

# RESEARCH SUMMARY

## THE PHYSICAL ACTIVITY AND SPORT PARTICIPATION (PASP) FRAMEWORK A POLICY MODEL TOWARDS BEING PHYSICALLY ACTIVE ACROSS THE LIFESPAN



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## **Background**

The changing social and policy context in which sport is produced, delivered and consumed is considered as a foundation for proposing a new integrated framework that incorporates participation in sport with leisure-time physical activity more broadly.

Historically, sport policy has largely focused on competitive club-based sport and elite performance, and in line with this, talent development pathway models were developed and implemented. However, with increasing physical inactivity globally, these models do not apply to the general population.

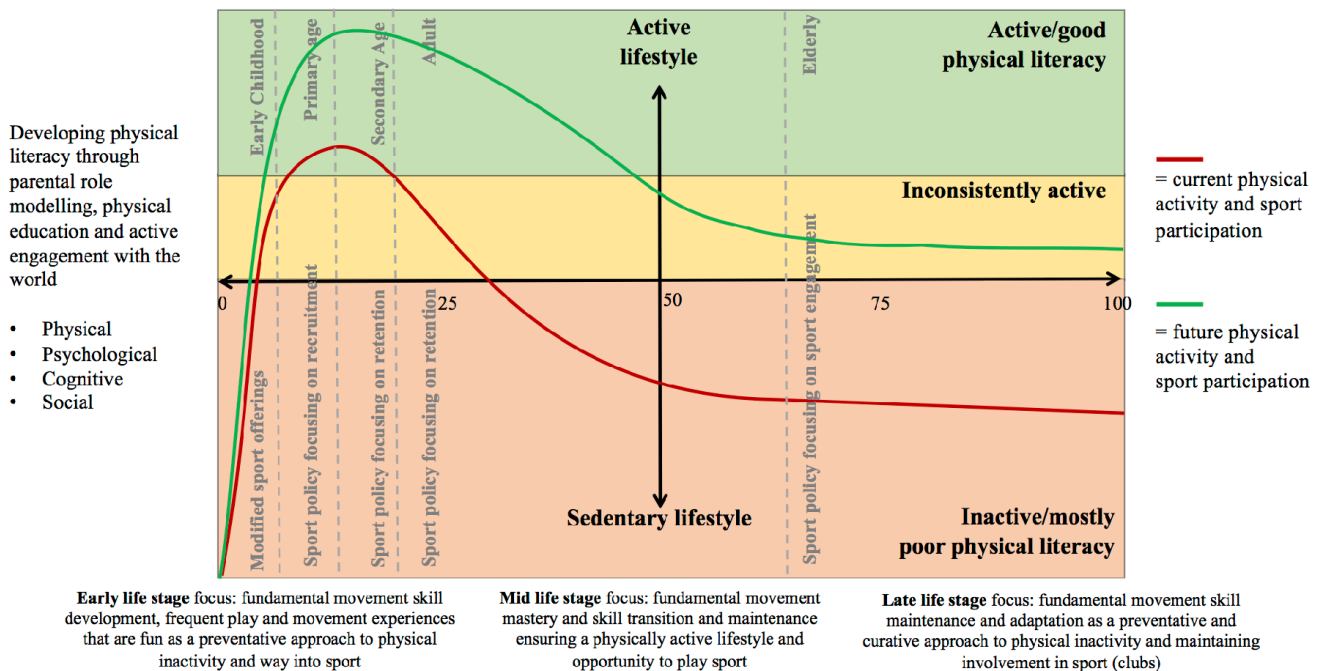
This is why we propose a population based 'whole of sport ecosystem' lifespan model - the Physical Activity and Sport Participation (PASP) framework.

**The PASP framework can serve as a holistic policy and implementation guide for all of sport, including governmental physical activity and sport policy makers, sport governing bodies and clubs, for the ever increasing range of private physical activity and sport providers and health agencies.**

# THE PHYSICAL ACTIVITY AND SPORT PARTICIPATION (PASP) FRAMEWORK

## Premises

- It acknowledges that the development of a high level of physical literacy is fundamental to leading a physically active life.
- It is founded on scientific evidence that reflects the current (international) policy transition towards increasing population levels of physical activity (rather than focusing on elite sport performance and sport participation).
- Sport cannot be left with the sole responsibility to achieve population recommended levels of physical activity, although it plays an important role.



## Characteristics

- Two trend lines across the lifespan: the red one highlights estimated current levels of physical activity and sport participation and the green envisions (aspirational) future levels of physical activity and sport participation.
- Each life stage requires policymakers and strategies to focus on what is most likely to bring or keep people into sport. These foci move from modified sport offerings, to recruitment, to retention, to engagement.

## Conclusion

The PASP framework can serve as a holistic policy and implementation model for both the whole of sport including governmental physical activity/sport policy makers, sport governing bodies and clubs, the ever-increasing range of private physical activity and sport providers and health (promoting) agencies. It remains critical in that regard, that measurement of participation and retention in combination with consumer behavioural data is used to inform and evaluate policies and strategies.

In recognition of the changing patterns of participation in physical activity and sport across the lifespan, the PASP framework can contribute to coordinated and integrated physical activity and sport policy development, which in turn can lead to strategies that tackle the global physical inactivity crisis.

