

# RESEARCH SUMMARY

## Australian sport and physical activity behaviours pre, during and post-COVID-19

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## **Background**

Globally, COVID-19 negatively impacted participation in sport and physical activity. But how have we recovered?

## **Aim**

The aim of this study was to investigate patterns of participation in sport and recreational physical activity pre, during and post-COVID-19 restrictions.

## **Methods**

Two surveys were conducted and asked participants about their sport and physical activity behaviours.

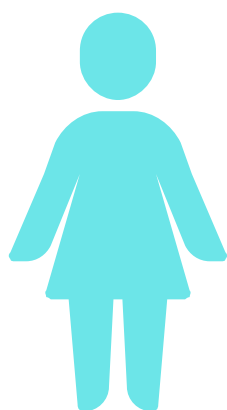
## **Results**

Most individuals who participated in recreational physical activity (69%) were able to and did participate continuously throughout COVID-19.

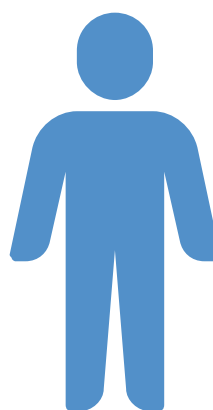
Sports club participants were forced to drop-out in 2020 and less than half returned to playing sport post-COVID-19 restrictions.

Less than a quarter of sports club participants were able to continue to play throughout COVID-19 restrictions.

## Significantly more males returned to playing sport than females.



44%



51%

## For club sport, those younger were more likely to play continuously.



13-17 years  
45%



18-59 years  
22%



60+ years  
21%

## Discussion

Many Australians were able to continue to be active through non-sporting, individual-based activities.

However, participation in community club-based sport was significantly impacted, more so than participation in other recreational activities.

Specific attention should be given to understanding why women and girls were less likely to return to playing community club-based sport than boys and men.