



OFFICE OF SPORT DEFINITION OF KEY TERMS

Version 1
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INTRODUCTION

The purpose of the *Definition of Key Terms* is to establish a list of definitions to be used by the Office of Sport when communicating with external stakeholders.

The *Definition of Key Terms* contains key words and phrases that appear frequently in Office of Sport policies, plans and programs. Where a term has a broader general meaning, the definition given refers to its use in the Office of Sport context.

The definitions are intended to enhance communication of Office of Sport priorities, measure success and unify understanding of key terms across sport, active recreation and physical activity stakeholders.

Version

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DEFINITIONS

Active living - A way of life that integrates *physical activity* into daily routines and is a fundamental part of improving physical health and general well being.

Active Recreation - *Physical activity* for the purposes of relaxation, health and wellbeing or enjoyment which can be self-directed or facilitated by a provider or organisation.

Facilitated Active Recreation - Any type of *active recreation* facilitated by a service provider.

Self-Directed Active Recreation - Any type of *active recreation* that is not facilitated by a service provider.

Active transport – Transport that is human powered, such as walking or cycling.

Exercise - Intentional *physical activity* carried out to sustain or improve health and/or physical fitness.

Inactivity (Insufficient Physical Activity) - An absence of sufficient *physical activity* to meet the current national physical activity guidelines / recommendations.

Multi-sport facility - Any piece of infrastructure that caters to and provides access for more than one *sport* or *active recreation* activity.

Participant - An individual taking part in *physical activity*.

Participation- The act of taking part in *physical activity*.

Physical activity - Any activity that gets your body moving, makes your breathing become quicker and your heart beat faster.

Physical fitness- A set of health and performance attributes/characteristics that people develop/have which enables their ability to perform physical activity.

Sedentary behaviour - Sitting or lying down (with the exception of sleeping) for long periods.

Spectator - An individual who attends a *sport* or *active recreation* event.

Sport - Physical activity that can be undertaken by a team or an individual in a social or competitive environment in pursuit of a result.

Organised sport - *Sport* that consists of structured competition, follows a defined set of rules and is governed and officiated by an organised body.

Social sport - *Sport* that is less formal where the motivation for *participation* has less emphasis on performance / results and a greater focus on social outcomes. There may be an element of competition present and it may be held under the auspices of an organised body.

Stakeholder - An individual or group who has a direct interest in or can directly affect or be affected by the actions of an organisation with respect to a specific issue