



Identify organizational factors in the development of sport and physical activity in children

Oral Presentation

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Abstract

Introduction: Today, the world needs global, national and regional policies to promote physical activity and disease prevention. According to reports of physical inactivity in children and adolescents and young adults, they are predicted to have a shorter life expectancy than their parents (Draper et al., 2014, 102). In many industrialized countries, including Germany, overweight and obesity have become more prevalent in children and adults in recent decades, leading to the spread of metabolic and cardiovascular diseases, which in the past were common only in adults. Factors associated with overweight in children and adolescents include low physical fitness, inactivity and obesity, inactivity and social status of their parents (Dernowatz et al., 2014, 7). Therefore, the aim of this study was to identify organizational factors in development of sports and physical activity in children.

Methods: Qualitative research method and data-based strategy were performed based on the approach of Strauss and Corbin (systematic method). In this regard, 16 experts in the field of children's sports were interviewed using purposive sampling method and the collected data were analyzed with MAXQDA software version 2020.

Results: The results of the coding of research interviews showed that the most important organizational factors influencing the development of sports and physical activity of children were individual and family context, infrastructure and equipment context, support context, economic context and management context.

Conclusion: In the end, the present study showed that the issue of physical activity of children is very vital and if families, managers and sports planners do not pay attention to this factor, we will face irreparable risks in the future. Childhood and efforts to promote sports culture can solve many problems in the future of the country

Keywords

Organizational factors; Children's sports; Sports and family; Physical education

Reference:

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