



INTERNATIONAL  
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COMMITTEE

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## 2008 IOC study on youth sport participation



- Aimed at collecting hard data showing patterns in youth sport participation **across the world in the previous 10-15 years**
- Conducted in preparation of the **2009 Olympic Congress** and the **2010 Youth Olympic Games**
- The Research and Reference Service of the IOC managed the work on the study in collaboration with **25 experts** representing 20 different countries





## In scope

- Trends in the participation in sport (types of sports not a priority)
- Youth relationship with competition sport and organised sport
- Physical activity / inactivity (added)
- Ages 13 -19
- Min. 18 countries (representative for the 5 continents)

## Methodology

- Official national and regional statistics
- Books and publications by renowned subject matter experts
- Collaboration with over 20 national academic subject matter experts for data collection
- Verification of findings, data interpretation and conclusions by expert project advisors (key project advisor: Prof. Wolf-Dietrich Brettschneider)

## Assessment of the sources at hand



- **Surveys** carried out by i.e. national bureaus of statistics tend to be quite reliable and involve large numbers of people
- **Academic research** papers also tend to be reliable, but their sample size tends to be considerably smaller

- **Objective** tools such as pedometers measure **physical activity** rather than sport participation and studies in this area are still quite **limited**
- **National membership figures** for sport clubs must be treated with caution because of "double counting" and financial bias

## Lack of data in developing countries limited the reach of the study



Continent	Subject matter expert and primary data identified	No data or subject matter expert identified
<b>Americas</b> 3 countries	USA, Canada, Venezuela	Mexico, Brazil
<b>Europe</b> 9 countries	France, Germany, Italy, Russia, Spain, Portugal, England, Sweden, Lithuania	Poland
<b>Asia</b> 5 countries	China, India, Pakistan, Japan, Singapore	
<b>Oceania</b> 1 country	Australia	
<b>Africa</b> 2 countries	South Africa, Nigeria	Egypt, Namibia, Morocco

## Studies and surveys conducted over time tend to be limited



- **Changes** in the wording, sampling and methodology often make it **impossible to identify time trends**
- Differences in questionnaires, research design, methodology and definition of terms make **country comparisons** difficult / impossible
- Little data available on youth participation in **unstructured sport**
- Data often refers to "**physical activity**" rather than "sport"

## Examples of country differences in definitions, age groups and survey years



<p><b>Australia</b> Age: 15-19 “Exercise at least once a week” Years used for time trend analysis: 2001-2006</p>	<p><b>Sweden</b> Age: 15-19 “Practise sport or exercise regularly” Years used for time trend analysis: 1998-2005</p>
<p><b>Singapore</b> Age: 15-19 “Sport at least once a week” Years used for time trend analysis: 1997-2005</p>	<p><b>France</b> Age: 12-19 “Sport at least once the past week” Years used for time trend analysis: 2000-2005</p>
<p><b>United Kingdom</b> Age: 16-19 “Sport at least once the past 4 weeks” Years used for time trend analysis: 2002-2009</p>	<p><b>USA</b> Age: 15-19 “Vigorous physical activity” Years used for time trend analysis: 1993-2005</p>
<p><b>Italy</b> Age: 15-17 “Practise sport regularly” Years used for time trend analysis: 1995-2006</p>	<p><b>Venezuela</b> Age: 16-19 “Regular sport or exercise” Years used for time trend analysis: 1991-2006</p>
<p><b>Spain</b> Age: 16-19 “Practise sport” Years used for time trend analysis: 2000-2006</p>	

## Lessons learned



- Changes in methodology over time often limit the possibility to detect time trends
- Almost no data on youth sport participation is available in developing countries
- Limited and scattered data available in developed countries
- Country comparisons are very difficult / impossible