

Monitoring Activities of Teenagers to Comprehend their Habits (MATCH) Study

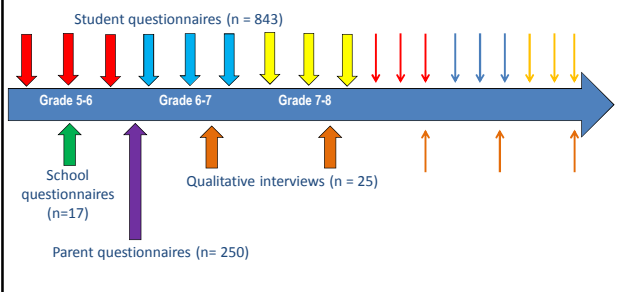
Mathieu Bélanger,
Jacinthe Beauchamp, Catherine Sabiston,
Jennifer O'Loughlin, Michelina Mancuso
October 30, 2014
Sport Canada Research Initiative Conference



Aim:

Generating a better understanding of how sport participation evolves during childhood and adolescence

Emphasis is placed on the stratification of analyses by sport type



Association between motives and types of sports practiced

	Organized	Non-organized	Group-based	Individual
Enjoyment	★			
Competence			★	
Social affiliation				
Health / Fitness				
Appearance				



Goguen-Carpenter et al.

Association between School environment and types of sports practiced

	Organized	Non-organized	Group-based	Individual
Infrastructures				
Rules				
Intramural activities				
Interscholastic sports				
Physical education				
Active transportation	★		★	★



Ward et al.

Relationship between types of sports practiced by parents and their child

	Youth	Parents	OR
Team sports and games	74%	27%	
Active recreation	84%	41%	
Physical leisure pursuits	82%	72%	
Fitness activities	81%	94%	
Rhythmic, movement and gymnastic activities	58%	6%	
Racket sports	28%	7%	★



Brunet et al.

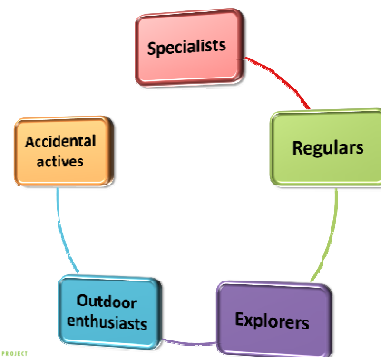
Perceived barriers to physical activity in adolescents

- Perceived barriers:
 - internal (*I am not interested in physical activity*)
 - external (*I need equipment I don't have*)
- Internal barriers = inversely related to moderate-vigorous physical activity (MVPA)
- External barriers = not related to MVPA



Gunnell et al.

Qualitative analyses: Sport participation profiles



Bélangier et al.

Output

- **Publications:**
 - 6 papers (published or submitted)
 - 4 papers in preparation
 - Many more planned
- **Personnel:**
 - 1 BSc
 - 6 MD students
 - 4 MSc
 - 1 Post doc
 - 3 Research assistants



Thank you!

- **Research assistants:**
Isabelle Caissie, Julie Goguen Carpenter, Jonathan Boudreau
- **Students:**
Stéphanie Ward, Jason Mackenzie, Julie Goguen Carpenter, Emilie Beaulieu, Marie-Claude Lavigne-Albert, Erin Wing, Tanya Scarapicchia, Katie Gunnell, Hervé Weka, Jessy Phillips, Jean-Philippe Deslauriers, Joël Gray
- **Co-investigators and collaborators:**
Anouk Utzschneider, Michelina Mancuso, Jennifer O'Loughlin, Catherine Sabiston, Jennifer Brunet, Jean-François Richard, Robert Vallerand

