

Profiles of Physical Fitness and Enjoyment among Children: Associations with Sport Participation

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Abstract : Background and study aim: Most of the people assume that someone will perform well on something they like. A tool evaluating how much an individual likes an activity can also be guidance for talent detection and to keep youngster doing what they like as a recreational sport. The purpose of this study was to identify the relationship between physical performances with something that they like. Material and methods: In this cross-sectional study, 558 pupils age between 8 years to 11 years were tested using test battery containing 7 physical performance tests (I Do) compared to a pictorial scale containing 7 pictures (I Like) referring to the physical performance tests. Pearson correlation was computed to investigate the relation between the actual performance and the enjoyment. Results: Moderate significant correlations between each of the respective I Do, and I Like components were found. It appears that the correlation between the endurance items is higher as compared to the other six characteristics. Rerunning the analysis for age and sex groups separately resulted in only one significant correlation across all age group, namely between the evaluations of cardiovascular endurance. Conclusions: Information on enjoyment appears to be a useful and cost-effective addition to current multidimensional test batteries in a sport. By providing a clear picture on activities the young child or athlete likes or dislikes, attrition can be increased if a child starts his 'career' in a sport that alludes to skills or tasks he/she likes. This enjoyment will increase the intrinsic motivation, which is beneficial for sustained sports participation as well as for avoiding dropout in promising young athletes.

Keywords : I Do, I Like, physical performance, enjoyment

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