

Patterns of sports behaviour in youth and young adulthood

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Sport has become a multifaceted culture with countless possibilities for young people: from traditional sport clubs to scene sports or informal physical activities (Borgers, et al. 2015). That growing variety facilitates changes between different sports or the combination of different sports. Therefore, the question arises whether typical patterns regarding the combinations of sports and physical activities in different organisational forms can be identified.

Using an online survey, adolescents and young adults ($n = 4039$; age: 15-30 years, $M = 21.48$ years, $SD = 4.64$) were asked which physical and sports activities they practice regularly and how these activities are organized. Respondents could indicate up to five different activities.

The majority of the respondents (76.1 %) practices two or more physical and sports activities. 47.1% of the activities that respondents perceive as most important, are organized in sport clubs, whereas 42.8% are practiced in an informal way (alone or with friends). If the most important activity is informal, the other mentioned activities are rather informal, too. However, activities practiced in sport clubs are often combined with informal sports activities (62.8%). These first descriptive analyses illustrate that different behavioural patterns of sport activities among young adults can be distinguished. They will be refined in further analyses (e.g. latent profil analyses).

Borgers, J., Thibaut, E., Vandermeerschen, H., Vanreusel, B., Vos, S. & Scheerder, J. (2015). Sports participation styles revisited. A time-trend study in Belgium from the 1970s to the 2000s. *International Review for the Sociology of Sport*, 50(1), 45-63.