22.8 M	-2.8%	84	95	12.0%	1,984 B	2,160 B	8.8%
Boot Camp Style Training	6.8 M	5.0 M	-27.3%	34	35	4.4%	232 B	176 B	-24.1%
Cardio Kickboxing	7.0 M	5.3 M	-24.6%	28	28	0.4%	194 B	147 B	-24.3%
Cross-Training Style Workouts	13.5 M	9.2 M	-32.2%	52	56	8.2%	706 B	518 B	-26.6%
Dance, Step, and Other Choreographed Exercise to Music	24.0 M	25.2 M	5.0%	49	52	7.9%	1,163 B	1,317 B	13.3%
Elliptical Motion/Cross-Trainer	33.1 M	27.9 M	-15.5%	61	62	2.8%	2,008 B	1,743 B	-13.2%
Free Weights (Barbells)	28.4 M	28.8 M	1.4%	76	79	4.1%	2,167 B	2,288 B	5.6%
Free Weights (Dumbbells/Hand Weights)	51.4 M	53.3 M	3.5%	76	80	5.3%	3,931 B	4,286 B	9.0%
High Impact/Intensity Training (HIIT)	22.0 M	22.5 M	2.0%	58	64	9.4%	1,283 B	1,432 B	11.6%
Kettlebells	12.9 M	13.6 M	5.6%	62	64	2.2%	801 B	864 B	7.9%
Pilates Training	9.2 M	9.9 M	7.2%	38	41	8.4%	347 B	403 B	16.2%
Rowing Machine	12.8 M	11.7 M	-8.7%	42	45	8.0%	533 B	525 B	-1.4%
Running/Jogging	50.1 M	50.7 M	1.2%	67	68	1.3%	3,363 B	3,446 B	2.5%
Stair-Climbing Machine	15.4 M	11.3 M	-26.7%	44	43	-3.3%	675 B	479 B	-29.1%
Stationary Cycling (Group)	9.9 M	6.1 M	-39.0%	36	35	-3.0%	360 B	213 B	-40.9%
Stationary Cycling (Recumbent/Upright)	37.1 M	31.3 M	-15.6%	62	66	7.3%	2,284 B	2,068 B	-9.5%
Swimming for Fitness	28.2 M	25.7 M	-9.0%	38	37	-4.1%	1,083 B	944 B	-12.8%
Tai Chi	3.8 M	3.3 M	-13.0%	51	45	-10.6%	192 B	149 B	-22.2%
Treadmill	56.8 M	49.8 M	-12.3%	64	68	6.1%	3,657 B	3,403 B	-6.9%
Walking for Fitness	111.4 M	114.0 M	2.3%	117	121	3.4%	13,056 B	13,813 B	5.8%
Weight/Resistance Machines	36.2 M	30.7 M	-15.3%	76	75	-2.1%	2,755 B	2,284 B	-17.1%
Yoga	30.5 M	32.8 M	7.7%	53	55	4.5%	1,601 B	1,802 B	12.6%
Bicycling (Road/Non-Paved)	39.4 M	44.5 M	12.9%	50	51	0.8%	1,986 B	2,261 B	13.8%
Skateboarding	6.6 M	8.9 M	34.2%	37	31	-17.1%	248 B	275 B	11.2%
Surfing	3.0 M	3.8 M	28.2%	14	13	-10.1%	42 B	48 B	15.2%

COVID-19 Effect on Participation

U.S. Population Ages 6+

FITNESS ACTIVITY	CORE Numbers			Mean			Occasions		
	2019	2020	1-YR Change	2019	2020	1-YR Change	2019	2020	1-YR Change
Aquatic Exercise	3.2 M	2.6 M	-17.6%	82	105	27.6%	262 B	276 B	5.1%
Barre	0.8 M	0.9 M	7.6%	108	86	-20.4%	86 B	74 B	-14.3%
Bodyweight Exercise & Bodyweight Accessory-Assisted Training	14.0 M	13.3 M	-5.3%	128	150	16.7%	1,800 B	1,989 B	10.5%
Boot Camp Style Training	1.9 M	1.8 M	-6.1%	93	77	-17.6%	175 B	135 B	-22.6%
Cardio Kickboxing	2.0 M	1.9 M	-8.8%	65	52	-20.2%	132 B	96 B	-27.2%
Cross-Training Style Workouts	6.4 M	5.7 M	-11.5%	90	77	-14.1%	577 B	439 B	-23.9%
Dance, Step, and Other Choreographed Exercise to Music	7.9 M	8.5 M	7.5%	116	126	8.5%	918 B	1,072 B	16.7%
Elliptical Motion/Cross-Trainer	15.9 M	13.5 M	-14.9%	106	111	4.5%	1,687 B	1,501 B	-11.0%
Free Weights (Barbells)	16.6 M	15.4 M	-7.3%	118	134	13.6%	1,951 B	2,053 B	5.3%
Free Weights (Dumbbells/Hand Weights)	31.7 M	33.2 M	4.7%	111	116	4.5%	3,514 B	3,844 B	9.4%
High Impact/Intensity Training (HIIT)	9.7 M	9.7 M	0.8%	113	127	12.9%	1,088 B	1,239 B	13.8%
Kettlebells	5.4 M	5.6 M	2.7%	127	135	6.1%	687 B	749 B	9.0%
Pilates Training	3.2 M	3.2 M	2.2%	86	99	15.0%	274 B	321 B	17.5%
Rowing Machine	4.5 M	4.6 M	3.3%	91	89	-2.0%	410 B	416 B	1.3%
Running/Jogging	25.1 M	26.2 M	4.5%	116	114	-1.6%	2,908 B	2,991 B	2.9%
Stair-Climbing Machine	5.3 M	4.9 M	-7.1%	100	78	-21.5%	529 B	386 B	-27.1%
Stationary Cycling (Group)	3.3 M	2.9 M	-12.8%	81	56	-30.7%	270 B	163 B	-39.5%
Stationary Cycling (Recumbent/Upright)	17.6 M	18.0 M	2.3%	108	99	-8.1%	1,907 B	1,793 B	-6.0%
Swimming for Fitness	8.7 M	7.7 M	-12.1%	87	86	-2.0%	762 B	657 B	-13.9%
Tai Chi	1.4 M	1.4 M	1.9%	115	85	-26.5%	163 B	122 B	-25.1%
Treadmill	28.3 M	30.3 M	6.8%	111	98	-11.7%	3,145 B	2,968 B	-5.6%
Walking for Fitness	75.2 M	79.3 M	5.5%	164	165	0.8%	12,294 B	13,075 B	6.4%
Weight/Resistance Machines	21.5 M	19.7 M	-8.4%	114	103	-9.7%	2,452 B	2,029 B	-17.2%
Yoga	11.5 M	13.5 M	17.1%	115	110	-3.7%	1,319 B	1,488 B	12.8%
Bicycling (Road/Non-Paved)	18.6 M	20.8 M	11.6%	95	97	1.4%	1,772 B	2,006 B	13.2%
Skateboarding	2.3 M	2.6 M	9.0%	84	87	3.8%	197 B	223 B	13.2%
Surfing	1.0 M	1.3 M	34.3%	37	33	-11.2%	36 B	42 B	19.3%

COVID-19 Effect on Participation

U.S. Population Ages 6+

TEAM SPORTS	TOTAL Numbers			Mean			Occasions		
	2019	2020	1-YR Change	2019	2020	1-YR Change	2019	2020	1-YR Change
Baseball	15.8 M	15.7 M	-0.5%	32	30	-7.7%	513 B	471 B	-8.1%
Basketball	24.9 M	27.8 M	11.4%	37	33	-12.1%	930 B	911 B	-2.1%
Cheerleading	3.8 M	3.3 M	-11.8%	48	43	-9.5%	180 B	144 B	-20.2%
Football (Flag)	6.8 M	7.0 M	3.2%	20	17	-14.1%	135 B	120 B	-11.3%
Football (Tackle)	5.1 M	5.1 M	-1.0%	34	27	-20.9%	173 B	136 B	-21.7%
Football (Touch)	5.2 M	4.8 M	-6.3%	19	17	-9.3%	97 B	83 B	-15.0%
Gymnastics	4.7 M	3.8 M	-18.1%	55	48	-12.3%	259 B	186 B	-28.2%
Ice Hockey	2.4 M	2.3 M	-3.7%	36	23	-34.6%	84 B	53 B	-37.0%
Lacrosse	2.1 M	1.9 M	-11.0%	45	35	-21.9%	96 B	67 B	-30.5%
Paintball	2.9 M	2.8 M	-3.5%	13	11	-14.1%	38 B	31 B	-17.1%
Roller Hockey	1.6 M	1.5 M	-7.2%	28	23	-18.0%	45 B	34 B	-23.8%
Rugby	1.4 M	1.2 M	-10.8%	29	21	-26.9%	41 B	27 B	-34.8%
Soccer (Indoor)	5.3 M	5.4 M	2.0%	27	26	-2.6%	142 B	141 B	-0.7%
Soccer (Outdoor)	11.9 M	12.4 M	4.5%	37	34	-8.2%	445 B	427 B	-4.1%
Softball (Fast-Pitch)	2.2 M	1.8 M	-19.2%	57	67	17.3%	127 B	120 B	-5.3%
Softball (Slow-Pitch)	7.1 M	6.3 M	-10.2%	27	25	-7.2%	193 B	161 B	-16.6%
Swimming on a Team	2.8 M	2.6 M	-7.3%	45	44	-1.9%	126 B	114 B	-9.1%
Track and Field	4.1 M	3.6 M	-12.2%	39	44	12.6%	161 B	159 B	-1.1%
Ultimate Frisbee	2.3 M	2.3 M	1.5%	12	15	16.1%	29 B	34 B	17.9%
Volleyball (Beach/Sand)	4.4 M	4.3 M	-1.8%	19	14	-27.1%	85 B	61 B	-28.4%
Volleyball (Court)	6.5 M	5.4 M	-16.6%	42	37	-12.7%	272 B	198 B	-27.2%
Volleyball (Grass)	3.1 M	2.7 M	-12.7%	18	14	-21.4%	56 B	38 B	-31.3%
Wrestling	1.9 M	1.9 M	-0.7%	34	27	-22.1%	67 B	52 B	-22.7%

COVID-19 Effect on Participation

U.S. Population Ages 6+

TEAM SPORTS	CORE Numbers			Mean			Occasions		
	2019	2020	1-YR Change	2019	2020	1-YR Change	2019	2020	1-YR Change
Baseball	9.1 M	7.6 M	-16.5%	52	57	8.3%	479 B	433 B	-9.5%
Basketball	15.2 M	15.8 M	3.6%	57	53	-6.9%	870 B	838 B	-3.6%
Cheerleading	1.8 M	1.4 M	-24.2%	89	93	3.6%	163 B	128 B	-21.5%
Football (Flag)	3.0 M	2.7 M	-9.2%	38	36	-6.7%	115 B	97 B	-15.3%
Football (Tackle)	2.7 M	2.7 M	-1.1%	56	41	-26.7%	152 B	110 B	-27.5%
Football (Touch)	2.1 M	1.9 M	-11.8%	39	36	-7.7%	83 B	67 B	-18.6%
Gymnastics	1.7 M	1.4 M	-16.8%	122	99	-18.6%	207 B	140 B	-32.3%
Ice Hockey	1.3 M	1.1 M	-16.1%	60	42	-30.4%	79 B	46 B	-41.6%
Lacrosse	1.1 M	1.0 M	-10.2%	85	65	-24.0%	93 B	63 B	-31.8%
Paintball	1.1 M	1.0 M	-8.7%	30	26	-13.9%	33 B	26 B	-21.3%
Roller Hockey	0.4 M	0.4 M	-14.9%	91	82	-10.3%	40 B	30 B	-23.6%
Rugby	0.6 M	0.4 M	-21.9%	69	56	-18.8%	39 B	24 B	-36.6%
Soccer (Indoor)	2.8 M	2.1 M	-25.1%	46	61	32.0%	127 B	125 B	-1.1%
Soccer (Outdoor)	5.0 M	4.1 M	-19.1%	74	85	15.3%	373 B	348 B	-6.7%
Softball (Fast-Pitch)	1.2 M	1.2 M	-7.0%	96	98	2.0%	120 B	114 B	-5.2%
Softball (Slow-Pitch)	4.0 M	3.6 M	-11.2%	43	40	-7.5%	175 B	144 B	-17.8%
Swimming on a Team	1.3 M	1.1 M	-15.6%	77	86	11.5%	99 B	93 B	-5.9%
Track and Field	2.1 M	2.0 M	-1.2%	69	68	-1.4%	143 B	139 B	-2.5%
Ultimate Frisbee	0.8 M	0.8 M	6.2%	26	31	18.6%	21 B	27 B	26.0%
Volleyball (Beach/Sand)	1.5 M	1.2 M	-18.6%	49	40	-17.9%	73 B	49 B	-33.2%
Volleyball (Court)	3.5 M	3.2 M	-9.1%	74	58	-21.5%	259 B	185 B	-28.6%
Volleyball (Grass)	0.9 M	0.9 M	-4.4%	48	34	-29.4%	46 B	31 B	-32.5%
Wrestling	0.8 M	0.7 M	-8.4%	78	62	-21.2%	59 B	43 B	-27.8%

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Topline Participation Trends



A Breakdown of Participation

U.S. Population Ages 6+

All participation figures are in 000s

Aerobic Activities	Definition	2015	2016	2017	2018	2019	2020	1-year change	3-year AAG	5-year AAG
Aquatic Exercise										
Total participation	1+ times	9,226	10,575	10,459	10,518	11,189	10,954	-2.1%	1.6%	3.7%
Casual	1-49 times	5,991	7,135	7,222	7,391	8,006	8,331	4.1%	4.9%	7.0%
CORE	50+ times	3,236	3,440	3,237	3,127	3,183	2,623	-17.6%	-6.4%	-3.8%
Boot Camp Style Training										
Total participation	1+ times	6,722	6,583	6,651	6,695	6,830	4,969	-27.3%	-8.2%	-5.1%
Casual	1-49 times	4,488	4,484	4,637	4,780	4,951	3,204	-35.3%	-9.5%	-5.1%
CORE	50+ times	2,234	2,099	2,014	1,915	1,880	1,765	-6.1%	-4.3%	-4.6%
Cardio Kickboxing										
Total participation	1+ times	6,708	6,899	6,693	6,838	7,026	5,295	-24.6%	-6.6%	-4.0%
Casual	1-49 times	4,579	4,760	4,671	4,712	4,990	3,438	-31.1%	-8.1%	-4.5%
CORE	50+ times	2,129	2,139	2,022	2,126	2,037	1,857	-8.8%	-2.6%	-2.6%
Cross-Training Style Workouts										
Total participation	1+ times	11,710	12,914	13,622	13,338	13,542	9,179	-32.2%	-10.9%	-3.4%
Casual	1-49 times	6,038	6,430	6,890	6,594	7,100	3,476	-51.0%	-15.9%	-6.8%
CORE	50+ times	5,672	6,483	6,732	6,744	6,442	5,704	-11.5%	-5.3%	0.5%
Dance, Step, and Other Choreographed Exercise to Music										
Total participation	1+ times	21,487	21,839	22,616	22,391	23,957	25,160	5.0%	3.7%	3.2%
Casual	1-49 times	14,137	14,158	14,867	14,503	16,047	16,652	3.8%	4.0%	3.4%
CORE	50+ times	7,350	7,681	7,748	7,888	7,910	8,507	7.5%	3.2%	3.0%
Elliptical Motion/Cross-Trainer										
Total participation	1+ times	32,321	32,218	32,283	33,238	33,056	27,920	-15.5%	-4.4%	-2.6%
Casual	1-49 times	15,729	15,687	15,854	16,889	17,175	14,403	-16.1%	-2.6%	-1.4%
CORE	50+ times	16,593	16,532	16,430	16,349	15,880	13,517	-14.9%	-6.1%	-3.8%
High Impact/Intensity Training (HIIT)										
Total participation	1+ times	20,464	21,390	21,476	21,611	22,044	22,487	2.0%	1.5%	1.9%
Casual	1-49 times	11,723	11,801	12,105	11,828	12,380	12,743	2.9%	1.8%	1.7%
CORE	50+ times	8,742	9,589	9,370	9,783	9,665	9,744	0.8%	1.3%	2.3%
Running/Jogging										
Total participation	1+ times	48,496	47,384	50,770	49,459	50,052	50,652	1.2%	-0.1%	0.9%
Casual	1-49 times	22,337	21,764	24,004	24,399	24,972	24,438	-2.1%	0.6%	1.9%
CORE	50+ times	26,158	25,621	26,766	25,061	25,081	26,214	4.5%	-0.6%	0.1%
Stair-Climbing Machine										
Total participation	1+ times	13,234	15,079	14,948	15,025	15,359	11,261	-26.7%	-8.0%	-2.2%
Casual	1-49 times	7,960	9,332	9,501	9,643	10,059	6,339	-37.0%	-10.4%	-2.4%
CORE	50+ times	5,275	5,747	5,447	5,382	5,301	4,922	-7.1%	-3.3%	-1.2%

AAG- Average Annual Growth

A Breakdown of Participation

U.S. Population Ages 6+

All participation figures are in 000s

Aerobic Activities	Definition	2015	2016	2017	2018	2019	2020	1-year change	3-year AAG	5-year AAG
Stationary Cycling (Group)										
Total participation	1+ times	8,677	8,937	9,409	9,434	9,930	6,054	-39.0%	-11.2%	-5.0%
Casual	1-49 times	5,561	5,751	6,023	6,097	6,583	3,134	-52.4%	-14.4%	-7.0%
CORE	50+ times	3,116	3,186	3,386	3,337	3,347	2,920	-12.8%	-4.6%	-1.1%
Stationary Cycling (Recumbent/Upright)										
Total participation	1+ times	35,553	36,118	36,035	36,668	37,085	31,287	-15.6%	-4.2%	-2.3%
Casual	1-49 times	18,512	18,240	18,447	19,282	19,451	13,249	-31.9%	-8.8%	-5.4%
CORE	50+ times	17,042	17,878	17,588	17,387	17,634	18,038	2.3%	0.9%	1.2%
Swimming for Fitness										
Total participation	1+ times	26,319	26,601	27,135	27,575	28,219	25,666	-9.0%	-1.7%	-0.4%
Casual	1-49 times	17,059	17,781	18,319	18,728	19,480	17,987	-7.7%	-0.5%	1.2%
CORE	50+ times	9,260	8,820	8,815	8,847	8,739	7,680	-12.1%	-4.3%	-3.6%
Treadmill										
Total participation	1+ times	50,398	51,872	52,966	53,737	56,823	49,832	-12.3%	-1.7%	0.0%
Casual	1-49 times	23,136	23,490	24,444	25,826	28,473	19,549	-31.3%	-5.1%	-2.0%
CORE	50+ times	27,262	28,381	28,523	27,911	28,349	30,283	6.8%	2.1%	2.2%
Walking for Fitness										
Total participation	1+ times	109,829	107,895	110,805	111,001	111,439	114,044	2.3%	1.0%	0.8%
Casual	1-49 times	35,563	34,535	35,326	36,139	36,254	34,742	-4.2%	-0.5%	-0.4%
CORE	50+ times	74,266	73,359	75,479	74,862	75,185	79,302	5.5%	1.7%	1.4%
Conditioning Activities	Definition	2015	2016	2017	2018	2019	2020	1-year change	3-year AAG	5-year AAG
Barre										
Total participation	1+ times	3,583	3,329	3,436	3,532	3,665	3,579	-2.3%	1.4%	0.1%
Casual	1-49 times	2,881	2,636	2,701	2,750	2,868	2,721	-5.1%	0.3%	-1.0%
CORE	50+ times	703	693	735	782	797	858	7.6%	5.3%	4.1%
Bodyweight Exercise & Bodyweight Accessory-Assisted Training										
Total participation	1+ times	22,146	25,110	24,454	24,183	23,504	22,845	-2.8%	-2.2%	0.8%
Casual	1-49 times	9,346	9,763	10,095	9,674	9,492	9,581	0.9%	-1.7%	0.6%
CORE	50+ times	12,800	15,347	14,359	14,509	14,012	13,264	-5.3%	-2.6%	1.1%
Pilates Training										
Total participation	1+ times	8,594	8,893	9,047	9,084	9,243	9,905	7.2%	3.1%	2.9%
Casual	1-49 times	5,201	5,525	5,698	5,845	6,074	6,668	9.8%	5.4%	5.1%
CORE	50+ times	3,394	3,367	3,348	3,238	3,168	3,237	2.2%	-1.1%	-0.9%

AAG- Average Annual Growth

A Breakdown of Participation

U.S. Population Ages 6+

All participation figures are in 000s

Conditioning Activities	Definition	2015	2016	2017	2018	2019	2020	1-year change	3-year AAG	5-year AAG
Rowing Machine										
Total participation	1+ times	10,106	10,830	11,707	12,096	12,809	11,694	-8.7%	0.2%	3.2%
Casual	1-49 times	5,902	6,458	7,276	7,744	8,308	7,045	-15.2%	-0.5%	4.1%
CORE	50+ times	4,205	4,372	4,431	4,352	4,500	4,649	3.3%	1.6%	2.1%
Tai Chi										
Total participation	1+ times	3,651	3,706	3,787	3,761	3,793	3,300	-13.0%	-4.3%	-1.8%
Casual	1-49 times	2,237	2,245	2,329	2,360	2,379	1,858	-21.9%	-6.6%	-3.1%
CORE	50+ times	1,415	1,461	1,458	1,400	1,414	1,442	1.9%	-0.3%	0.4%
Yoga										
Total participation	1+ times	25,289	26,268	27,354	28,745	30,456	32,808	7.7%	6.3%	5.4%
Casual	1-49 times	14,947	15,486	16,454	17,553	18,953	19,337	2.0%	5.6%	5.3%
CORE	50+ times	10,341	10,782	10,900	11,193	11,503	13,471	17.1%	7.5%	5.6%
Strength Activities										
Strength Activities	Definition	2015	2016	2017	2018	2019	2020	1-year change	3-year AAG	5-year AAG
Free Weights (Barbells)										
Total participation	1+ times	25,381	26,473	27,444	27,834	28,379	28,790	1.4%	1.6%	2.6%
Casual	1-49 times	9,860	10,344	10,868	11,355	11,806	13,428	13.7%	7.4%	6.4%
CORE	50+ times	15,521	16,129	16,576	16,479	16,573	15,363	-7.3%	-2.4%	-0.1%
Free Weights (Dumbbells/Hand Weights)										
Total participation	1+ times	54,716	51,513	52,217	51,291	51,450	53,256	3.5%	0.7%	-0.5%
Casual	1-49 times	18,491	18,245	18,866	18,702	19,762	20,070	1.6%	2.1%	1.7%
CORE	50+ times	36,225	33,268	33,351	32,589	31,688	33,186	4.7%	-0.1%	-1.6%
Kettlebells										
Total participation	1+ times	10,408	10,743	12,182	12,511	12,857	13,576	5.6%	3.7%	5.5%
Casual	1-49 times	6,223	6,048	7,148	7,254	7,454	8,025	7.7%	4.0%	5.5%
CORE	50+ times	4,185	4,695	5,033	5,256	5,403	5,550	2.7%	3.3%	5.9%
Weight/Resistance Machines										
Total participation	1+ times	35,310	35,768	36,291	36,372	36,181	30,651	-15.3%	-5.2%	-2.6%
Casual	1-49 times	14,654	14,346	14,496	14,893	14,668	10,940	-25.4%	-8.1%	-5.0%
CORE	50+ times	20,655	21,422	21,795	21,479	21,513	19,711	-8.4%	-3.2%	-0.8%

AAG- Average Annual Growth

A Breakdown of Participation

U.S. Population Ages 6+

All participation figures are in 000s

Individual Sports	Definition	2015	2016	2017	2018	2019	2020	1-year change	3-year AAG	5-year AAG
Adventure Racing										
Total participation	1+ times	2,864	2,999	2,529	2,215	2,143	1,966	-8.3%	-8.0%	-7.0%
Casual	1 time	1,121	1,081	899	581	549	328	-40.2%	-27.0%	-20.3%
CORE	2+ times	1,743	1,918	1,630	1,634	1,595	1,638	2.7%	0.2%	-0.9%
Archery										
Total participation	1+ times	8,378	7,903	7,769	7,654	7,449	7,249	-2.7%	-2.3%	-2.8%
Casual	1-25 times	7,038	6,650	6,602	6,514	6,309	6,102	-3.3%	-2.6%	-2.8%
CORE	26+ times	1,340	1,253	1,167	1,140	1,140	1,147	0.6%	-0.6%	-3.0%
Bowling										
Total participation	1+ times	45,931	45,925	45,491	45,793	45,372	40,143	-11.5%	-3.9%	-2.5%
Casual	1-12 times	35,549	35,866	35,888	36,354	36,160	31,793	-12.1%	-3.8%	-2.1%
CORE	13+ times	10,382	10,059	9,603	9,439	9,212	8,350	-9.4%	-4.5%	-4.2%
Boxing for Fitness										
Total participation	1+ times	5,419	5,175	5,157	5,166	5,198	5,230	0.6%	0.5%	-0.7%
Casual	1-12 times	2,787	2,678	2,738	2,714	2,738	2,962	8.2%	2.7%	1.3%
CORE	13+ times	2,633	2,496	2,419	2,452	2,460	2,268	-7.8%	-2.0%	-2.9%
Golf (on a 9 or 18-hole golf course)										
Total participation	1+ times	24,120	23,815	23,829	24,240	24,271	24,804	2.2%	1.3%	0.6%
Golf (off-course ONLY: driving range, golf entertainment venue, indoor simulator)										
Total participation	1+ times	6,998	8,173	8,345	9,279	9,905	12,057	21.7%	13.2%	11.7%
Golf (on- or off-course)										
Total participation	1+ times	31,118	31,988	32,174	33,519	34,176	36,861	7.9%	4.7%	3.5%
Horseback Riding										
Total participation	1+ times			7,046	7,044	6,990	6,748	-3.5%	-1.4%	
Ice Skating										
Total participation	1+ times	10,485	10,315	9,998	9,721	9,460	9,857	4.2%	-0.4%	-1.2%
Casual	1-12 times	8,792	8,708	8,486	8,201	8,011	8,338	4.1%	-0.5%	-1.0%
CORE	13+ times	1,693	1,607	1,512	1,521	1,450	1,519	4.8%	0.2%	-2.1%
Martial Arts										
Total participation	1+ times	5,507	5,745	5,838	5,821	6,068	6,064	-0.1%	1.3%	2.0%
Casual	1-12 times	1,793	1,964	2,021	1,991	2,178	2,679	23.0%	10.3%	8.7%
CORE	13+ times	3,714	3,780	3,816	3,830	3,890	3,385	-13.0%	-3.7%	-1.7%
MMA for Competition										
Total participation	1+ times	1,290	1,133	1,047	977	978	979	0.1%	-2.2%	-5.2%
Casual	1-12 times	1,017	824	768	691	691	769	11.3%	0.4%	-4.9%
CORE	13+ times	273	309	280	286	287	211	-26.6%	-8.0%	-4.1%

AAG- Average Annual Growth

A Breakdown of Participation

U.S. Population Ages 6+

All participation figures are in 000s

Individual Sports	Definition	2015	2016	2017	2018	2019	2020	1-year change	3-year AAG	5-year AAG
MMA for Fitness										
Total participation	1+ times	2,612	2,446	2,376	2,365	2,405	2,445	1.7%	1.0%	-1.3%
Casual	1-12 times	1,439	1,329	1,286	1,269	1,326	1,561	17.7%	7.0%	2.0%
CORE	13+ times	1,173	1,116	1,091	1,096	1,079	884	-18.1%	-6.4%	-5.2%
Roller Skating (2x2 Wheels)										
Total participation	1+ times	6,646	6,500	6,313	6,568	6,612	6,160	-6.8%	-0.7%	-1.4%
Casual	1-12 times	5,355	5,218	5,079	5,263	5,289	4,808	-9.1%	-1.7%	-2.0%
CORE	13+ times	1,292	1,282	1,235	1,305	1,323	1,353	2.2%	3.1%	1.0%
Roller Skating (Inline Wheels)										
Total participation	1+ times	6,024	5,381	5,268	5,040	4,816	4,892	1.6%	-2.4%	-4.0%
Casual	1-12 times	4,246	3,861	3,853	3,680	3,474	3,466	-0.2%	-3.4%	-3.9%
CORE	13+ times	1,778	1,520	1,415	1,359	1,342	1,425	6.2%	0.3%	-4.1%
Skateboarding										
Total participation	1+ times	6,436	6,442	6,382	6,500	6,610	8,872	34.2%	12.6%	7.4%
Casual	1-25 times	3,867	3,955	3,970	3,989	4,265	6,315	48.1%	18.5%	11.6%
CORE	26+ times	2,569	2,487	2,411	2,511	2,345	2,557	9.0%	2.2%	0.1%
Trail Running										
Total participation	1+ times	8,139	8,582	9,149	10,010	10,997	11,854	7.8%	9.0%	7.8%
Triathlon (Non-Traditional/Off Road)										
Total participation	1+ times	1,744	1,705	1,878	1,589	1,472	1,363	-7.4%	-10.1%	-4.5%
Triathlon (Traditional/Road)										
Total participation	1+ times	2,498	2,374	2,162	2,168	2,001	1,846	-7.7%	-5.1%	-5.8%
Racquet Sports										
Badminton										
Total participation	1+ times	7,198	7,354	6,430	6,337	6,095	5,862	-3.8%	-3.0%	-3.9%
Casual	1-12 times	5,032	5,285	4,564	4,555	4,338	4,129	-4.8%	-3.3%	-3.7%
CORE	13+ times	2,166	2,069	1,867	1,782	1,756	1,733	-1.4%	-2.4%	-4.3%
Cardio Tennis										
Total participation	1+ times	1,821	2,125	2,223	2,499	2,501	2,503	0.1%	4.2%	6.8%
Pickleball										
Total participation	1+ times	2,506	2,815	3,132	3,301	3,460	4,199	21.3%	10.5%	11.0%
Casual	1-12 times	2,628	2,488	2,451	2,407	2,207	2,835	28.4%	6.1%	2.3%
CORE	13+ times	1,048	1,106	1,210	1,290	1,253	1,364	8.9%	4.2%	5.5%

AAG- Average Annual Growth

A Breakdown of Participation

U.S. Population Ages 6+

All participation figures are in 000s

Racquet Sports	Definition	2015	2016	2017	2018	2019	2020	1-year change	3-year AAG	5-year AAG
Pop/Paddle/Platform Tennis										
Total participation	1+ times			1,065	1,055	1,385	1,817	31.2%	20.5%	
Racquetball										
Total participation	1+ times	3,883	3,579	3,526	3,480	3,453	3,426	-0.8%	-1.0%	-2.4%
Casual	1-12 times	2,628	2,488	2,451	2,407	2,398	2,476	3.2%	0.4%	-1.1%
CORE	13+ times	1,255	1,092	1,075	1,073	1,055	950	-9.9%	-3.9%	-5.3%
Squash										
Total participation	1+ times	1,710	1,549	1,492	1,285	1,222	1,163	-4.9%	-7.9%	-7.3%
Casual	1-7 times	1,293	1,111	1,044	796	747	669	-10.4%	-13.5%	-12.1%
CORE	8+ times	417	437	447	489	476	495	3.9%	3.5%	3.5%
Table Tennis										
Total participation	1+ times	16,565	16,568	16,041	15,592	14,908	16,854	13.1%	2.0%	0.5%
Casual	1-12 times	12,031	12,071	11,834	11,388	10,708	12,266	14.5%	1.6%	0.6%
CORE	13+ times	4,534	4,497	4,207	4,205	4,199	4,587	9.2%	3.0%	0.4%
Tennis										
Total participation	1+ times	17,963	18,079	17,683	17,841	17,684	21,642	22.4%	7.5%	4.2%
Team Sports	Definition	2015	2016	2017	2018	2019	2020	1-year change	3-year AAG	5-year AAG
Baseball										
Total participation	1+ times	13,711	14,760	15,642	15,877	15,804	15,731	-0.5%	0.2%	2.8%
Casual	1-12 times	4,803	5,673	6,405	6,563	6,655	8,089	21.5%	8.5%	11.3%
CORE	13+ times	8,908	9,087	9,238	9,314	9,149	7,643	-16.5%	-5.8%	-2.7%
Basketball										
Total participation	1+ times	23,410	22,343	23,401	24,225	24,917	27,753	11.4%	5.9%	3.6%
Casual	1-12 times	7,774	7,486	8,546	9,335	9,669	11,962	23.7%	12.2%	9.4%
CORE	13+ times	15,636	14,857	14,856	14,890	15,248	15,791	3.6%	2.1%	0.2%
Cheerleading										
Total participation	1+ times	3,608	4,029	3,816	3,841	3,752	3,308	-11.8%	-4.5%	-1.4%
Casual	1-25 times	1,968	2,365	2,164	2,039	1,934	1,931	-0.2%	-3.7%	0.1%
CORE	26+ times	1,640	1,664	1,653	1,802	1,817	1,377	-24.2%	-4.8%	-2.7%
Football (Flag)										
Total participation	1+ times	5,829	6,173	6,551	6,572	6,783	7,001	3.2%	2.3%	3.8%
Casual	1-12 times	3,105	3,249	3,572	3,573	3,794	4,287	13.0%	6.4%	6.8%
CORE	13+ times	2,724	2,924	2,979	2,999	2,989	2,714	-9.2%	-3.0%	0.1%
CORE Age 6 to 17	13+ times	1,276	1,401	1,565	1,578	1,590	1,446	-9.1%	-2.5%	2.8%

AAG- Average Annual Growth

A Breakdown of Participation

U.S. Population Ages 6+

All participation figures are in 000s

Team Sports	Definition	2015	2016	2017	2018	2019	2020	1-year change	3-year AAG	5-year AAG
Football (Touch)										
Total participation	1+ times	6,487	5,686	5,629	5,517	5,171	4,846	-6.3%	-4.8%	-5.6%
Casual	1-12 times	3,809	3,304	3,332	3,313	3,065	2,990	-2.5%	-3.5%	-4.6%
CORE	13+ times	2,678	2,383	2,297	2,204	2,105	1,856	-11.8%	-6.8%	-7.0%
Football (Tackle)										
Total participation	1+ times	6,222	5,481	5,224	5,157	5,107	5,054	-1.0%	-1.1%	-4.0%
Casual	1-25 times	2,842	2,242	2,145	2,258	2,413	2,390	-1.0%	3.7%	-2.9%
CORE	26+ times	3,380	3,240	3,078	2,898	2,694	2,665	-1.1%	-4.7%	-4.6%
Core Age 6 to 17	26+ times	2,539	2,543	2,427	2,353	2,311	2,226	-3.7%	-2.8%	-2.6%
Gymnastics										
Total participation	1+ times	4,679	5,381	4,805	4,770	4,699	3,848	-18.1%	-6.8%	-3.2%
Casual	1-49 times	3,061	3,580	3,139	3,047	3,004	2,438	-18.8%	-7.7%	-3.7%
CORE	50+ times	1,618	1,800	1,666	1,723	1,695	1,410	-16.8%	-5.0%	-2.2%
Ice Hockey										
Total participation	1+ times	2,546	2,697	2,544	2,447	2,357	2,270	-3.7%	-3.7%	-2.2%
Casual	1-12 times	1,219	1,353	1,227	1,105	1,040	1,165	12.0%	-1.3%	-0.4%
CORE	13+ times	1,326	1,344	1,317	1,342	1,317	1,105	-16.1%	-5.3%	-3.3%
Lacrosse										
Total participation	1+ times	2,094	2,090	2,171	2,098	2,115	1,884	-11.0%	-4.5%	-2.0%
Casual	1-12 times	1,146	1,153	1,142	1,036	1,021	902	-11.7%	-7.5%	-4.6%
CORE	13+ times	947	938	1,030	1,061	1,094	982	-10.2%	-1.4%	0.9%
Paintball										
Total participation	1+ times	3,385	3,707	3,406	3,096	2,881	2,781	-3.5%	-6.5%	-3.6%
Casual	1-7 times	2,430	2,662	2,335	1,988	1,808	1,801	-0.4%	-8.1%	-5.4%
CORE	8+ times	956	1,045	1,071	1,108	1,073	980	-8.7%	-2.8%	0.7%
Roller Hockey										
Total participation	1+ times	1,907	1,929	1,834	1,734	1,616	1,500	-7.2%	-6.5%	-4.6%
Casual	1-12 times	1,382	1,438	1,419	1,296	1,179	1,129	-4.3%	-7.3%	-3.8%
CORE	13+ times	525	491	415	437	436	371	-14.9%	-3.2%	-6.3%
Rugby										
Total participation	1+ times	1,349	1,550	1,621	1,560	1,392	1,242	-10.8%	-8.4%	-1.2%
Casual	1-7 times	918	1,090	1,097	998	835	807	-3.3%	-9.6%	-1.9%
CORE	8+ times	431	460	524	562	557	435	-21.9%	-5.2%	1.1%

AAG- Average Annual Growth

A Breakdown of Participation

U.S. Population Ages 6+

All participation figures are in 000s

Team Sports	Definition	2015	2016	2017	2018	2019	2020	1-year change	3-year AAG	5-year AAG
Soccer (Indoor)										
Total participation	1+ times	4,813	5,117	5,399	5,233	5,336	5,440	2.0%	0.3%	2.5%
Casual	1-12 times	2,157	2,347	2,657	2,452	2,581	3,377	30.8%	9.5%	10.1%
CORE	13+ times	2,656	2,770	2,742	2,782	2,755	2,063	-25.1%	-8.2%	-4.3%
Soccer (Outdoor)										
Total participation	1+ times	12,646	11,932	11,924	11,405	11,913	12,444	4.5%	1.5%	-0.2%
Casual	1-25 times	6,698	6,342	6,665	6,430	6,864	8,360	21.8%	8.3%	5.0%
CORE	26+ times	5,949	5,590	5,259	4,975	5,050	4,084	-19.1%	-7.7%	-7.0%
Softball (Fast-Pitch)										
Total participation	1+ times	2,460	2,467	2,309	2,303	2,242	1,811	-19.2%	-7.4%	-5.6%
Casual	1-25 times	1,187	1,198	1,077	1,084	993	650	-34.6%	-14.1%	-10.3%
CORE	26+ times	1,273	1,269	1,232	1,219	1,250	1,162	-7.0%	-1.9%	-1.8%
Softball (Slow-Pitch)										
Total participation	1+ times	7,114	7,690	7,283	7,386	7,071	6,349	-10.2%	-4.4%	-2.1%
Casual	1-12 times	3,004	3,377	3,060	3,281	3,023	2,753	-8.9%	-3.2%	-1.3%
CORE	13+ times	4,110	4,314	4,223	4,105	4,048	3,596	-11.2%	-5.1%	-2.5%
Swimming on a Team										
Total participation	1+ times	2,892	3,369	3,007	3,045	2,822	2,615	-7.3%	-4.5%	-1.5%
Casual	1-49 times	1,482	1,881	1,664	1,678	1,529	1,524	-0.3%	-2.8%	1.4%
CORE	50+ times	1,411	1,488	1,343	1,367	1,293	1,091	-15.6%	-6.4%	-4.7%
Track and Field										
Total participation	1+ times	4,222	4,116	4,161	4,143	4,139	3,636	-12.2%	-4.2%	-2.8%
Casual	1-25 times	1,973	1,961	2,040	2,071	2,069	1,589	-23.2%	-7.3%	-3.7%
CORE	26+ times	2,249	2,155	2,121	2,072	2,070	2,046	-1.2%	-1.2%	-1.9%
Ultimate Frisbee										
Total participation	1+ times	4,409	3,673	3,126	2,710	2,290	2,325	1.5%	-9.1%	-11.8%
Casual	1-12 times	3,371	2,746	2,270	1,852	1,491	1,476	-1.0%	-13.0%	-15.0%
CORE	13+ times	1,038	927	856	858	799	849	6.2%	-0.1%	-3.7%
Volleyball (Beach/Sand)										
Total participation	1+ times	4,785	5,489	4,947	4,770	4,400	4,320	-1.8%	-4.4%	-1.7%
Casual	1-12 times	3,348	3,989	3,544	3,261	2,907	3,105	6.8%	-4.0%	-0.8%
CORE	13+ times	1,438	1,500	1,403	1,509	1,493	1,215	-18.6%	-4.1%	-2.9%
Volleyball (Court)										
Total participation	1+ times	6,423	6,216	6,317	6,317	6,487	5,410	-16.6%	-4.6%	-3.1%
Casual	1-12 times	2,849	2,852	2,939	2,867	2,962	2,204	-25.6%	-8.2%	-4.3%
CORE	13+ times	3,575	3,364	3,378	3,450	3,525	3,206	-9.1%	-1.6%	-2.0%

AAG- Average Annual Growth

A Breakdown of Participation

U.S. Population Ages 6+

All participation figures are in 000s

Team Sports	Definition	2015	2016	2017	2018	2019	2020	1-year change	3-year AAG	5-year AAG
Volleyball (Grass)										
Total participation	1+ times	3,888	4,295	3,454	3,464	3,136	2,738	-12.7%	-7.3%	-6.2%
Casual	1-12 times	2,927	3,196	2,507	2,482	2,188	1,832	-16.3%	-9.7%	-8.3%
CORE	13+ times	961	1,098	947	982	948	906	-4.4%	-1.4%	-0.7%
Wrestling										
Total participation	1+ times	1,978	1,922	1,896	1,908	1,944	1,931	-0.7%	0.6%	-0.5%
Casual	1-25 times	1,094	1,139	1,179	1,160	1,189	1,239	4.2%	1.7%	2.5%
CORE	26+ times	885	782	717	748	755	692	-8.4%	-1.0%	-4.6%
Outdoor Sports										
Backpacking Overnight - More Than 1/4 Mile From Vehicle/Home										
Total participation	1+ times	10,100	10,151	10,975	10,540	10,660	10,746	0.8%	-0.7%	1.3%
Bicycling (BMX)										
Total participation	1+ times	2,690	3,104	3,413	3,439	3,648	3,880	6.4%	4.4%	7.7%
Casual	1-12 times	1,457	1,760	2,039	2,052	2,257	2,532	12.2%	7.6%	11.9%
CORE	13+ times	1,233	1,344	1,374	1,387	1,392	1,348	-3.2%	-0.6%	1.9%
Bicycling (Mountain/Non-Paved Surface)										
Total participation	1+ times	8,316	8,615	8,609	8,690	8,622	8,998	4.4%	1.5%	1.6%
Casual	1-12 times	3,862	4,273	4,389	4,294	4,319	4,803	11.2%	3.2%	4.6%
CORE	13+ times	4,454	4,342	4,220	4,396	4,302	4,194	-2.5%	-0.2%	-1.2%
Bicycling (Road/Paved Surface)										
Total participation	1+ times	38,280	38,365	38,866	39,041	39,388	44,471	12.9%	4.7%	3.2%
Casual	1-25 times	18,845	19,244	20,212	20,777	20,796	23,720	14.1%	5.6%	4.8%
CORE	26+ times	19,435	19,121	18,654	18,264	18,592	20,751	11.6%	3.8%	1.5%
Birdwatching More Than 1/4 Mile From Home/Vehicle										
Total participation	1+ times	13,093	11,589	12,296	12,344	12,817	15,228	18.8%	7.7%	3.5%
Camping (RV)										
Total participation	1+ times	14,699	15,855	16,159	15,980	15,426	17,825	15.5%	3.7%	4.2%
Casual	1-7 times	7,843	8,719	9,332	9,103	8,420	11,281	34.0%	8.0%	8.4%
CORE	8+ times	6,856	7,136	6,826	6,877	7,006	6,544	-6.6%	-1.3%	-0.8%
Camping (Within 1/4 Mile of Vehicle/Home)										
Total participation	1+ times	27,742	26,467	26,262	27,416	28,183	36,082	28.0%	11.7%	6.0%
Climbing (Sport/Boulder)										
Total participation	1+ times			2,103	2,184	2,183	2,290	4.9%	2.9%	

AAG- Average Annual Growth

A Breakdown of Participation

U.S. Population Ages 6+

All participation figures are in 000s

Outdoor Sports	Definition	2015	2016	2017	2018	2019	2020	1-year change	3-year AAG	5-year AAG
Climbing (Indoor)										
Total participation	1+ times			5,045	5,112	5,309	5,535	4.3%	3.2%	
Climbing (Traditional/Ice/Mountaineering)										
Total participation	1+ times	2,571	2,790	2,527	2,541	2,400	2,456	2.3%	-0.9%	-0.7%
Fishing (Fly)										
Total participation	1+ times	6,089	6,456	6,791	6,939	7,014	7,753	10.5%	4.6%	5.0%
Casual	1-7 times	3,843	4,183	4,448	4,460	4,493	5,020	11.7%	4.3%	5.6%
CORE	8+ times	2,246	2,273	2,344	2,479	2,521	2,733	8.4%	5.3%	4.0%
Fishing (Freshwater/Other)										
Total participation	1+ times	37,682	38,121	38,346	38,998	39,185	42,556	8.6%	3.6%	2.5%
Casual	1-7 times	20,206	20,308	19,977	21,099	20,857	24,309	16.6%	7.0%	4.0%
CORE	8+ times	17,476	17,813	18,369	17,899	18,328	18,247	-0.4%	-0.2%	0.9%
Fishing (Saltwater)										
Total participation	1+ times	11,975	12,266	13,062	12,830	13,193	14,527	10.1%	3.7%	4.0%
Casual	1-7 times	6,971	7,198	7,625	7,636	7,947	9,109	14.6%	6.3%	5.6%
CORE	8+ times	5,004	5,068	5,437	5,194	5,246	5,418	3.3%	-0.1%	1.7%
Hiking (Day)										
Total participation	1+ times	37,232	42,128	44,900	47,860	49,697	57,808	16.3%	8.9%	9.3%
Hunting (Bow)										
Total participation	1+ times	4,564	4,427	4,640	4,601	4,628	4,656	0.6%	0.1%	0.4%
Casual	1-7 times	2,518	2,428	2,631	2,724	2,761	2,933	6.2%	3.7%	3.2%
CORE	8+ times	2,046	1,999	2,009	1,876	1,867	1,722	-7.7%	-4.9%	-3.3%
Hunting (Handgun)										
Total participation	1+ times	3,400	3,512	3,240	3,202	3,015	2,998	-0.6%	-2.5%	-2.4%
Casual	1-7 times	2,269	2,344	2,215	2,188	2,071	2,070	0.0%	-2.2%	-1.8%
CORE	8+ times	1,131	1,168	1,025	1,014	944	928	-1.7%	-3.2%	-3.7%
Hunting (Rifle)										
Total participation	1+ times	10,778	10,797	11,190	11,272	11,084	11,098	0.1%	-0.3%	0.6%
Casual	1-12 times	7,916	7,955	8,382	8,519	8,359	8,667	3.7%	1.1%	1.9%
CORE	13+ times	2,862	2,842	2,808	2,753	2,725	2,431	-10.8%	-4.6%	-3.1%
Hunting (Shotgun)										
Total participation	1+ times	8,438	8,271	8,552	8,298	8,083	7,874	-2.6%	-2.7%	-1.3%
Casual	1-7 times	5,186	5,076	5,199	5,073	4,837	4,967	2.7%	-1.5%	-0.8%
CORE	8+ times	3,251	3,195	3,354	3,226	3,246	2,907	-10.4%	-4.5%	-2.1%

AAG- Average Annual Growth

A Breakdown of Participation

U.S. Population Ages 6+

All participation figures are in 000s

Outdoor Sports	Definition	2015	2016	2017	2018	2019	2020	1-year change	3-year AAG	5-year AAG
Shooting (Sport Clays)										
Total participation	1+ times	5,362	5,471	5,078	5,091	4,852	4,699	-3.2%	-2.5%	-2.6%
Casual	1-7 times	3,743	3,994	3,614	3,572	3,306	3,253	-1.6%	-3.4%	-2.6%
CORE	8+ times	1,619	1,477	1,464	1,520	1,546	1,445	-6.5%	-0.3%	-2.1%
Shooting (Trap/Skeet)										
Total participation	1+ times	4,368	4,600	4,300	4,515	4,057	3,837	-5.4%	-3.5%	-2.4%
Casual	1-7 times	2,901	3,088	2,817	2,956	2,440	2,419	-0.9%	-4.5%	-3.1%
CORE	8+ times	1,467	1,512	1,483	1,560	1,617	1,418	-12.3%	-1.2%	-0.5%
Target Shooting (Handgun)										
Total participation	1+ times	15,744	16,199	16,330	15,626	14,579	14,253	-2.2%	-4.4%	-1.9%
Casual	1-7 times	9,369	9,685	9,821	9,090	8,091	8,239	1.8%	-5.5%	-2.4%
CORE	8+ times	6,375	6,514	6,509	6,536	6,489	6,014	-7.3%	-2.5%	-1.1%
Target Shooting (Rifle)										
Total participation	1+ times	13,720	14,039	14,126	13,684	13,197	12,728	-3.6%	-3.4%	-1.5%
Casual	1-7 times	8,265	8,370	8,697	8,153	7,704	7,547	-2.0%	-4.6%	-1.7%
CORE	8+ times	5,456	5,669	5,429	5,531	5,493	5,181	-5.7%	-1.5%	-1.0%
Wildlife Viewing More Than 1/4 Mile From Home/Vehicle										
Total participation	1+ times	20,718	20,746	20,351	20,556	20,040	21,038	5.0%	1.2%	0.3%
Water Sports	Definition	2015	2016	2017	2018	2019	2020	1-year change	3-year AAG	5-year AAG
Boardsailing/Windsurfing										
Total participation	1+ times	1,766	1,737	1,573	1,556	1,405	1,268	-9.7%	-6.8%	-6.3%
Casual	1-7 times	1,461	1,449	1,289	1,245	1,112	1,015	-8.8%	-7.6%	-6.9%
CORE	8+ times	305	288	284	310	292	253	-13.4%	-3.3%	-3.4%
Canoeing										
Total participation	1+ times	10,236	10,046	9,220	9,129	8,995	9,595	6.7%	1.4%	-1.2%
Jet Skiing										
Total participation	1+ times	6,263	5,783	5,418	5,324	5,108	4,900	-4.1%	-3.3%	-4.8%
Casual	1-7 times	4,425	4,143	3,928	3,900	3,684	3,783	2.7%	-1.2%	-3.0%
CORE	8+ times	1,838	1,640	1,490	1,425	1,423	1,116	-21.6%	-8.7%	-9.2%
Kayaking (Recreational)										
Total participation	1+ times	9,499	10,017	10,533	11,017	11,382	13,002	14.2%	7.4%	6.5%
Kayaking (Sea/Touring)										
Total participation	1+ times	3,079	3,124	2,955	2,805	2,652	2,508	-5.4%	-5.3%	-4.0%

AAG- Average Annual Growth

A Breakdown of Participation

U.S. Population Ages 6+

All participation figures are in 000s

Water Sports	Definition	2015	2016	2017	2018	2019	2020	1-year change	3-year AAG	5-year AAG
Kayaking (White Water)										
Total participation	1+ times	2,518	2,552	2,500	2,562	2,583	2,605	0.8%	1.4%	0.7%
Rafting										
Total participation	1+ times	3,883	3,428	3,479	3,404	3,438	3,474	1.0%	0.0%	-2.1%
Sailing										
Total participation	1+ times	4,099	4,095	3,974	3,754	3,618	3,486	-3.6%	-4.3%	-3.2%
Casual	1-7 times	2,818	2,833	2,720	2,596	2,477	2,395	-3.3%	-4.2%	-3.2%
CORE	8+ times	1,281	1,262	1,254	1,159	1,141	1,091	-4.3%	-4.5%	-3.1%
Scuba Diving										
Total participation	1+ times	3,274	3,111	2,874	2,849	2,715	2,588	-4.7%	-3.4%	-4.6%
Casual	1-7 times	2,405	2,292	2,113	2,133	2,016	1,880	-6.8%	-3.8%	-4.8%
CORE	8+ times	869	819	761	716	699	708	1.3%	-2.4%	-4.0%
Snorkeling										
Total participation	1+ times	8,874	8,717	8,384	7,815	7,659	7,729	0.9%	-2.6%	-2.7%
Casual	1-7 times	7,002	6,945	6,721	6,321	6,192	6,374	2.9%	-1.7%	-1.8%
CORE	8+ times	1,872	1,773	1,663	1,493	1,468	1,355	-7.7%	-6.5%	-6.2%
Stand Up Paddling										
Total participation	1+ times	3,020	3,220	3,325	3,453	3,562	3,675	3.2%	3.4%	4.0%
Surfing										
Total participation	1+ times	2,701	2,793	2,680	2,874	2,964	3,800	28.2%	12.9%	7.6%
Casual	1-7 times	1,665	1,768	1,705	1,971	2,001	2,507	25.3%	14.1%	9.0%
CORE	8+ times	1,036	1,024	975	904	962	1,293	34.3%	11.2%	5.5%
Wakeboarding										
Total participation	1+ times	3,226	2,912	3,005	2,796	2,729	2,754	0.9%	-2.8%	-3.0%
Casual	1-7 times	2,308	2,017	2,101	1,900	1,839	2,007	9.1%	-1.2%	-2.4%
CORE	8+ times	918	895	903	896	890	747	-16.1%	-5.9%	-3.8%
Water Skiing										
Total participation	1+ times	3,948	3,700	3,572	3,363	3,203	3,050	-4.8%	-5.1%	-5.0%
Casual	1-7 times	2,835	2,667	2,575	2,499	2,355	2,189	-7.1%	-5.2%	-5.0%
CORE	8+ times	1,112	1,033	997	863	847	861	1.6%	-4.6%	-4.8%

AAG- Average Annual Growth

A Breakdown of Participation

U.S. Population Ages 6+

All participation figures are in 000s

Winter Sports	Definition	2014/ 2015	2015/ 2016	2016/ 2017	2017/ 2018	2018/ 2019	2019/ 2020	1-year change	3-year AAG	5-year AAG
Skiing (Alpine/Downhill/Freeski/Telemark)										
Total participation	1+ times	15,299	15,590	15,277	14,726	14,884	14,347	-3.6%	-2.0%	-1.2%
Skiing (Cross-country)										
Total participation	1+ times	4,146	4,640	5,059	5,104	4,877	4,768	-2.2%	-1.9%	3.0%
Sledding/Saucer Riding/Snow Tubing										
Total participation	1+ times	8,811	8,861	9,538	9,484	9,849	9,382	-4.7%	-0.5%	1.3%
Snowboarding										
Total participation	1+ times	7,676	7,602	7,557	7,126	7,798	7,885	1.1%	1.6%	0.7%
Snowshoeing										
Total participation	1+ times	3,885	3,533	3,711	3,530	3,421	3,385	-1.0%	-3.0%	-2.6%
Snowboard Touring										
Total participation	1+ times				1,357	1,487	1,498	0.7%		
Alpine Touring										
Total participation	1+ times				998	1,122	1,126	0.4%		
Fat Winter Biking										
Total participation	1+ times				1,440	1,567	1,580	0.8%		

AAG- Average Annual Growth



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Appendix 1 Sports Categorized

List of Sports/Activities in Group Categories

Fitness Activities: Aquatic Exercise, Barre, Bodyweight Exercise & Bodyweight Accessory-Assisted Training, Boot Camp Style Training, Cardio Kickboxing, Cross-Training Style Workouts, Dance, Step, and Other Choreographed Exercise to Music, Elliptical Motion/Cross-Trainer, Barbells, Dumbbells/Hand Weights, High Impact/Intensity Training, Kettlebells, Pilates Training, Rowing Machine, Running/Jogging, Stair-Climbing Machine, Stationary Cycling (Group/Recumbent or Upright), Swimming for Fitness, Tai Chi, Treadmill, Walking for Fitness, Weight/Resistance Machines, and Yoga.

Individual Sports: Adventure Racing, Archery, Bowling, Boxing for Competition, Boxing for Fitness, Golf on a 9 or 18-hole Golf Course, Horseback Riding, Hunting (Bow, Handgun, Rifle, Shotgun), Ice Skating, Martial Arts, MMA for Competition, MMA for Fitness, Roller Skating (2x2 Wheels, Inline Wheels), Shooting (Sport Clays, Trap/Skeet), Skateboarding, Target Shooting (Handgun, Rifle), Triathlon (non-Traditional/Off Road, Traditional/Road).

Outdoor Sports: Adventure Racing, Archery, Backpacking Overnight, Bicycling (Road/Paved Surface, Mountain/Non-Paved Surface, BMX), Birdwatching (excursion more than ¼ mile from home/vehicle), Boardsailing/Windsurfing, Camping (RV), Camping (within ¼ mile from home/vehicle), Canoeing, Climbing (Indoor, Sport/Boulder, Traditional/Ice/Mountaineering), Fishing (Fly, Saltwater, Freshwater/Other), Hiking (Day), Hunting (Bow, Handgun, Rifle, Shotgun), Kayaking (White Water, Sea/Touring, Recreational), Rafting, Running/Jogging, Sailing, Scuba Diving, Shooting (Sport Clays, Trap/Skeet), Skateboarding, Skiing (Alpine/Downhill, Freestyle, Cross-Country), Snorkeling, Snowboarding, Snowshoeing, Stand-Up Paddling, Surfing, Trail Running, Triathlon (Non-Traditional/Off-Road, Traditional/Road), Wakeboarding, Wildlife Viewing, and Winter Fat Biking.

Racquet Sports: Badminton, Cardio Tennis, Pickleball, Pop Tennis, Racquetball, Squash, Table Tennis, and Tennis.

Team Sports: Baseball, Basketball, Cheerleading, Football (Flag, Tackle, Touch), Gymnastics, Ice Hockey, Lacrosse, Paintball, Roller Hockey, Rugby, Soccer (Indoor, Outdoor), Softball (Fast-Pitch, Slow-Pitch), Swimming on a Team, Track and Field, Ultimate Frisbee, Volleyball (Beach/Sand, Court, Grass), and Wrestling.

Water Sports: Boardsailing/Windsurfing, Canoeing, Kayaking (White Water, Sea/Touring, Recreational), Jet Skiing, Rafting, Sailing, Scuba Diving, Snorkeling, Stand-Up Paddling, Surfing, Wakeboarding, and Water Skiing.

Winter Sports: Alpine Touring, Skiing (Alpine/Downhill, Freestyle, Cross-Country), Sledding/Saucer Riding/Snow Tubing, Snowboarding, Snowboard Touring, Snowshoeing, and Winter Fat Biking.

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Appendix 2 Activity Level

List of Sports/Activities in Activity Levels

Inactive: Archery, Birdwatching (excursion more than ¼ mile from home/vehicle), Camping (within ¼ mile from home/vehicle), Camping (RV), Fishing (Fly), Fishing (Saltwater), Fishing (Freshwater/Other), Hunting (Rifle), Hunting (Shotgun), Hunting (Handgun), Hunting (Bow), Jet Skiing, Shooting (Sports Clays), Shooting (Trap/Skeet), Target Shooting (Rifle), Target Shooting (Handgun), and Wildlife Viewing (excursion more than ¼ mile from home/vehicle).

Low Calorie Burning Activities: Boarding/Windsurfing, Bowling, Golf on a 9 or 18-hole golf course, Horseback Riding, Sailing, sledding/Saucer Riding/Snow Tubing, Table Tennis, and Walking for Fitness.

Medium Calorie Burning Activities: Aquatic Exercise, Backpacking Overnight (more than ¼ mile from vehicle/home), Barre, Baseball, Canoeing, Cheerleading, Football (Flag), Free Weights (Barbells), Free Weights (Dumbbells/Hand Weights), Gymnastics, Hiking (Day), Ice Skating, Kayaking (Recreational), Kayaking (Sea/Touring), Kayaking (White Water), Kettlebells, Paintball, Pilates Training, Pop Tennis, Rafting, Roller Skating (2x2 Wheels), Roller Skating (Inline Wheels), Scuba Diving, Skateboarding, Skiing (Alpine/Downhill/Freeski/Telemark), Snorkeling, Snowboarding, Softball (Fast-Pitch), Softball (Slow-Pitch), Surfing, Tai Chi, Ultimate Frisbee, Volleyball (Beach/Sand), Volleyball (Court), Volleyball (Grass), Wakeboarding, Water skiing, Weight/Resistance Machines, Winter Fat Biking, and Yoga.

High Calorie Burning Activities: Adventure Racing, Alpine Touring, Badminton, Basketball, Bicycling (BMX), Bicycling (Mountain/Non-Paved Surface), Bicycling (Road/Paved Surface), Bodyweight Exercise & Bodyweight Accessory-Assisted Training, Boot Camp Style Training, Boxing for competition, Boxing for Fitness, cardio Kickboxing, Cardio Tennis, Climbing (Indoor), climbing (Sport/Boulder), climbing (Traditional/Ice/Mountaineering), Cross-Training Style Workouts, Dance, Step, and Other Choreographed Exercise to Music, Elliptical Motion/Cross-Training, Field Hockey, Football (Tackle), Football (Touch), High Impact/Intensity Training, Ice Hockey, Lacrosse, Martial Arts, MMA for Competition, MMA for Fitness, Pickleball, Racquetball, Roller Hockey, Rowing Machine, Rugby, Running/Jogging, Skiing (Cross-Country), Snowboard Touring, Snowshoeing, Soccer (Indoor), Soccer (Outdoor), Squash, Stair-climbing Machine, Stand-Up Paddling, Stationary Cycling (Group), Stationary Cycling (Recumbent or Upright), Swimming for Fitness, Swimming on a Team, Tennis, Track and Field, Trail Running, Treadmill, Triathlon (Non-Traditional/Off Road), Triathlon (Traditional/Road), and Wrestling.

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