

Getting Kids Active!

2010 PHYSICAL ACTIVITY MONITOR: FACTS & FIGURES



Where and how do children participate in sport?

Previously in this series, Bulletin no. 2 describes sport participation rates among children and youth (aged 5 to 17 years), whereby sport was defined as physical activities that involve competition and rules and develop specific skills. According to this definition, 75% of children and youth participate in sport. The 2010 Physical Activity Monitor further asked parents whether their children primarily engage in sport in structured or unstructured environments, make use of a coach, train or compete for their sport. This bulletin describes these findings.

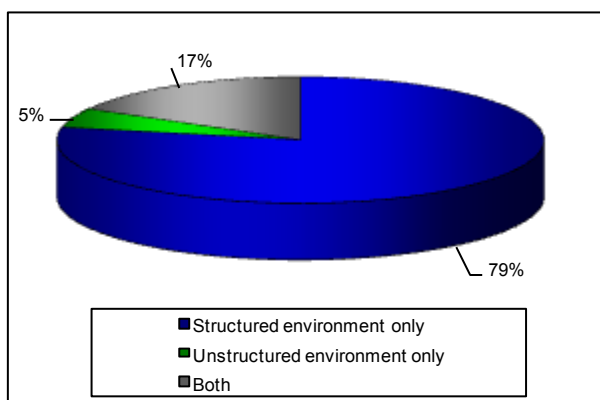
Structured and unstructured environments

According to parents, 79% of children and youth participate in sport in a primarily *structured* environment, 5% participate in a primarily *unstructured* environment, and the remaining 17% participate in *both* structured and unstructured environments.

There were no observed differences in the type of environment by parent's gender or age, child's age, parent's education level, and community size. Differences were noted, however, between

FIGURE 1

Structure of environment for sport, children and youth overall

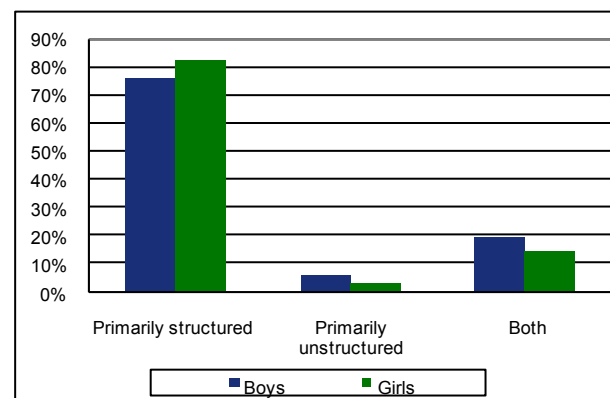


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child's gender, household income and region and the degree of structure of sporting environment. A greater proportion of girls (82%) compared to boys (76%) participate in sport in a primarily *structured* environment. Relatively fewer children from low income households (lowest quartile, <\$50,000 per year) participate in sport within a primarily *structured* environment compared to those from higher income households (third and highest quartiles, ≥\$80,000 per year). Compared to the national average, a lower proportion of Northern residents participate primarily in a *structured* environment.

FIGURE 2

Structure of environment for sport, by child's gender



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Coaching and training

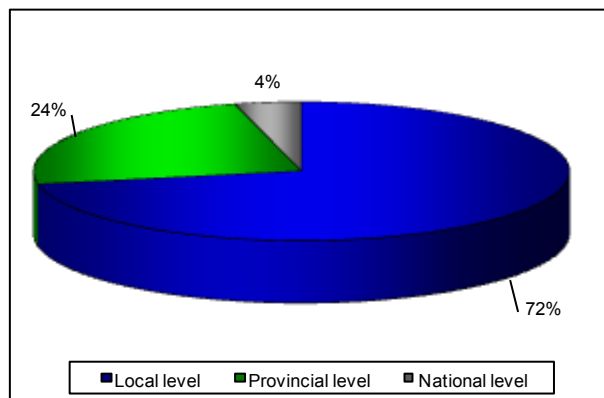
According to parents, the majority (92%) of children that participate in sport make use of a coach. There were no differences observed by child or parental characteristics with the exception being that children from the lowest income households (lowest quartile, <\$50,000 per year) are least likely to make use of a coach.

Three-quarters (75%) of parents indicate that their child trains for sport. A greater proportion of parents aged 45 to 64 years indicate that their child trains for sport, compared to parents aged 25 to 44 years. Similarly, a greater proportion of youth aged 13 to 17 train for sport compared to younger children (aged 5 to 12). Relatively more children from the highest income households (highest quartile, \geq \$100,000 per year) train for sport compared to those from the lowest income households (lowest quartile, $<$ \$50,000 per year). A greater proportion of parents who participate in sport themselves (81%), report that their child trains for sport compared to non-participants (73%).

Competition

According to parents 70% of children and youth compete in sport. Of these, 72% compete at a local level, 24% compete at a provincial level, and 4% compete at a national level. Compared to the national average, relatively fewer parents residing in Quebec indicate that their child competes.

FIGURE 3
Level of competition, overall

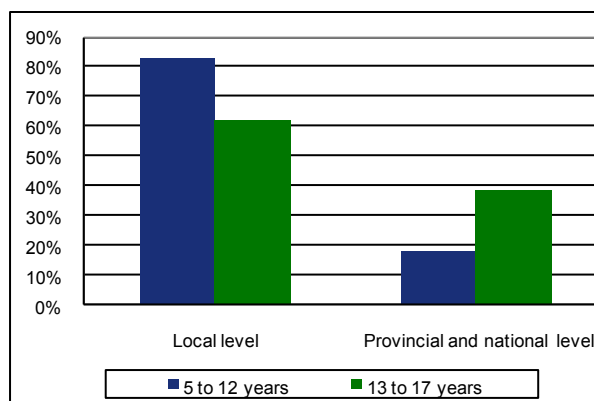


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According to parents, relatively more boys and older youth compete (compared to girls and 5 to 12 year olds respectively). Compared to parents aged 25 to 44 years, a greater proportion of parents aged 45 to 64 years indicate that their children compete. A greater proportion of children that live in high income households (highest quartile, \geq \$100,000) compete compared to those in lower income households (lowest and second quartile, $<$ \$80,000). Similarly, relatively more children whose parents have a post-secondary education compete compared to those whose parents have less than a high school education. Parents who participate in sport themselves, are more likely than non-participants to indicate that their child competes in sport (77% vs. 67%, respectively).

Compared to the national average, a greater proportion of children and youth living in the North compete at a provincial/territorial level. A greater proportion of younger children (5 to 12 year olds) compete at a local level, whereas a greater proportion of older

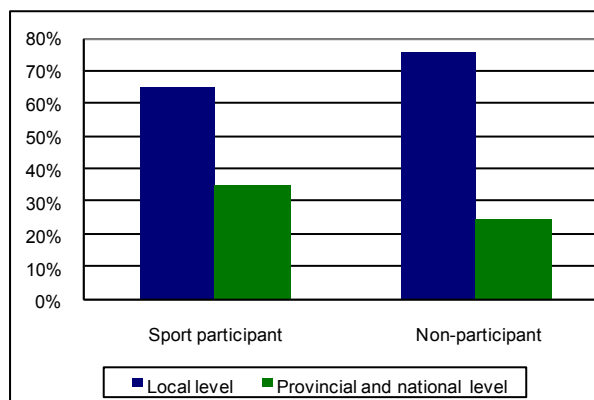
FIGURE 4
Level of competition, by child's age



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youth compete at a provincial/territorial level. Similarly, a greater proportion of parents aged 25 to 44 years indicate that their children compete at a local level, whereas a greater proportion of parents aged 45 to 64 say that their child competes at a national level. A greater proportion of children that live in high income households (highest quartile, \geq \$100,000) compete at a provincial/territorial level, whereas relatively more from lower income households (lowest and second quartile, $<$ \$80,000) compete at a local level. Parents who participate in sport are more likely than non-participants to indicate that their child competes at a provincial level, whereas non-sport participants are more likely to say their child competes locally.

FIGURE 5
Level of competition when child participates in sport by parent's sport participation



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