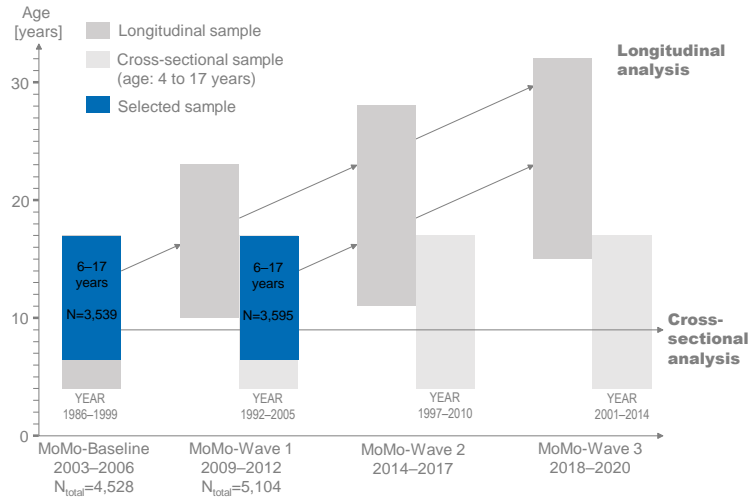


Increased Intensity in Organized Sports of Children and Adolescents in Germany

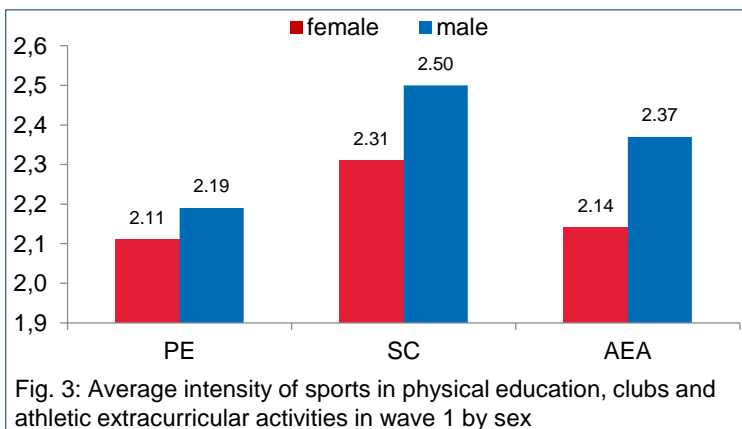
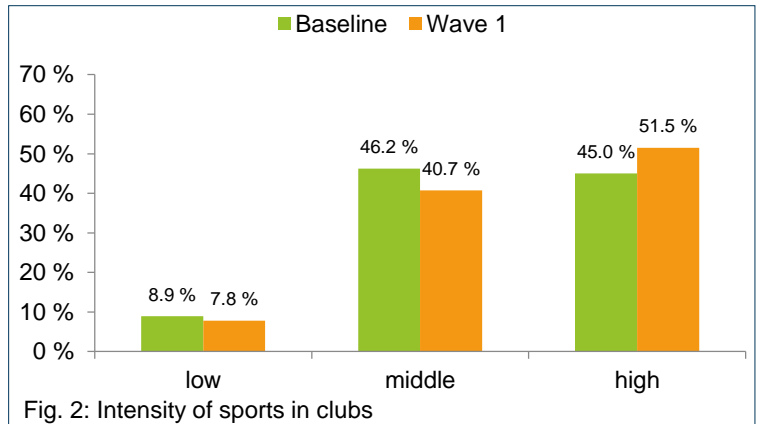
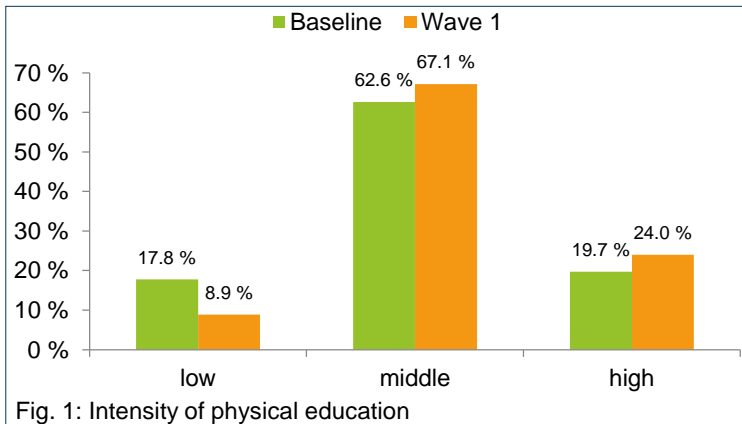
Introduction and Methods

The intensity of the load stimuli in sports is crucial for positive health effects [1]. But children and adolescents rate the intensity of physical education (PE) much lower than for example of sports in clubs (SC) [2]. Aside from physical education, athletic extracurricular activities (AEA) are offered more often in Germany nowadays due to the raising amount of all-day schools. The question arises if the intensity of athletic extracurricular activities nowadays is comparable to that of physical education or sports in clubs developed over time. The intensity of physical activity was assessed by a six-year cohort comparison by means of these questions out of the MoMo-Physical-Activity-Questionnaire [3]: „How much do you exert yourself taking part in sporting activities generally? (1) without sweating and breathlessness/panting; (2) a little sweating and breathlessness/panting; (3) plenty of sweating and breathlessness/panting“.

Study Design and Sample



Results



6-year cohort comparison (Fig. 1 and 2):

- Children and adolescents rate the intensity of doing sports higher in wave 1 than in the baseline – this is especially true for PE.
 - At baseline 17.8 % of children and adolescents rated PE as not strenuous – in wave 1 only 8.9 %.
- ➔ Positive trend from a health perspective.

Comparison of intensity rating in the three settings (Fig. 3):

- The intensity of sports in AEA are rated lower than in SC, but higher than in PE.
 - Boys rate the intensity of doing sports higher than girls in all settings.
- ➔ Due to the educational responsibility PE cannot be as intense as SC.

[1] Janssen, I. & LeBlanc, A. G. (2010). Systematic review of the health benefits of physical activity and fitness in school-aged children and youth. *International Journal of Behavioral Nutrition and Physical Activity*, 7, 40.

[2] Will, N., Schmidt, S. & Woll, A. (2016). Intensität und soziale Disparität sportlicher Aktivität in Schule und Verein. Die Motorik-Modul-Studie (MoMo) [Intensity and social disparity of sports in schools and clubs]. *The Motorik-Modul-Studie. Sportunterricht*, 65 (8), 239–244.*

[3] 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)