

## Organizational aspects of adults' sports habits in Spain: gender and social differences



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**Abstract:** The objectives of the present study were to determine if there exist differences with regard to gender in the organizational aspects related to adults' sports habits in Spain and to analyze these organizational aspects as a function of age, level of completed education and social class. The research followed a quantitative methodology using a questionnaire that was administered to a sample of 3,463 subjects, 1,732 men (mean age 46.6 years  $\pm$  9.7) and 1,731 women (mean age 44.5 years  $\pm$  9.6). The results show that there exist significant differences in organizational aspects of sports habits between men

and women and present interesting information for organizations about these aspects as a function of the different socio-demographic variables.

**Keywords:** physical activity, organization, gender, level of completed education, social class.

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