

The sport and recreation domain and physical activity

Key messages

Everyone can benefit from moderate-to-vigorous physical activity during sport. To increase participation in sport in Australia, there needs to be:

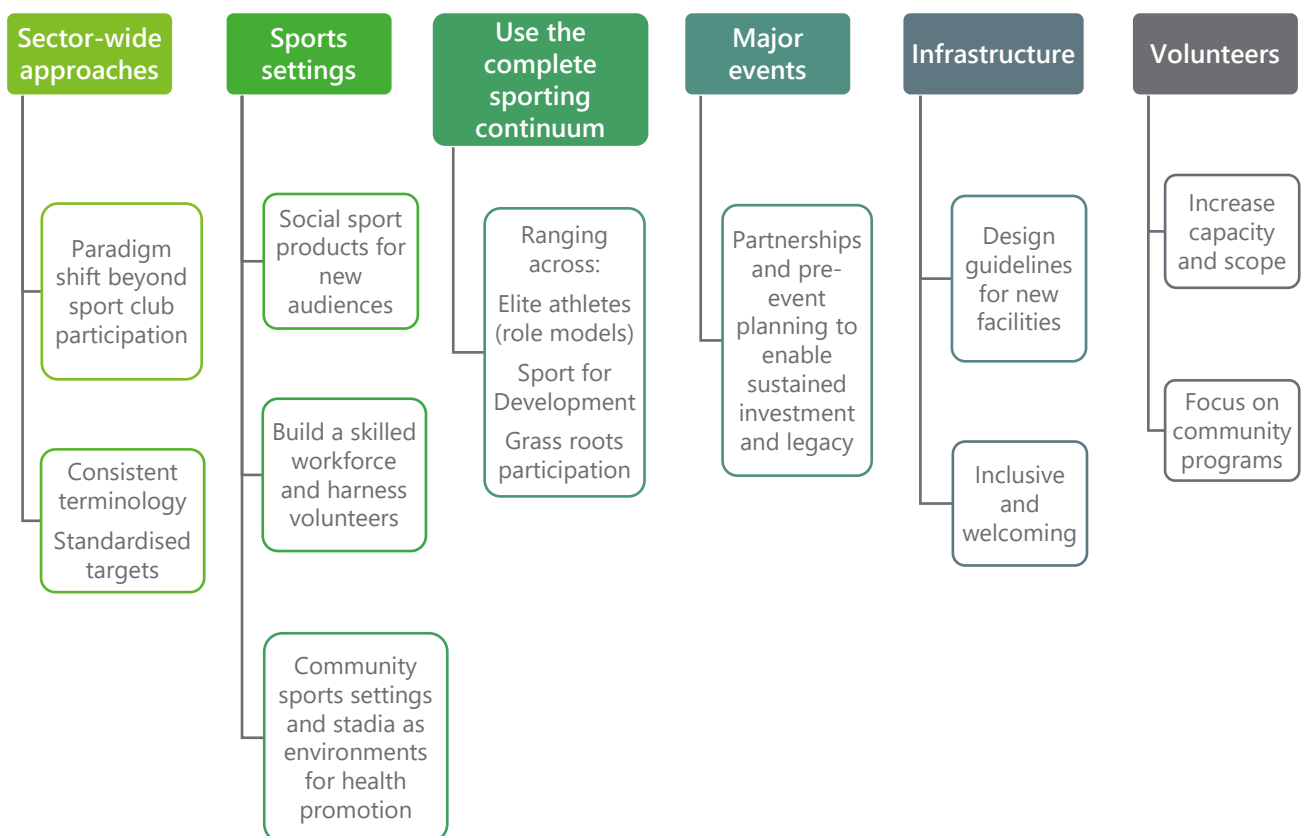
- A paradigm shift towards a 'sport for all' model – the idea that sport is not just about elite performance
- A repositioning of the sports system away from organised competitive sport and more towards social formats, targeting people across the life course.

Why is it important to address the sport and recreation domain?

Sport has significant potential to contribute towards the well-established health benefits of moderate-to-vigorous physical activity. Ambitious participation targets have been set at the national level with Sport 2030 – National Sport Plan and consequently by many national sporting organisations.

However, sports clubs are not necessarily the main choice for sport or physical activity participation in Australia. People's preferences have also shifted towards less structured, more social formats. While more people are engaging in physical activity, participation in sport has remained steady. There is a challenge for sporting organisations to find ways to boost participation in social sport.

What are potential interventions?



What are the recommendations for investment and action?

Multisectoral approach and new or adapted offerings

- Apply multisectoral (cross-agency) approaches to support sport and recreation's delivery of physical activity programs
- Paradigm shift to develop and deliver new, modified and/or more flexible offerings for less active groups while maintaining engagement of existing participants throughout their life course

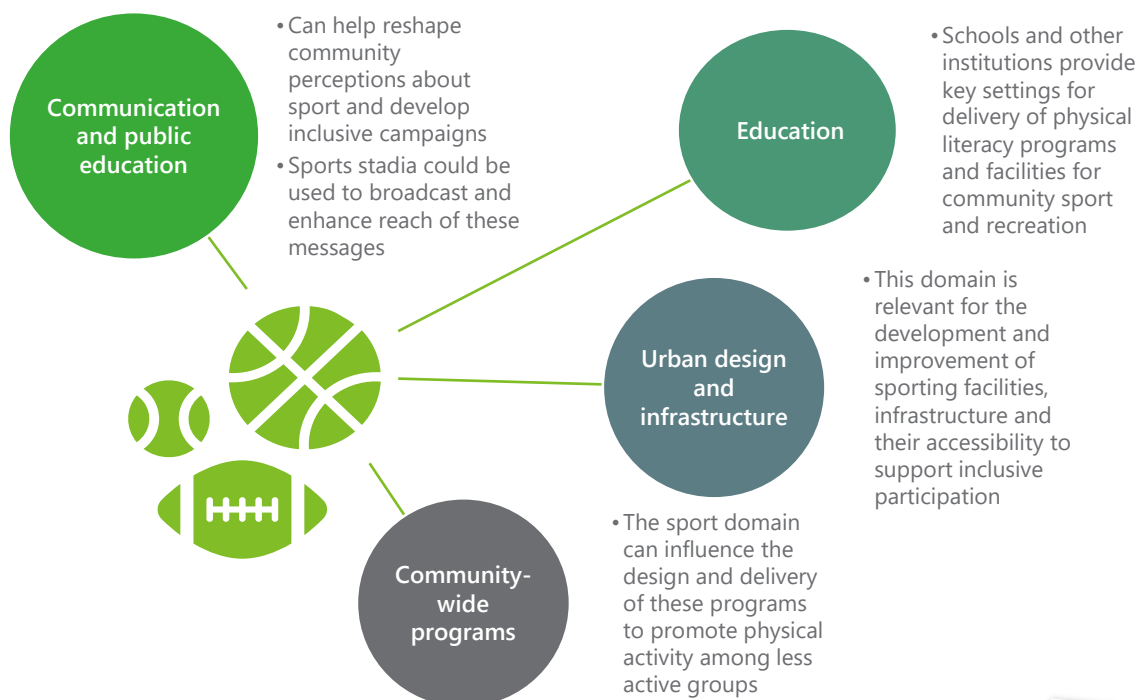
Standardised and sustained surveillance

- Develop a standardised and sustained surveillance of sport and active recreation in all Australian states and territories and at the federal level

Strategic principles and priority policy options

- Consider the recommendations from the Active and Inactive Young Australians review which are applicable across the life course. The strategic principles from this review are: (i) Human movement continuum (ii) Intersectoral approach (iii) Life course approach (iv) Whole-of-society benefit (v) Whole-of-systems approach

What are examples of strategies that intersect with this domain?



Getting Australia Active III (GAA III) is an Australian guide for policy makers to support the implementation of a whole-of-systems approach to increasing population physical activity. This policy brief summarises key points from **Chapter 3.8** of this guide. For more detailed guidance and supporting evidence, you can access the full report at: preventioncentre.org.au



Funding for this research has been provided from the Australian Government's Medical Research Future Fund (MRFF). The MRFF provides funding to support health and medical research and innovation, with the objective of improving the health and wellbeing of Australians. MRFF funding has been provided to The Australian Prevention Partnership Centre under the MRFF Boosting Preventive Health Research Program. Further information on the MRFF is available at www.health.gov.au/mrff