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<b>College *</b>	College of Liberal Arts and Sciences
<b>Department *</b>	Health and Sport Studies
<b>Title of Research *</b>	Differences in Physical Activity Levels for Adolescents in Organized Sport Verse their Peers when Considering Gender, Maturity, and Type of Sport
<b>Other Authors *</b>	Dr. Kathleen Janz, PhD (Professor at University of Iowa)
<b>Introduction &amp; Purpose *</b>	Physical activity can have positive benefits for adolescents. This study examined moderate-vigorous physical activity (MVPA) in adolescents involved in organized sport and their peers. Additional analyses examined levels of MVPA for adolescents sorted by individual, team, and recreational sports.
<b>Experimental Design *</b>	Participants were 13 year-old adolescents participating in the Iowa Bone Development Study (169 girls and 159 boys). Participants completed the Physical Activity Questionnaire for Adolescents and wore an ActiGraph activity monitor for at least 8 hours a day and at least 3 days a week. Participants also completed a checklist of activities including active leisure and various sports. Based on the checklist, participants noted if the activities were organized or not. Actigraph data provided an objective measure of MVPA and the PAQ-A measured the type of activity (e.g., soccer, biking) and whether the activity was organized or not.
<b>Results *</b>	Boys in this study who participated in organized sport were not more active than their peers who were not involved in organized sport. However, girls participating in organized sport were more active than their peers. The most active girls were the ones participating in multiple sports and in a variety of sports regardless if the sport was organized or not.
<b>Conclusions *</b>	For boys, high levels of MVPA are not dependent on participation in organized sport. This suggests that boys have multiple avenues (transportation, unsupervised play, physical education) to be physically active. However, girls appear to be dependent on sport to stay physically active. These findings suggest the need to support more sport programs for girls as a means to help them achieve healthy levels of MVPA and help them engage in other types of physical activities.

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