

Children`s and Youth Sports – The Economic Factor

Current Data on Sports Economy | January 2021



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Summary

In this article from the series "Current Data on Sports Economy", the sports behavior of children and adolescents aged 5-15 years and the related expenses of parents in 2019 are examined. The effects of the Covid-19 pandemic are also elaborated. The results are based on surveys as part of the research project "Sport Satellite Account Germany", which is funded by the Federal Institute for Sports Science and the Federal Ministry for Economic Affairs and Energy.

Overall, in 2019, all pupils took part in school sports with around 100 school sport hours. 90% of children and adolescents additionally have practiced at least one other sport. Soccer and swimming were the most popular sports with 33% each - cycling (22%), gymnastics (16%) and skiing (10%) follow in the other places. If one compares the high basic activity rate of 90% with the significantly lower exercise rates of each of 71 sports, the diversity of the sporting disciplines becomes clear. Differences in the popularity of the sports can be seen, for example, between the genders: 80% of soccer players are boys, 89% of equestrians are girls.

Two-thirds of children and adolescents play sport in at least one sports club - this illustrates the high relevance and commitment of organized sport, especially in the field of children and adolescents. Irrespective of this, however, according to the Robert Koch Institute, only 25% of children and adolescents fulfill the WHO recommendations for physical activity. The available survey results suggest that the children's sporting activity fell significantly during the (first) lockdown.

Parents invested a total of € 6.2 billion in children's sports. Sport without at least annual investment is very unlikely: 98% of parents had at least one expenditure to make. The - considered average - expenditures of the parents amounted to almost 800 € per child in 2019 - with different amounts depending on the age of the children and the net household income. The cost of practicing different types of sport, measured in terms of the parents' expenses, varies: horse riding, skiing and martial arts are the most costly- sports.

The impact of the Covid-19 pandemic on the economic factor sport cannot yet be comprehensively put into figures. In the area of children's and youth sports, parents report both under- and over-spending due to pandemics. While these in principle are to be interpreted depending on the respective expenditure category, a pandemic-related decline in household-related consumer spending can nevertheless be observed.

Excursus: Methodological background.

Sports Satellite Account Germany (SSA)

Scientific support is of central importance for fact-based advice on sports policy and practice. In this sense, the Federal Institute for Sport Science (BISp) and the Federal Ministry of Economics and Energy (BMWi) pursue the goal of providing decision-makers in sports policy and sports practice with valid data material, also with regard to the economic significance of sport.

Since 2008, all expenditures made in Germany for sports purposes have therefore been summarized in a satellite account of the national accounts (VGR). Satellite accounts are prepared when the economic performance is not provided by one industry, but by many industries on the basis of an overarching theme. Examples besides sports are health and tourism.

The satellite accounts on sport (SSA) now available for the national accounts for the years 2008, 2010, 2012, 2014 and 2016 show the high relevance of the economic factor sport for the German gross value added (Ahlert et al. 2019).

Within the scope of the preparation and updating of the SSK, data on the sport-related consumption of the German population, the expenditures of companies for sport-related advertising and sports sponsoring as well as the funds flowing into Germany for sport-related media rights are continuously collected. In addition, the public and private investments for sports facilities as well as the construction and personnel operating costs of sports facilities and sports opportunities are surveyed. This provides a comprehensive database on the scope of sport-related activities and the associated expenditures and investments. The most recent publication on the sports satellite account is: " Die ökonomische Bedeutung des Sports in Deutschland - Sportsatellitenkonto (SSK) 2016" (Ahlert et al. 2019).

In addition, special publications on the SSK are published annually in the series "Current Data on Sports Economy". These special publications do not reflect the entire sports satellite account, its economic relevance and interrelationships, but are special evaluations on various topics from regular primary surveys.

To date the following special publications have been published:

2013: Winter sports as an economic factor (*English version available*)

2014: Sports betting as an economic factor

2015: Soccer as an economic factor

2016: Older people as the engine of the sports economy?

2017: Outdoor sports as an economic factor

2019: Sport inside or outside the sports club: sports activity and sports consumption by type of organization.

2020: The Contribution of Sport to Meeting the WHO Recommendations for Physical Activity.

All publications can be found on www.sportsatellitenkonto.de.

Background, question and definitions

Background. Sport is of great economic, social and health importance. Many facets of sport have already been studied in detail. For example, there are various statistics and sources on the active sporting behavior of the adult population, but also on passive sport ("spectator sport"), on the sports club landscape or on the economic importance of sport as a cross-sectional matter.

In this context, surveys on children's and young people's sporting behaviour resp. in particular the associated budgetary expenditure, have been less studied to date and represent new scientific territory. The last survey in the context of the SSK on sports consumption expenditure for children and adolescents at the federal level took place in 2010 (Preuß et al., 2012). The results discussed in this report thus close a time gap in the research design of the SSK. The answers to or the results of the aforementioned questions are based on surveys for the 2019 calendar year and therefore do not fall within the period of the Covid-19 pandemic.

Questions. In specific the context of this report, addresses the following questions:

- What kinds of sports do children and young people practice and in what intensity? Are there any differences in sports behavior based on socio-demographic characteristics?
- What consumer spending is associated with the sports behavior of children and adolescents?
- Which sports are associated with the highest expenditure or which sports are the most money spent on?
- What similarities and differences do you see when looking at the consumption patterns of children and adults?

Delimitations. The information in the report relates to children and young people aged between 5 and 15 years According to current guidelines, e.g. of the Arbeitskreis Deutscher Markt- und Sozialforschungsinstitute (Working Group of German Market and Social Research Institutes), special regulations must be considered when interviewing minors between 14 and 17 years of age (in particular the consideration of the ability to consent¹). People under the age

of 14 should for this reason generally not be questioned. The parents were therefore asked on behalf of their children about the sporting behavior of their children and the expenditures made by parents. In general, the parents have a major influence on the children's expenses. In children under five years of age, it can be assumed that physical activity focuses on forms of play and movement which do not or at least largely do not correspond to the 71 sports considered in the SSK (see last page) and were therefore deliberately excluded from the survey.

Number of children and adolescents aged 5 to 15 inclusive in Germany, absolute and relative, in 2019.

		Proportionally	In % of the pop.
Total	8.116.769		10%
Female	3.942.726	49%	5%
Male	4.174.043	51%	5%

Source: Destatis (2019).

¹ <https://www.adm-ev.de/wp-content/uploads/2018/07/RL-Befragung-Minderj%C3%A4hriger.pdf>

**Notes on the methodical approach:
Telephone survey for 2019**

The primary statistical information in this thematic report is based predominantly on a representative household survey on the sporting activity of children and adolescents and sport-related consumer spending in 2020 with reference to the calendar year 2019.

- A total of 293 interviews were conducted and information was collected on 415 children and adolescents aged 5-15 years.
- The telephone surveys were carried out in spring 2020 for the 2019 calendar year (not yet affected by Covid-19 effects).
- Parents were interviewed on behalf of their children about sporting behavior and the related expenses for their children. Possible effects of the so-called "social desirability" in surveys cannot be ruled out in this survey either.
- Information was collected for up to two children per household. If there were three or more children in the household, a random survey of two children was conducted.
- Only expenses incurred by the parents themselves for their children's sport were recorded, no expenses from other family members, organizations or other institutions.
- The data were weighted "a posteriori" according to the households in Germany (Design Weighting and Redressement). For weighting, the following characteristics were taken into account with regard to the contact person (the parent): age, gender, education, household size and limited household size (from 16 years) and region (Nielsen areas). With regard to the children and adolescents, weighting was also based on age and gender. The effectiveness of the weighting was 60%. Despite the comparatively small sample size, the data are representative for children and adolescents aged 5-15 years living in Germany.
- The data analysis was carried out with SPSS.

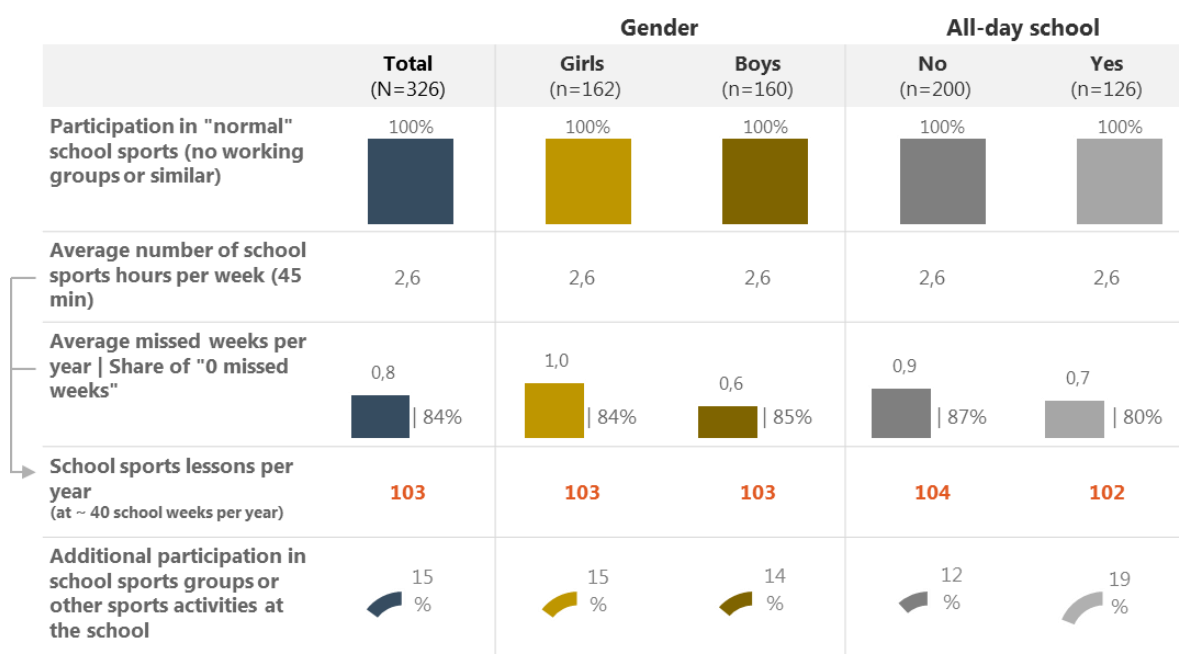
Sports behavior of children and adolescents aged 5-15 years: In addition to school sports, a wide variety of sports.

Physical activity and WHO criteria (RKI). The World Health Organization (WHO, 2010) recommends 5- to 17-year-olds to exercise moderately for at least 60 minutes a day. In addition, three sports units per week should be exercised with high intensity. To what extent children and adolescents actually follow these recommendations, the Robert Koch Institute (RKI) collects waves in its "Study on the Health of Children and Adolescents in Germany" (KIGGS). The primary aim of this study is to collect regular data on the health of children and adolescents in order to be able to present both current data and trends. Many studies have already shown that exercise has a positive effect on health. According to the second wave of the KIGGS study, only 26% of 3 to 17-year-olds in Germany manage to meet the WHO criteria listed above (Finger et al., 2018). On average boys meet the WHO criteria more often than girls (29.4% to 22.4%). Compared to the first

wave (2009-2012), the values have even decreased again. The proportion of 3 to 17-year-olds who met the WHO criteria was 27.5% at the time (Manz et al., 2014). While the value for boys remains constant over time, the value for girls has fallen again by 3 percentage points in relation to the first wave (25.4%).

Classical school sports and sports groups or other sports activities at the school. Figure 1 first gives an overview of the survey results with regard to school sport. Only children who are surely of school age are considered, i.e. children between the ages of 7 and 15.

Fig. 1: Results concerning school sports.



Source: Sports Satellite Account (SSA) of the Federal Ministry of Economics and Energy (BMWi) and the Federal Institute for Sports Science (BISp); calculations and presentation: 2HMforum. Reporting year: 2019. Only children aged 7-15 years; H. clearly at school age. Deviations in the number of cases within the group comparisons result from missing information.

100% of the surveyed parents state that their children participated in regular school sports. The average number of weekly school sports hours for children is 2.6. 84% of the parents surveyed also stated that their child went to physical education "every week". The average proportion of missed weeks - across all children - was 0.8 weeks per year. If only the children with missed weeks are considered, the median is four missed weeks. According to this, only a few pupils seem to be absent from physical education classes. However, if they have missed weeks, these are usually significantly longer than a week over the entire school year.

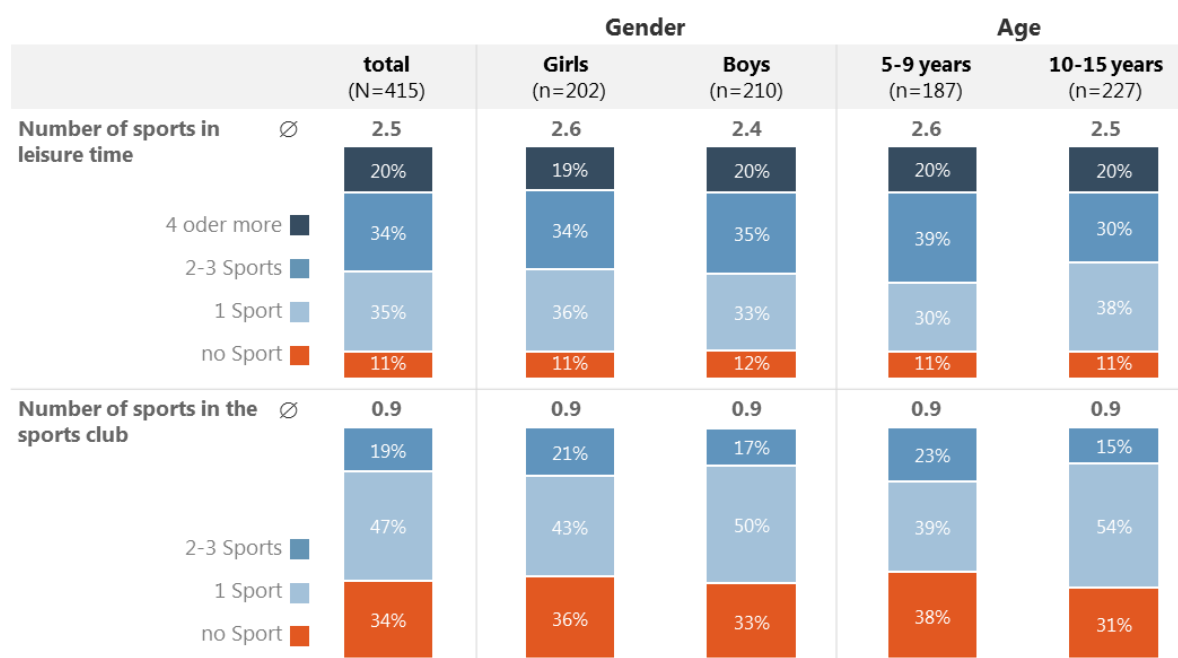
The average number of school sports hours per year is around 103 hours². 15% of the surveyed parents report that their children also took part in school sports groups or other school sports activities in 2019.

² This calculation is based on the number of school hours multiplied by the number of school weeks (national average approx. 40 weeks) minus the "missed weeks".

There are no differences between the genders or the type of school. The only exception is the higher percentage of pupils in all-day schools³ who participate in sports clubs, which is 19% compared to 12% for pupils in a normal school.

Recreational sports for children and young people. Gender and age groups. 11% of children and adolescents do not practice any other popular or recreational sport besides school sport, as can be seen from the first line of the diagram in Figure 2.

Fig. 2: Sports practiced in leisure time and in a club by gender and age.



Source: Sports Satellite Account (SSA) of the Federal Ministry of Economics and Energy (BMWi) and the Federal Institute for Sports Science (BISp); calculations and presentation: 2HMforum. Reporting year: 2019.. Deviations in the number of cases within the group comparisons result from missing information.

Conversely, this means that 89% of children and adolescents practice at least one sport in their free time. 35% of these children and young adolescence practice one sport in their free time, a further 34% two to three sports and 20% even four sports or more. On average, children and young people practice 2.5 types of sport in their free time. There are no differences between the genders in the number of sports practiced. Even when looking at different age groups (5-9 years and 10-15 years) there are no significant differences.

With regard to the exercise of sports in a sports club, Figure 2 also shows that two thirds of the children and adolescents practice a sport in at least one sports club. This number largely coincides with the degree of organization shown in the DOSB's inventory (2020). According to the 2020 inventory, 71% of 7 to 14 year olds are active members of a sports club⁴ (DOSB, 2020). The comparability is not 1: 1 owing to the different age ranges used - if the same age groups are taken into account in the SSK survey, 68% of 7 to 14-year-olds would be in at least one sports

³ The respondents were asked whether the children's school was an all-day school. However, it cannot be assumed with certainty that the children also took advantage of the all-day facilities at school.

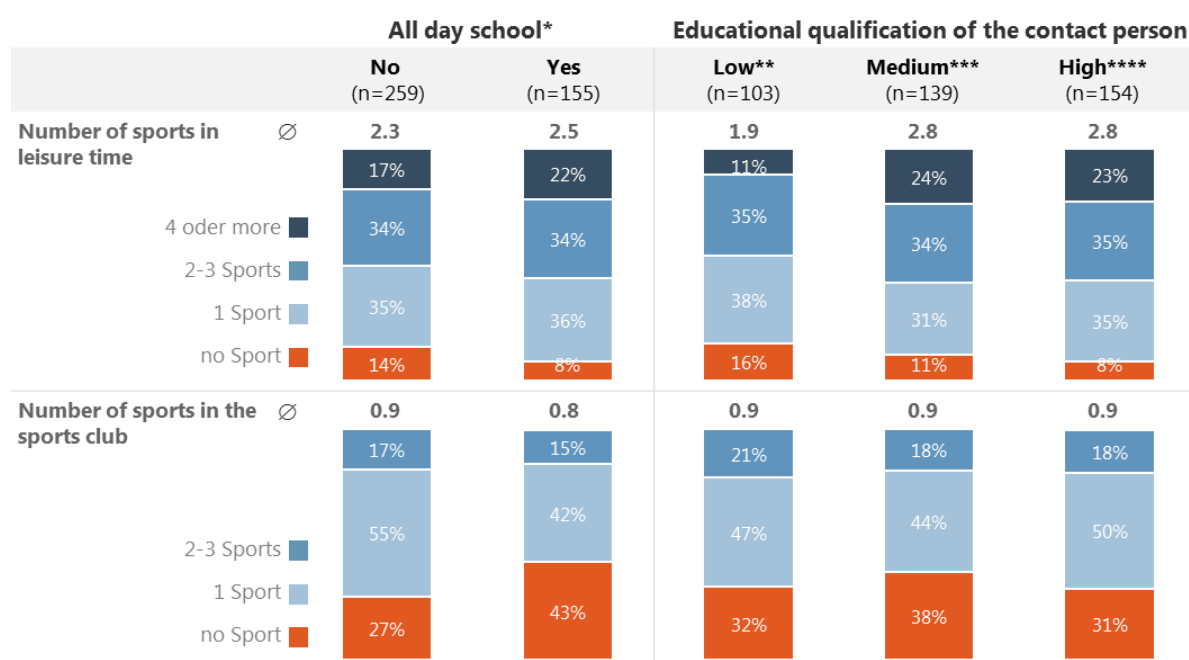
⁴ In addition, the degree of organization shown in the surveys relates to memberships - children and young people are also counted several times in the A-numbers of the LSBs if they are members of several different clubs.

club in the present study. Including multiple answers, the average number of sports played in sports clubs is 0.9. This number is constant across gender and age.

With a share of 62%, younger children between the ages of 5-9 years tend to play somewhat less often in sports clubs than older children between the ages of 10-15 years with 69% (Figure 2). This tendency also corresponds to the information from the DOSB inventory survey of 2020 (DOSB, 2020): The proportion of up to 6-year-olds who are members of a sports club is around 26%, while among 7 to 14-year-olds it is about 71% and 68%, respectively.

School type and educational qualification of the contact person. The average number of sports that are practiced in leisure time differs only slightly between pupils in all-day school (Ø number of sports is 2.5) and pupils who visit a “regular” school (Ø number of sports is 2.3), as shown in Figure 3.

Fig. 3: Sports practiced in leisure time and in a club according to type of school and educational level of the contact person.



Source: Sports Satellite Account (SSA) of the Federal Ministry of Economics and Energy (BMWi) and the Federal Institute for Sports Science (BISp); calculations and presentation: 2HMforum. Reporting year: 2019. * Children aged 7 to 15 years; ** still in training / secondary school; *** Realschule / Polytechnische Oberschule; **** University entrance qualification




























































The situation is different if the data are viewed separately according to the educational qualifications of the parents (more precisely: the contact person) of the child. Here, the average number of sports played in leisure time among children whose parents have a low level of education falls below 2. In the case of parents with a medium or high level of education, on the other hand, this number is just below 3. The number of sports they practice increases with the educational attainment of the parents. While 16% of children of parents with a low level of education do not play any sport in their free time, the figure is only 8% of children of parents with a high level of education. Over 50% of parents said that their children played at least two sports in their free time. In summary, it can be stated that the educational attainment of the parents correlates with the recreational sport activity of the child.

Although full-time schoolchildren do more sports, these sports are less often played in clubs. The proportion of all-day schoolchildren who do not practice any kind of sport in a club is, at 43%, significantly higher than that of pupils in a regular school, where this proportion is only 27%. Pupils in all-day schools take part in a higher proportion of additional sports groups at the school. However, there is no significant difference in the average number of sports played in the club (0.9 for pupils in a regular school vs. 0.8 for pupils in an all-day school).

When it comes to the proportion of sports that children play in a sports club, there are no significant differences between the educational qualifications of the parents surveyed.

Top sports for children and teenagers. The recreational sports most frequently practiced at least once in 2019 by 5 to 15-year-olds were soccer and swimming (Figure 4).

Fig. 4: Top 10 recreational sports among children and adolescents, in%.

#	Proportion of children and adolescents who practice the sport	In the club	from that	female & male
1	Soccer  33	 61	20  	80  
2	Swimming  33	 24	50  	50  
3	Cycling  22	 2	46  	54  
4	Gymnastics  16	 65	52  	48  
5	Ski  10	 18	57  	43  
6	Dancing  10	 64	83  	17  
7	Athletics  10	 74	74  	26  
8	Martial arts  9	 76	37  	63  
9	In-line skating  8	-	52  	48  
10	Horse riding  8	 40	89  	11  

Source: Sports Satellite Account (SSA) of the Federal Ministry of Economics and Energy (BMWi) and the Federal Institute for Sports Science (BISp); calculations and presentation: 2HMforum. Reporting year: 2019..

Approximately one-third of the parents states that their children actively participated in these sports at least once in 2019. Compared to swimming (24%), soccer is played significantly more often in clubs (61%).

Looking at the DOSB's inventory (2019), the picture is constant here too. The number one sport for children and adolescents was soccer. When comparing the level of organization for soccer with that of the DOSB population survey (2019), a similar picture emerges: 21% of children and adolescents are registered in a soccer club. If you multiply the total share of 33% of soccer players by 61% of those who are active in soccer clubs, you get a value of 20% boys and girls who are active in soccer clubs. 80% of the active soccer players are boys, 20% are girls.

Not only in soccer are there significant differences according to the degree of organization and gender. With regard to the degree of organization, "martial arts" stands out, which, if exercised, takes place mostly in sports clubs (76%). Athletics follows closely behind with an organization rate of 74%. However, a proportion of 9% (martial arts) or 10% (athletics) only means eighth or seventh place among the most common sports among 7 to 15 year olds. A comparison of the

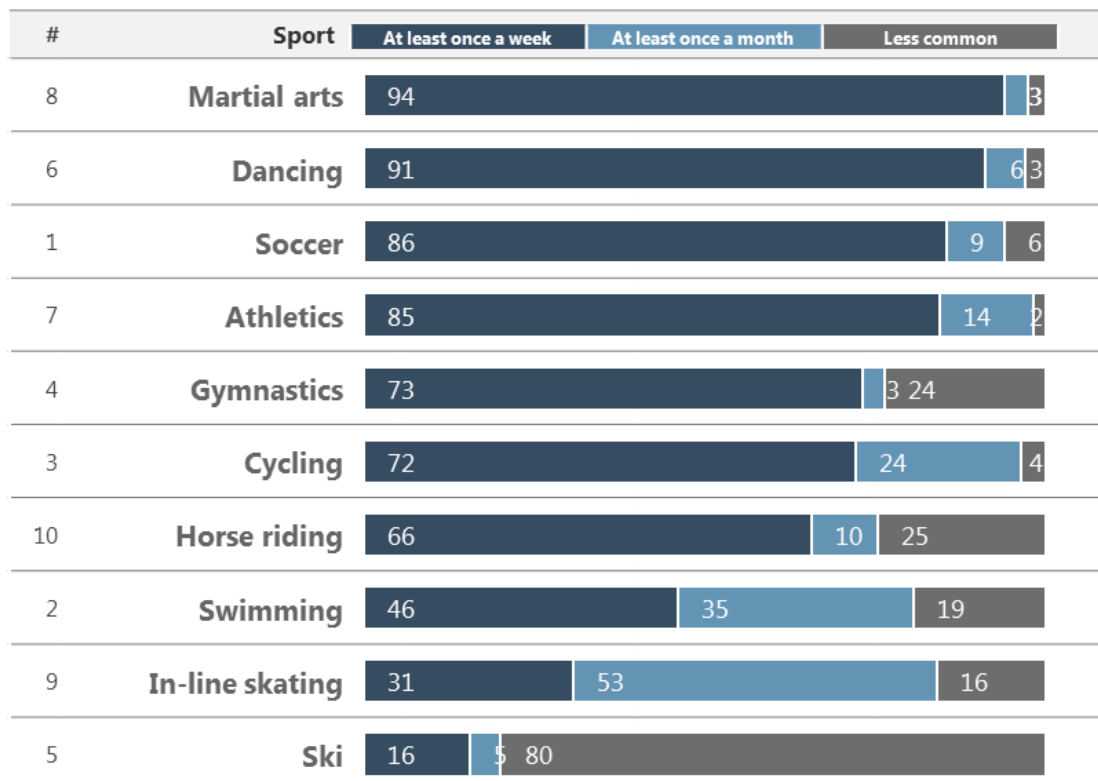
genders shows the opposite picture for these two sports. While the gender distribution in martial arts is more towards boys (63% to 37%), equestrian sports and dance sports are predominantly performed by girls. For girls, these two sports represent the equivalent of soccer, which is dominated by boys. Dance sport is practiced a little more often and more often in clubs than equestrian sport.

In comparison to the sporting behavior of adults, the low proportion of cycling among children and adolescents is striking (only 22% of children exercised this in 2019). A possible explanation for this low number may be that the parents did not see cycling as a separate sport and primarily associated cycling with a means of transport and less active sporting activity, also with regard to the length of the route.

Intensities. When looking at the intensity of the sports practiced, a slightly different picture emerges in the order of the sports among 5 to 15-year-olds (Figure 5). Martial arts are only practiced by 9% of young people, but most often with at least a weekly frequency. 94% of 5 to 15-year-olds who practice this sport practice this sport at least once a week.

The same applies to the sport of dancing, 91% of which, if practiced in 2019, was practiced at least once a week and thus has the second highest intensity among the 5 to 15-year-olds.

Abb. 5: Regularity of exercise in selected sports by children and adolescents aged 5-15 years, in % of the active participants per sport.



Source: Sports Satellite Account (SSA) of the Federal Ministry of Economics and Energy (BMWi) and the Federal Institute for Sports Science (BISp); calculations and presentation: ZHMforum. Reporting year: 2019.

Note: # Ranking sports according to frequency of exercise at least once a year.

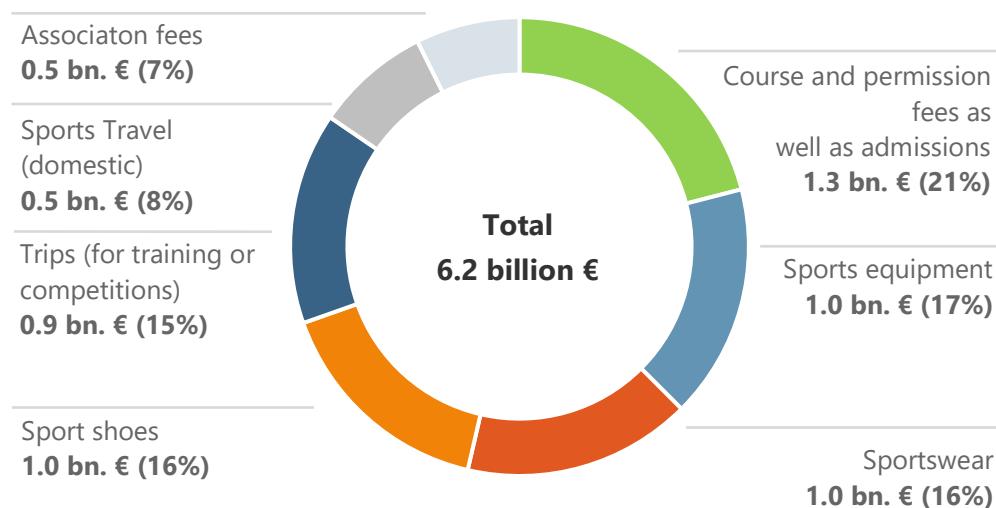
Soccer also achieved a top 3 place in terms of intensity: 86% of children and young people play soccer at least once a week. Swimming shows the greatest difference between frequency and

intensity. In principle, this is practiced by many children and young people, but only by just under half regularly on a weekly basis. In its KIGGS study (wave 1) in 2016, the Robert Koch Institute drew attention to the fact that the proportion of children aged 5 - 17 who cannot swim at all is 14.5% (Kuntz et al., 2016). In general, it can be said that the sports that are increasingly practiced in the club also tend to lead to the sport being practiced more regularly.

Consumer spending and consumption patterns related to children's and young people's sporting behaviour: €6.2 billion in 2019 for courses, equipment and other goods and services.

Total consumption expenditure and consumption patterns. Children and adolescents play an important role in the sports industry, as Figure 6 shows. The total expenditure of private households on sport for children and young people (aged 5-15 years) amounts to a considerable total of € 6.2 billion in 2019.

Fig. 6: Aggregated consumption patterns of 5 to 15 year olds.



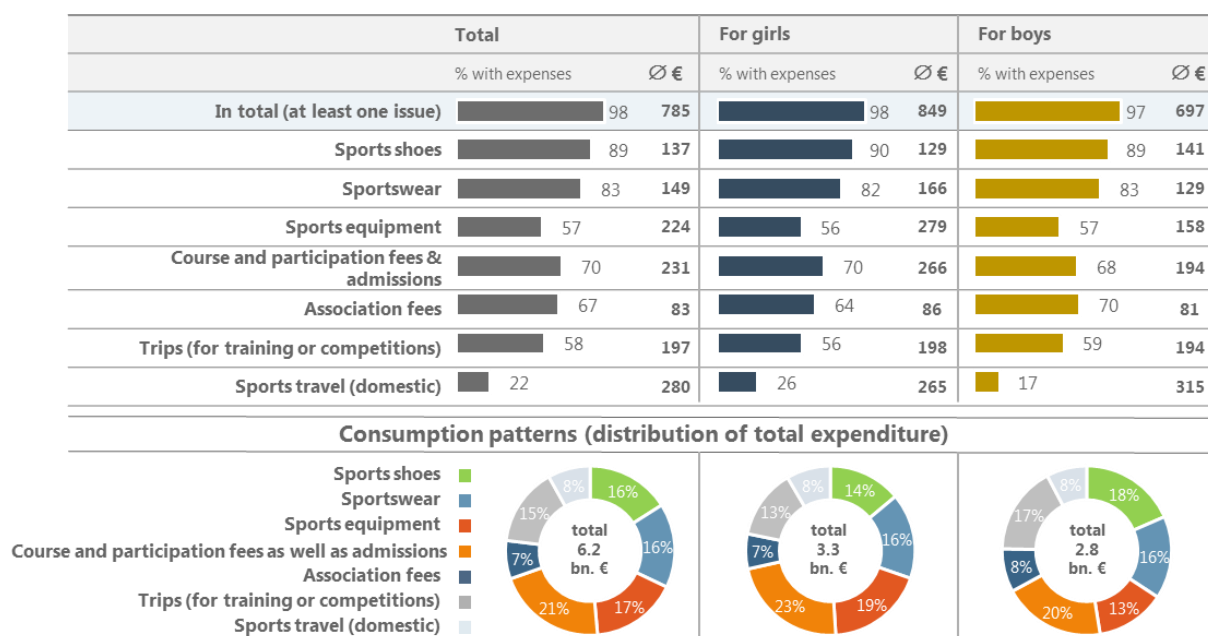
Source: Sports Satellite Account (SSA) of the Federal Ministry of Economics and Energy (BMWi) and the Federal Institute for Sports Science (BISp); calculations and presentation: 2HMforum. Reporting year: 2019.

Of the € 6.2 billion, the largest share of sports expenditure is made up of course and participation fees for children (21% of the total), closely followed by the categories of sports equipment (17%), sports shoes and sportswear (each with a share of 16%). In addition, a lot is invested in mobility to the competitions and training, to be precise a sum of € 900 million, which means a share of 15% of the total. Club fees, on the other hand, only make up a small proportion of the

expenses for young people (7%), which is also due to the low average membership fee, such as shown in the sport development report (Breuer & Feiler, 2019).

Viewed overall and aggregated, 98% of those surveyed had sport-related expenses for their children in 2019 (Figure 7).

Fig. 7: Consumption expenditure and consumption patterns by gender of children.



Source: Sports Satellite Account (SSA) of the Federal Ministry of Economics and Energy (BMWi) and the Federal Institute for Sports Science (BISp); calculations and presentation: 2HMforum. Reporting year: 2019.

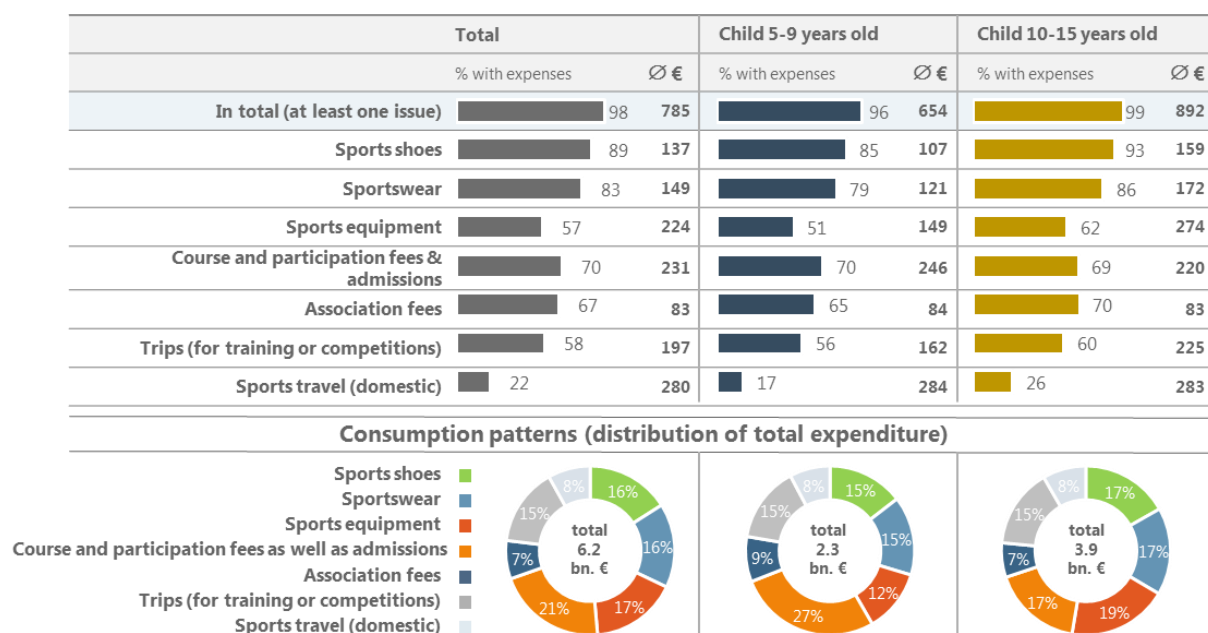
The average amount is € 785. Most frequently, 89% of the money was spent on sports shoes, closely followed by sports clothing with 83%, for which an average of € 12 more was spent on it than on sports shoes. The high proportion for these two categories may be due to the growth phases of children and young people in these age categories, but also to the need for appropriate equipment for physical education. In 2019, only 22% of young people spent on sports travel in Germany; However, in case these were done, they represent the highest expenditure category for children and young people at an average of € 280.

By Gender. The proportion of parents who spend on sports differs only slightly within the various categories between girls and boys, as can also be seen in Figure 7. However, this is different for the average expenditure amounts and thus also the aggregated total amount of expenditure. The average expenditure for girls is more than € 150 higher than for boys (€ 849 to € 697).

Parents of girls invest particularly heavily in the sports equipment category (girls € 279 vs. boys € 158) as well as in course and participation fees (€ 266 versus € 194). The picture is different for domestic sports travel. Although parents invest more often on sports trips for girls (26% versus 17%), the average spending on this for boys is higher (€ 315 versus € 265).

According to age groups. With increasing age of the child, both the proportion of parents who spend money on their children's sport and the average sport-related expenditure on their children increase (Figure 8). This picture is evident both in the average total expenditure (€ 892 compared to € 654) and at the level of detail across almost all expenditure categories.

Fig. 8: Consumption expenditure and consumption patterns by age of the child.



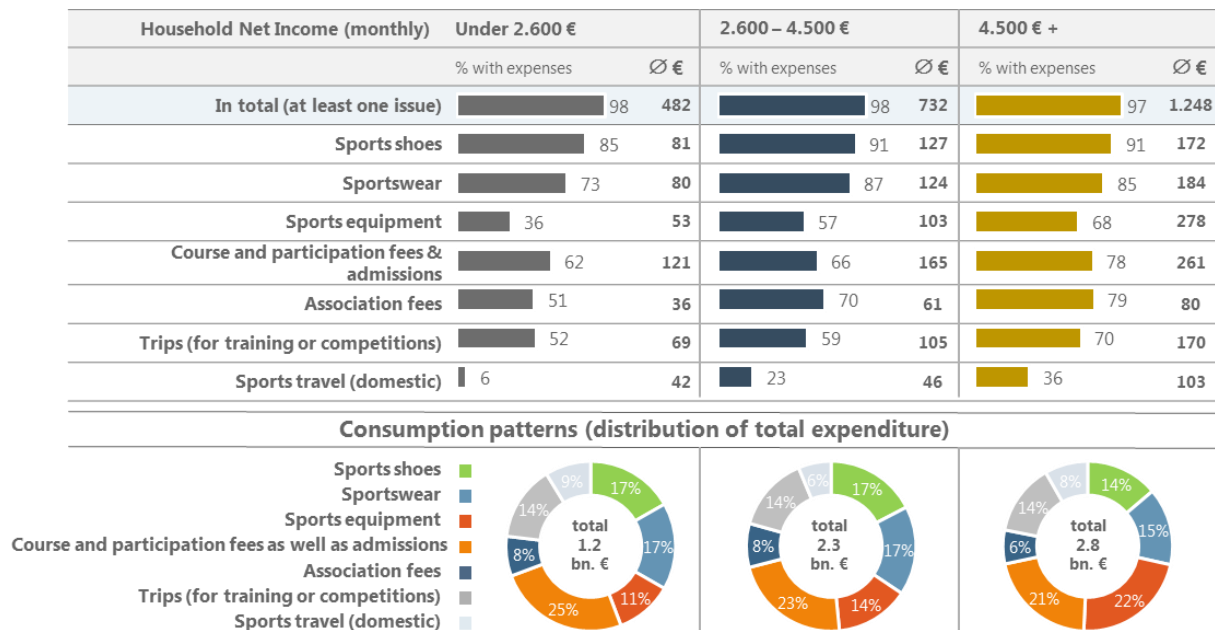
Source: Sports Satellite Account (SSA) of the Federal Ministry of Economics and Energy (BMWi) and the Federal Institute for Sports Science (BISp); calculations and presentation: 2HMforum. Reporting year: 2019.

This is particularly evident in the sports equipment and equipment category. The proportion of parents who spend on sports equipment and equipment increases by 11% in children aged 10-15 years compared to parents with children aged 5 to 9. The average expenditure for 10-15-year-old children is almost twice as high (€ 274 to € 149). The only category that shows a different picture is the course and participation fees. Here parents of children aged 5-9 spend more than parents with children aged 10-15.

According to net household income. The average sport-related expenditure is also heavily dependent on the parents' monthly net household income (Figure 9). If the net household income rises, the expenditure on sports for the children in the household increases. For households with a net household income of over € 4,500, the average expenditure is almost three times as high as for households with a net income of less than € 2,600.

Here, too, the difference in the category of sports equipment is particularly clear: households in the highest surveyed net income category spent almost € 300 more on average and thus almost six times as much as households in the lowest surveyed net income category. But also, in the other categories, both the share and the average expenditure increase sharply with the level of the household net income

Fig. 9: Consumption expenditure and consumption patterns according to monthly net household income.
























Source: Sports Satellite Account (SSA) of the Federal Ministry of Economics and Energy (BMWi) and the Federal Institute for Sports Science (BISp); calculations and presentation: ZHMforum. Reporting year: 2019.

Differentiation according to sports. If the expenditures are considered separately by type of sport, school sports have the largest share with a total of € 952 million, closely followed by soccer with a total of € 926 million, as can be seen in the right-hand column in Figure 10.

Slightly behind, but still among the top 3 expenditures, is equestrian sport with a total of € 786 million. This sport is despite the comparatively low level of exercise among adolescents (8%) in particular due to the high average expenditure, on the third rank of the related sports. Parents spend an average of € 1,428 here, which is more than nine times as much as the average spending on school sports.

In contrast to the most common sports, ballet is among the top 10 sports in terms of consumer spending (see Figure 4). With an average expenditure of € 435, ballet made it into the top 10, even though just 4% of children were actively involved in ballet.

Fig. 10: Sports-related expenses for different sports.

	Share of exercise among children and adolescents (in%)	Share of parents spending on sport (in%)	Of which average Expenditures for the sport ("> 0")	Total household expenditure for children and young people (in € million)
School sports	 88	93	147	 952
Soccer	 33	84	413	 926
Horse riding	 8	86	1.428	 786
Skiing	 10	92	654	 534
Swimming	 33	98	207	 520
Martial arts	 9	96	482	 336
Cycling	 22	67	200	 235
Gymnastics	 16	93	189	 232
Dancing	 10	85	292	 206
Ballet	 4	100	435	 146
Other sports	-	-	-	 1.342

Source: Sports Satellite Account (SSA) of the Federal Ministry of Economics and Energy (BMWi) and the Federal Institute for Sports Science (BISp); calculations and presentation: 2HMforum. Reporting year: 2019. Note on school sport: In contrast to the illustration above (Fig. 1), children of non-school age are also considered here (5-15 years), which results in the lower proportion of children and young people with "school sport" (88 % vs. 100% in Fig. 1).

Basically, all sports are regularly associated with costs. Exercising without incurring expenses seems to be difficult to achieve. Whether a reduction in financial expenses (e.g. through targeted subsidies, provision of sports equipment, etc.), on the other hand, could lead to greater participation in sports can only be assumed with regard to the lower level of participation in sports by households with lower incomes.

Patterns of use in children and adolescents compared to adults aged 16 and over. Compared with the expenditure of the over 16-year-olds from 2017 (last update), there are differences in the respective expenditure shares (Tab. 1).

Compared to the expenditures for the active exercise of adults, a higher proportion is spent on sports shoes and sportswear of children and adolescents. In the case of children and adolescents, sport shoes and sportswear are each 16%, in adults 11% sportswear and 8% sport shoes. This can be related to the fact that the need for replacement is higher in adolescents due to growth spurts. In addition, fashion aspects could also play a role. On the other hand, a different picture emerges in the category of sports equipment (approx. 30% for adults versus 17% percent for adolescents), which can possibly be explained by the fact that the equipment used by young people is often priced less than that for adults, and equipment intensive sports such as cycling are increasingly practiced by adults.

Tab. 1: Comparison of the consumption patterns for active sport in children and adolescents as well as adults.

Category	Children & teenagers (5-15 years); 2019		Adults (16-84 years); 2017	
	In € billion	In % of total expen- ditures	In € billion	In % of total expen- ditures
Association fees	0.5	7%	2.0	3%
Sports travel	0.5	8%	7.2	13%
Trips (for training or sports competitions)	0.9	15%	9.7	17%
Sports shoes	1.0	16%	4.6	8%
Course and participation fees as well as admissions	1.3	21%	9.3	17%
Sports equipment	1.0	17%	16.7	30%
Sportswear	1.0	16%	6.4	11%
Total	6.2	100%	56.0	100%

Source: Sports Satellite Account (SSA) of the Federal Ministry of Economics and Energy (BMWi) and the Federal Institute for Sports Science (BISp); calculations and presentation: 2HMforum. Only comparable categories are shown. The total amount of expenditures for adults turns out to be higher if other, more "adult-specific" expenditures (e. g. including insurance) are considered.

Club fees are more important for children and adolescents despite the lower contribution amount, which in particular is due to the significantly higher level of organization among children and adolescents (71% for 7 to 14-year-olds compared to 26% for over 15-year-olds (DOSB 2019)). In the area of course fees and admissions for the use of sports facilities (including fitness studios), there are similar proportions of expenditure (17% vs. 30%), although a more differentiated view (not shown here) makes it clear that the value for children and adolescents is driven by course fees whereas, in the case of adults, it is driven by gym expenses.

In relative terms, sports-related travel for adult sports is also higher: 13% of the expenditures for adults are for sports travel (day trips or sports vacation), whereas 8% of expenditures for children's sports. The main reason for this will also be that, if there are sports holidays or sports-related day trips at all, these are more expensive for adults and are often carried out jointly.

In total (expenditure on sports for children, adolescents and adults combined) (at least regarding the consumption categories considered here) € 61.2 billion is expended. Sports for children and young people account for 10% of expenditure (€ 6.2 billion out of € 61.2 billion). This corresponds to the proportion of children and adolescents between 5-15 years of age in the total population (see page 2). Taking into account more favorable price structures, including sports equipment, sports shoes and sportswear or club fees, this is even more remarkable.

Excursus: Club sports for children and adolescents.

Club sport is widespread among children and young people and is characterized by a consistently high level of organization over the past few years. According to the DOSB survey, the 7-14-year-olds have the highest degree of organization across all age categories (DOSB, 2020). With an average share of 71%, this is far higher than the degree of organization across the population (29%). It is noticeable that boys in this age category tend to be members of a sports club more often than girls (79.4% to 61.1%) (DOSB, 2020).

Tab. 2: Degree of organization of the population overall and according to selected population groups, LSB numbers.

	DOSB
Overall level of organization	29%
Overall level of organization +14	26%
Overall level of organization -15	49%
up to 6 years	26%
7-14 years	71%

Source: DOSB Bestandserhebung 2020.

Despite the high numbers, the trend has been falling slightly over the past ten years, both for girls and for boys (Table 2). The MoMo study (Schmidt et al., 2017), which took a more differentiated look at the age categories, shows that the proportion of members also decreases with increasing age in this age category, with the highest value in the age category 6-10 years.

Tab. 3: Degree of organization among 7-14-year-olds over time

	Boys	Trend	Girls	Trend
DOSB Bestandserhebung 2010	82.4%		63.1%	
DOSB Bestandserhebung 2011	82.2%	-0.2%	62.6%	-0.5%
DOSB Bestandserhebung 2012	82.3%	0.1%	62.6%	0.0%
DOSB Bestandserhebung 2013	82.8%	0.5%	62.6%	0.0%
DOSB Bestandserhebung 2014	82.6%	-0.2%	62.3%	-0.4%
DOSB Bestandserhebung 2015	82.4%	-0.2%	61.8%	-0.5%
DOSB Bestandserhebung 2016	80.9%	-1.5%	61.0%	-0.8%
DOSB Bestandserhebung 2017	80.6%	-0.3%	60.9%	0.0%
DOSB Bestandserhebung 2018	80.4%	-0.3%	61.1%	0.2%
DOSB Bestandserhebung 2019	79.8%	-0.6%	61.1%	0.0%
DOSB Bestandserhebung 2020	79.4%	-0.4%	61.1%	0.0%

Quellen: DOSB Bestandserhebung (2010-2020).

Children and young people aged 7-14 are most likely to be members of soccer clubs (21%). Although this age category makes up just under 10% of the total population, they represent more than 17% of all members of soccer clubs (DOSB, 2019). Here, too, it becomes clear once again what an important role children play for sports clubs. 16% of children and adolescents aged 7-14 are also active in gymnastics clubs (DOSB, 2019).

Gender-specific differences only stand out strongly in soccer and horse riding, as can be seen from Table 3. Otherwise, the distribution within the clubs between girls and boys between the ages of 7-14 does not differ that much (DOSB, 2019).

Tab. 4: Top 10 sports clubs for children and adolescents aged 7-14 according to the DOSB survey in 2019

Sportart	Number of Memberships	Organizational Degree	Proportion of boys	Proportion of girls
Soccer	1.262.443	21%	86%	14%
Gymnastics	930.062	16%	35%	65%
Tennis	220.633	4%	58%	42%
Swimming	218.266	4%	50%	50%
Athletics	202.517	3%	45%	55%
DLRG	195.374	3%	52%	48%
Handball	185.583	3%	57%	43%
horse riding	134.080	2%	8%	92%
Alpine Club	106.814	2%	52%	48%
Ski	83.463	1%	52%	48%

Quelle: DOSB (2019).

Overall, mutual appreciation can be seen and clubs also try to offer something to children and young people: In the sports development report (Breuer & Feiler, 2019), 62% of the clubs fully agreed with the statement that they would be involved in children's and youth sports. In addition, the courtesy of associations for young people is also visible in the monthly membership fees. While adults must pay an average monthly contribution of € 8, teenagers only pay half of it and children only € 3 (Breuer & Feiler, 2019). From the point of view of the clubs, one of the greatest challenges is to win young people over to competitive sport (Breuer & Feiler, 2019). 45% of the clubs surveyed see a problem here.

Effects of the Covid-19 pandemic: Less sporting activity during the lockdown, overall reduced consumer spending.

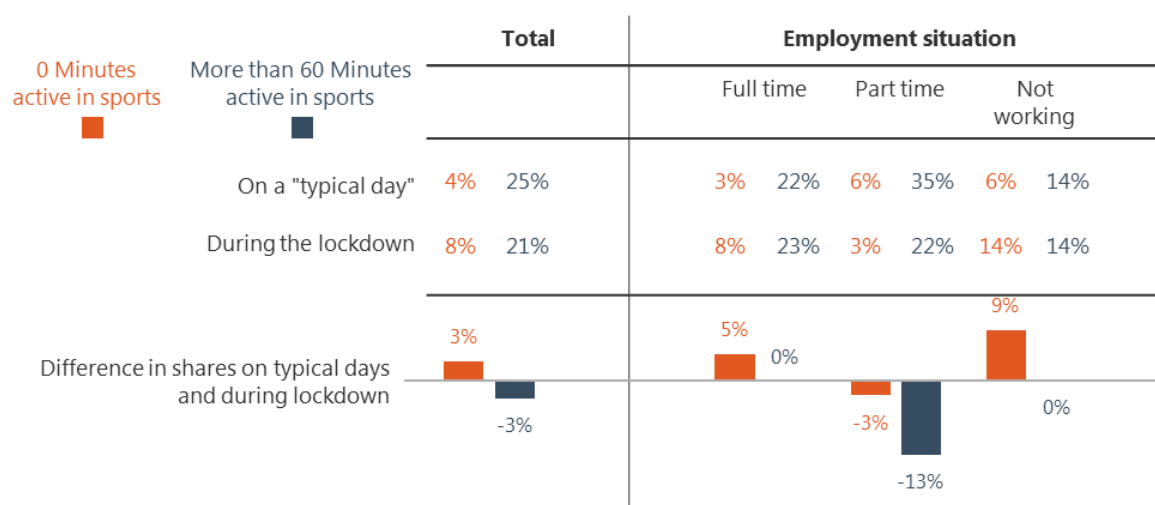
To determine the effects on sport of children and adolescents caused by Covid-19, a further 831 parents were asked via an online panel in November 2020.

Notes on the methodical approach: Online panel survey for 2020

- Parents were interviewed on behalf of their children about sports behavior and the related expenses for their children.
- Information was collected for only one child aged 5-15 years. If several children of this age live in the household, the respondents were asked to refer to the child whose birthday is next when making their statements.
- The data were weighted a posteriori according to the households in Germany (Redressement).

Sport activity. With a view to the sports behavior of children and adolescents, Figure 13 illustrates the main results of the survey. Two points in time are considered: sporting activity on "typical" days and on days during the first lockdown (March to May 2020). According to their parents, a total of 4% of the children are not physically active at all or for zero minutes "on a typical day". During the first lockdown and the associated contact restrictions, school closings and the suspension of club sports, on the other hand (in the retrospective analysis made here) 8% of parents stated that their child was not physically active at all. Overall, there is a difference of 3 percentage points more in terms of complete inactivity.

Fig. 12: Extent of daily physical activity of children and adolescents before the start of the pandemic and during the first lockdown.



Source: Sports Satellite Account (SSA) of the Federal Ministry of Economics and Energy (BMWi) and the Federal Institute for Sports Science (BISp); calculations and presentation: 2HMforum. Reporting year: 2020.

With regard to the proportion of more active children and adolescents, lockdown-related differences can also be seen. While on typical days 25% of children and adolescents were active in

sports for more than 60 minutes a day, this proportion decreased by 3 percentage points to 21% during the lockdown.

Different dimensions in the sporting activity "normally" and during the lock-down result when considering the parents' different time and financial resources. Before the pandemic, children of full-time parents were less likely to be completely inactive in sports than those of parents who worked part-time (3% vs. 6%) but were less active for more than 60 minutes (22% full-time vs. 35% part-time). For full-time parents, the proportion of inactive children during the lockdown increased by 5 percentage points, while it decreased by 3 percentage points for part-time workers. A lockdown-related lower proportion of physically active children among part-time parents is very clear, from a comparatively high 35% to 22%.

In the case of people who are not gainfully employed, the proportion of children who are active in sport has remained the same at 14%, while generally the proportion of children without any physical activity has increased significantly from 6% to 14%.

Sports-related consumer spending. With a view to sport-related expenditure for children and adolescents, table 4 shows pandemic-related expenditure reductions in households. Half of the parents stated that they had spent the same amount on the children's sport in all the expenditure categories considered here (including "nothing"). Because of the pandemic, some parents spent a little more (11-15% depending on the spending category) or even significantly more (6-9%) on their children's sport. In contrast, however, the proportion of parents who spent a little less (12-18%) or significantly less (9-19%) outweighs the problem.

Tab. 5: Pandemic-related changes in relation to selected household expenses for sports for children and adolescents.

Consumption category	Total					Monthly net household income					
	Significantly less	Slightly less	The same amount	A bit more	Much more	< 2.600 €		2.600 - < 4.500 €		4.500 € +	
						-	+	-	+	-	+
Sportswear	9%	18%	51%	15%	7%	30%	29%	29%	23%	24%	22%
Sports shoes	10%	16%	50%	15%	9%	26%	40%	33%	21%	19%	25%
Sports equipment	17%	12%	53%	13%	6%	40%	24%	28%	20%	24%	19%
Course or participation fees for training	18%	14%	51%	11%	6%	49%	22%	30%	18%	28%	19%
Club fees (for active sport)	11%	14%	57%	12%	6%	38%	28%	22%	18%	22%	17%
Expenses for the use of sports facilities	19%	14%	50%	12%	5%	31%	26%	31%	16%	33%	18%

Source: Sports Satellite Account (SSA) of the Federal Ministry of Economics and Energy (BMWi) and the Federal Institute for Sports Science (BISp); calculations and presentation: 2HMforum. Reporting year: 2020. "Did you spend more or less money on sports for your children because of the Covid-19 pandemic?" "-" means the sum of "slightly less" and "significantly less", "+" the sum of "a bit more" and "much more".

Most noticeably, at 33% (19% + 14%), was the decline in expenditure on the use of sports facilities (e.g. swimming pools, climbing gyms, tennis halls or other sports facilities), but also reduced expenditure on course or participation fees 32% of the respondents mentioned training courses. Spending on sports equipment or sports equipment was also more likely to be reduced than increased: 29% of those surveyed reported reduced expenditure, only 19% reported higher expenditure.

The decline in the average expenditure on sports shoes and sportswear for children and young people is less clear. However, the average here actually "disguises" clearly existing developments

- the proportions of parents with higher and lower expenditures in the pandemic only approximately balance each other out. For sportswear there are 27% "less" 22% "more" parents who spend it, for sports shoes 26% "less" and 26% "more".

The proportions of parents with increased expenditure on sports due to the pandemic show that despite (fluctuatingly strong) contact restrictions in 2020, sport can also represent a - possibly alternative or new - leisure activity for children and young people regardless of commercial or organized ones.

Positioning and discussion

Today's children are tomorrow's adults. This banality can also be applied to sport. It is true that by no means all children and adolescents who are physically active at a young age are also active in later years, and children who tend to be inactive in sports at a young age can find their way into sporting forms of exercise in later life. A sporting career can therefore take a very different course from one individual to the next. However, if the WHO criteria for sufficient physical activity are taken as a basis, children and adolescents exercise too little, with consequences for individual health on the one hand, but also economically relevant costs on the other. Overall, only 25% of 3-17-year-olds achieve the recommendation of one hour of exercise a day.

As could be shown in the present article, among other things, school sport makes an important contribution to the sporting activity of adolescents: every child takes part in school sport at least in principle, with an average of just over 100 school sport hours per year. Whether this is "sufficient", too little or too much, or whether school sport should be designed differently, should not be discussed here, nor is the quality of school sport teaching.

In addition to school sports, children and young people practice a wide variety of sports. Overall, almost 90% of children and adolescents also do sports outside of school - but 10% does not. The educational attainment of the parents has an effect - at least with the present descriptive approach - on the participation of the children in sport: Children of parents with less education are significantly less active in sport than children with an educational background.

Among the individual disciplines, no single sport stands out in particular: soccer and swimming are still played most frequently by children and young people, accounting for one third each. The high proportion of basic sports activity of 90% may therefore also stem from the variety of sports offers and sports disciplines.

Organized sport in particular also plays an important role in the children and youth sector: around two thirds of all children and young people played sport in at least one sports club in 2019.

Already - or even especially - in childhood and adolescence, sport is also associated with expenses. Every year, sport costs an average of almost € 800 per child - mind you, on average. Differentiated according to income groups, there are clear differences in the parents' sports-related expenses.

School sports related expenditures are comparatively "cheap" at around € 150 per year. The sports of riding and skiing are relatively expensive, but martial arts and soccer also cost more than € 400 a year.

In total, private households and parents invest € 6.2 billion in children's sport. The expenditures of the private households associated with the sport of children and adolescents differ in addition to the income also according to the gender and age of the children: In Germany, higher investments are made in total for girls sport than for boys sport, particularly evident is the higher proportion of girls in equestrian sports. The differences in sports behavior and sports-related expenditure according to household income suggest that low club fees alone are not a sufficient condition for low-threshold sports in some population groups. Rather, the consumption patterns show the different costs with which the parents have to finance the sporting activities of children and young people.

With a view to the effects of the Covid-19 pandemic, it can be said that during the first lockdown, the proportion of inactive children and adolescents with 8% was twice as high as normal. Also, the proportion of regularly active children and adolescents (at least 60 Minutes a day) was 21% lower. Greater availability of leisure time (e.g. through short-time work) could therefore not be converted into higher sporting activities or did not compensated the loss of sporting activity through closed schools and sports clubs, at least when viewed as a whole. While school sports are now partially taking place again (at the end of November 2020), sports in the clubs are not possible due to the second "lockdown light".

Ultimately, based on the data collected here, it can be derived, at least indicatively, that (also) household-related investments in children and adolescents sports have been reduced and in which areas they are stronger or weaker. The actual amount of the reduced or additional expenditure in euros, however, cannot be calculated here. Taking into account the monthly net household income available, it can also be seen that investments and expenditures for children's sport have been reduced, especially in lower-income households, and less so in high-income households. This could also indicate that the economic relevance of children's sport, measured in terms of consumer spending by private households, has lost less importance overall than was initially assumed.

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List of the 71 sports of the Sports Satellite Account (SSA)

(according to the Institute of Sports Science at the University of Mainz; Preuß, Alfs & Ahlert 2012). Own illustration.

Sports (alphabetical)	
American football	Football
Archery	Gliding/ Motor flying (Aviation sports)
Athletics	Golf
Badminton	Gymnastics/Aerobic (<i>German: Gymnastik</i>)
Ballet	Gymnastics (<i>German: Turnen</i>)
Baseball/ Softball/Cricket	Handball
Basketball	Health sports (back training, fall prevention, heart sports, lung sports)
Beach Volleyball	Hiking
Biathlon	Hockey
Billiards	Ice Hockey
Bobsleighing/ Sledding (luge, skeleton)	Ice skating (figure skating, speed skating, ...)
Bodybuilding	Inline skating (speed skating)
Bowling/ Skittles	Lawn power sports
Boxing	Martial arts (Aikido, Karate, Judo, Ju Jutsu, Taekwondo, Kickboxing, ...)
Canoeing/ Kayaking	Minigolf
Chess	Modern pentathlon
Climbing/ Bouldering	Motor sports (automobile, motorcycle, kart, ...)
Curling	Mountaineering
Cycling (BMX, road bike, mountain bike, artistic cycling, bicycle ball, bicycle polo, unicycle hockey, ...)	Nordic walking
Dancing	Paragliding/ Hang gliding
Diving	Pilates/Qi Gong/Tai Chi/Yoga
Fencing	Riding (vaulting, dressage, military, show jumping, ...)
Fitness (gym - courses, equipment, ...)	Roller skating (roller hockey)

Rowing	Squash
Rugby	Windsurfing/ Surfing
Running (Jogging)	Swimming (including DLRG – German Life-guard Association, synchronized swimming)
Sailing	Table tennis
Shooting	Tennis
Skateboarding	Triathlon
Skiing (Alpine, Nordic, Cross-country, ...)	Ultimate Frisbee
Skydiving	Volleyball/ Fistball
Snowboarding	Water jumping
Sport acrobatics	Water polo
Sport boating	Water ski/ Wakeboarding
Sport fishing	Weightlifting
Wrestling	

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