

NSPS Dashboard


User Guide

About

National Sport Participation survey (NSPS) is Singapore's only annual national survey on exercise and sport participation among Singapore Citizens and Permanent Residents ("Singapore Residents") aged 13 years old and above. Since 2015, NSPS was conducted every month via face-to-face interviews among randomly selected households from the Department of Statistics, with annual sample size of at least 4,500. Results are weighted to be representative of Singapore population.

The NSPS dashboard provides a point-in-time snapshot of exercise and sport participation and is made to help you explore the data the way you want to look at it. The dashboard will be **updated twice a year** in the month of February and August.

The dashboard is **best viewed on a computer** rather than a mobile device. Click on the full-screen icon at the bottom right corner of the dashboard to open dashboard in full-screen mode.

 Open in full-screen mode

The **data source** supporting the dashboard can be found at the bottom of every page.

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Navigation

You will be seeing the Cover Page of the NSPS dashboard once you access the dashboard. Here, you can click on the icons next to any topic of interest to explore it further.

Below are the navigation buttons that you will find in the dashboard.



Click to navigate to Facility Census page



Click to navigate to Regular Participation by Planning Area page



Click to navigate to Top Activities page



Click to navigate to Activities Snapshot page



Click to navigate to Time of Day, Motivations & Barriers page



Click to reset all filters selected



Click to navigate to the previous page



Click to navigate to the cover page



Click to navigate to the next page



Click to learn the definitions of terminologies used

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Filters and sample size

Filters are available at the top of all pages to allow you to focus on a group of population depending on your business need.

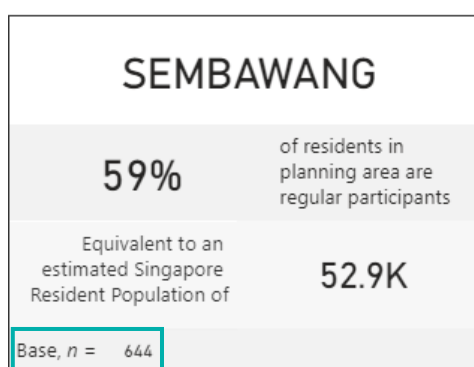
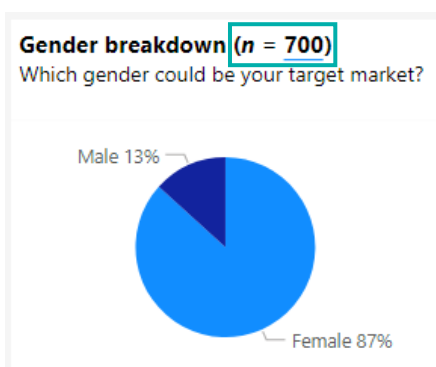
For example:

Year All	Age 13 99	Gender All	Planning area All
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Be aware that the filtering available in the dashboard can yield results that reflect only a small number of respondent. When that happens, you should interpret results with caution as they are more likely to reflect chance variation. Therefore as a general guideline, avoid drawing conclusions from data points with less than 30 respondents as it may be inconclusive due to the small sample size.

To help you with sample sizes, the **sample sizes** are reflected in either the tooltip or the chart header, denoted by *n*.

For example:



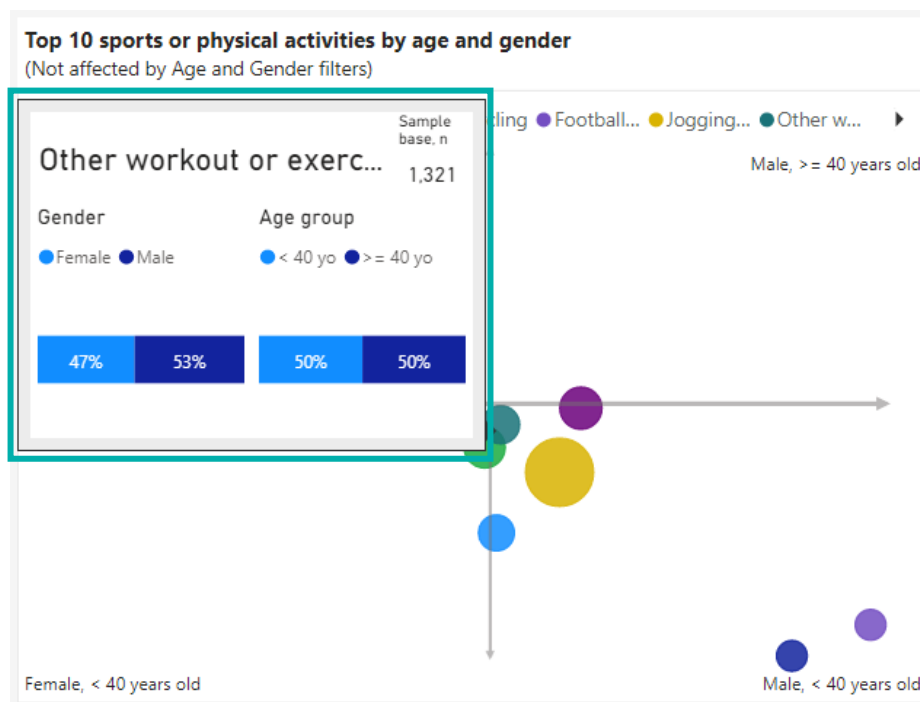
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Tooltip

Tooltips are available in selected charts to provide additional information to help you interpret the chart and it is activated by hovering over the data point.

For example:



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Activity list

A list of activities is shown to respondents to help them recall the activities they participated in the past year and/or past four weeks.

For example:

A. WALKING / BRISK WALKING (mainly for health or fitness, i.e. not for travelling)

B. JOGGING, ATHLETICS, TRIATHLON

- Jogging / Running (Outdoor, i.e. not on Treadmill)
- Triathlon / Decathlon / Duathlon / Aquathlon / Pentathlon
- Track and Field Athletics (include Throwing or Jumping)

C. WHEEL / LAND MOTOR SPORTS

- Cycling (mainly for health or fitness, i.e. not for travelling)
- BMX
- Motor Sports mainly for recreation: Kart / Car / Motorcycle
- Mountain Biking
- Road Racing (Cycling)
- Skateboarding / Roller Skating / Skate-scooting, etc.

D. BALL SPORTS

- Baseball / Softball
- Basketball
- Cricket
- Croquet / Gateball
- Floorball
- Football / Soccer
- Futsal
- Handball
- Hockey
- Netball
- Rugby / Touch Rugby
- Sepak Takraw
- Volleyball
- Other ball sports, please specify: _____

E. WINTER SPORTS

- Ice Hockey
- Ice Skating/ Snowboarding / Skiing

F. ELECTRONIC SPORTS

- Team-based E-gaming (e.g. Dota, StarCraft)
- Wii Sports / Xbox Kinect

G. RACKET SPORTS

- Badminton
- Pickleball

3. Racquetball

4. Table Tennis

5. Tennis / Mini-Tennis

6. Squash

H. WATER SPORTS

- Canoeing / Kayaking
- Diving from springboard or platform
- Dragon Boat
- Sailing / Windsurfing
- Scuba Diving
- Surfing / Waterskiing / Wakeboarding
- Swimming (mainly for recreation, health and fitness, training or competition, i.e. not for just dip in the water)
- Water Polo
- Rowing
- Powerboat mainly for recreation: pleasure craft/ Jetski

I. TARGET SPORTS

- Archery
- Billiards / Pool / Snooker
- Bowling
- Darts
- Golf
- Flying Disc / Frisbee
- Paintball
- Petanque / Boules / Bowls
- Shooting

J. CARDIO / CONDITIONING EXERCISES / WORKOUT

- Calisthenics / Circuit Training / Stretching
- Elliptical Training / Cross-trainer / X-trainer
- Exercise Bike / Stationary Bicycle
- Rope Skipping
- Stair Climbing
- Treadmill (or Walking / Jogging / Running Indoors)
- Dance Sports (all forms), please specify: _____
- Water Aerobics (i.e. Workout in the pool)
- Weightlifting / Weight training / Body building
- Other workout or exercises with equipment in Gym / Home Gym / Indoor or Outdoor Fitness Corner
- Other activities for NSF Training / IPPT Training

K. COMBAT SPORTS / MARTIAL ARTS

- Aikido
- Boxing
- Fencing
- Judo
- Jujitsu
- Karate / Karate-Do
- Kendo
- Kickboxing
- Kung Fu
- Muay Thai
- Silat
- Taekwondo
- Taiji Quan
- Wushu Dragon / Lion Dance
- Mixed Martial Arts/ Wrestling

L. MIND-BODY EXERCISES

- Pilates
- Qigong
- Tai Chi
- Yoga

M. MIND SPORTS

- Chess / Checkers / Xian Qi
- Contract Bridge
- Weiqi

N. HYBRID SPORTS

- Canoe Polo
- Football Tennis
- Korfball

O. OTHER RECREATIONAL PHYSICAL ACTIVITIES

- Climbing / Mountaineering / Bouldering / Trekking
- Equestrian Sports / Horse Riding
- Gymnastics
- Other recreational physical activities, please specify: _____

Exclude Mahjong, Gardening, Fishing, Meditation, Card Games (except Contract Bridge), Household Chores, Single-player Computer Games (not Wii Sports/Xbox Kinect)

Have fun navigating the dashboard!

If you have any questions, please email us at SPORT_Data_Hub@sport.gov.sg