

SOUTH AFRICAN SPORTS STUDY

QUESTIONNAIRE TO PERSONNEL OF THE SOUTH AFRICAN FORCES

PROJECT NSO 4/7

Dear Sir

The Human Sciences Research Council is currently conducting a country-wide study of sport in South Africa. This study has significant implications for all sports in South Africa, including the Forces.

You have been selected to co-operate in this important project and to complete the questionnaire in an honest manner. You have to provide information about yourself, your reading habits and how you listen to the radio, how often you watch television, your involvement in sport, your smoking and drinking habits, your attitude to mixed sport, and on a number of other issues.

Although the questionnaire is quite long, you will find it interesting to answer the questions.

Your friendly co-operation is appreciated.

Yours sincerely

HUMAN SCIENCES RESEARCH COUNCIL

SOUTH AFRICAN SPORTS STUDY

PROJECT NO NSO 4

7

QUESTIONNAIRE TO PERSONNEL OF THE SOUTH AFRICAN FORCES

SECTION 1: GENERAL INSTRUCTIONS AND DEMOGRAPHIC INFORMATION

A GENERAL INSTRUCTIONS

(a) This questionnaire must be completed only by male persons who are connected to the Defence Force and who are between 18 and 30 years of age.

All sections of the questionnaire must be completed.

(b) SPORT refers to organised and competitive sports, irrespective of the intensity of competition.

(c) Please provide estimates if you do not have accurate information at your disposal.

(d) The information you have to provide refers to your current situation in the South African Defence Force and to the six preceding months.

(e) Please make a cross (x) in the appropriate space. Write your answer in full where necessary.

(f) THE INFORMATION YOU HAVE TO PROVIDE IS STRICTLY CONFIDENTIAL. YOUR NAME APPEARS NOWHERE ON THE QUESTIONNAIRE. ALL QUESTIONNAIRES ARE SEALED IN YOUR PRESENCE AND DESPATCHED FOR PROCESSING.

PLEASE ANSWER ALL THE FOLLOWING QUESTIONS.

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B DEMOGRAPHIC INFORMATION

1 How old are you ? Years: 13-14

2 To which population group do you belong?

WHITE	ASIAN	COLOURED	BLACK	OTHER	
1	2	3	4	5	
					15

3 Which language do you normally speak at home?

Afrikaans	01	Gugurati	08	Tswana	15	
English	02	Urdu	09	Southern Sotho	16	
Afrikaans and English	03	Tamil	10	Northern Sotho	17	
Greek	04	Telegu	11	Venda	18	
Portuguese	05	Hindi	12	Shangana-Tsonga	19	
German	06	Zulu	13	Swazi	20	
Dutch	07	Xhosa	14	Southern Ndebele	21	
				Northern Ndebele	22	
				Other	23	16-17

4 What is your marital status?

Married	1	
Never married	2	
Divorced/Widow/Widower	3	18

5 What is the highest educational qualification/s you have obtained?

Never went to school	1	
Standard 3 or lower	2	
Standard 4 or 5	3	
Standard 6 (primary school in the case of blacks)	4	
Standard 6 or 7/Form I or II/equivalent qualification, e.g. ETS	5	
Standard 8 or 9/Form III or IV/equivalent qualification, e.g. NTS I or II	6	
Standard 10/Matric/Form V/equivalent qualification, e.g. NTS III or IV, GTS I or II or NTD	7	
Standard 10 PLUS further technical training, e.g. NTS IV or V, GTS I or II, or NTD or HNTD	8	
Standard 10 and further academic training, e.g. B.A., B.Sc., H.O.D., B.Arch., M.Sc., etc.	9	19

6 To which unit/division are you attached?

Name of unit/division: 20-21

7	What is the nature of your position in the Force?				
	Permanent Force		1		
	National service/persons in training		2		
	Other (specify):		3		22
8	What is the nature of the service/s you are currently rendering in the Force?				
	Describe in full.				23-24
9	In which of the following categories do you belong?				
	Officer		1		
	Non-commissioned officer		2		
	Private		3		
	Other (specify):		4		25
10	How many HOURS do you NORMALLY SPEND PER DAY (including Sundays) on your official duties/work, including travelling time? (One hour = 01, etc., to the nearest hour.)				
	DAYS OF THE WEEK		NUMBER OF HOURS PER DAY		
			(1 hour = 01; 11 hours = 11)		
	Mondays				26-27
	Tuesdays				28-29
	Wednesdays				30-31
	Thursdays				32-33
	Fridays				34-35
	Saturdays				36-37
	Sundays				38-39
11	What is your total monthly income in rands? R				40-42

SECTION 2: READING, LISTENING TO THE RADIO, WATCHING TELEVISION

12 Give an indication of your current READING HABITS with reference to the following sports publications:

TYPE OF READING MATERIAL AND CONTENT	Not available	Do not read	Review only	Read intensively	
1 Newspaper articles on sport	0	1	2	3	43
2 Sports magazines	0	1	2	3	44
3 Articles on sports in general magazines	0	1	2	3	45

4	Books on sports	0	1	2	3		46
5	History of sports	0	1	2	3		47
6	Sports results	0	1	2	3		48
7	Sports coaching	0	1	2	3		49
8	Sports and politics	0	1	2	3		50
9	Other (specify):	0	1	2	3		51

13 How much time do you currently spend PER DAY in listening to general radio broadcasts, including sports?

WEEK DAYS	N/A-don't listen to radio	About 30 min	About 1 hr	About 2 hrs	About 3 hrs	About 4 hrs	5 hours & more	
Mondays	0	1	2	3	4	5	6	52
Tuesdays	0	1	2	3	4	5	6	53
Wednesdays	0	1	2	3	4	5	6	54
Thursdays	0	1	2	3	4	5	6	55
Fridays	0	1	2	3	4	5	6	56
Saturdays	0	1	2	3	4	5	6	57
Sundays	0	1	2	3	4	5	6	58

14 How much time do you currently spend per day listening to SPORTS BROADCASTS on the radio?

WEEK DAYS	N/A-don't listen to radio at all	Don't Listen to sports broadcasts	About 30 min	About 1 hr	About 2 hrs	About 3 hrs	About 4 hrs	5 hrs & more	
Mondays	0	1	2	3	4	5	6	7	59
Tuesdays	0	1	2	3	4	5	6	7	60
Wednesdays	0	1	2	3	4	5	6	7	61
Thursdays	0	1	2	3	4	5	6	7	62
Fridays	0	1	2	3	4	5	6	7	63
Saturdays	0	1	2	3	4	5	6	7	64
Sundays	0	1	2	3	4	5	6	7	65

15 How long do you currently watch TELEVISION per day, INCLUDING SPORTS PROGRAMMES?

WEEK DAYS	N/A-don't watch TV	About 30 min	About 1 hr	About 2 hrs	About 3 hrs	About 4 hrs	5 hours & more	
Mondays	0	1	2	3	4	5	6	66
Tuesdays	0	1	2	3	4	5	6	67
Wednesdays	0	1	2	3	4	5	6	68
Thursdays	0	1	2	3	4	5	6	69
Fridays	0	1	2	3	4	5	6	70
Saturdays	0	1	2	3	4	5	6	71
Sundays	0	1	2	3	4	5	6	72

16 How much time do you currently spend watching SPORTS PROGRAMMES on television?

WEEK DAYS	N/A- don't watch sports T.V. prog.	Don't watch sports	About 30 min	About 1 hr	About 2 hrs	About 3 hrs	About 4 hrs	About 5 hours & more	
Mondays	0	1	2	3	4	5	6	7	73
Tuesdays	0	1	2	3	4	5	6	7	74
Wednesdays	0	1	2	3	4	5	6	7	75
Thursdays	0	1	2	3	4	5	6	7	76
Fridays	0	1	2	3	4	5	6	7	77
Saturdays	0	1	2	3	4	5	6	7	78
Sundays	0	1	2	3	4	5	6	7	79

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17 Do you sometimes have time at your disposal when you are bored and do not know what to do?

YES	1	
NO	2	13

18 If you have answered YES to Question 17, how much such free time, when you are BORED, do you have at your disposal per day?

WEEK DAYS	N/A-don't have such free time	About 30 min	About 1 hr	About 2 hrs	About 3 hrs	About 4 hrs	5 hours & more	
Mondays	0	1	2	3	4	5	6	14
Tuesdays	0	1	2	3	4	5	6	15
Wednesdays	0	1	2	3	4	5	6	16
Thursdays	0	1	2	3	4	5	6	17
Fridays	0	1	2	3	4	5	6	18
Saturdays	0	1	2	3	4	5	6	19
Sundays	0	1	2	3	4	5	6	20

SECTION 3: INVOLVEMENT IN SPORT AND PHYSICAL RECREATION

A PARTICIPATION IN SPORT

Participation in sport refers to the pursuit of and competing in some form of sport as a member of a club.

19 Do you participate in sport at the moment?

YES	NO	
1	2	21

If YES, answer If NO, answer
 Questions 20 to Question 26 and
 25 and continue continue

20 How many hours PER DAY do you currently spend PARTICIPATING
 in or practising a sport? (Travelling time has to be included.)

WEEK DAYS	About 30 min	About 1 hr	About 2 hrs	About 3-4 hrs	5 hours & more (specify)	
Mondays	1	2	3	4		22
Tuesdays	1	2	3	4		23
Wednesdays	1	2	3	4		24
Thursdays	1	2	3	4		25
Fridays	1	2	3	4		26
Saturdays	1	2	3	4		27
Sundays	1	2	3	4		28

21 Please give the following details on your status of
 participation, for example amateur, professional or both.
 Write down the particular type(s) of sport, the code
 (see Appendix 1) and note the status of participation.
 (Name the most important types of sport in which you
 participate.)

Status of participant (b)						
TYPE(S) OF SPORT	Code * Number (a)	----- Only Amateur	----- Only Professional	----- Amateur and Professional	----- (a)	----- (b)
1		1	2	3	(a)	29-31
					(b)	32
2		1	2	3	(a)	33-35
					(b)	36
3		1	2	3	(a)	37-39
					(b)	40

*See Appendix 1

22 What is the highest level on which you participated in the
 type(s) of sport you mentioned in Question 21?
 Write down the type(s) of sport and the code(s) and state the
 highest level of participation.

Highest level of participation (b)						
TYPE(S) OF SPORT	Code No.* (a)	----- Club level	----- Provincial level	----- National level	----- (a)	----- (b)
1		1	2	3	(a)	41-43
					(b)	44
2		1	2	3	(a)	45-47
					(b)	48
3		1	2	3	(a)	49-51
					(b)	52

*See Appendix 1

23 Which is the main type of sport you currently participate in?

Name of main sport:

53-55

24 Evaluate the facilities and services that are available for your MAIN TYPE OF SPORT.

(See Question 23 for main type of sport.)

	Lacking	Poor	Average	Good	
Administration and organisation of your club	1	2	3	4	56
Administration and organisation of your province	1	2	3	4	57
Coaching	1	2	3	4	58
Officials and referees	1	2	3	4	59
Medical services at your disposal	1	2	3	4	60
Practice opportunities	1	2	3	4	61
Opportunities for competition	1	2	3	4	62
Psychological preparation and guidance	1	2	3	4	63
Coaching reading matter on your type of sport	1	2	3	4	64
The main facility (e.g. field, track, swimming pool, gymnasium, etc.)	1	2	3	4	65
Apparatus (e.g. tennis nets, balls, bats, etc.)	1	2	3	4	66
Change-rooms	1	2	3	4	67
Pavilion	1	2	3	4	68
Fencing	1	2	3	4	69
Entries	1	2	3	4	70

25 Indicate how important you consider each of the following reasons for your participation in sport. Please add any other reasons you consider more important.

	Unimportant	Important	Very important	
Health and fitness	1	2	3	71
Social intercourse	1	2	3	72
Attraction of the sport itself	1	2	3	73
Recreation and diversion	1	2	3	74
Competition and performance	1	2	3	75
To be active and busy	1	2	3	76
To be fit	1	2	3	77
Other reasons (specify):				
1	1	2	3	78
2	1	2	3	79

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26 Have you ever received medical treatment as a result of injuries you sustained in sport?

YES 1
NO 2 13

27 If you have answered YES to the previous question, how many times have you received such treatment?

NUMBER OF TIMES
Once 1
Twice 2
Three times 3
More than three times 4 14

28 Have you participated in sport during the PAST 5 YEARS?

YES NO
1 2 15

29 If you have participated in sport during the past 5 years, please indicate the TWO most important types of sport in which you have taken part, indicate the code number of each (see Appendix 1), and state how often you have taken part.

How often you have taken part (b)

TYPE(S) OF SPORT IN WHICH YOU HAVE PARTICIPATED DURING THE PAST 5 YEARS	Code of Sport * (a)	Once	Once	Twice	Three	-----		
		Per Month	Per Week & Less	Per Week	Times Per Week & More	(a)	(b)	
1		1	2	3	4	(a)		16-18
							(b)	19
2		1	2	3	4	(a)		20-22
							(b)	23

* See Appendix 1

B ATTENDING SPORT AS A SPECTATOR

Being a spectator means your personal and voluntary attendance at sports meetings but not as a participant, an official or an assistant.

30 Do you currently go to sports meetings as a spectator?

YES 1
NO 2 24

1	1	2	3	4	(a) 37-39 (b) 40-43
2	1	2	3	4	(a) 44-46 (b) 47-50
3	1	2	3	4	(a) 51-53 (b) 54-57

* See Appendix 1

33 How many hours do you currently spend PER DAY on RENDERING SERVICES to sport?

Time currently spent in rendering services to sport

WEEK DAYS	NONE	Less than 1 hour	About 1 hour	About 2 hours	About 3 to 4 hrs	5 hours & more (specify)	
Mondays	0	1	2	3	4		58
Tuesdays	0	1	2	3	4		59
Wednesdays	0	1	2	3	4		60
Thursdays	0	1	2	3	4		61
Fridays	0	1	2	3	4		62
Saturdays	0	1	2	3	4		63
Sundays	0	1	2	3	4		64

D PARTICIPATING IN PHYSICAL RECREATION

34 Do you CURRENTLY take part in physical recreation?
(See Appendix 1 for a definition of physical recreation.)

YES	1	
NO	2	65

35 If you have answered YES to Question 34, in which forms of physical recreation do you CURRENTLY take part and how often do you take part? Also indicate the code number (Appendix 1) of each.

PHYSICAL RECREATION

IN WHICH YOU CURRENTLY TAKE PART	Code* (a)	How often do you take part (b)				
		Once Per Month and Less	Once Per Week	Twice Per Week	Three Times And More Per Week	----- (a) (b)
1		1	2	3	4	(a) 66-68 (b) 69
2		1	2	3	4	(a) 70-72 (b) 73
3		1	2	3	4	(a) 74-76 (b) 77

39 Indicate the total number of pupils (boys and girls) IN YOUR CLASS during the LAST YEAR YOU WERE AT SCHOOL?
(Make an estimate if you are not sure.)

NUMBER OF BOYS _____	21-22
NUMBER OF GIRLS _____	23-24

40 How many pupils IN YOUR CLASS smoked?
(Make an estimate if you are not sure.)

NUMBER OF BOYS WHO SMOKED _____	25-26
NUMBER OF GIRLS WHO SMOKED _____	27-28

41 Do you have a parent/parents who smoke or who have smoked in the past?

Yes - Have a parent/parents who smoke or have smoked	1	
No - Have no parent/parents who smoke or have smoked	2	29

42 Have you used any alcoholic drink (beer, wine, brandy, etc.) during the 6 MONTHS BEFORE you joined the Force? IF YOU HAVE IN FACT USED ALCOHOLIC DRINK DURING THIS PERIOD: On how many DAYS OF THE WEEK on average did you drink alcohol?
(Please indicate only ONE of the following possibilities.)

Did not use alcohol	0	
Less than once per week	1	
About once per week	2	
2 days of the week	3	
3 or 4 days per week	4	
5 or 6 days per week	5	
Every day	6	30

43 Which one of the following types of spirits did you drink MOST during the 6 MONTHS BEFORE you joined the Force?

Did not drink alcohol	0	
Beer	1	
Brandy	2	
Whisky	3	
Vodka	4	
Cane	5	
Gin	6	
Fortified or dessert wine	7	
Natural wine	8	
Other, for example Cinzano	9	31

44 Did you use any alcohol (except table wine with meals) while you were in the following standards?
(Please answer in terms of EVERY STANDARD and how often you drank alcohol.)

STANDARD	YES, drank alcohol about once a month	YES, drank alcohol about once per week	YES, drank alcohol twice and more times per week	NO, never drank any alcohol	N/A - was not in standard	
In primary school	1	2	3	4	0	32
Standard 6/Form I	1	2	3	4	0	33
Standard 7/Form II	1	2	3	4	0	34
Standard 8/Form III	1	2	3	4	0	35
Standard 9/Form IV	1	2	3	4	0	36
Standard 10/Form V	1	2	3	4	0	37

45 How many pupils (boys and girls) IN YOUR CLASS during your LAST YEAR IN SCHOOL, of whom you know, drank alcohol (excluding table wine with meals) at least once or more times per week?

No one as far as I know	1	
1 pupil	2	
2 pupils	3	
3 pupils	4	
4 pupils	5	
5 pupils	6	
8 to 9 pupils	7	
10 to 12 pupils	8	
More than 12 pupils	9	38

46 Do you have a parent/parents who had used alcohol in the past (excluding table wine with meals)?

Yes - have a parent/parents who use or used alcohol	1	
No - do not have a parent/parents who use or used alcohol	2	39

47 Have you EVER, before you joined the Force, smoked dagga, even if only to taste it or to experiment?

Yes - have smoked dagga at least once	1	
No - have never smoked dagga	2	40

48 Have you smoked dagga during the 6 MONTHS BEFORE you joined the Force? IF YOU HAVE, how many times PER WEEK did you on average smoke dagga?

Did not smoke dagga during the 6 months before I joined the Force	1	
Less than once per week	2	
Once per week	3	
More than once per week	4	
Daily or almost daily	5	41

49 Have you EVER smoked dagga while you were in the following standards? (Please answer in terms of EVERY STANDARD.)

STANDARD	Yes, have smoked dagga	No did not smoke dagga	N/A - was never in standard	
In primary school	1	2	0	42
Standard 6/Form I	1	2	0	43
Standard 7/Form II	1	2	0	44
Standard 8/Form III	1	2	0	45
Standard 9/Form IV	1	2	0	46
Standard 10/Form V	1	2	0	47

50 How many pupils (boys and girls) IN YOUR CLASS during your LAST YEAR AT SCHOOL smoked dagga as far as you know?

No one as far as I know	1	
1 pupil	2	
2 pupils	3	
3 pupils	4	
4 pupils	5	
5 pupils	6	
8 to 9 pupils	7	
10 to 12 pupils	8	
More than 12 pupils	9	48

51 Have you EVER before you joined the Force used any of the following drugs (without a doctor's prescription) - even if only to taste it or to experiment?
(Please answer for every drug.)

	Yes, have used it at least once	No, never used it	
Stimulants (pep pills, speed, ups, bennies, amphetamines, methedryn)	1	2	49
Barbiturates (downs, sedatives, Valium, Mandrax)	1	2	50
LSD, STP	1	2	51
Opiates (heroin, opium)	1	2	52
Inhalants (glue, chloroform, petrol)	1	2	53
PCP (Angel Dust)	1	2	54

52 Have you used any of the drugs listed below (without a doctor's prescription) during the 6 MONTHS BEFORE you joined the Force? IF YES, how often have you on average used these drugs?
(Please answer in terms of EVERY drug you have used.)

	Did not use drugs	Less than once per month	Once per month	More than once per month	Once per week	More than once per week	
Stimulants	1	2	3	4	5	6	55
Barbiturates	1	2	3	4	5	6	56
LSD, STP	1	2	3	4	5	6	57
Opiates	1	2	3	4	5	6	58
Inhalants	1	2	3	4	5	6	59
PCP (Angel Dust)	1	2	3	4	5	6	60

53 Have you EVER used one of the above drugs while you were in the following standards?
(Please answer in terms of EVERY STANDARD.)

STANDARD	Yes, have used some of the drugs in Ques 52	No have not used any of the drugs mentioned above	N/A - was never in standard	
In primary school	1	2	0	61
Standard 6/Form I	1	2	0	62
Standard 7/Form II	1	2	0	63
Standard 8/Form III	1	2	0	64
Standard 9/Form IV	1	2	0	65
Standard 10/Form V	1	2	0	66

54 How many pupils (boys and girls) IN YOUR CLASS during your LAST YEAR AT SCHOOL have used any of the above-mentioned DRUGS as far as you know?

No one as far as I know	1	
1 pupil	2	
2 pupils	3	
3 pupils	4	
4 pupils	5	
5 pupils	6	
8 to 9 pupils	7	
10 to 12 pupils	8	
More than 12 pupils	9	67

55 People have different ideas and opinions about issues. We would now like to know how you feel about certain issues. Below are a number of statements. Please indicate whether you agree or not.

	I agree	I do not agree	
It is detrimental to smoke dagga	1	2	68
It is wrong if someone smokes dagga even NOW AND THEN	1	2	69
Young people should be shocked if they find out that their friends use dagga or other drugs	1	2	70

- 56 Which ONE of the following statements represents your opinion BEST as far as dagga is concerned? Select only one answer.
- | | | |
|---|---|----|
| Legalise dagga so that it can be purchased and used like tobacco | 1 | |
| Legalise dagga for persons of 18 years and older | 2 | |
| Dagga should not be legalised but fines for possession/use of dagga should be less strict | 3 | |
| Current legislation and fines with respect to dagga should be enforced more rigorously | 4 | |
| Pass new laws with more severe punishment | 5 | 71 |
- 57 How long after you left school did you join the Force?
- | | | |
|--------------------------------|---|----|
| Less than 3 months | 1 | |
| 3 to 6 months | 2 | |
| 7 to 11 months | 3 | |
| 1 year to 1 year and 11 months | 4 | |
| 2 years or longer | 5 | 72 |

THANK YOU FOR YOUR CO-OPERATION

APPENDIX 1

SPORT

SPORT REFERS TO THE REASONABLY REGULAR PARTICIPATION OF INDIVIDUALS OR TEAMS IN ORGANISED AND COMPETITIVE SPORT, IRRESPECTIVE OF THE INTENSITY OF PARTICIPATION AND COMPETITION

- 001 ACROBATIC FLYING
- 002 AEROSPORT
- 003 ATHLETIS
- 004 BASKETBALL
- 106 MOUNTAIN CLIMBING
- 005 BILLARDS AND SNOOKER
- 108 BINNELANDSE GOOI (KOLGOOII) [Does not translate from Afrikaans]
- 006 BASEBALL
- 007 BOXING
- 008 ARCHERY
- 009 SURFING
- 010 SERVICE SHOOTING
- 011 CYCLING
- 012 FORMULA K MOTOR SPORT
- 013 WEIGHT-LIFTING
- 014 GOLF (MEN)
- 015 GOLF (LADIES)
- 016 GYMNASTICS
- 017 GYMKHANA [Does not translate from Afrikaans]
- 018 HANDBALL
- 019 HANG-GLIDING
- 020 HOCKEY (MEN)
- 021 HOCKEY (LADIES)

022 JUDO
023 JUKSKEI [Does not translate from Afrikaans]
024 CANOEING
025 KARATE
026 CLAY PIGEON SHOOTING
027 SMALL ARMS SHOOTING
028 CORFBALL (MEN)
029 CORFBALL (LADIES)
030 POWER BOATING
031 POWER FLYING
032 CRICKET (MEN)
033 CRICKET (LADIES)
034 CROQUET
035 LONG-DISTANCE RUNNING
036 LIFE-SAVING
(WATER SAFETY)
037 BODY-BUILDING
038 LIGHT-BOAT FISHING
039 AIRGUN SHOOTING
040 MASTER'S ATHLETICS
041 MODEL POWER-BOATING
042 MODEL YACHTING
043 MODEL SCALE BOATS
044 MODEL AIRCRAFT
(RADIO-CONTROLLED)
045 MODEL AIRCRAFT
046 MOTOR AND MOTORCYCLE SPORT
047 SQUASH (MEN)
048 SQUASH (LADIES)
049 NATIONAL SERVICE SHOOTING
050 NETBALL
051 UNDERWATER SPORT
052 PARAPLEGIC SPORT
053 PISTOL SHOOTING
054 BADMINTON
055 POLO
056 POLOCROSSE
057 PONY CLUB
058 PRACTICAL SHOOTING
059 RADIO-CONTROLLED CARS
060 DECK TENNIS
061 ROWING
062 BOWLS (BLIND)
063 BOWLS (MEN)
064 BOWLS (LADIES)
065 ROLLER-SKATING
066 ROLLER-SKATING HOCKEY
067 ROCK AND BEACH FISHING
068 RUGBY
069 EQUESTRIAN SPORT
070 SOFTBALL
071 SCHWINGER [Does not translate from Afrikaans]
072 NAVIGATION
(WATER SAFETY)
073 YACHTING
074 CHESS
109 SHEPHERD DOGS
075 FENCING
076 SKI-BOAT FISHING
077 SCUBA-DIVING
078 SCUBA SURFING

079 SNOW SKIING
080 GAME FISHING
081 WRESTLING
082 BEACH LIFE-SAVING
083 GLIDING
084 SWIMMING
085 TABLE TENNIS
086 TENNIS
087 TENPIN BOWLING
088 TUG OF WAR
089 TRAMPOLINE SPORT
090 HOME-BUILT AIRCRAFT
091 ENDURANCE RALLIES
092 PARACHUTING
093 FRESH-WATER FISHING
094 DARTS (MEN)
095 DARTS (LADIES)
096 CAST FISHING
097 VETERAN CARS
098 VOLLEY-BALL
099 SOCCER
100 PENTATHLON
101 HOT-AIR BALLOONS
102 WATER-SKIING
103 WATER-SKIING RACING
104 ICE HOCKEY
105 ICE-SKATING

PHYSICAL RECREATION

PHYSICAL RECREATION REFERS TO PARTICIPATION IN ACTIVITIES SUCH AS SWIMMING, TENNIS, MOUNTAIN-CLIMBING, HIKING, RUNNING, EXERCISING, ETC. THAT REQUIRE PHYSICAL EFFORT FOR THE PLEASURE, EXCITEMENT OR PRACTICE VALUE OF THE EFFORT AND NOT FOR THE COMPETITION OR WINNING.

- 201 ACROBATIC FLYING
- 202 ADVENTURE TOURS
- 203 BALLET
- 204 MOUNTAIN-CLIMBING
- 205 FARMER'S SPORT
- 206 ARCHERY
- 207 SURFING
- 208 CYCLING
- 209 SHOOTING GUNS
- 210 GOLF
- 211 GYMNASIUMS
(HEALTH CLINICS)
- 212 HANG-GLIDING
- 213 ANGLE FISHING
- 214 HUNTING
- 215 JUKSKEI [Does not translate from Afrikaans]
- 216 CAMPING
- 217 CANOEING
- 218 CLAY PIGEON SHOOTING
- 219 LONG DISTANCE RUNNING
- 220 BODY-BUILDING
- 221 MODERN DANCING
- 222 POWER-BOATING
- 223 MOTOR AND MOTORCYCLE SPORT
- 224 SQUASH
- 225 EXERCISING PROGRAMMES
(AT HOME)
- 226 UNDERWATER ACTIVITIES
(SCUBA)
- 227 RECREATIONAL GYMNASTICS
- 228 HORSE-RIDING
- 229 BADMINTON
- 219 FUN-RUNNING
- 217 ROWING (CANOEING)
- 230 ROLLER-SKATING
- 231 SAILING
- 209 SHOOTING ACTIVITIES
- 232 SNOW SKIING
- 233 SNOOKER/BILLIARDS
- 234 SWIMMING
- 235 TENNIS
- 236 TENPIN BOWLING
- 237 TRIMPARK ACTIVITIES
- 238 PARACHUTING
- 239 DARTS
- 240 FIELD AND VALLEY
- 241 HIKING
(WALKING TRIPS)
- 242 WATER-SKIING
- 243 YOGA
- 244 ICE-SKATING