

Increased Organized Sports Activities in School and Sports Clubs



FACT SHEET

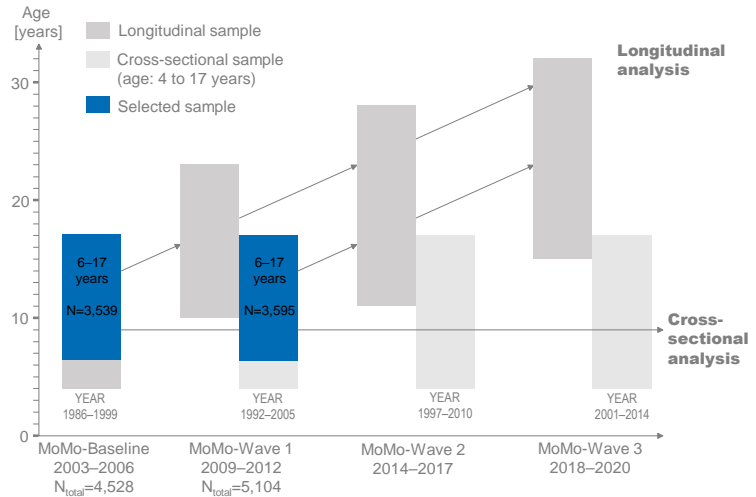
Introduction and Methods

Organized sports activities are becoming more and more important in the everyday life of children and adolescents. Sports clubs reach the target group of children and adolescents in Germany more than any other form of youth organization [1] and the participation rates are rising [2]. Sports activities at schools, especially at all-day schools, are being expanded.

The results presented here are representative data from the Motorik-Modul-Study (MoMo) for school and sports clubs of children and adolescents aged 6 to 17 years in Germany [3].

Data from the MoMo-Baseline survey (2003–2006) are compared with the data of the MoMo-Wave 1 (2009–2012). The activity data were gathered via MoMo-Physical-Activity-Questionnaire [4] in 167 locations throughout Germany. Children under the age of 11 filled the questionnaire together with a person entitled to custody.

Study Design and Sample



Results

MoMo	Sports clubs						Physical education		Athletic extra-curricular activities	
		Baseline		Wave 1		Baseline	Wave 1	Baseline	Wave 1	
6–17 years	Member	Min/week	Com-petitions	Member	Min/week	Com-petitions	Classes/week	Classes/week	Participa-tion	Participa-tion
female	47.8 %	152.1	53.2 %	55.6 %	169.4	56.2 %	2.28	2.43	10.8 %	18.2 %
male	60.9 %	196.9	72.9 %	68.8 %	218.3	71.0 %	2.37	2.52	11.8 %	20.1 %
∅	54.5 %	177.8	64.4 %	62.4 %	197.0	64.3 %	2.33	2.48	11.3 %	19.2 %

Physical education

The frequency of sports lessons increased slightly. The increase is ascribed to physical education in age classes 6 to 13.

Athletic extracurricular activities

Participation rates in athletic extracurricular activities are increasing strongly during the period under study. The 6- to 10-year olds increase their participation rate from 9.8 % to 24.6 %, the 11- to 13-year olds from 14.1 % to 21.5 %. Only 14- to 17-year olds show no significant increase with 11.0 % and 11.6 %.

Sports clubs

The number of 6- to 17-year olds in sports clubs increases from 54.5 % to 62.4 %. The extent of sports activities of the members increases by about 20 minutes per week. Competitions continue to be driven more by boys. The participation rates are stable.



Conclusion

Organized sports activities in school and sports clubs increased by around 8 % during the considered period.

[1] DOSB (2011). *Mitgliederentwicklung im Sportverein. Bestandserhebungen und demografischer Wandel zwischen den Jahren 2000 bis 2010* [Development of Memberships in Sports Clubs. Consisted Survey and Demographic Change Between 2000 and 2010]. Frankfurt a. M.: DOSB.*

[2] Gerlach, E. & Brettschneider, W. D. (2013). *Aufwachsen mit Sport. Befunde einer 10-jährigen Längsschnittstudie zwischen Kindheit und Adoleszenz* [Growing Up With Sports. Results of a 10-year Longitudinal Study Between Childhood and Adolescence]. Aachen: Meyer & Meyer.*

[3] Schmidt, S., Will, N. & Woll, A. (2016). Sportliche Aktivität deutscher Kinder und Jugendlichen im Verein und in der Schule. Die Motorik-Modul-Studie (MoMo) [Physical Activity of German Children and Adolescents in Sports Clubs and School. The Motorik-Modul-Studie (MoMo)]. *Sportunterricht*, 85 (8), 233–238.*

[4] Schmidt, S., Will, N., Henn, A., Reimers, A. & Woll, A. (2016). *Der Motorik-Modul-Aktivitätsfragebogen (MoMo-AFB). Leitfaden zur Anwendung und Auswertung* [The Motorik-Modul-Physical-Activity-Questionnaire (MoMo-PAQ). Manual on application and analysis]. Karlsruhe: KIT.*

(* German publication)