

Make sport fun for kids

Amanda Visek from George Washington university did some exceptional research around youth sports

The research identified 81 fun-determinants – these were organized into 11 fun-factors and then rated as to their relative importance to having fun.

Below is a table outlining the 11 fun-factors in order of most-to-least important. The associated fun-determinants (bulleted) are listed from most-to-least important.

Amanda J. Visek, PhD, CMPC is an Associate Professor in the Department of Exercise & Nutrition Sciences in the Milken Institute School of Public Health at The George Washington University in Washington, D.C., USA. Her translational approach to scientific research has focused on the application of pediatric sport psychology to issues of public health, namely improving child and adolescent health outcomes by establishing sport participation as a public health practice through safe, positive physical activity and human movement experiences that are fun.