



# Kids CAN PLAY!

ENCOURAGING CHILDREN TO BE ACTIVE AT HOME, AT SCHOOL, AND IN THEIR COMMUNITIES

## Preference for the intensity of physical activity or sport

In the CANPLAY (*Canadian Physical Activity Levels Among Youth*) study, the Canadian Fitness and Lifestyle Research Institute examines the physical activity levels of children and youth using pedometers to measure daily steps. In addition, the study explores factors associated with physical activity, including asking a sub-sample of parents about their children's preferences for the intensity associated with various physical activities or sports. This bulletin summarizes these findings with respect to child, parent, and household characteristics.

In the sub-sample, over one-quarter of parents (29%) report that their children prefer vigorous-intensity activities, 30% say that their children prefer moderate-intensity activities, and 38% say that their children like to do *both* types of activities equally well. The remaining 3% do not like either type of activity. There are no regional differences with respect to these preferences.

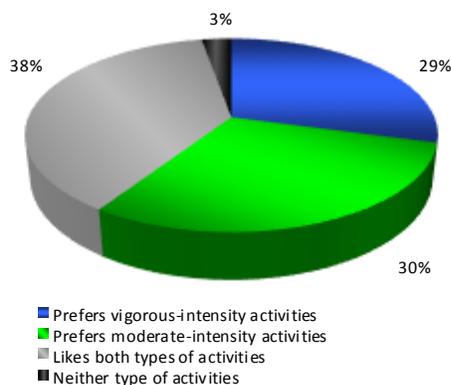
### Child characteristics

Preference for the intensity of activities varies by children's gender, whereby a greater proportion of boys reportedly prefer vigorous-intensity physical activity or sport compared to girls. When looking at age and sex combined, however, this gender difference primarily appears among 5 to 10 year olds. Among this age group, relatively more young boys prefer vigorous-intensity activities, whereas relatively more girls of the same age prefer moderate-intensity activities.

A greater proportion of children who *participate* in organized physical activity or sport *prefer* vigorous-intensity activities, whereas those who *do not participate* in organized activities are more likely to *prefer* moderate-intensity activities.

FIGURE 1

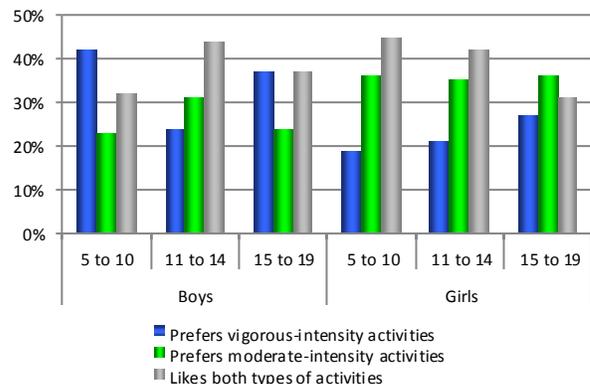
Preferences for the intensity of activities



CANPLAY study, 2014-2015, CFLRI

FIGURE 2

Preferences for the intensity of activities by child's age and sex



CANPLAY study, 2014-2015, CFLRI



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## Parent and household characteristics

Children's preference for certain intensity activities do not vary significantly by parent and household characteristics.

## Primary purpose of after school program by steps taken daily

Generally speaking, there are no overall significant step differences between children who prefer vigorous-intensity versus moderate-intensity physical activity or sport, or who like both types of activities.

When looking at relationship patterns between child, parent, or household characteristics and steps taken, these patterns vary to some extent by differing preferences. For example, there are age-related differences among those reporting a preference for moderate-intensity activities yet these differences are not significant for those preferring vigorous-intensity activities or liking both types of activities. Children who participate in organized physical activity or sport take more steps than those who do not among children who *prefer* either moderate- or vigorous-intensity activities, however, there are no significant differences among those who *like both* type of activities equally well.

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