Associations between basic motor competencies, club sport participation, and social relationships among primary school children

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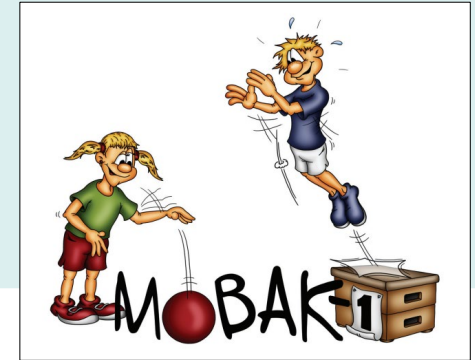
Background

- Basic motor competencies enable children to participate in sport situations with peers

- Club sport participation has a positive influence on motor and social competencies

- Children with better motor competencies are better socially integrated

- Aim: describe the connection between basic motor competencies, club sport participation and interpersonal relationship skills

Method

Measurement: Basic motor competences (MOBAK-1-2); Club sport participation; Social relationships (KOMPIK)

Conclusions

Children with higher motor competencies and children who participate more often in club sport show better social skills. The gender of the children suggested to be relevant.

Results

Sample: N = 880 first and second grade primary school children (48.9% girls, M = 90.36 months, SD = 6.90, range: 77-105 months)

Mixed regression with random effects

Mixed regression results for relationship skills

Variable	B [95% CI]	SE_B	β	t	p
Constant	12.13 [9.87, 14.38]	1.14		10.56	< .001
Sex	0.53 [0.18, 0.90]	0.19	**.10**	2.86	.004
Age	0.01 [-0.01, 0.04]	0.01	.04	0.89	.372
BMC sum	0.07 [0.01, 0.13]	0.03	**.09**	2.42	.016
Club sport frequency	0.29 [0.07, 0.50]	0.11	**.13**	2.61	.009
Team sports	0.27 [-0.24, 0.78]	0.26	.04	1.04	.300
Individual sports	0.09 [-0.34, 0.52]	0.22	|< .01|	0.41	.680

Abbreviations: B=unstandardized beta; CI=confidence interval; SE_B=standard error for the unstandardized beta, β=standardized beta. Significant coefficients are bold (*p ≤ .05, ** p ≤ .01)