



IMPACTS
LAB

Influence of adolescent sport participation on adult outcomes

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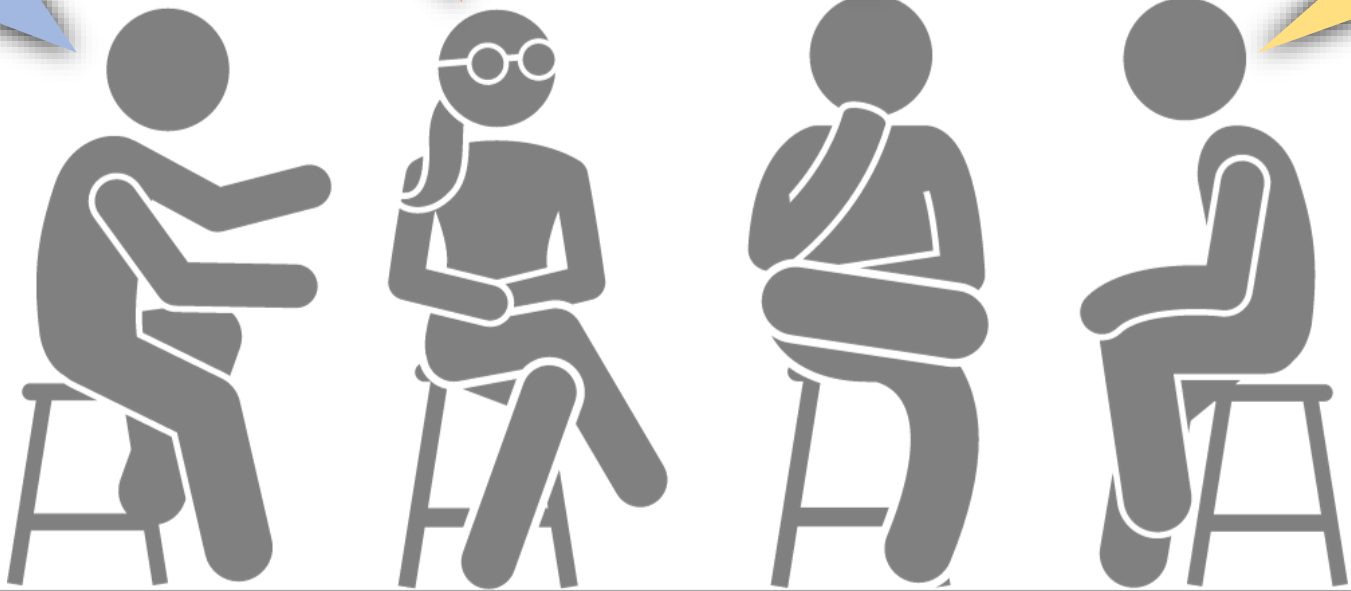
Wayne Gretzky was a multisport athlete

Early specialization risks burning out kids

We need to expose youth to a large variety of sports as they grow up

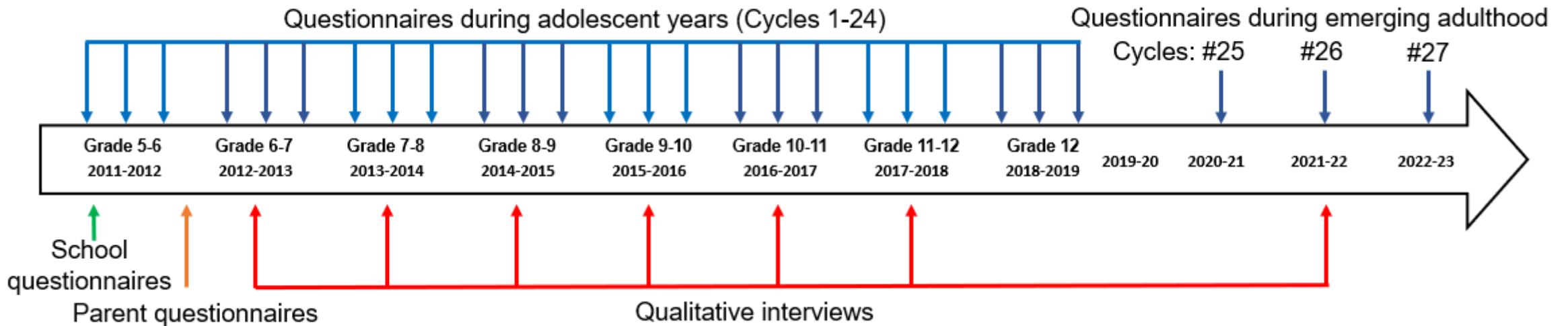
Multisport promotes long-term participation

Early specialization increases the risk of sport drop out





Monitoring Activities of Teenagers to Comprehend their Habits New Brunswick, Canada



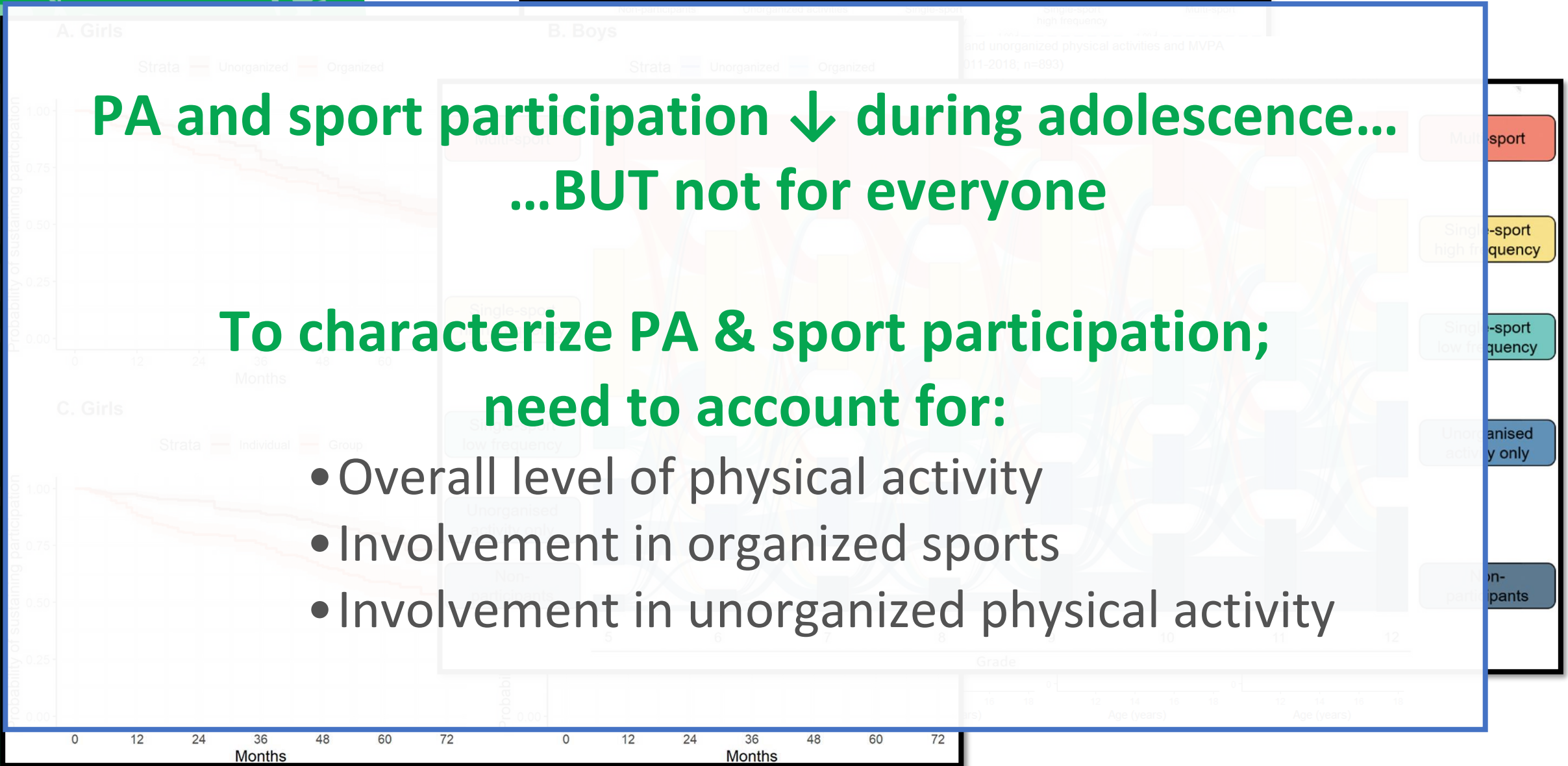
Some key findings...



PA and sport participation ↓ during adolescence... ...BUT not for everyone

To characterize PA & sport participation; need to account for:

- Overall level of physical activity
- Involvement in organized sports
- Involvement in unorganized physical activity



Adolescents typically present one of 5 physical activity trajectory:

Non-participants (9%)

Drop-outs (30%)

Active through organized sports (27%)

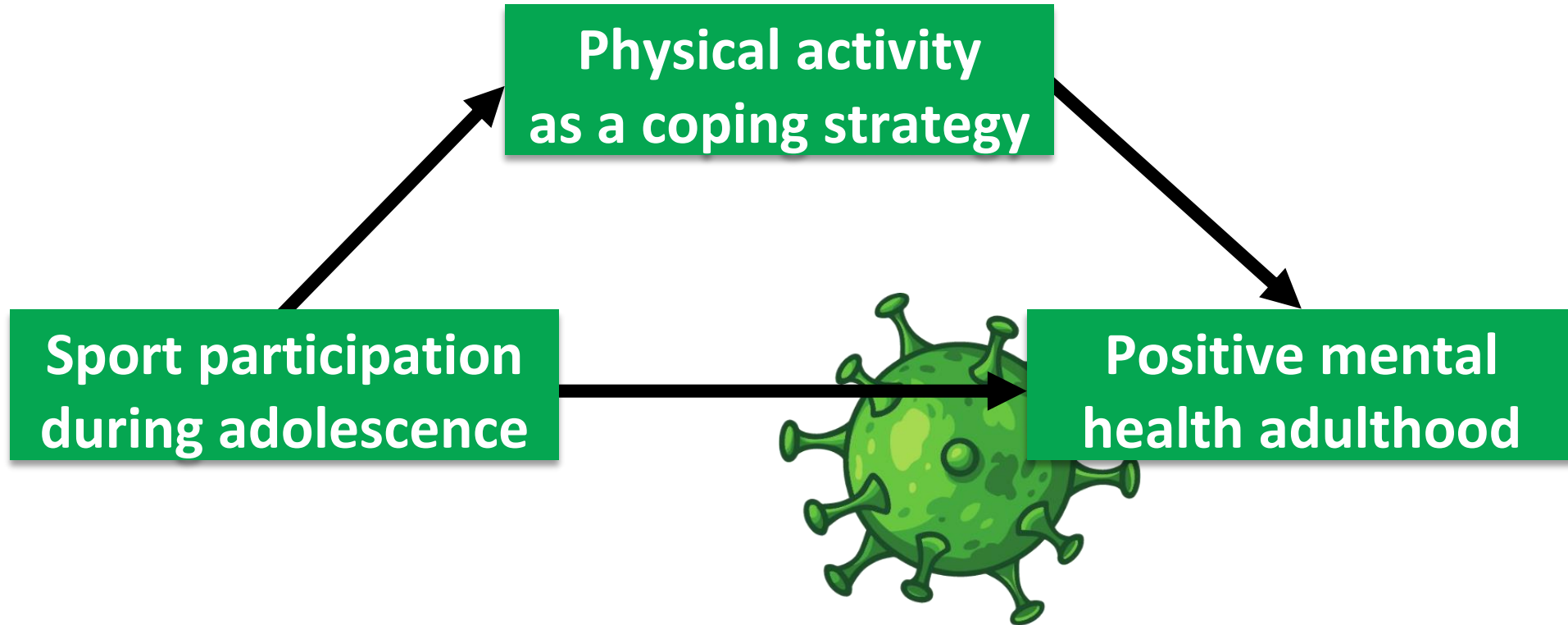
Active through unorganized PA (19%)

Active through all types of PA (15%)

Low feeling of competence in PA



Most active adults during pandemic



Conclusions

Adolescents' physical activity trajectories:

- ✓ Are characterized by involvement in:
 - moderate to vigorous PA
 - organized sports
 - unorganized physical activity
- ✓ Have an influence on adult PA levels
- ✓ Impact future (adult) mental health





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