

The background features a collage of athletes in motion, including a runner, a soccer player, and a basketball player, all in a blue-tinted, semi-transparent style. A white horizontal line is positioned above the NSGA logo.

NSGA

NATIONAL SPORTING GOODS ASSOCIATION

SPORTS PARTICIPATION

CROSS PARTICIPATION

2021

EDITION

nsga.org

**A STATISTICAL STUDY OF SPORTS PARTICIPATION
FOR 58 SPORTS / RECREATIONAL ACTIVITIES**

**SPORTS PARTICIPATION:
CROSS PARTICIPATION
2021 EDITION**

ISSN: 0882-8210

Prepared for the

NATIONAL SPORTING GOODS ASSOCIATION
3041 Woodcreek Drive, Suite 210, Downers Grove, IL 60515
Phone: (847) 296-NSGA (6742) Fax: (847) 391-9827
Email: research@nsga.org

by

Irwin Broh Research
1011 E. Touhy Ave Suite 450 Des Plaines, IL 60018
Phone: (847) 297-7515



TABLE OF CONTENTS

I.	Introduction	4
II.	Methodology	5
III.	Statistical Notes	6
IV.	Data Indicated in This Report	6
V.	Cross Participation Snapshots	7

Sports / Recreational Activities By Page Number:

Aerobic Exercising	9	Hunting w/Firearms	38
Archery (Target)	10	Ice/Figure Skating	39
Backpack/Wilderness Camping	11	In-Home Video Workout	40
Baseball	12	In-line Roller Skating	41
Basketball	13	Kayaking	42
Bicycle Riding	14	Lacrosse	43
Billiards/Pool	15	Martial Arts/MMA/Tae Kwon Do	44
Boating (Motor/Power)	16	Mountain Biking (Off Road)	45
Boot Camp/Weekend Warrior	17	Paintball Games	46
Bowling	18	Pilates	47
Boxing	19	Running/Jogging	48
Camping (Vacation/Overnight)	20	Skateboarding	49
Canoeing	21	Skiing (Alpine)	50
Cross-Training	22	Snowboarding	51
Dance-Oriented Fitness	23	Soccer	52
Dart Throwing	24	Softball	53
Exercise Walking	25	Spin/Power Cycling	54
Exercising with Equipment	26	Suspension Training	55
Fishing (Fresh Water)	27	Swimming	56
Fishing (Salt Water)	28	Table Tennis	57
Football (Flag)	29	Target Shooting (Airgun)	58
Football (Tackle)	30	Target Shooting (Live Ammo)	59
Football (Touch)	31	Tennis	60
Golf	32	Volleyball	61
Gymnastics	33	Water Skiing	62
High Intensity Interval Training	34	Weightlifting	63
Hiking	35	Work Out At Club/Gym/Fitness Studio	64
Hockey (Ice)	36	Wrestling	65
Hunting w/Bow & Arrow	37	Yoga	66



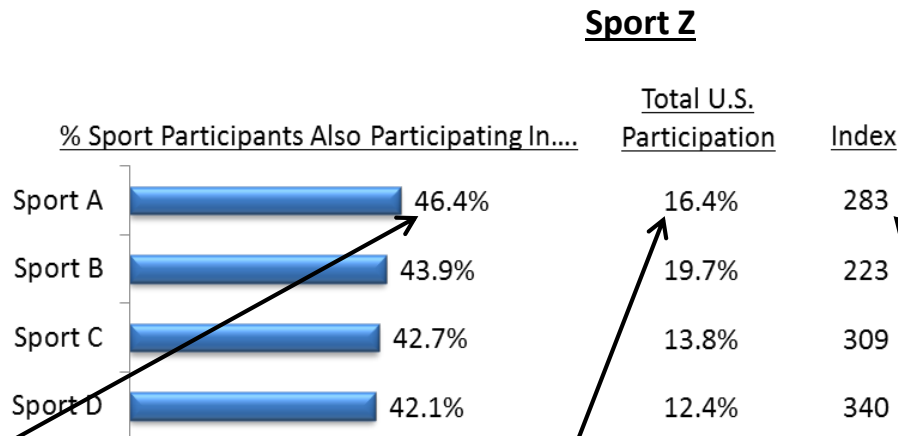
Cross Participation Snapshots



Cross Participation Snapshot: How to Read

How to Read Cross Participation Data:

**Example
only**



46.4% of participants in Sport Z also participated in Sport A

16.4% of the U.S. population (7 years of age or older) participated in Sport A

The index of 283 indicates participants in Sport Z were almost 3 times more likely to also participate in Sport A.

The index is calculated in the following manner:
 $46.4\% \div 16.4\% * 100 = 283$

An index of 100 represents the average as compared to the total U.S. population.



Sport Participation Snapshot

Sport X Cross Participation Including Index vs. Total U.S. Participation

Sport X Participants = XX,XXX,XXX

