



4 April 2025

SPORT IN NUMBERS

2024

LESS THAN HALF OF THE POPULATION AGED 18 TO 69 YEARS OLD PRACTISED SPORTS ACTIVITY IN THE LAST 12 MONTH, BUT LESS THAN A QUARTER DID SO WITH REGULARITY

In 2023, there were 773.8 thousand practitioners affiliated in Sports federations (12.8% more than in 2022), 26,044 sports coaches (+7.7%), 18,108 (+9.2%) referees and 1,034 high-performance sports practitioners (+26.4%).

In 2022, 45.2% of the population aged 18 to 69 years old practiced sports activity and 50.4% practiced physical exercise, in the last 12 months. However, less than a quarter did so regularly.

In 2024, employment in sports reached 52.5 thousand people, 15.9% more than in 2023. The total average gross monthly earnings per employee in the sports sector activities was 1,521 euros (4.0% more than in 2023).

In 2023, there were 18,074 enterprises in the sports sector (9.9% more than in 2022) that generated 2.8 thousand million euros of turnover (-2.8%) and a Gross Value Added (GVA) of 1,1 thousand million euros (+0.1%).

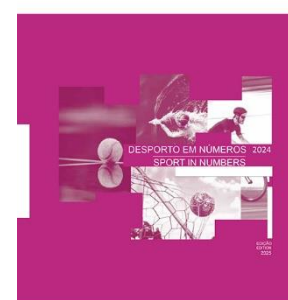
In 2023, the Municipalities' financing to activities and sports infrastructures increased 16.0%, to 426.5 million euros.

The General Assembly of the United Nations, through the 667/296 resolution of 23 August 2013, established the 6th of April as **The International Day of Sport for Development and Peace**. The aim of the celebration of this day is to emphasize the importance of sports as a factor of social coesion and development, as well as to promote a healthy way of life and awareness of the role that sports can play in promoting human rights, and social and economic development. In this date is also commemorated the opening of first Olympic Games of the modern era in Athens (Greece), in the year 1896.

To mark the International Day of Sport for Development and Peace, Statistics Portugal releases on its website – www.ine.pt – the fifth 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 and federated sport, going through a set of indicators on the economic and social dimension of sports activities.

[Click on the image to go to the sports in Numbers publication.](#)





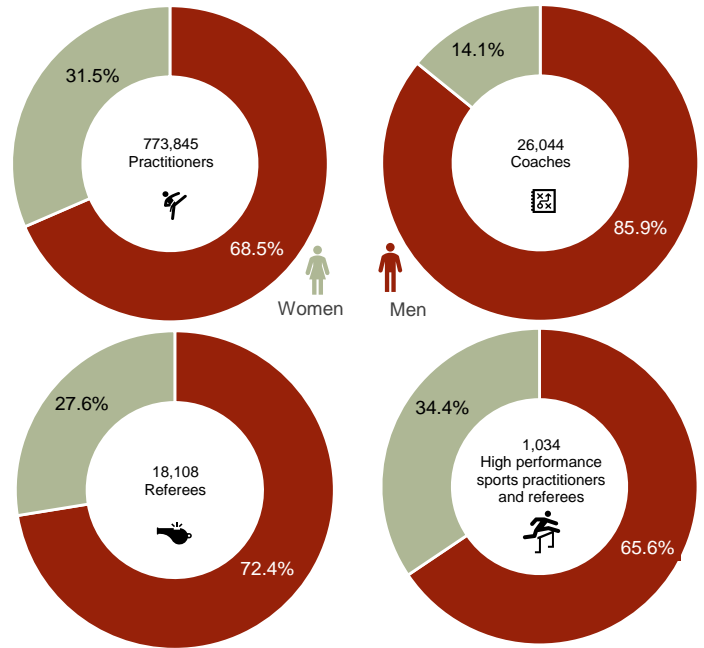
Federated Sports

In 2023, there were in sports federations:

- 11,361 sports clubs (0.8% less than in 2022)
- 773,845 practitioners (+12.8%)
- 26,044 sports coaches (+7.7%)
- 18,108 referees (+9.2%)
- 1,034 High performance sports practitioners (+26.4%)

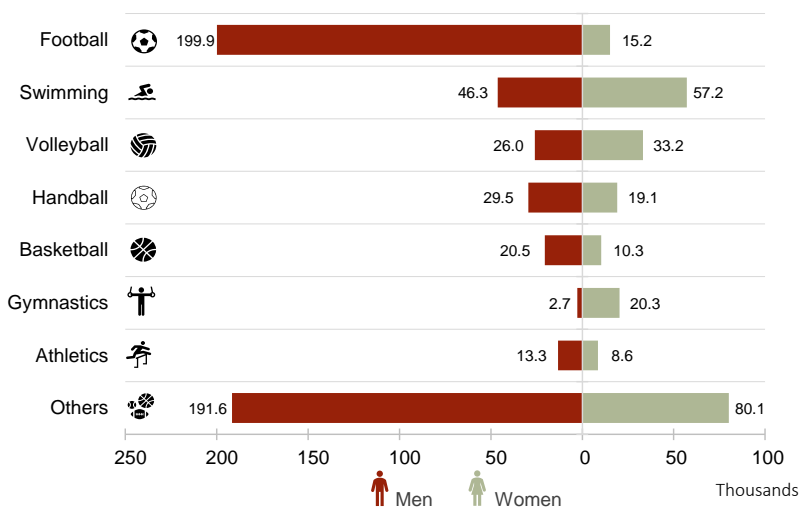
The sports modalities with the highest number of practitioners were: football (27.8%), swimming (13.4%), volleyball (7.7%) and handball (6.3%).

Figure 1. Practitioners, coaches and referees enrolled in Sports federations (%), by sex, 2023



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

Figure 2. Practitioners enrolled in Sports federations (thousands), by sports modality and sex, 2023



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

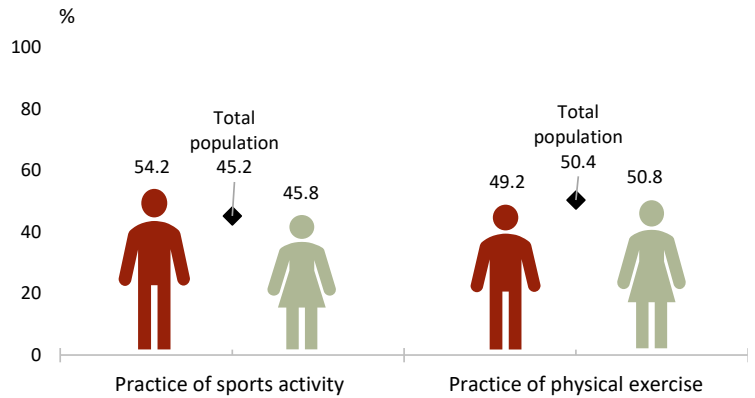
- The modalities predominantly practiced by men were: football (92.9%), cycling (92.5%) basketball and tennis (66.6%, each) and handball (60.8%).
- Women stand out in the practice of gymnastics (88.2%), figure skating (60.1%) volleyball (56.0%) and swimming (55.2%)



Sports participation

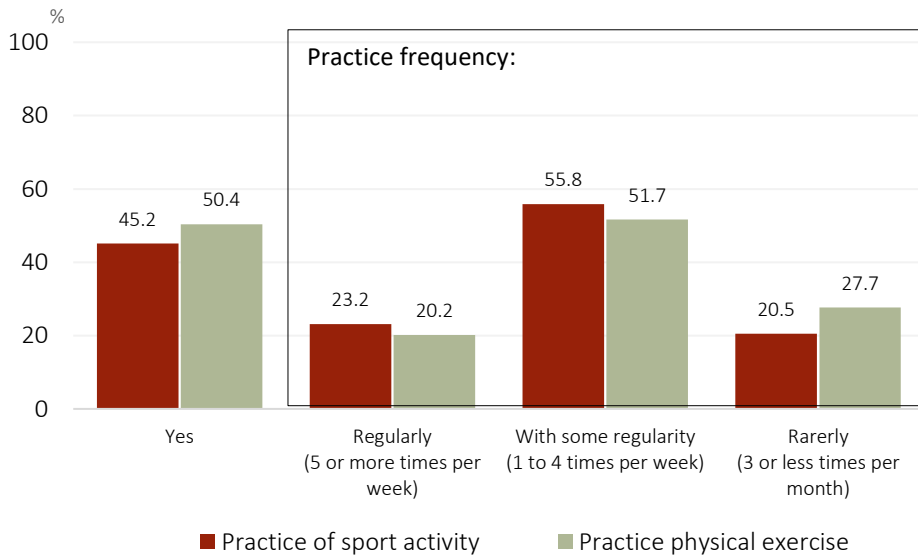
- In 2022, **45.2%** of the population aged 18 to 69 practised some kind of sport activity¹ and **50.4%** practised physical exercise² in their free time, in the last 12 months.
- But, less than a 1/4 practised sports activity (23.2%) or physical exercise (20.2%) regularly.

Figure 3. Practice of sports activity and/or practice of physical exercise (%), by sex, 2022.



Source: INE, I.P. – Adult Education Survey (AES).

Figure 4. Proportion of population aged between 18 and 69 who practised sport activity and/or physical exercise and frequency (%), Portugal, 2022.



Source: INE, I.P. – Adult Education Survey (AES).

¹ **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.

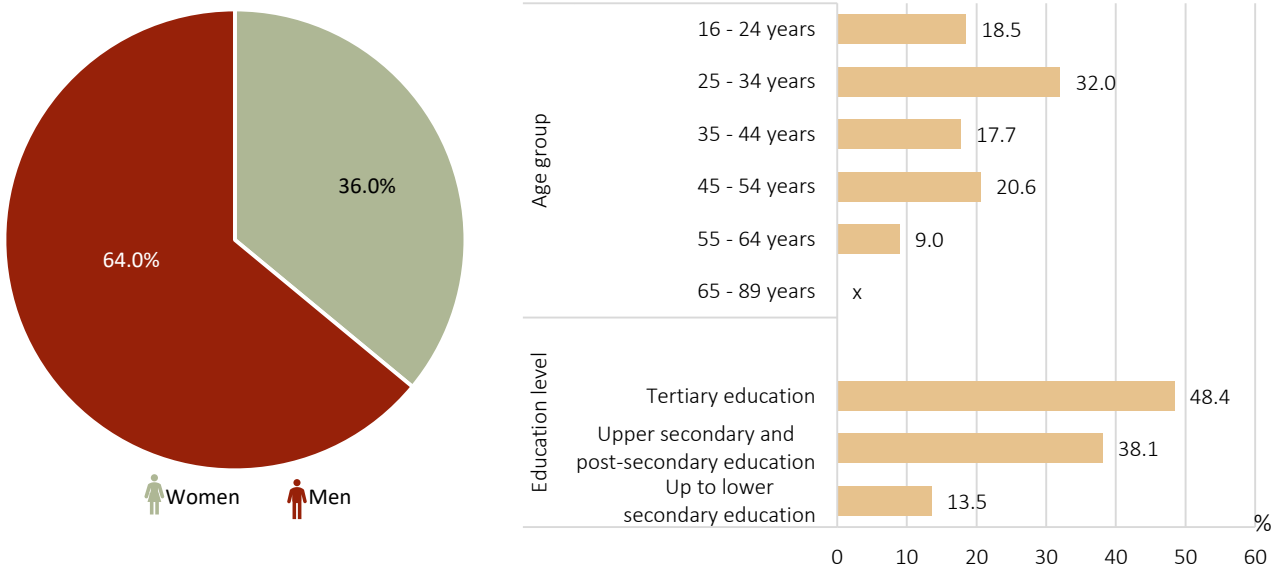
² **Physical exercise** is considered to be exercise carried out in leisure time, the main purpose of which is to distract and occupy time, such as: walking, cycling, dancing, and gardening.



Sports employment

In 2024, **52.5 thousand** people worked in the sports sector (15.9% more than in the previous year). Sports employment is characterized by employing more men, and younger and more educated people.

Figure 5. Sports employment (%), by some individual characteristics, 2024



Source: Statistics Portugal, Labour Force Survey.

Enterprises

- In 2023, there were **18,074 enterprises** (9.9% more than in 2022) in the sports sector, responsible for 2.8 thousand millions euros of turnover (-2.8%) and generated 1,1 thousand millions euros of Gross Value Added (+0.1%)
- The enterprises of **operation of sports facilities, the activities of sports clubs, the fitness facilities, and other sports activities** (60.4% of total) generated, as a whole, 51.7% of the sector turnover and 68.8% of the sector GVA.

Total average gross monthly earnings per employee in sports sector

- In 2024, **1,521 euros** was the total average gross monthly earnings per employee³ (4.0% more than in 2023), and
- less than in the total economy (1,602 euros).



Figure 6. Total average gross monthly earnings per employee (€) of sports sector, 2024.

Economic activity	Average monthly total gross earnings
Unit: Euros	
2024	
Total economy	1,602
Total - sports sector	1,521
Sports and recreation education	984
Fitness facilities	1,094
Retail sale of sporting equipment in specialised stores	1,127
Operation of sports facilities	1,379
Other sports activities	1,558
Manufacture of sports goods	1,559
Activities of sports clubs	2,726
Building of pleasure and sporting boats	1,381

Note: provisional data

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.

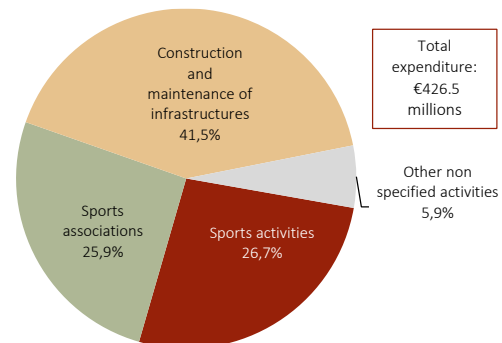
International trade

- In 2024, **660,8 million euros**, was the total **exported**³ value, with emphasis on bicycles (55.9% of the total exports) and boats and water sport equipment (16.7%).
- The total of **imports**³ amounted to **436.3 million euros**, highlighting sports footwear (27.9%) and gymnastics athletic and swimming equipment (24.0%) among imports.

Public financing

- In 2023, **426.5 million euros** (16.0% more than in 2022), was Municipalities' financing to activities and sports infrastructures, which represented 3.6% of total Municipalities' expenditure.

Figure 7. Municipalities' financing to sports activities and infrastructures (%), by subdomains, 2023.



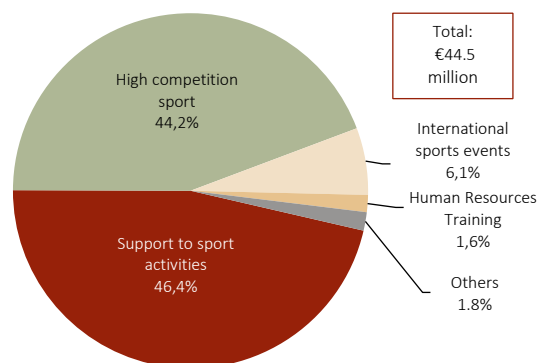
Source: Statistics Portugal, Financing of Cultural, Creative and Sports activities by Municipalities Survey.

³ Provisional data.



- The financing of the Portuguese Institute of Sports and Youth to the Sports Federations amounted to **44.5 million euros** (more 0.9% than in 2022) ...
- ... support to sports activities stood out with 46.4% of the total financing, and the high competition sports (44.2%).
- International events absorbed 6.1% of the total financing.

Figure 8. Financing of Portuguese Institute of Sports and Youth to the Sports Federations (%), by groups of projects/programmes, 2023.



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

For more information:

- Detailed statistical information available 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, in the option Products, Metadata, [Metadata System](#).