



INSTITUTO NACIONAL DE ESTATÍSTICA  
STATISTICS PORTUGAL

press release

# DIÍSTAQUE

5 April 2023  
SPORT IN NUMBERS  
2023

## **45.2% OF THE POPULATION AGED 18 TO 69 PRACTISED SPORT ACTIVITY AND 50.4% PRACTISED PHYSICAL EXERCISE, IN THE LAST 12 MONTHS, BUT JUST SLIGHTLY MORE THAN A THIRD DID SO REGULARLY OR WITH SOME REGULARITY**

In 2022, 45.2% of population aged 18 to 69 practised sport activity and 50.4% practised physical exercise in the last 12 months. Lack of time and not liking to practise sport activity or physical exercise were the main reasons mentioned by non-practitioners (by 42.5% and 27.3%, respectively). The practice of sport activity or physical exercise regularly (5 or more times per week) or with some regularity (1 to 4 times a week) was indicated only by 35.7% and 36.2% of respondents in that age group.

In 2023, employment in sports reached 45.6 thousand people, 5.6% more than in 2022.

In the same year, the total average gross monthly earnings per employee in the sports sector activities were EUR 1,461, standing out the Activities of sports clubs with the highest total average gross monthly earnings per employee (EUR 2,713) and the Sports and recreation education with the lowest (EUR 931). Those earnings were below the average for the total economy (EUR 1,505), but recorded a higher annual growth (6.9% vs. 6.6%) that was also higher than the inflation rate (4.3%).

In 2022, there were 16,441 enterprises in the sports sector (14.9% more than in 2021) that generated EUR 2.9 thousand million of turnover (more 47.1%) and a Gross Value Added (GVA) of EUR 1,070 million (more 46.1%).

The financing of municipalities to the sports activities and infrastructures, in 2022, was EUR 367.7 million (more 13.7% than the previous year). In the same year, the financing of the Portuguese Institute of Sports and Youth to the Sports federations was EUR 44.1 million (7.7% more than in 2021).

In 2022, the number of practitioners affiliated in Sports federations was 686.2 thousand (more 41.8% than the previous year), of which 69.1% were men.

To mark the International Day of Sport for Development and Peace (6th of April), Statistics Portugal releases on its website – [www.ine.pt](http://www.ine.pt) – the fourth edition, in bilingual format, of the publication Sport in Numbers.

The statistical information is organized in nine chapters: sports education, employment, business sector, average monthly earnings, international trade, consumer prices index, public financing of sports activities, sports participation and federated sport, going through a set of indicators on the economic and social dimension of sports activities.

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SPORT IN NUMBERS – 2023



## 1. Sports participation<sup>1</sup>

In 2022 (in the 12 months prior to the interview), the percentage of the population aged 18 to 69 who attended live sports events decreased (from 42.5%, in 2016, to 33.1%, in 2022), as well as the proportion of those who attended them “more than 6 times” (from 41.0%, in 2016, to 35.4%, in 2022).

The sports events audience, in 2022, was mostly men (more than 6 out of 10 spectators), low educated (almost  $\frac{3}{4}$  had at most the secondary or post-secondary education), almost half were aged from 35 to 54 (45.2%), and 72.4% were employed.

In the same year (in the 12 months prior to the interview), 45.2% of the population aged 18 to 69 did some kind of sport activity<sup>2</sup> involving physical effort in their free time (more 9.2 percentage points (p.p.) than in 2016).

The practitioners of sport activity were mostly men (54.2%), aged between 35 and 54 (42.5%), with secondary or post-secondary education (35.4%), and employed (70.2%).

Still in 2022 (in the 12 months prior to the interview), half of the population (50.4%) aged 18 to 69 did some kind of physical exercise<sup>3</sup> in their free time (52.0% in 2016).

There was a slight predominance of women (50.8% of female population) over men (49.2%), of people aged 35 to 54 (42.4%), who have completed until lower secondary education (39.2%) and who were employed (66.9%).

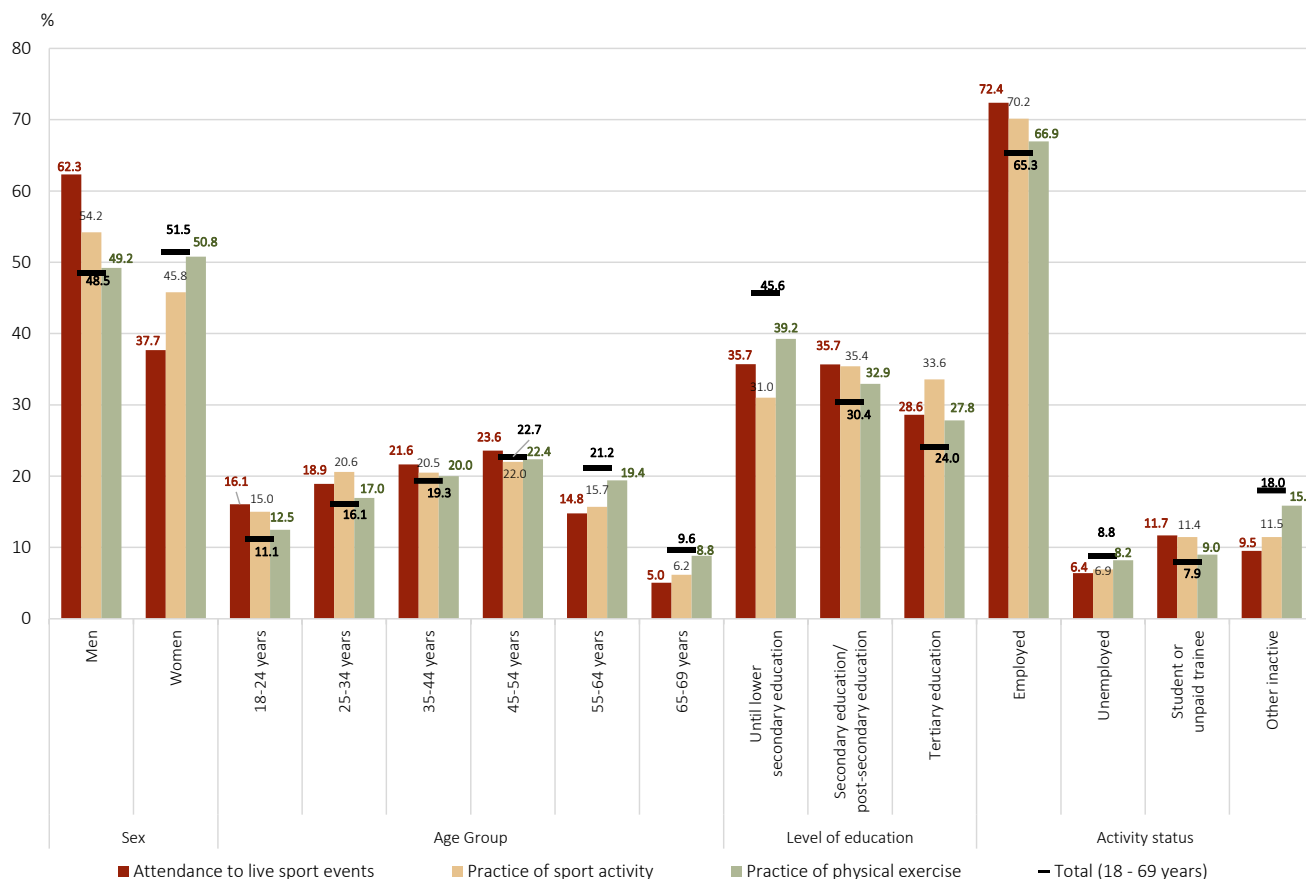
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<sup>1</sup> Based on the results from the Adult Education Survey (AES).

<sup>2</sup> A sport activity is one that involves physical effort, with or without competition, carried out during leisure time, such as: running, hiking, cycling, mountain biking, skiing, roller skating or skateboarding, gymnastics, fitness, water sports or ball games.

<sup>3</sup> Physical exercise is considered to be exercise carried out in leisure time, the main purpose of which is to distract and occupy time, such as: walking, cycling, dancing, and gardening.

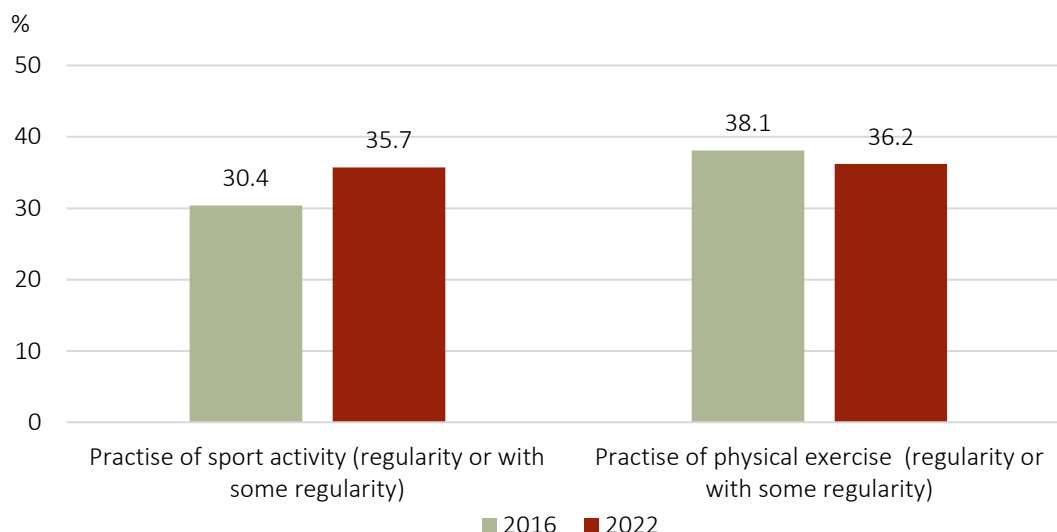
Figure 1: Attendance to sports events, practice of sport activity and/or physical exercise, by individual characteristics  
(%), 2022



Source: Statistics Portugal, Adult Education Survey.

The proportion of the population aged 18 to 69 who practised physical exercise regularly (5 or more times a week) or with some regularly (1 to 4 times a week) (36.2%) was lower than in 2016 (38.1%). In turn, the sport activity practised regularly or with some regularity increased in 2022 (from 30.4% in 2016 to 35.7% in 2022).

**Figure 2: Proportion of population aged between 18 and 69 who practised sport activity and/or physical exercise regularly or with some regularity, (%), 2016 and 2022.**

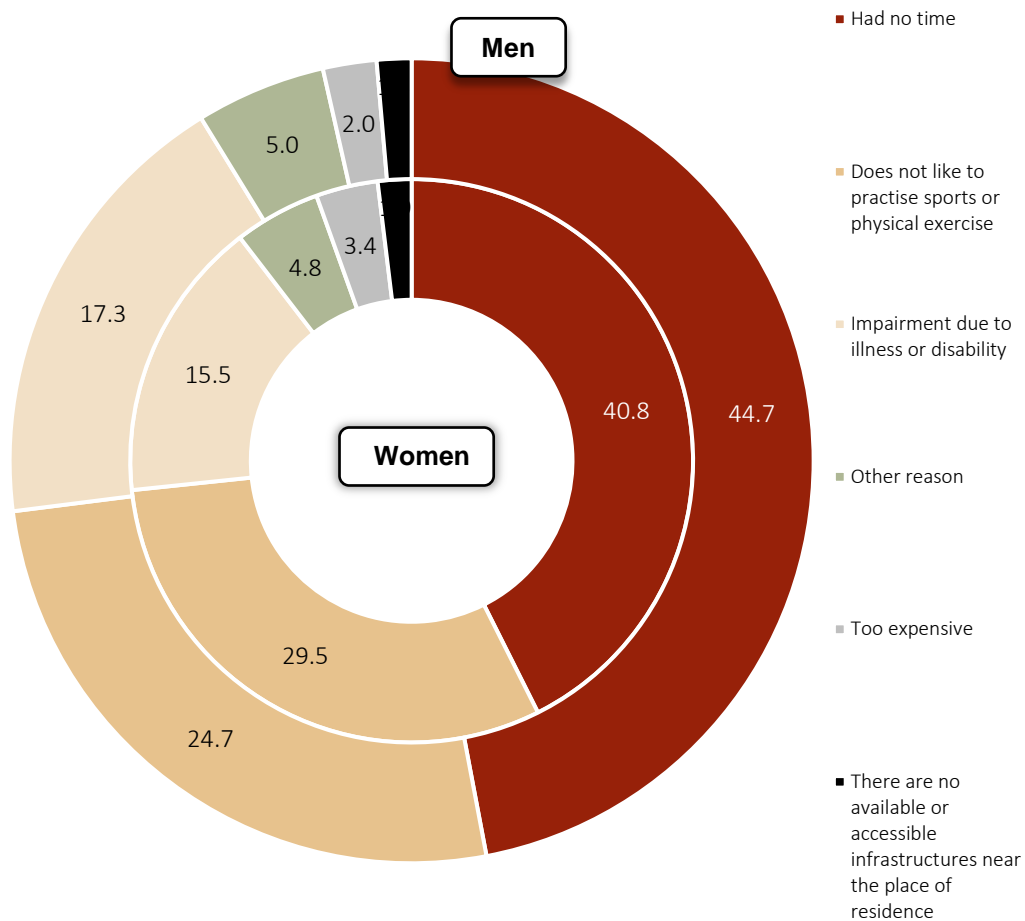


**Source:** Statistics Portugal, Adult Education Survey.

The three main obstacles identified to the total absence of practice of sport activity and/or physical exercise in 2022 (in the 12 months prior to the interview) were the lack of time (42.5%), not enjoying sport activity or physical activity (27.3%) and impairment due to illness or disability (16.3%). In 2016, the same three obstacles were mentioned by 46.5%, 27.4% and 15.7% of respondents, respectively.

Lack of time was indicated more by men (44.7%) than by women (40.8%). 24.7% of men and 29.5% of women indicated not enjoying sport activity or physical exercise. Impairment due to illness or disability were mentioned more often by men (17.3%) than by women (15.5%).

Figure 3: Main obstacles to the practice of sport activity and/or physical exercise, by sex (%), 2022



Source: Statistics Portugal, Adult Education Survey.

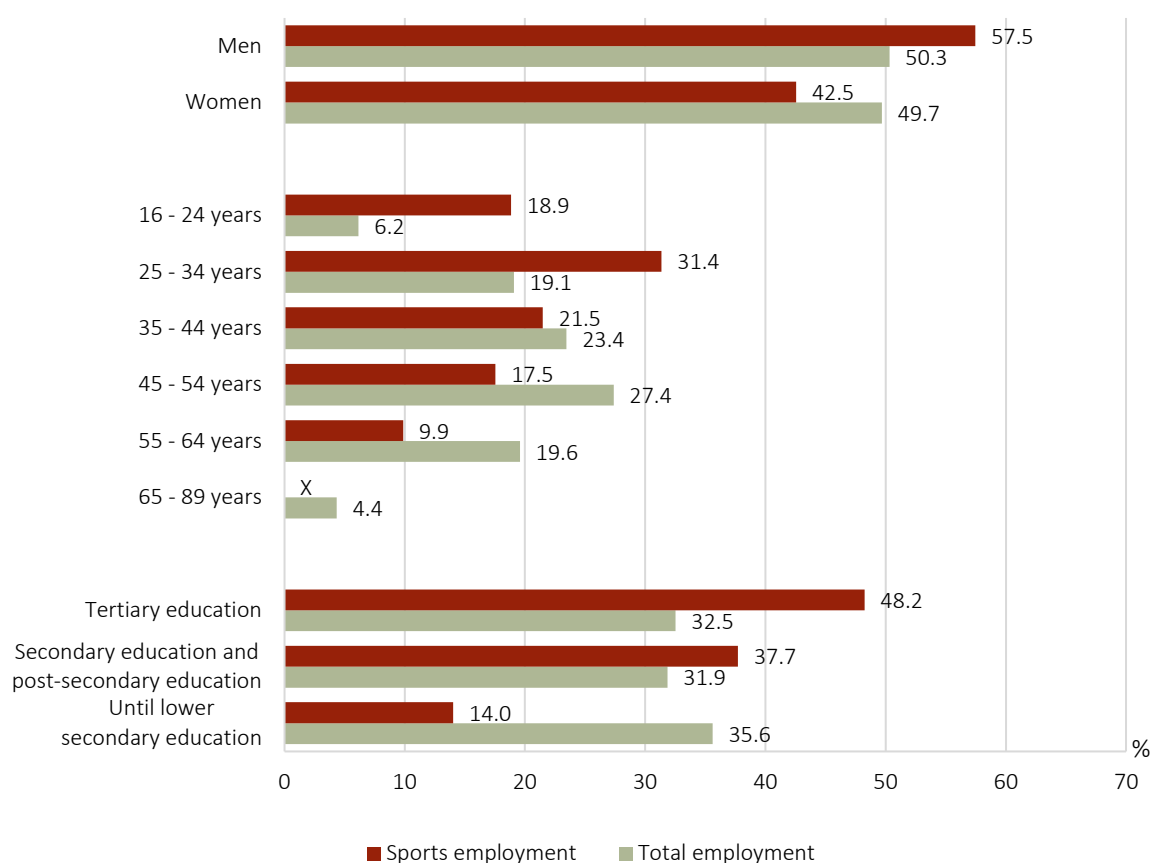




## 2. Sports employment

In 2023, employment in sports reached 45.6 thousand people (5.6% more than in the previous year) and accounted for 0.9% of the total employed population. Compared to the total employed population, employment in sports is characterized by being more prevalent among males, younger and more educated people: 57.5% of the total employed in the sports sector were men (50.3% in the total employment), 50.3% were aged between 16 and 34 (25.3% in the total employment) and 48.2% had completed tertiary education (32.5% in the total employment).

Figure 4. Total and sports employment, 2023



Source: Statistics Portugal, Labour Force Survey.

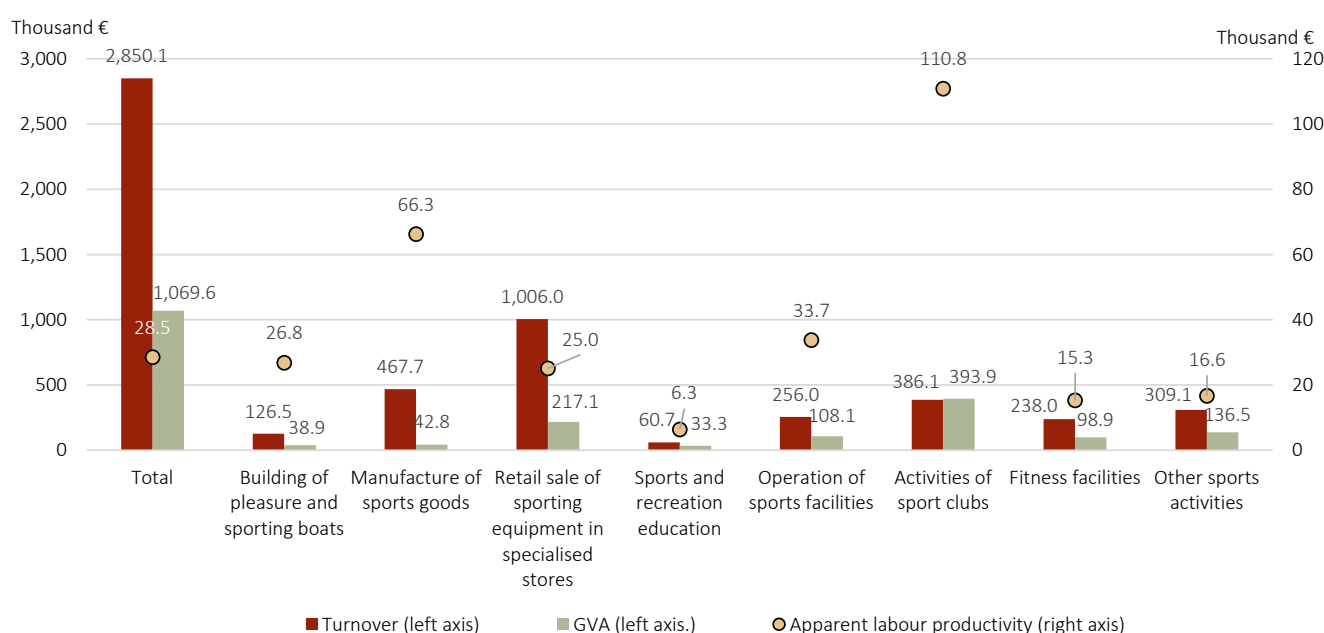
## 3. Sports sector enterprises

In 2022, 16,441 enterprises belonged to the sports sector (more 14.9% than in 2021). Those enterprises were responsible for EUR 2.9 thousand million of turnover (more 47.1% than in 2021) and generated EUR 1,070

million of Gross Value Added (GVA) (more 46.1% more than in the previous year). Those results accounted for 1.1%, 0.5% and 0.8%, respectively, of the enterprises of non-financial sector.

The apparent labour productivity of the sector (measured by the GVA at factors cost divided by the number of persons employed) was EUR 28.5 thousand (EUR 29.2 thousand for the total of enterprises of the non-financial sector).

Figure 5. Turnover, GVA and Apparent labour productivity of sports sector enterprises, 2022



Source: Statistics Portugal, Integrated Business Accounts.

#### 4. Average gross monthly earnings per employee in sports sector<sup>4</sup>

In 2023 (provisional data), the average monthly total gross earnings per employee (per job) in the sports sector were EUR 1,461 (6.9% more than in 2022). The regular component was EUR 1,168 (more 8.3%), and the base monthly earnings were EUR 1,113 (more 8.7%).

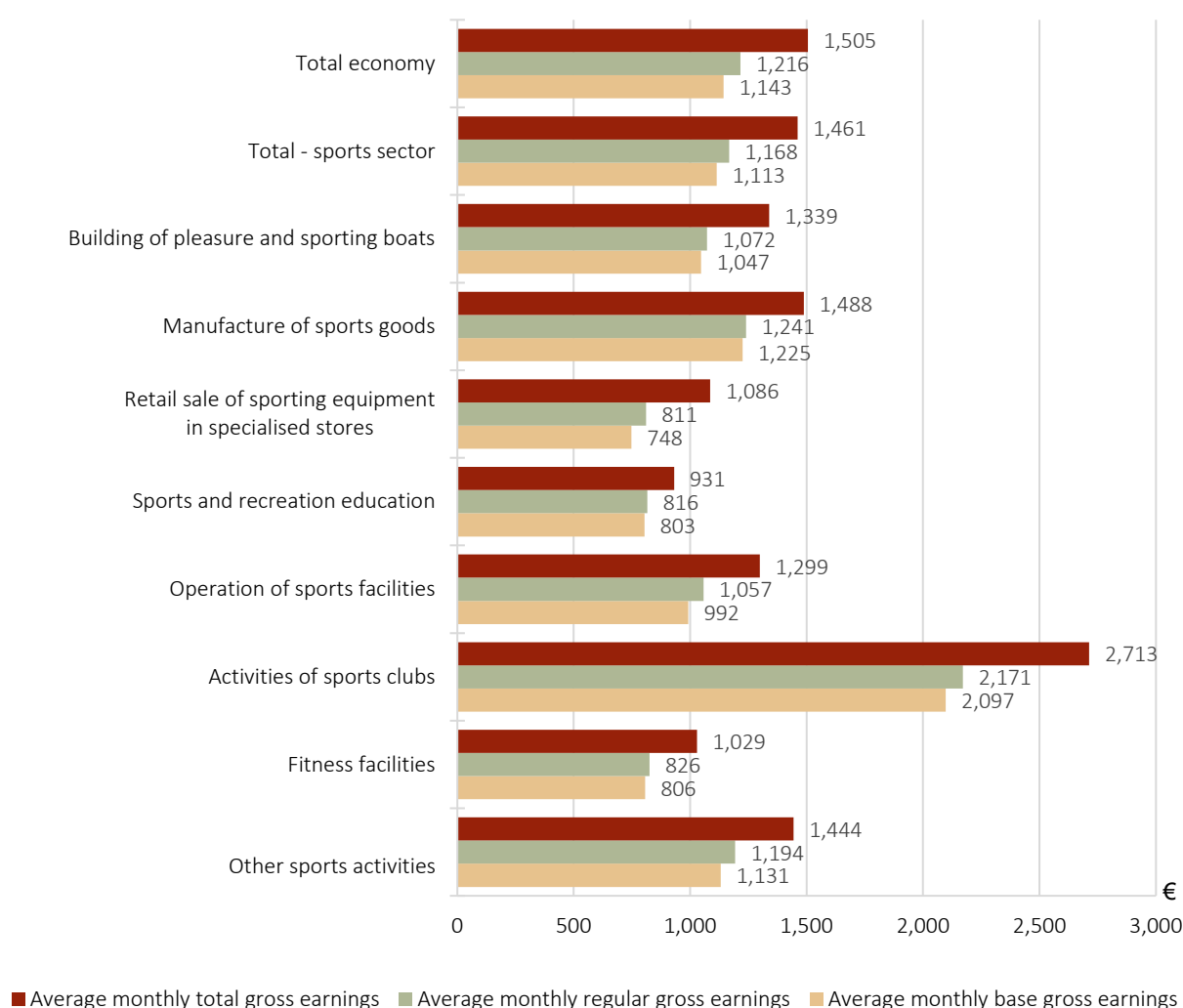
In the total economy, the average monthly total gross earnings per employee were higher (EUR 1,505), as well as the the average monthly regular gross earnings per employee (EUR 1,216), and the average monthly base gross earnings per employee (EUR 1,143). Compared to the sports sector, in the total economy the nominal increases were smaller in all components: in the total and regular (increases of 6.6% in both), and in the base component (more 6.8%), all higher than the inflation rate in 2023 (4.3%).

<sup>4</sup> For a more detailed description of the earnings components: total, regular and base, see the Technical Note at the end of this Press Release.

In the sports sector, the Activities of sports clubs stood out with the highest average monthly total gross earnings per employee (EUR 2,713). In these activities, the regular component and the base component reached to EUR 2,171 and EUR 2,097, respectively. On the other hand, Sports and recreation education recorded lower remunerations in the various components: EUR 931 (total), EUR 816 (regular) and EUR 803 (base).

The enterprises with 50 and more employees recorded the highest average earnings (total, regular and base, respectively EUR 1,862, EUR 1,438, and EUR 1,350). Smaller companies, with 1 to 4 employees, recorded significantly lower average earnings (EUR 922, EUR 814, and EUR 807, respectively).

**Figure 6. Average gross monthly earnings per employee (total, regular and base) of the sports sector (€), 2023**



**Source:** Calculations by Statistics Portugal on the information from the Monthly Statement of Earnings from Social Security, and the Contributive Relation of Caixa Geral de Aposentações.

**Note:** provisional data.

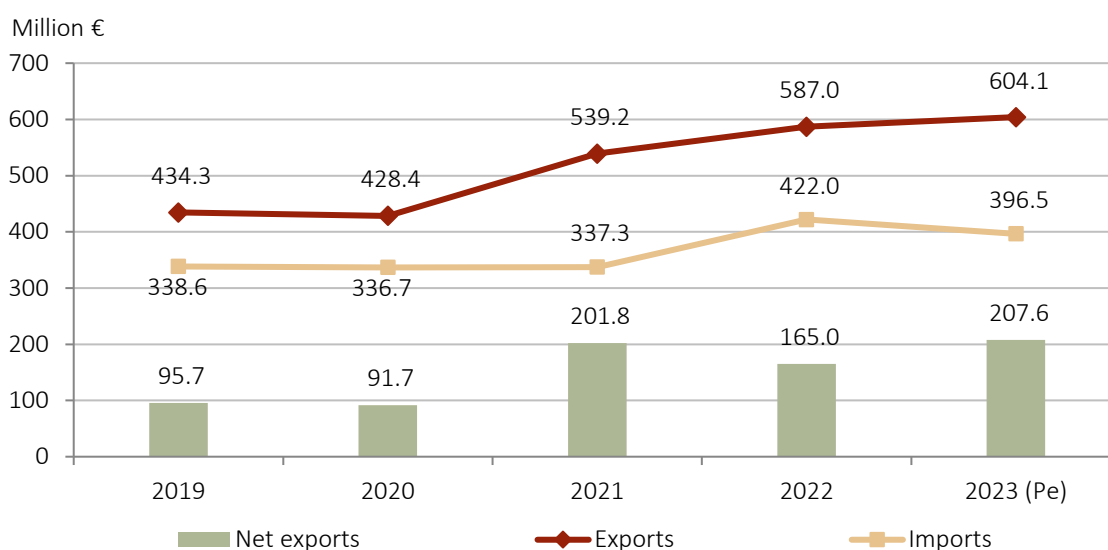


## 5. International trade

In 2023 (preliminary data), the total exports of sports goods amounted to EUR 604.1 million (2.9% more than in 2022) and imports to EUR 396.5 million (less 6.0%). This resulted in a commercial trade balance surplus of EUR 207.6 million in the sports goods (25.8% more than in 2022).

Bicycles, with exports of EUR 336.5 million (55.7% of the total sports goods exports) and imports of EUR 37.8 million, were the main responsible for the positive sports goods trade balance.

**Figure 7. Sports goods total exports and imports, 2019-2023**



**Source:** Statistics Portugal, International trade.

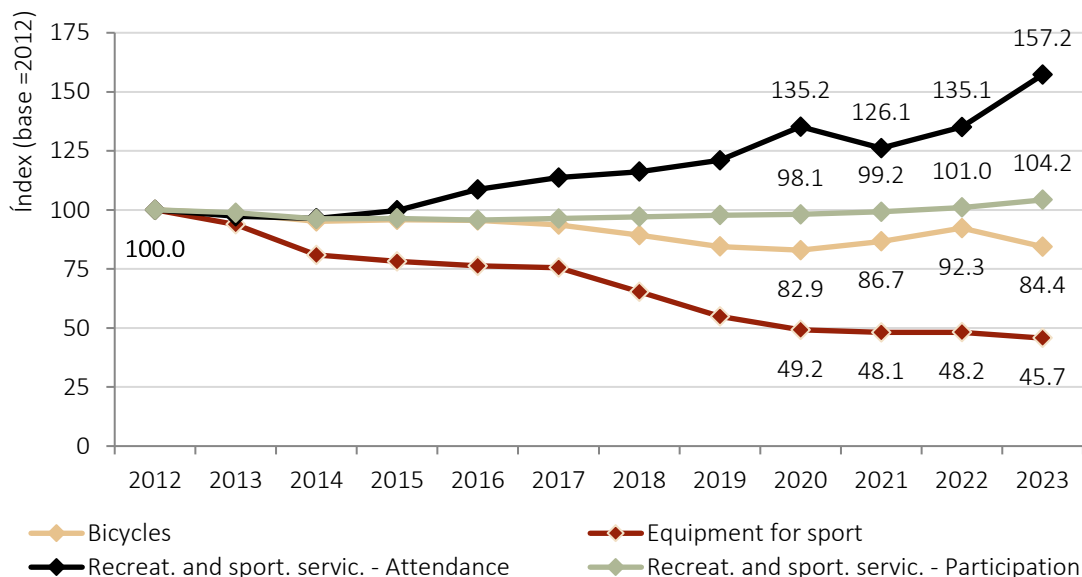
**Note** 2023 data are preliminary and the 2022 were revised.

## 6. Consumer Price Index of sports goods and services

In 2023, there were increases, compared with the previous year, in the prices of Recreational and sporting services – Attendance (more 16.4%), and Recreational and sporting services – Participation (more 3.2%). The prices of Bicycles and Equipment for sport decreased 8.5% and 5.1%, respectively.

In the last five years, it also stands out the price increase of Recreational and sporting services – Attendance (more 30.0%), and the price decrease of Equipment for sport (less 16.7%).

Figure 8. Sports goods and services Consumer Price Index, 2012-2023



Source: Statistics Portugal, Consumer Price Index.

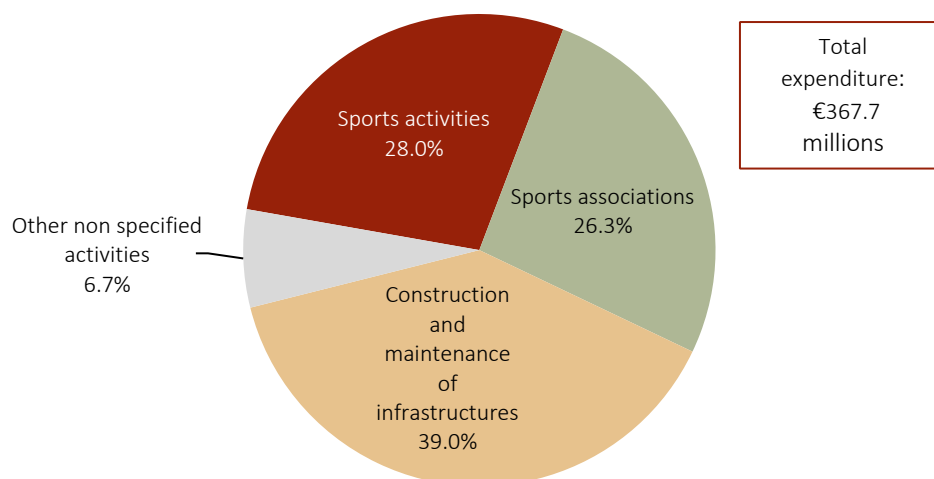
## 7. Public financing in sports activities

In 2022, the 308 municipalities allocated EUR 367.7 million – that corresponded to 3.5% of the municipalities' total expenditure – to Sports activities and infrastructures, leading to an increase of 13.7% compared to the previous year (more EUR 44.4 million). This increase resulted from the growth in the current expenses by EUR 40.3 million (more 17.3%), and in the capital expenditure by EUR 4.0 million (more 4.5%).

Construction and maintenance of infrastructures was the subdomain with the greater share (39.0%), followed by Sports activities (28.0%), and Sports associations (26.3%), which, together, concentrated 93.3% of the public financing.

The average national expenditure per inhabitant in Sports activities and equipment was EUR 35.2 (more 12.8% than in the previous year).

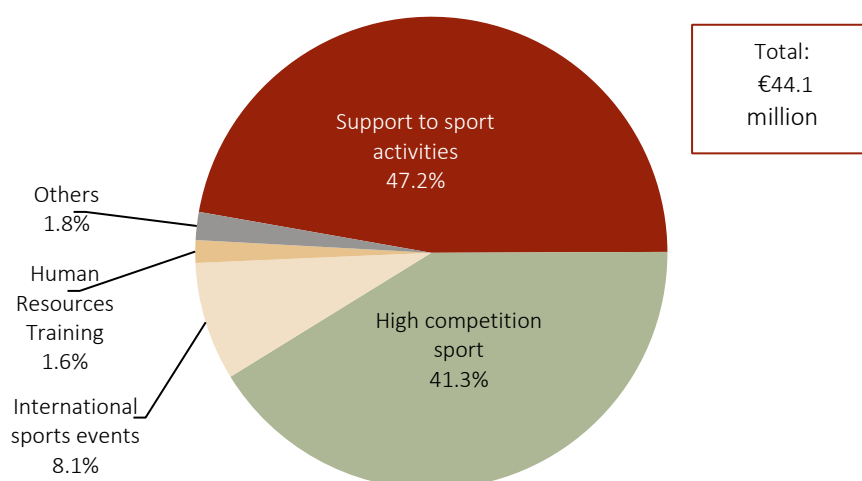
**Figure 9. Municipalities financing of sports activities and infrastructures, by subdomains, 2022**



**Source:** Statistics Portugal, Financing of Cultural,Creative and Sports activities by Municipalities Survey.

In 2022, the financing of the Portuguese of Sports and Youth Institute (IPDJ) to the Sports Federations increased to EUR 44.1 million (7.7% more than in the previous year). Support to sports activities stood out with 47.2% of total financing, surpassing the High competition sports (41.3%) and International sports events (8.1%).

**Figure 10. Financing of Portuguese Institute of Sports and Youth to the Sports Federations by groups of projects/programmes, 2022**



**Source:** Portuguese of Sports and Youth Institute I.P.

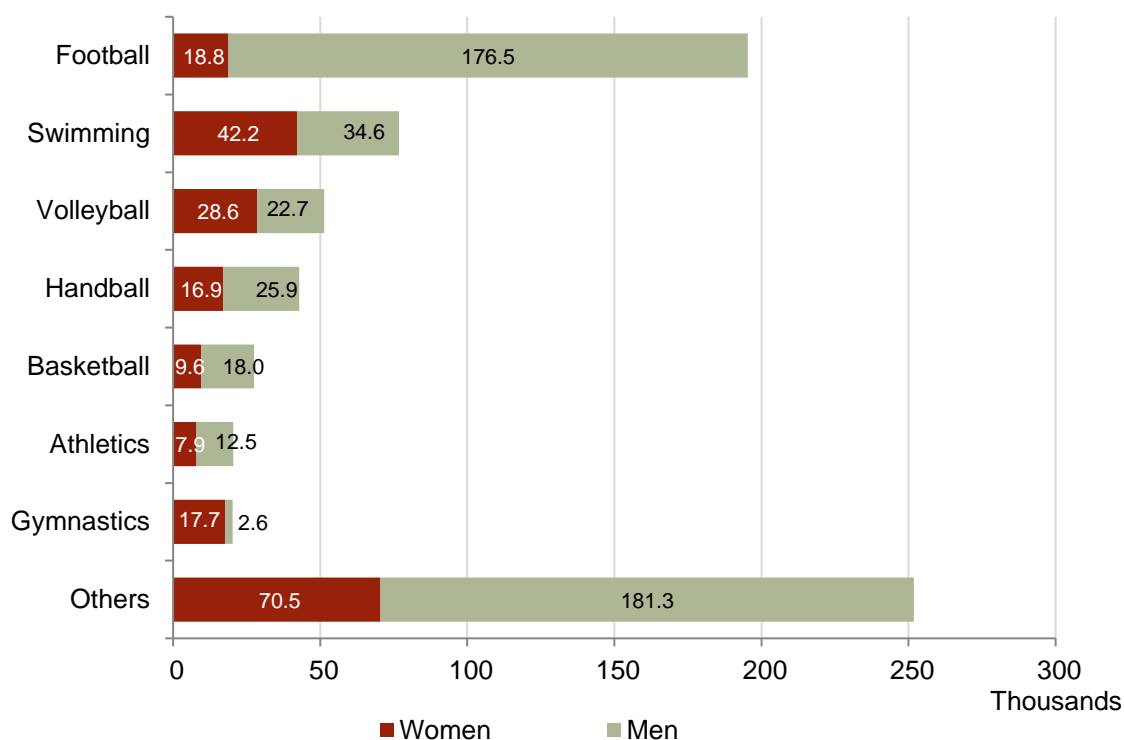


## 8. Federated sport

In 2022, there were 11,456 sport clubs (more 15.8% than in 2021) and a total of 686,214 practitioners affiliated in Sports Federations (more 41.8%). Football was the sport with the highest number of practitioners (28.5% of the total), followed by swimming (11.2% ), volleyball (7.5%), and handball (6.2%).

Among the modalities with highest number of affiliated, men were predominant in football (90.4%) and handball (60.5%). Women were the majority in volleyball (55.7%) and swimming (55.0%). Female practitioners also stood out in gymnastics (87.4%) and skating (57.5%).

Figure 11: Practitioners affiliated in Sports Federations, by modality and sex, 2022



Source: Portuguese of Sports and Youth Institute I.P.



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## TECHNICAL NOTE

The information released in the Sport in Numbers – 2023 publication is the result of a set of statistical operations carried out by Statistics Portugal (Labour Force Survey, Integrated Business Accounts, International Trade, Consumer Price Index, Financing of Cultural, Creative and Sports activities by Municipalities Survey and Adult Education Survey) and of administrative sources, namely information from Directorate-General for Education and Science Statistics of Ministry of Education and Ministry of Science, Technology and Higher Education, and from Portuguese of Sports and Youth Institute, I.P.

The Sports participation data were collected in a specific module of the Adult Education Survey. The data refer to the 12 months prior to the interview, with the data collection period taking place between September of 2022 and February of 2023.

The statistics on Gross monthly earnings per employee<sup>5</sup> are the result of the calculations and analysis carried out by Statistics Portugal with the information on the Monthly Statement of Earnings (Declaração Mensal de Remunerações) from Social Security (DMR/SS), following a protocol celebrated between Statistics Portugal and the Instituto de Informática, I.P., and the Contributive Relation (Relação Contributiva) of Caixa Geral de Aposentações (RC/CGA).

**Gross earnings:** gross income, in cash or in kind, paid to workers for the hours of work performed or for the work performed during the normal and overtime periods, including the payment of hours not worked (holidays, public holidays and other paid absences) and regular allowances such as those related to food, job position, accommodation or transport, seniority, productivity, attendance, exemption from working hours, painful, dangerous, dirty, shift and night work.

**Regular earnings:** gross monthly earnings that correspond to the sum of the basic remuneration with other regular earnings components, namely meal allowances, seniority allowances, bonuses, and other regular monthly payments.

**Base earnings:** gross amount, before deduction of taxes and social security contributions, in cash or in kind, paid regularly in the reference period and corresponding to the normal working period.

The indicators disseminated in this press release are some of the examples from the broader set of information disclosed in Sport in Numbers – 2023 and, in particular, in the tables attached to the publication, where also Technical Notes and Concepts associated with each chapter are available.

Detailed statistical information available at [www.ine.pt](http://www.ine.pt), in the option Products, Statistical Data, Database, theme Culture, sport and recreation; Sport and recreation.

Detailed methodological information available at [www.ine.pt](http://www.ine.pt), in the option Products, Metadata, Metadata System.

<sup>5</sup> For more detailed information refer to the Press release “GROSS MONTHLY EARNINGS PER WORKER – December 2023” (15<sup>th</sup> February 2024). at:

[https://www.ine.pt/xportal/xmain?xpid=INE&xpgid=ine\\_ELdestaques&DESTAQUESdest\\_boui=633380983&DESTAQUESTema=55574&DESTAQUESmodo=2&xlang=en](https://www.ine.pt/xportal/xmain?xpid=INE&xpgid=ine_ELdestaques&DESTAQUESdest_boui=633380983&DESTAQUESTema=55574&DESTAQUESmodo=2&xlang=en)