

Indicator 47. Athletics and Exercise

Percent of high school seniors who participate in sports, athletics or exercise, by sex: 1980 to 1994

Sex and activity	1980	1986	1988	1990	1991	1992	1993	1994
Actively participate in sports, athletics or exercising								
Every day or almost every day	47.3	44.4	43.6	46.0	45.9	45.6	43.8	45.2
At least once a week	25.2	23.8	23.8	24.3	24.4	25.8	23.5	23.6
Once or twice a month	12.5	13.5	14.9	11.6	12.3	11.5	13.2	13.5
A few times a year	9.8	11.4	10.9	10.3	10.5	9.6	11.4	10.2
Never	5.2	6.8	6.7	7.8	6.9	7.5	8.1	7.5
Exercise vigorously ¹								
Every day	—	19.5	19.3	20.2	19.8	22.2	20.9	20.6
Almost every day	—	16.3	14.9	15.2	17.4	15.5	13.6	15.7
Most days	—	16.1	15.1	18.3	14.0	16.2	16.1	16.5
Sometimes	—	24.4	25.8	23.2	25.3	24.0	24.5	22.4
Seldom	—	18.4	18.6	16.5	17.1	16.0	18.2	18.2
Never	—	5.3	6.3	6.6	6.3	6.1	6.7	6.5
Males								
Actively participate in sports, athletics or exercising								
Every day or almost every day	56.7	54.2	57.0	55.8	54.7	58.6	54.8	55.6
At least once a week	22.8	21.6	21.1	23.2	22.4	20.0	21.1	23.8
Once or twice a month	10.4	9.9	10.3	8.2	9.5	8.1	9.0	8.6
A few times a year	6.5	8.7	6.7	7.4	7.3	7.1	8.9	6.6
Never	3.6	5.5	4.8	5.3	6.1	6.1	6.1	5.5
Exercise vigorously ¹								
Every day	—	25.5	27.6	27.4	23.8	30.8	28.7	26.8
Almost every day	—	20.1	18.7	17.5	21.5	19.4	15.3	18.7
Most days	—	17.2	15.8	19.1	14.0	15.5	15.7	15.5
Sometimes	—	18.7	21.6	19.4	22.6	18.2	21.3	19.6
Seldom	—	14.1	12.0	11.3	12.8	11.5	13.4	12.6
Never	—	4.5	4.2	5.3	5.3	4.7	5.6	6.8
Females								
Actively participate in sports, athletics or exercising								
Every day or almost every day	37.6	35.6	30.6	34.1	36.4	32.6	32.9	35.5
At least once a week	27.8	25.8	27.0	26.2	26.1	31.8	26.3	24.1
Once or twice a month	14.9	17.4	19.5	15.2	15.5	14.7	17.0	17.9
A few times a year	13.0	13.3	14.5	13.7	14.0	12.3	14.1	13.5
Never	6.7	7.9	8.4	10.8	8.0	8.7	9.7	8.9
Exercise vigorously ¹								
Every day	—	14.3	11.8	12.2	15.5	14.6	13.9	15.1
Almost every day	—	12.6	11.4	12.3	13.5	11.8	12.2	12.8
Most days	—	15.2	14.4	17.6	14.0	17.1	16.3	17.5
Sometimes	—	29.8	29.5	27.5	28.4	29.0	27.3	25.2
Seldom	—	22.3	24.8	22.4	21.2	20.4	22.7	23.3
Never	—	5.7	8.1	7.8	7.3	7.0	7.6	6.0

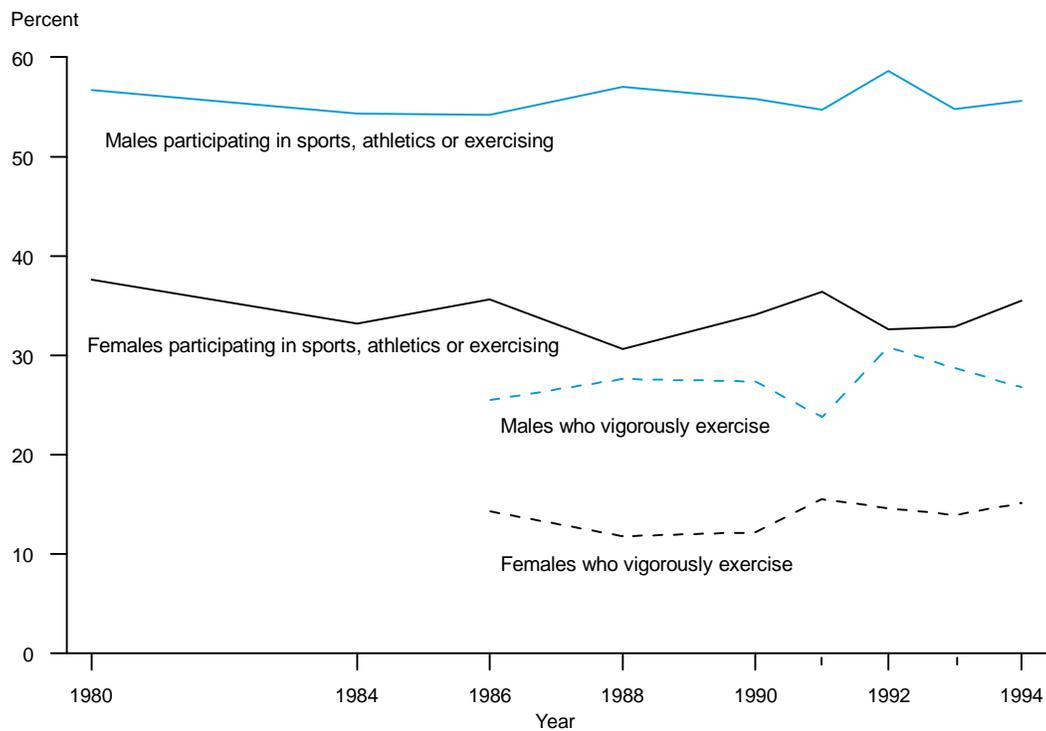
¹ Includes jogging, swimming, calisthenics, or other active sports.

—Data not available.

SOURCE: University of Michigan, Institute for Social Research, *Monitoring the Future*, various years.

Indicator 47. Athletics and Exercise

Percent of high school seniors who participate in sports, athletics or exercise every day or almost every day, by sex: 1980 to 1994



SOURCE: University of Michigan, Institute for Social Research, *Monitoring the Future*, various years.

About one quarter of high school seniors said that they seldom or never exercised vigorously in 1994. This proportion has shown only small fluctuations since 1986. On the other hand, more than one-third of seniors reported vigorous exercise every day or nearly every day. Males were more likely to participate extensively in athletic activities or exercise than females.