



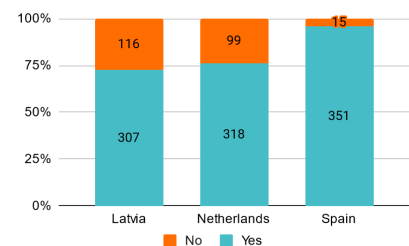
Institut de l'esport
de Barcelona



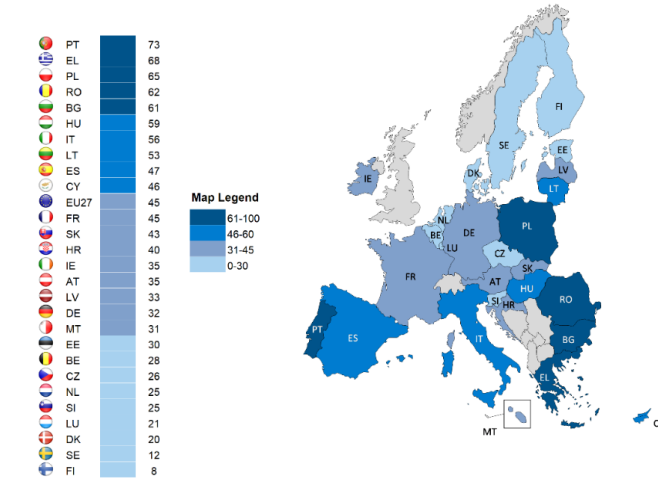
Funded by
the European Union



Project details	
Project:	Erasmus+ KA2 (2022), "Plant based nutrition and sports. Is that a key for a sustainable future and well-being?"
Project No.:	2021-2-LV01-KA210-SCH-000049347
Lead partner:	Ventspils Vocational Technical School (Latvia)
Partners:	Sports Institute of Barcelona (Spain)
	Alfa-college (Netherlands)
Survey details	
Survey topics:	Nutrition, sports, well-being
Respondent count:	1206 (Latvia - 423; Spain - 366; Netherlands - 416)
Surveying period:	From September 20th until October 25th, 2022
Development of report:	From November 9th until January 10th, 2023
Report	
Organization:	Ventspils Vocational Technical School (Latvia)
Covered survey topic:	Nutrition
1. Do you do any sport?	
<p>We asked pupils in three schools in different European countries about their participation or non-participation in sport and physical activities, and here are the results of the first question.</p> <ul style="list-style-type: none"> Yes: 80,9% (overall); Latvia 72,5% (307); Netherlands 76,3% (318); Spain 95,9% (351). No: 19,1% (overall); Latvia 27,5% (116); Netherlands 23,7% (99); Spain 4,1% (15). 	
<p>In relation to people who practice sport, the data obtained by country coincide with those obtained in the Eurobarometer on sport, as can be seen in the attached image below. In this report, they also point out that Europeans who continued education up to the age of 20 or beyond (42%) are much more likely than those who left school at age 15 or earlier (13%) to exercise or play sport with some regularity.</p>	



QB1R How often do you exercise or play sport? By "exercise" we mean any form of physical activity which you do in a sport context or sport-related setting, such as swimming, training in a fitness centre or a sport club, running in the park. (% - Never)



Base: All Respondents (N=26,578)

In the case of the Netherlands and Spain, we can easily link the results obtained in this question with the fact that they are people who are studying a degree linked to sport and, consequently, that they are likely to maintain an active lifestyle by practicing some kind of physical activity or sport.

2. Approximately how many hours a week do you do sports? (Including sports class in school)

	Less than 7h		7-11h		12-14h		More than 14h	
Latvia (LV)	140	45.8%	105	34.3%	39	12.7%	22	7.2%
Netherlands (NL)	179	56.3%	102	32.1%	23	7.2%	14	4.4%
Spain (ES)	53	15.1%	104	29.6%	88	25.1%	106	30.2%

Among the people who do practice sport, in relation to the number of hours they dedicate to this practice, the answers show a great variety, with similar trends among students from Latvia and the Netherlands.

A higher percentage of people who spend less than 7 hours doing sport can therefore be observed, while among students in Spain there is a more homogeneous distribution between the different options. It is worth highlighting the high percentage of people who practice sport intensively, accounting for almost a third of the Spanish students surveyed.

In order to analyse these results, it would be interesting to be able to differentiate how many teaching hours are allocated to each country in order to know how many hours students spend autonomously in their free time to do physical activity.

3. At what age did you start doing sport activities?

In relation to the age in which they start practicing physical activity, we can see that the trend in both countries is similar, with most of those surveyed starting at an early age and that this sporting initiation progressively decreases with age.

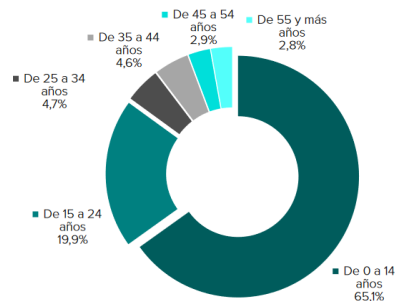
	Between 3-5 years		Between 6-8 years		Between 9-11 years		Between 12-14 years		Between 15-17 years		From 18 years old or older	
LV	59	19,2%	109	35,5%	59	19,2%	32	10,4%	43	14%	5	1,6%
NL	126	39,6%	119	37,4%	34	10,7%	12	3,8%	13	4,1%	14	4,4%
ES	178	50,7%	109	31,1%	24	6,8%	18	5,1%	17	4,3%	7	2%

We can link this fact to the cultural and social importance of sport for the acquisition of healthy habits, which, if it occurs at an early age, can lead to a more active lifestyle over time due to its benefits.

This statement can be supported by the results obtained in the survey on sporting habits in Spain in 2020, shown in the attached graph. The survey provides indicators relating to the age at which sport is first practiced, which show that 65.1% of the population that practices sport began this activity before the age of 15.

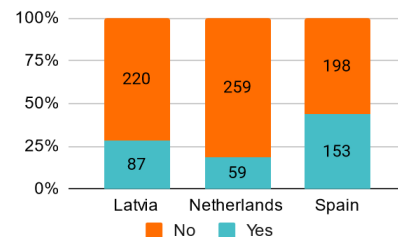
The gender factor is also a determining factor, with a lower percentage of women taking up sport.

Gráfico 22. Personas que practican deporte según la edad en la que se comenzó esta práctica. 2020
(En porcentaje de la población que practicó deporte en el último año)



4. Do you follow any type of diet related to your sport activities?

	Yes		No	
Latvia	87	28,3%	220	71,7%
Netherlands	59	18,6%	259	81,4%
Spain	153	43,6%	198	56,4%



The main trend is that respondents do not follow any diet linked to their sports practice, although in the results for Spain this difference is not so widely marked.

It would be interesting to see if there is a direct relationship between respondents who practice more intensively or with a focus on performance and those who have some kind of diet associated with it.

There is a close relationship with optimal performance and the acquisition of specific nutritional guidelines to address athlete-specific issues based on health, nutrient requirements, performance goals, physical characteristics, practical challenges and dietary preferences (Travis et al., 2016).

5. What kind of sport do you practice?

	Individual		Collective		Adversary		Outdoor		Gym		A mix of various	
LV	47	15,3%	52	16,9%	13	4,2%	34	11,1%	81	26,4%	80	26,1%

NL	54	17%	29	9,1%	13	4,1%	33	10,4%	63	19,8%	126	39,6%
ES	50	14,2%	130	37%	13	3,7%	10	2,8%	71	20,2%	77	21,9%

The data obtained show that there is a high percentage of respondents who have a diversified practice in terms of the type of activities, with a very low level of participation in adversarial sports in the three countries studied.

We would also highlight the high percentage of people who practice sport in the gym. It is also interesting to note the notable difference between countries in terms of participation in collective sports, being very significant in the Spanish respondents in relation to the other countries whereas in outdoor sports the dynamic is the other way around. That fact can be linked to a deep-rooted culture around sports clubs in Spain.

Linking it with the results obtained in the Eurobarometer, nearly three in ten Europeans are members of a club where they participate in sport or recreational physical activity. In detail, more than one in ten respondents answer that they are members of a health or fitness center (12%) or of a sport club (12%), while 6% belong to a socio-cultural club that includes sport in its activities and just 1% to another type of club.

6. The sport you practice is...

	Competitive		Recreational	
Latvia	89	29%	278	71%
Netherlands	63	19,8%	255	80,2%
Spain	199	56,7%	152	43,3%

A similar trend appears between Latvia and the Netherlands in terms of the nature of the sport that respondents do, with a significant majority doing it for leisure rather than competitively. In contrast, Spanish respondents show more equal results, with more than half of the respondents playing sport competitively.

The French sociologist Pierre Parlebas (1988 cited in Mata, 2003) pointed out the importance of the study of sport phenomena in relation to the culture and social environment in which they are developed, designating with the term *ethnomotricity* the field and nature of motor practices. In this sense, the work of Erik Allardt (1970 cited in Mata, 2003) aimed to show how the popularity of sports is dependent on the division of labour, education in obedience and political pressures, exemplified by American football in the USA (a society with a high degree of division of labour, weak socio-political pressure and a high degree of obedience education).

In this line, it is essential to know the political, social and cultural structure of each country in order to be able to locate its sporting trajectory. In Europe, we can highlight the case of Finland where professional sport is relatively marginal compared to other countries and its physical culture has acquired a differentiated character by encouraging recreational sport practices.

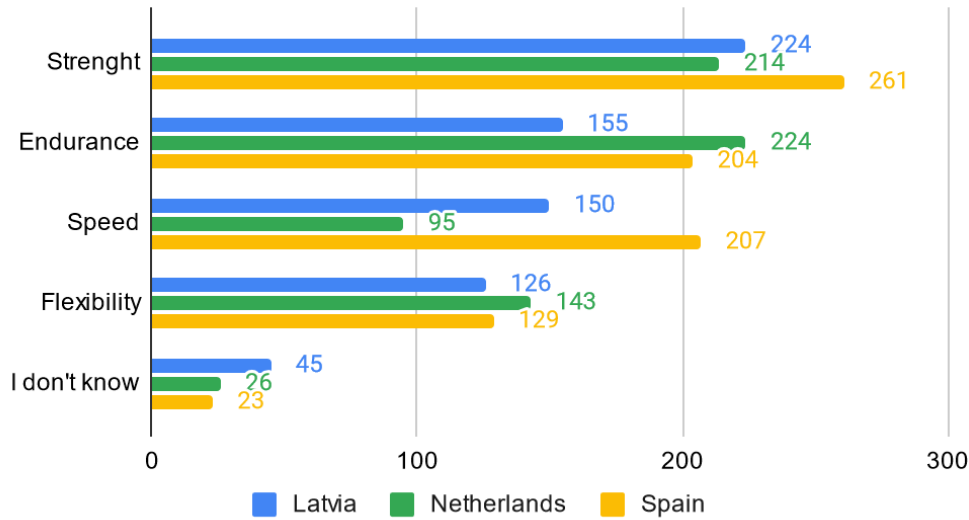
7. What is the physical capacity that you train?

The results obtained show an increased participation in physical activities to enhance strength and endurance work. As for speed, there are important differences between the three countries surveyed, with more training in Spain. Of the four basic physical capacities, flexibility is the least trained, although with relevant percentages.

We can launch as a possible hypothesis to read these results, the relationship between sport and the cult of

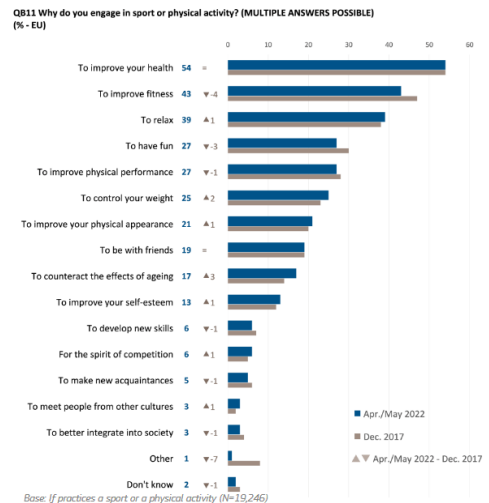
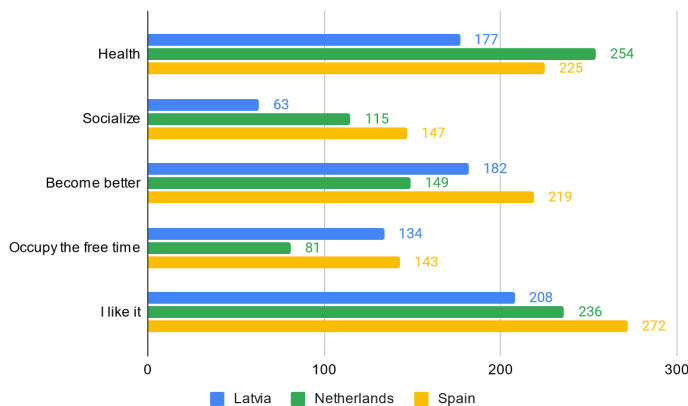
the body and what meaning it acquires in adolescence and youth as an identity-building agent. As for flexibility, we can attribute the results to a gender bias, since it has been culturally and socially linked to femininity, while the other physical abilities are a representation of masculinity that sport supports.

Sport and physical activities respond to the requirements and imperatives of the patriarchal and heteronormative system, contributing to perpetuate from its social dimension the inequalities and oppressions by establishing itself as a privileged means of manifesting, reproducing and configuring the predominant values of the socio-cultural context in which they are produced.



8. Why do you play sports?

Respondents who exercise, play sport or engage in other physical activity were asked to choose from a list of 5 items their reasons for doing so, more than two thirds in the three countries surveyed say they engage in sport or physical activity to improve their health and because they like it, far ahead of any other reason.



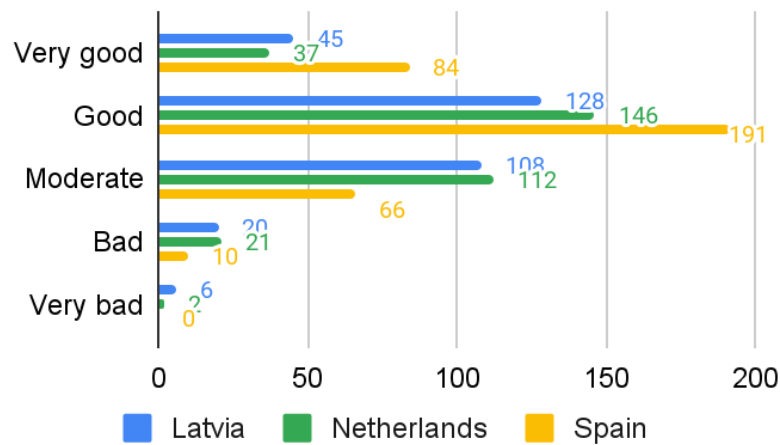
These results present a very similar distribution to that obtained in the Eurobarometer, as can be seen in the following graph.

The same survey also shows differences in motivational factors according to gender. Men are slightly more likely than women to say that they engage in sport or physical activity to improve physical performance, to have fun and to be with friends.

9. What do you think your physical condition level is?

The level of respondents' perception of their physical condition is between moderate and very good, with very few people (less than 10% in each country) perceiving themselves to be in poor or very poor physical condition.

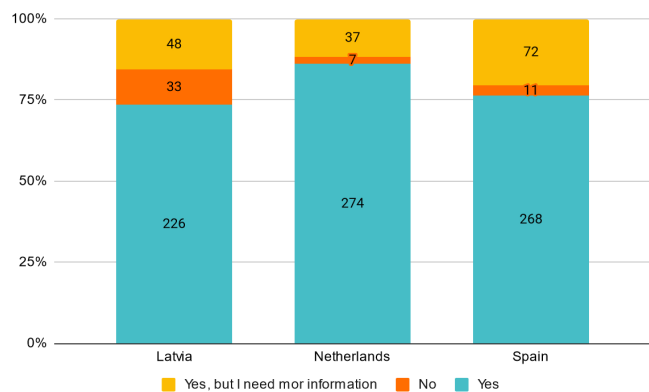
These results are to be expected, taking into account the sample to which the survey was carried out, as they are people linked to sport from different approaches and intensities. Sport also favours and improves self-concept and self-esteem, which are necessary to understand ourselves and to situate our degree of satisfaction.



10. Do you know the general benefits of doing sports activities?

Around 75% of respondents say they are aware of the benefits of sport, although a minority also recognise that they are aware of them but need more information about its benefits.

Results that can be further linked to the type of degree that respondents are taking and therefore the fact that they are aware of its benefits.

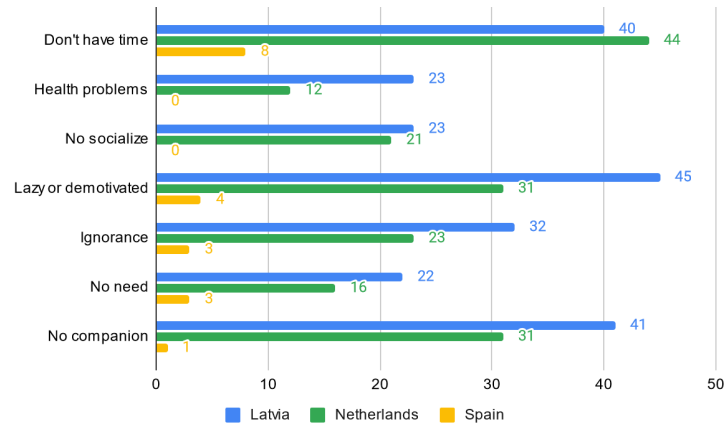


11. What do you think is the reason why, today, there are people who don't practice sports?

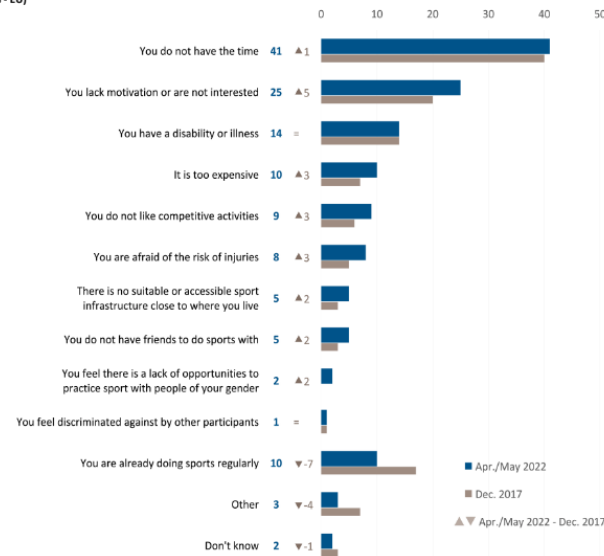
Respondents were asked to choose from a list of 8 items the reasons why, in their opinion, people do not practice sport.

In all three countries surveyed, lack of time, interest or motivation were the most frequently chosen reasons for answering this question. Less representatively, they point to economic reasons as a barrier to physical activity access, so we could see that sport is not only gender-biased but also class-biased.

We have contrasted the responses with those obtained in the Eurobarometer and lack of time is by far the main reason currently preventing Europeans from practising sport more regularly. Slightly more than four in ten Europeans (41%) say not having the time is one of the main reasons followed by the lack of motivation or interest (25%).



QB14 What are the main reasons currently preventing you from practising sport more regularly? (MULTIPLE ANSWERS POSSIBLE) (% - EU)



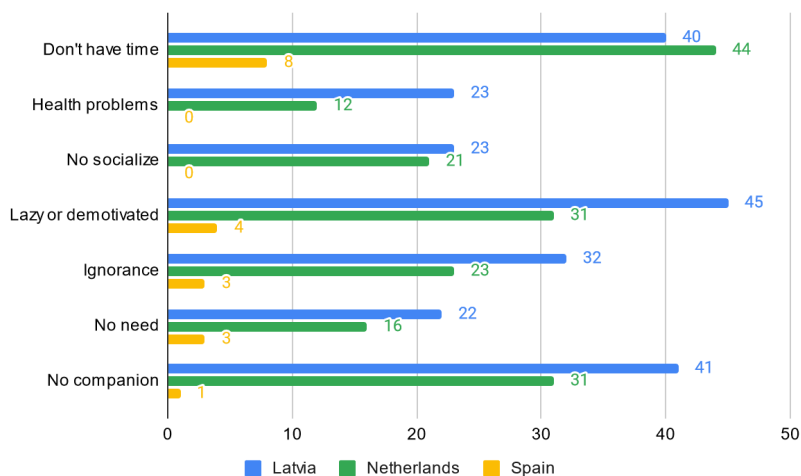
Base: All Respondents (N=26,578)

12. Why are you not doing any sport activities?

Respondents who did not engage in exercise, sport or any other physical activity were asked to choose from a list of 7 items their reasons for not doing so, next to these lines are the results by country.

The most recurrent reasons given by the respondents were lack of time together with low motivation and lack of partners to practice with. Regarding the lack of time, it accounts for 34,5% in Latvia, 44,4% in Netherlands and 53,3% in Spain. Linked to Eurobarometer results, lack of time is the most cited reason for not practising sport more regularly in all 27 EU Member States as can be seen in the graph below.

Demotivation or laziness also coincides as one of the main reasons for respondents in both the Eurobarometer and our survey. In the Eurobarometer, a quarter of respondents gave this answer, while in our survey they represent 38.8% in Latvia, 31.3% in the Netherlands and 26.7% in Spain.



13. Why you should do sports?

As for the reasons for physical activity, there is a wide variety of answers depending on the country. In Latvia, the most voted reason is to have a stronger body with 69%, followed by increasing energy levels and reducing anxiety and stress, over 50%. Regarding respondents in the Netherlands, the most frequently chosen reasons were to increase energy levels and to have a stronger body, accounting for more than 60%. Finally, in Spain, around 80% of the main reasons given were the intention to have a stronger body and to reduce anxiety and stress levels.

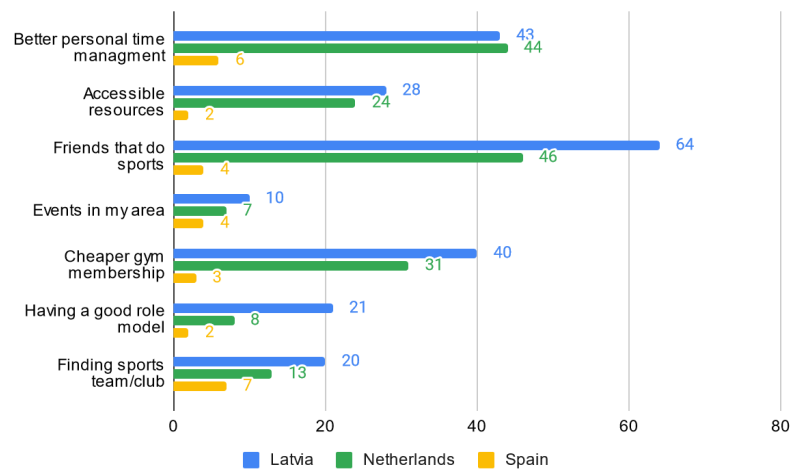
The health and disease prevention motives as well as the psychosocial well-being impact of sport are also of some relevance. In this sense, and looking for other more critical perspectives, we found the study of Beltrán-Carillo and Devís-Devís (2019) about negative experiences in physical education and the social discourses associated with them. These authors point to “salutismo” (a term coined by Crawford), as a direct influence on such inactivity. This current is closely linked to individualism, as it conceives health as a matter of personal responsibility and choice, ignoring the effect of genetic, social and environmental factors on people's health. This discourse therefore carries a moral dimension and is a superficial and simplistic view that associates health with body shape, attributing good health to a slim or muscular body and vice versa. The social construction of what is conceived as the ideal body is not only influenced by this fact but also by ideas about gender.

14. What could get you started in sports?

Respondents who are not physically active were asked about what they would need or how it could be made easier for them to adhere to a more active lifestyle. The top choices were starting with friends who already

do sport, improving time management and being able to access sports facilities more cheaply.

These options therefore coincide with the reasons chosen by the respondents in question 12. In that question, they highlighted as reasons for not practising sport the fact of not having time to devote to practising sport and not having company. In relation to the first aspect, it would be interesting to know how they distribute their time and what they spend it on (teaching hours, salaried work hours, volunteer or militancy hours, leisure hours, self-healing hours, etc.). In the case of the Spanish respondents, the fact of finding clubs or teams to start their sporting careers takes on relevance, as the answers received in question 5 indicated.



Summary and conclusions

As requested, the purpose of this report is to provide you with some evidence that emerged from the last students' survey about plant based nutrition and sports. We asked them a battery of questions about their nutritional and sporting habits to find out their level of knowledge about these topics and to see what impact it has on their sense of wellbeing. In particular, we will look at the results obtained in the section on sport, as detailed above. In order to provide a broader approach, we have found it interesting to link our results with those obtained in another European survey of greater impact, as well as with other readings from sociology.

These questions and their various answers allow us to get closer to our students and to see how their thoughts, beliefs, affections, opinions and perceptions are part of the cognitive processes that have repercussions on their learning, as Wittrock (in Beltrán-Carillo and Devís-Devís, 2019) points out.

In the same vein, to highlight the social and situational factors that mediate such processes. It could be said that social discourses establish principles, parameters or shared symbols and meanings that influence the way people understand and interpret social reality, what people think of themselves (identity), and how they behave in their lives.

Understanding the social discourses that prevail in our daily lives, seeing which ones we share and which ones differentiate us, allows us to contextualize the responses received and understand sport as a privileged means in which dynamics can be reproduced and perpetuated but also transformed.

References

Beltrán-Carillo, V. & Devís-Devís, J. (2019). El pensamiento del alumnado inactivo sobre sus experiencias negativas en educación física. Los discursos del rendimiento, salutismo y masculinidad hegemónica. *RICYDE. Revista Internacional de Ciencias del Deporte*, ISSN-e 1885-3137, Vol. 15, Nº. Extra 55, 2019. <https://dialnet.unirioja.es/servlet/articulo?codigo=6873420>

European Commission (2022). Special Eurobarometer 525. Sport and Physical Activity. NC-09-22-460-EN-N. file:///C:/Users/avalle13/AppData/Local/Temp/Sport_physical_activity_2022_eb525_report_en.pdf

Mata Verdejo, David (2003) *Etnografía del deporte. Aproximación antropológica a través del modelo de los horizontes: deporte central versus deporte marginal*. <https://eprints.ucm.es/id/eprint/2473/1/T22095.pdf>