

Sport sampling in children tied to more exercise in adolescence

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(HealthDay)—Sport sampling in childhood may be associated with

higher physical activity (PA) levels during adolescence, according to a study published online Nov. 13 in *Pediatrics*.

François Gallant, from Université de Sherbrooke in Canada, and colleagues surveyed 756 participants (aged 10 to 11 years at study enrollment) every four months over a five-year period regarding their participation in organized and unorganized PA. Youth were categorized as early sport samplers, early sport specializers, or nonparticipants in year 1 and as recreational sport participants, performance sport participants, or nonparticipants in years 2 to 5.

The researchers found that compared with early sport specialization and nonparticipation, early sport sampling in childhood was associated with a higher [likelihood](#) of recreational participation (relative risk, 1.55; 95 percent confidence interval, 1.18 to 2.03) and a lower likelihood of nonparticipation (relative risk, 0.69; 95 percent confidence interval, 0.51 to 0.93) in adolescence. In contrast, early sport specialization was associated with a higher likelihood of performance participation (relative risk, 1.65; 95 percent confidence interval, 1.19 to 2.28) but was not associated with nonparticipation (relative risk, 1.01; 95 percent confidence interval, 0.7 to 1.47) in adolescence. Nonparticipation in childhood was associated with almost a doubled likelihood of nonparticipation in adolescence (relative [risk](#), 1.88; 95 percent [confidence](#) interval, 1.36 to 2.62).

"Sport sampling should be promoted in childhood because it may be linked to higher PA levels during adolescence," conclude the authors.

More information: [Abstract/Full Text](#)

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