



Physical activities and sport participation statistics in Albanian children (6-15 yrs) living in the Balkan region 2013-2015

Report (III)

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Information about the BASIC project

The BASIC project "Balkan Survey of Inactivity in Children" is a project applied and approved at the Sports University of Tirana (UST) and financed by the budget "on the Financing of Scientific Research" granted by the Ministry of Education, Sports and Youth.

The report is based on data on obesity (report I), eating behavior, movement (report II) and physical activity (report III), among Albanian children living in the Balkans (Albania, Kosovo, Montenegro). The duration and analysis of the data belongs to the period 2013-2015. It has cooperated extensively with the DAR of the cities in Albania, the relevant municipalities in Kosovo as well as the Ministry of Education and Sports of Montenegro.

The working group of this project consists of the academic staff of UST, members of the non-profit association ASSA (formerly BSHRC).

Methodology

The Physical Activity Questionnaire for Children (PAQ-C) was used as a tool for children to self-report their levels of physical activity over the past seven days. Janz et al. (2008); Kowalski etc. (1997). The final score of the questionnaire is to differentiate between low (point 1) and high (point 5) physical activity during the last seven days. The data for 3 categories of activities will be presented below:

1. Daily activities include walking or cycling, running and various games;
2. Structured activities include swimming, dancing, aerobics, skating and skiing;
3. Specific sports include active in soccer, basketball, volleyball and martial arts.

The purpose of this study (as a whole) was carried out by identifying leisure activities performed before and after school, time spent sitting, mode of transport to school, outdoor play after school, participation in training in clubs, watching TV, food preferences and different types of physical activity. Also in this study, questions are given that deal with the psychosocial and environmental factors that affect children's physical activity.

The results are presented separately as follows:

Information about the BASIC project

Methodology

Participation in the study

The results

- Prevalence of physical activities and sports participation among Albanian children living in the Balkans

- Physical activities and sport participation statistics in Albanian children living in the Balkans by country

- Statistics of daily participation in physical activities among Albanian children living in the Balkans

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- Sports participation statistics among Albanian children living in the Balkans

- Sports participation statistics of Albanian children living in the Balkans by country

- Statistics of the level of physical activity among Albanian children living in the Balkans

Contributors to the realization of the project:

News about the project

Participation in the study

The following data in table no. 1.1 shows children's participation in completing the questionnaire as well as refusals (missing) to complete it. The table gives an overview of the distribution of participants by country.

Participation of children to the questionnaire by country

Country			
Albania	N	Valid	2028
		Missing	13
R. Kosovo	N	Valid	705
		Missing	4
Montenegro	N	Valid	315
		Missing	2
Macedonia	N	Valid	509
		Missing	3

Participation of children to the questionnaire by country and gender

Gender	Country		Participation	
Boy	Albania	N	Valid	979
			Missing	6
	Kosovo	N	Valid	364
			Missing	2
	Montenegro	N	Valid	148
			Missing	1
	Macedonia	N	Valid	258
			Missing	2
	Albania	N	Valid	1049
			Missing	7
Girl	Kosovo	N	Valid	341
			Missing	2
	Montenegro	N	Valid	167
			Missing	1
	Macedonia	N	Valid	251
			Missing	1

The results

Prevalence of physical activities and sports participation among Albanian children living in the Balkans

The prevalence of physical activities and participation in sports among Albanian children living in the Balkans (6.5-15.5 years old) divided by gender is shown in table 1. In total, 77% of children performed daily activities, 25% performed structured activities and 38 % engaged in specific sports (data obtained from the questionnaire for the last week they performed activities).

Facts:

Boys practice more "specific" sports than girls.

81% of boys and 77% of girls perform daily activities.

Girls perform more "structured" activities than boys.

Table 1Prevalence of physical activities and sport participation in the Balkans among Albanian children by gender

	Total	Guys	The girl
Daily activities	77.4	80.7	76.7
Structured activities	25.3	23.2	27.4
Specific sports	37.6	47.1	28.1

Table 2 shows the prevalence of physical activities and participation in sports divided by the level of education where children continue their school education. The prevalence of children who perform daily activities in primary education is 77%, while in lower secondary education it is 79%.

Facts:

Children in lower secondary education have a higher prevalence of participation in sports and physical activities.

32% of children in primary education and 46% in lower secondary education practice "specific" sports.

Table 2Prevalence of physical activities and sports participation in the Balkans among Albanian children by school level

	EDUCATION	
	PRIMARY	Medium Low
Daily activities	76.5	78.7
Structured activities	23.7	27.5
Specific sports	31.7	45.7

The prevalence of physical activities and participation in sports of Albanian children living in the Balkans divided by gender, school level where they are educated is presented in table 3. In total, 78% of boys and 75% of girls who attend primary school perform daily activities while 81% of boys and 76% of girls attending lower secondary school perform daily activities.

Facts:

Boys and girls attending lower secondary school perform more physical activities than those attending primary school.

54% of boys and 36% of girls attending lower secondary school play "specific" sports.

Girls play more "structured" sports than boys.

Table 3Prevalence of physical activities and sports participation in the Balkans among Albanian children, by school level, gender and activity classification

	EDUCATION			
	PRIMARY		Medium Low	
	Guys	The girl	Guys	The girl
Daily activities	77.7	75.2	81.4	76.0
Structured activities	21.5	26.0	25.5	34.4
Specific sports	41.6	22.0	54.2	36.0

Table 4 shows the prevalence of physical activities and participation in sports divided by age group of Albanian children living in the Balkans. The prevalence of children who perform daily activities is higher than the prevalence of those who perform structured physical activities and specific sports, while the smallest prevalence is that of children who perform structured physical activities.

Facts:

Children aged 13.1-13.5 years perform more daily physical activities than other age groups (80%).

Children aged 11.6-12 years and 12.6-13 years do more structured activities.

Specific sports are practiced more by children in the age group of 13.1-13.5 years.

Table 4Prevalence of physical activities and sports participation in the Balkans among Albanian children, by age group

Age group	events		Sports
	daily	Structured	SPECifiC
6.1- 6.5	73.2	18.7	21.8
6.6-7	74.6	20.8	24.2
7.1- 7.5	74.5	19.7	24.0
7.6-8	76.3	19.7	26.1
8.1- 8.5	75.2	20.9	28.2

8.6-9	76.6	22.9	29.6
9.1- 9.5	75.7	24.9	31.1
9.6-10	78.5	25.1	34.9
10.1- 10.5	78.0	27.1	37.1
10.6-11	78.0	28.7	40.8
11.1- 11.5	78.6	28.4	43.8
11.6-12	80.0	30.1	44.9
12.1- 12.5	79.1	28.9	47.1
12.6-13	80.3	30.1	46.8
13.1- 13.5	80.4	28.1	48.7
13.6-14	79.7	26.9	45.8
14.1- 14.6	80.1	25.6	45.9
14.6-15	75.2	24.1	42.8
15.1- 15.5	73.4	24.9	41.9
15.6-16	71.7	20.2	41.5

Physical activities and sport participation statistics in Albanian children living in the Balkans by country

The prevalence of physical activities and participation in sports divided by age group of children in Albania is presented in table 5.

Albanian children perform more daily activities than structured physical activities and specific sports. With increasing age there is an increasing trend of practicing structured activities and specific sports.

Facts:

The age group of 15.6-16 years has the lowest prevalence of daily physical activities (72%).

Children in the age group of 11.6-12 years have the highest prevalence of structured activities (27%).

Children in the age group of 13.1-13.5 years are the ones who practice more specific sports.

Table 5 Prevalence of physical activities and sport participation in Albania among children, by age group

Age group	events		Sports
	daily	Structured	SPECifiC
6.1- 6.5	73.2	17.7	20.0
6.6-7	73.6	17.7	23.5
7.1- 7.5	72.6	18.0	22.9
7.6-8	75.4	17.9	24.3
8.1- 8.5	76.2	19.6	27.5
8.6-9	75.4	19.6	26.9
9.1- 9.5	74.0	23.3	29.9
9.6-10	76.8	21.0	33.8
10.1- 10.5	76.8	26.5	36.2
10.6-11	76.8	26.9	38.8

11.1- 11.5	77.0	25.8	39.3
11.6-12	79.7	27.1	41.3
12.1- 12.5	77.2	23.9	43.4
12.6-13	78.2	25.4	41.1
13.1- 13.5	77.4	23.7	44.5
13.6-14	78.2	22.0	43.1
14.1- 14.6	78.9	25.4	43.5
14.6-15	73.8	25.6	40.9
15.1- 15.5	74.4	23.5	40.9
15.6-16	71.8	17.9	42.1

Table 6 shows the prevalence of physical activities and participation in sports divided by age and activity performed by children living in Kosovo. The prevalence of children who perform daily activities is higher than the prevalence of those who perform structured physical activities and specific sports, while the smallest prevalence is that of children who perform structured activities.

Facts:

Children living in Kosovo aged 13.1-13.5 perform more daily activities than other age groups (83%).

Children aged 12.1-12.5 do more structured activities (31 %).

Specific sports (47%) are practiced more by children in the age group of 12.6-13 years.

Table 6Prevalence of physical activities and sports participation in Kosovo among children, by age group

Age group	events		Sports
	daily	Structured	SPECifiC
6.1- 6.5	70.5	15.1	21.1
6.6-7	72.5	21.2	25.7
7.1- 7.5	72.5	15.9	24.3
7.6-8	71.8	16.5	24.9
8.1- 8.5	68.3	15.9	28.7
8.6-9	74.9	22.1	30.3
9.1- 9.5	75.4	24.4	31.7
9.6-10	77.8	23.8	32.3
10.1- 10.5	77.5	20.3	34.7
10.6-11	76.8	26.0	38.8
11.1- 11.5	75.3	26.8	41.1
11.6-12	78.3	29.4	43.2
12.1- 12.5	79.0	31.2	45.1
12.6-13	79.8	30.9	46.9
13.1- 13.5	82.5	28.2	46.3
13.6-14	79.0	25.8	43.7
14.1- 14.6	77.8	23.6	41.4
14.6-15	77.3	26.6	43.5
15.1- 15.5	70.7	24.5	43.1
15.6-16	72.8	21.7	40.2

The prevalence of physical activities and participation in sports divided by age group and activity performed by Albanian children living in Macedonia is shown in table 7. Children perform less structured activities than daily activities and specific sports.

Table 7Prevalence of physical activities and sport participation in FYR Macedonia among Albanian children, by age group

Age group	events		Sports
	daily	Structured	SPECifiC
6.1- 6.5	78.9	19.8	25.6
6.6-7	75.7	22.8	22.4
7.1- 7.5	78.1	20.6	23.3
7.6-8	75.5	21.1	29.1
8.1- 8.5	71.1	22.2	25.7
8.6-9	73.4	24.9	32.3
9.1- 9.5	69.5	25.9	32.6
9.6-10	83.1	33.0	40.8
10.1- 10.5	81.3	32.3	38.9
10.6-11	75.8	27.3	43.7
11.1- 11.5	81.6	29.1	49.8
11.6-12	72.7	31.2	52.7
12.1- 12.5	79.0	32.2	55.2
12.6-13	84.3	32.5	59.1
13.1- 13.5	85.9	32.5	55.5
13.6-14	82.9	33.9	52.9
14.1- 14.6	82.6	28.6	53.3
14.6-15	76.1	23.4	55.1
15.1- 15.5	75.0	25.0	49.0
15.6-16			

Facts:

The age group of 13.1-13.5 years has the highest prevalence of daily activities (86%).

Children aged 13.6-14 have the highest prevalence of structured physical activities (34%).

Children in the age group of 12.6-13 years are the ones who practice more specific sports (59%)

The prevalence of physical activities and participation in sports divided by age group and physical activity carried out by Albanian children living in Montenegro is presented in table 8. Children perform more daily physical activities than structured activities and specific sports. The highest prevalence of daily activities in this study belongs to the age group 14.1-14.5 years old (86%).

Table 8 Prevalence of physical activities and sport participation in Montenegro among Albanian children, by age group

	events		Sports
Age group	daily	Structured	SPECifiC
6.1- 6.5	76.2	20.5	23.6
6.6-7	80.4	24.6	27.6
7.1- 7.5	79.0	26.5	31.9
7.6-8	85.2	28.1	37.7
8.1- 8.5	79.5	28.8	35.5
8.6-9	81.9	29.3	38.1
9.1- 9.5	81.2	22.9	33.1
9.6-10	83.4	28.0	38.4
10.1- 10.5	84.9	31.3	45.3
10.6-11	83.4	35.8	49.5
11.1- 11.5	85.3	33.5	57.3
11.6-12	81.4	34.7	52.0
12.1- 12.5	83.0	32.7	51.3
12.6-13	85.4	37.7	54.6
13.1- 13.5	83.8	30.2	56.2
13.6-14	82.2	31.1	50.2
14.1- 14.6	85.9	32.3	52.2
14.6-15	81.7	27.0	49.0
15.1- 15.5	79.9	29.0	62.0
15.6-16	69.2		

Facts:

The largest age group of this study (15.6-16 years old) has the lowest prevalence of daily physical activities (69%).

Children aged 6.1-6.5 have the lowest prevalence of structured physical activities (21%).

Children in the age group of 15.1-15.5 years are the ones who practice more specific sports.

Table 9 shows the prevalence of physical activities and participation in sports divided by the countries (in the Balkans) where Albanian children live. The prevalence of Kosovar children performing daily physical activities is the lowest in the Balkans (68%), while children living in Albania have the lowest prevalence of structured physical activities (22%) and specific sports (35%).

Facts:

Albanian children of Montenegro exercise more daily activities (77%).

Macedonian Albanian children have the highest prevalence of structured activities (32%).

Albanian children from Montenegro and Macedonia have the same prevalence of practicing specific sports (42%).

Table 9Prevalence of physical activities and sports participation in the Balkans among Albanians, by countries and activities classification

	Albania	KOSOVO	Macedonia	Montenegro
Daily activities	76.1	68.1	75.5	76.8
Structured activities	22.2	26.2	32.1	29.2
Specific sports	35.3	36.4	41.9	41.9

The prevalence of physical activities and participation in sports of Albanian children in the Balkans, divided by regions/areas where they live, is shown in table 10. The highest prevalence of daily physical activities is found in children living in the central area of Montenegro. (83%) while the lowest rate is among Kosovar children living in the northern areas (71%).

Facts:

Children living in the central areas of Albania perform more physical activities than those in other regions.

Kosovar and Macedonian children living in the southern areas exercise more physical activities.

Children from the central areas of Montenegro have the highest prevalence of practicing specific sports in the Balkans (47%)

Table 10Prevalence of physical activities and sports participation in the Balkans among Albanian children, by countries and demographic location

		events		Sports
		daily	Structured	SPECifiC
Albania	Southern	73.9	20.1	28.6
	exchange	76.8	24.1	39.3
	Northern	75.9	19.3	36.2
Kosovo	Southern	77.1	28.7	39.1
	exchange	73.5	22.9	34.3
	Northern	71.1	19.1	29.4
FYR Macedonia	Southern	82.8	35.6	46.0
	exchange	81.8	26.9	38.6
	Northern	79.7	26.0	39.5
Montenegro	Southern	79.0	31.2	44.4
	exchange	83.0	30.9	47.2

Table 11 presents the prevalence of physical activities and participation in sports divided by country, gender of Albanian children in the Balkans. The data shows that Albanian boys in the Balkans perform more daily activities and specific sports than girls, while girls perform more structured activities.

Facts:

Albanian girls from Montenegro perform more structured activities (32%) than other Albanian children in the Balkans.

Kosovar girls have the lowest prevalence of structured activities (25%).

Montenegrin boys practice more specific sports (43%).

Table 11Prevalence of physical activities and sport participation in the Balkans among Albanian children, by countries, gender and activities classification

	Albania			KOSOVO			Macedonia			Montenegro		
	Total	Guys	The girl	Total	Guys	The girl	Total	Guys	The girl	Total	Guys	The girl
Daily activities	76.1	77.3	75.3	68.1	78.1	73.7	75.5	77.8	76.4	76.8	78.1	76.8
Structured activities	22.2	21.7	25.3	26.2	22.3	25.0	32.1	27.1	28.8	29.2	29.7	31.8
Specific sports	35.3	42.9	30.9	36.4	41.3	32.2	41.9	42.0	36.2	41.9	43.2	37.1

Statistics of daily participation in physical activities among Albanian children living in the Balkans

The prevalence of daily activities of Albanian children in the Balkans divided by gender is presented in table 12. Girls (89.4%) do more walking than boys (88.8 %), but boys are more active in other daily activities such as using a bicycle , runs and various games.

Facts:

67% of boys and 55% of girls use bicycles during their daily activities.

The prevalence of boys running in daily activities is 78% and that of girls 74%.

Children practice more different games (89%) in their daily activities.

Table 12Prevalence of daily physical activities in the Balkans among Albanian children, by gender

	Daily activities			
	Walk	Cycling	runs	Different games
Total	88.1	57.3	75.2	89.0
Guys	88.8	66.5	78.2	89.5
The girl	89.4	54.5	74.3	88.5

Table 13 shows the prevalence of daily activities of Albanian children in the Balkans divided by school level. Children who attend lower secondary education (91.3%) perform more walking in daily activities than children who attend primary education (85.8%), while regarding the use of bicycles they have an almost equal prevalence, where children of education primary have a prevalence of 57.2% and those of lower secondary education 57.5%.

Facts:

Children attending primary education (90 %) play more different games than those attending lower secondary education (88 %).

78% of children attending lower secondary education perform running in their daily activities.

Children attending primary education are less active than those attending lower secondary education.

Table 13Prevalence of daily physical activities in the Balkans among Albanian children, by school level

EDUCATION	Daily activities			
	Walk	Cycling	runs	Different games
PRIMARY	85.8	57.2	73.0	89.9
Medium Low	91.3	57.5	78.2	87.8

The prevalence of daily activities of Albanian children in the Balkans, divided by school level and gender, is presented in table 14. In primary education, the daily activity with the highest prevalence is that of various games, while the lowest is that of using a bicycle. , whereas the daily activity with the highest prevalence among children attending lower secondary education is walking and the activity with the lowest prevalence is the use of a bicycle.

Facts:

Boys in primary education do less daily activities than boys in secondary education.

Girls of primary education use more cycling and different games than girls attending lower secondary education.

More runs are performed by children attending lower secondary education.

Table 14Prevalence of daily physical activities in the Balkans among Albanian children, by school level and gender

EDUCATION		Daily activities			
		Walk	Cycling	runs	Different games
PRIMARY	Guys	85.8	61.0	74.5	89.7
	The girl	85.9	53.2	71.6	90.1
Medium Low	Guys	90.6	65.7	80.0	89.3
	The girl	92.0	49.2	76.4	86.3

Table 15 shows the prevalence of daily activities of Albanian children in the Balkans divided by age. Children aged 14.6-15 walk more (92.4%), while children aged 7.1-7.5 walk less. The most practiced daily activities are walking and various games, while the least practiced are structured activities.

Facts:

An interesting fact is that children aged 6.1-6.5 use the bicycle more than those in the age group 14.6-16.

Children in the age group of 13.1-13.5 years use the bicycle more (62 %).

Children in the age group of 13.6-14 years have the highest prevalence of running (80%) in daily activities.

The highest prevalence of children who play different games is 92% and belongs to the age group of 6.6-7 years.

Table 15 Prevalence of daily physical activities in the Balkans among Albanian children, by age group

Age group	Daily activities			
	Walk	Cycling	runs	Different games
6.1- 6.5	85.4	52.9	66.2	88.4
6.6-7	86.0	54.4	66.5	91.5
7.1- 7.5	83.1	55.5	69.9	89.8
7.6-8	84.3	58.1	73.0	89.7
8.1- 8.5	83.6	56.3	71.3	89.8
8.6-9	84.7	56.7	75.3	89.5
9.1- 9.5	84.9	55.8	73.4	88.5
9.6-10	87.9	60.0	75.6	90.5
10.1- 10.5	87.7	59.7	74.8	89.8
10.6-11	88.2	57.4	75.9	90.4
11.1- 11.5	87.9	59.2	76.6	90.7
11.6-12	90.6	59.4	78.9	91.2
12.1- 12.5	89.0	60.5	78.4	88.7
12.6-13	91.3	61.1	78.3	90.4
13.1- 13.5	91.7	61.8	79.7	88.4
13.6-14	92.2	58.4	80.3	87.9
14.1- 14.6	92.2	61.2	79.4	87.5
14.6-15	92.4	47.2	75.9	85.4
15.1- 15.5	91.8	48.1	73.6	80.1
15.6-16	90.4	42.9	73.2	80.3

Daily physical activities participation statistics in Albanian children living in the Balkans by country

The prevalence of daily physical activities of Albanian children, divided by age, is presented in table 16. Less walking by Albanian children is done by those aged 7.1-7.6 years (81.6%) and more by those aged 14.6-15 years (91.5 %). Children aged 6.6-7 years have the lowest prevalence of running (67%), while children aged 13.6-14 years have the highest (79%).

Table 16Prevalence of daily physical activities in Albania among children, by age group

Age group	Walk	Cycling	runs	Different games
6.1- 6.5	88.7	47.7	68.1	88.3
6.6-7	86.2	49.6	67.0	91.7
7.1- 7.5	81.6	51.0	68.8	89.1
7.6-8	86.0	50.9	72.8	91.9
8.1- 8.5	83.8	53.9	75.7	91.1
8.6-9	83.8	51.4	76.1	90.5
9.1- 9.5	83.3	51.9	73.5	87.2
9.6-10	85.6	54.4	76.3	91.1
10.1- 10.5	85.7	58.2	73.3	90.0
10.6-11	84.0	57.8	74.6	90.7
11.1- 11.5	85.7	57.9	73.5	91.0
11.6-12	91.4	55.4	79.2	92.7
12.1- 12.5	86.3	58.3	76.2	88.2
12.6-13	89.6	56.5	75.5	91.1
13.1- 13.5	89.5	57.9	75.1	87.0
13.6-14	88.7	55.9	79.0	89.3
14.1- 14.6	90.6	60.2	76.0	88.7
14.6-15	91.5	43.6	73.8	86.3
15.1- 15.5	91.4	46.6	77.1	82.4
15.6-16	89.1	46.2	71.0	80.9

Facts:

The fact that the older age group (15.6-16 years old) is the least active appears worrying.

Children aged 15.6-16 years (46.2%) perform less bicycle use and various games.

Children aged 14.1-14.6 years have the highest prevalence of bicycle use (60.2%)

The prevalence of daily physical activities of Kosovar children divided by age is shown in table 17. Kosovar children aged 9.6-10 years old (63.5%) use bicycles more and those aged 15.6-16 years old (34.8%) less often. . Children aged 10.1-10.5 have the highest prevalence of different games (91.8%), while children aged 15.1-15.5 have the lowest (75.9%).

Facts:

Most walking is done by children aged 13.6-14 years (90%).

Children aged 6.1-6.5 years have the lowest prevalence of running (56.9%).

The age group of 13.1-13.5 years performs more running during daily activities (88.3%).

Table 17Prevalence of daily physical activities in Kosovo among children, by age group

Age group	Walk	Cycling	runs	Different games
6.1- 6.5	81.3	53.7	56.9	90.2
6.6-7	80.2	59.3	61.0	89.5
7.1- 7.5	83.1	53.6	64.7	88.4
7.6-8	78.4	56.5	69.4	82.8
8.1- 8.5	78.7	48.9	60.0	85.8
8.6-9	84.4	58.5	69.3	87.2
9.1- 9.5	83.2	57.8	70.3	90.5
9.6-10	89.1	63.6	69.4	89.1
10.1- 10.5	88.5	56.6	73.1	91.8
10.6-11	90.0	52.6	75.8	88.9
11.1- 11.5	84.8	52.9	74.9	88.5
11.6-12	87.4	57.5	77.8	90.3
12.1- 12.5	93.6	57.0	77.0	88.2
12.6-13	91.4	58.9	81.0	87.9
13.1- 13.5	94.4	57.9	88.3	89.3
13.6-14	95.0	56.1	80.0	85.1
14.1- 14.6	94.9	51.8	80.5	84.1
14.6-15	92.9	52.2	79.4	84.6
15.1- 15.5	93.4	50.7	62.8	75.9
15.6-16	93.5	34.8	80.4	82.6

Table 18 shows the prevalence of daily physical activities of Macedonian Albanian children divided by age. Children aged 6.6-7 years run less (69 %), while children aged 12.1-12.5 years (82 %) do more. Children in the age group of 14.6-15 years old (98 %) do more walking during the day, while those in the age group 6.1-6.5 years old and 7.6-8 years old (85 %) do the least.

Facts:

100% of Macedonian Albanian children aged 6.1-6.5 years, 10.1-10.5 years and 13.1-13.5 years play various games during their daily activities.

Children aged 14.6-15 years (49%) have the lowest prevalence of bicycle use.

Children in the age group of 11.6-12 years play fewer different games (51%).

Table 18 Prevalence of daily physical activities in FYR Macedonia among Albanian children, by age group

Age group	Walk	Cycling	runs	Different games
6.1- 6.5	85	58	73	100
6.6-7	90	59	69	84
7.1- 7.5	86	63	80	83
7.6-8	85	73	76	68
8.1- 8.5	90	67	74	53
8.6-9	88	64	79	63
9.1- 9.5	89	59	74	55
9.6-10	91	69	82	90
10.1- 10.5	88	62	75	100
10.6-11	93	60	75	76
11.1- 11.5	94	65	82	85
11.6-12	91	68	81	51
12.1- 12.5	92	62	85	76
12.6-13	96	68	84	89
13.1- 13.5	94	67	82	100
13.6-14	96	66	84	86
14.1- 14.6	95	68	83	84
14.6-15	98	49	78	80
15.1- 15.5	92	54	83	71
15.6-16	88			

The prevalence of daily physical activities of Montenegrin Albanian children divided by age is shown in table 19. Montenegrin Albanian children aged 15.1-15.5 years (94 %) use bicycles more and less those aged 6.1 -6.5 years old (62 %). Children aged 7.1-7.5 have the highest prevalence of different games (95%), while children aged 15.1-15.5 have the lowest (67%).

Facts:

One in two Montenegrin Albanian children in the age group of 15.6-16 years runs during daily activities.

Less walking during daily activities is performed by children aged 6.1-6.5 years and 7.6-8 years (86%).

Children aged 11.1-11.6 years and 14.1-14.6 years old perform more runs (84 %).

Table 19 Prevalence of daily physical activities in Montenegro among Albanian children, by age group

Age group	Walk	Cycling	runs	Different games
6.1- 6.5	86	62	66	92
6.6-7	91	65	72	93
7.1- 7.5	87	70	64	95
7.6-8	86	85	79	91
8.1- 8.5	91	70	69	88
8.6-9	89	68	83	88
9.1- 9.5	91	65	83	86
9.6-10	93	69	77	94
10.1- 10.5	90	71	87	91
10.6-11	95	64	82	93
11.1- 11.5	96	68	84	94
11.6-12	92	67	77	90

12.1- 12.5	93	71	77	91
12.6-13	97	75	77	93
13.1- 13.5	95	73	79	88
13.6-14	97	60	81	91
14.1- 14.6	96	71	84	93
14.6-15	99	64	76	88
15.1- 15.5	93	94	67	67
15.6-16	88		50	

Table 20 shows the prevalence of daily physical activities of Albanian children in the Balkans, divided according to the respective countries. Children in Albania do less walking (86.9 %) and use bicycles (53.7 %) during daily activities, but at the same time they play more different games than their peers in the Balkans (89.4 %). Macedonian Albanian children do more walking, with a prevalence of 91.1%.

Facts:

Children from Montenegro have the highest prevalence of bicycle use (68.8%).

Children from Macedonia run more during daily activities (79.3%).

Different games are practiced the least by Kosovar children (86.3%).

Table 20Prevalence of daily physical activities in the Balkans among Albanian children, by countries

	Daily activities			
	Walk	Cycling	runs	Different games
Albania	86.9	53.7	74.4	89.4
KOSOVO	87.7	55.5	72.9	86.3
Macedonia	91.1	64.4	79.3	87.4
Montenegro	90.7	68.8	78.4	89.2

The prevalence of daily physical activities of Albanian children in the Balkans divided according to the respective countries and the country where they live is presented in table 21. Kosovar children living in the north perform less running (63.9 %), walking (81.4 %) and playing different (83.4%) during daily activities, while those who live in the south of Kosovo exercise these activities more than their peers who live in the north and center of Kosovo.

Facts:

The most active in the Balkans are the Albanian children who live in the central part of Montenegro.

Children who live in the north use bicycles more in Albania (61%), while those who live in the south use less (49.7%).

Children living in the south of the country have the highest prevalence of different games in Macedonia (92.2%).

Table 21Prevalence of daily physical activities in the Balkans among Albanian children, by countries and demographic location

		Walk	Cycling	runs	Different games
Albania	Southern	86.5	49.7	70.8	88.7
	exchange	88.1	52.3	77.0	89.7
	Northern	83.9	61.0	69.7	89.0
Kosovo	Southern	89.4	58.5	76.9	87.5
	exchange	88.3	45.0	68.8	91.8
	Northern	81.4	55.9	63.9	83.4
FYR Macedonia	Southern	92.8	65.4	81.0	92.2
	exchange	88.9	70.2	78.7	89.4
	Northern	90.7	62.5	78.6	86.8
Montenegro	Southern	89.4	66.3	76.8	90.1
	exchange	93.3	74.1	81.6	93.5
	Northern				

Table 22 shows the prevalence of daily physical activities of Albanian children in the Balkans, divided according to the respective countries and gender. Girls in Albania (87.4 %) do more walking than boys (86.4 %), while boys do more cycling, running and different games than girls. The same phenomenon occurs in other Balkan countries, with the exception of Macedonia, where boys walk more than girls.

Facts:

Macedonian boys exercise each of the daily activities more than girls.

The prevalence of boys in Kosovo who play different sports is 89.1%, while that of girls is 96%.

Fewer runs in the Balkans are performed by Kosovo girls (70.6%).

Table 22Prevalence of daily physical activities in the Balkans among Albanian children, by countries and gender

		Daily activities			
		Walk	Cycling	runs	Different games
Albania	Guys	86.4	59.2	75.2	89.5
	The girl	87.4	48.3	73.6	89.2
KOSOVO	Guys	87.4	60.6	75.3	89.1
	The girl	88.0	50.4	70.6	86.0
Macedonia	Guys	91.2	70.3	81.7	88.9
	The girl	91.0	58.5	76.9	88.6
Montenegro	Guys	90.2	75.9	80.5	91.4
	The girl	91.3	60.7	76.0	90.9

The structure of statistics of participation in physical activities among Albanian children living in the Balkans

The prevalence of structured activities of Albanian children living in the Balkans depending on gender is presented in table 23. From the data we see that 24.2% of children practice swimming where 25.9% of them are boys and 22.6% are girls. The structured activity with the lowest prevalence is that of skiing, where a total of 11.5% of children practice it. Of this total, 12.6% of them are boys and 10.3% are girls.

Facts:

Girls perform more dancing, aerobics and skating than boys, but less swimming and skiing.

Dancing is the structured activity with the highest prevalence (42.5%).

Skiing has the lowest prevalence of structured activities (11.5%)

Table 23Prevalence of structural physical activities in the Balkans among Albanians, by gender

	Structured activities				
	swimming	Danc	Aerobics	skates	Ski
Total	24.2	42.5	28.9	19.3	11.5
Guys	25.9	31.7	26.7	19.0	12.6
The girl	22.6	53.5	31.2	19.5	10.3

Table 24 presents the prevalence of structured activities of Albanian children living in the Balkans, divided according to the level they study at school (primary and lower secondary). The activity with the highest relevance is that of dancing, where 39.3% of children of primary education and 47% of children of lower secondary education practice it, while the least practiced as a structured activity is that of skiing, where 11.4% of children of primary education and 11.5% of children of lower secondary education practice it.

Facts:

Children of lower secondary education practice each structured activity more than those of primary education.

26.8% of children of primary education and 31.9% of children of lower secondary education exercise aerobics.

Table 24Prevalence of structured physical activities in the Balkans among Albanian children, by school level

EDUCATION	Structured activities				
	swimming	Danc	Aerobics	skates	Ski
PRIMARY	22.6	39.3	26.8	18.4	11.4
Medium Low	26.5	47.0	31.9	20.4	11.5

The prevalence of structured activities of Albanian children living in the Balkans depending on the school level and gender is shown in table 25. The prevalence of skating as a structured activity for primary school boys is 17.6% and for girls 19.3%. Of the children of lower secondary education in the structured activity of swimming, boys practice it more than girls, where 30.5% of boys and 22.4% of girls practice it.

Facts:

Girls with primary education practice swimming and skiing more than girls with lower secondary education.

Boys of primary education develop less structured activities than girls of the same education.

Table 25Prevalence of structural physical activities in the Balkans among Albanian children, by school level and gender

EDUCATION		Structured activities				
		swimming	Danc	Aerobics	skates	Ski
PRIMARY	Guys	22.6	30.8	24.5	17.6	11.9
	The girl	22.7	47.9	29.1	19.3	11.0
Medium Low	Guys	30.5	33.0	29.6	21.1	13.6
	The girl	22.4	61.2	34.1	19.8	9.4

Table 26 presents the prevalence of structured activities of Albanian children living in the Balkans divided by age group. The most practiced structured activity of all ages is dancing, while the least practiced is skiing. The children who practice swimming the most are those in the age group of 10.6-11 years (30.5 %), while those who prefer this sport less are the children in the age group of 15.6-16 years (15.1 %).

Facts:

Children aged 6.1-6.5 years practice swimming, skating and dancing more than those aged 15.6-16 years.

Children aged 12.6-13 years (34.8 %) exercise aerobics more, while those aged 6.1-6.5 years (19.1 %) exercise less.

Children aged 11.6-12 years (25.2%) have the highest prevalence of skating.

Table 26Prevalence of structural physical activities in the Balkans among Albanian children, by age group

Age group	Structured activities				
	swimming	Danc	Aerobics	skates	Ski
6.1- 6.5	15.2	36.6	19.1	15.0	7.7
6.6-7	17.9	38.1	23.3	15.2	9.5
7.1- 7.5	16.9	36.2	23.2	15.5	6.7
7.6-8	17.1	34.4	23.4	14.2	9.5
8.1- 8.5	19.8	33.6	25.2	16.1	10.0
8.6-9	21.7	39.0	26.3	17.1	10.3
9.1- 9.5	22.5	39.2	29.2	19.9	13.6
9.6-10	24.3	40.1	27.4	21.4	12.2
10.1- 10.5	28.9	43.3	29.0	20.2	14.0
10.6-11	30.5	44.8	31.7	22.1	14.3
11.1- 11.5	28.2	44.6	31.5	22.8	14.9
11.6-12	31.7	46.0	33.3	25.2	14.1
12.1- 12.5	30.3	47.1	31.3	23.3	12.4
12.6-13	30.3	50.0	34.8	22.2	13.2
13.1- 13.5	29.4	46.2	31.4	20.4	13.1
13.6-14	24.7	47.3	32.4	19.7	10.6
14.1- 14.6	22.2	45.6	30.7	18.9	10.3
14.6-15	21.0	45.3	28.9	16.1	9.2
15.1- 15.5	18.8	49.7	33.1	15.2	8.0
15.6-16	15.1	41.4	24.7	14.2	5.4

Table 27 presents the prevalence of structured activities of Albanian children divided by age group. The least practiced structured activity is skiing, while the most practiced is dancing. The children who practice skiing the most are those in the age group of 10.1-10.5 years (13 %), while those who prefer this sport less are the children in the age group of 15.6-16 years (4.9 %).

Facts:

One in two children aged 15.1-15.5 years practices dance.

Children aged 6.1-6.5 years (20.3%) exercise less aerobics, while those aged 15.1-15.5 years (33.7%) exercise more.

Children in the age group of 15.6-16 years have the lowest prevalence of the exercise of grading (13.1%).

Structure of statistics of participation in physical activities among Albanian children living in the Balkans by country

The prevalence of structured children's activities in Albania divided by age group is presented in table 27. Children aged 15.6-16 years exercise less swimming. The structured activity with the highest prevalence is that of dancing among children aged 15.1-15.5 years (50%).

Table 27 Prevalence of structured physical activities in Albania among children, by age group

Age group	swimming	Danc	Aerobics	skates	Ski
6.1- 6.5	15.4	38.5	20.3	7.7	6.5
6.6-7	15.2	36.5	22.6	6.6	7.8
7.1- 7.5	15.6	36.0	23.9	9.0	5.2
7.6-8	16.7	36.1	23.8	6.0	6.7
8.1- 8.5	19.3	34.2	24.9	11.0	8.7
8.6-9	16.6	39.0	25.9	9.8	6.7
9.1- 9.5	21.2	40.7	28.5	15.2	11.0
9.6-10	21.8	37.3	22.6	14.1	9.4
10.1- 10.5	30.9	44.1	28.0	16.6	13.0
10.6-11	32.7	45.2	27.9	16.6	11.8
11.1- 11.5	30.5	42.9	26.9	16.6	12.0
11.6-12	30.9	44.7	28.8	19.8	11.2
12.1- 12.5	26.5	43.8	24.8	16.5	8.1
12.6-13	26.1	47.2	30.8	15.4	7.6
13.1- 13.5	25.6	44.5	28.5	12.6	7.2
13.6-14	22.2	44.5	26.0	11.3	5.9
14.1- 14.6	37.7	43.6	28.4	11.1	6.0
14.6-15	40.4	43.2	29.1	9.0	6.1
15.1- 15.5	19.0	49.9	33.7	8.1	6.6
15.6-16	13.1	39.9	25.1	6.3	4.9

Facts:

Children aged 10.1-10.5 years have the highest prevalence of skiing (13%).

40% of children aged 14.6-15 practice swimming.

The prevalence of structured activities of Kosovar children, divided by age group, is shown in table 28. Unlike the prevalence of children in the Balkans and those in Albania, Kosovar children aged 15.6-16 practice swimming and skating more than those in the age group 6.1 - 6.5 years old but less skiing. The structured activity with the highest prevalence is dancing.

Facts:

Children aged 11.1-11.5 years have the highest prevalence of skiing (19.3%).

32.1% of children aged 12.1-12.5 practice swimming.

Children aged 11.6-12 practice skiing more.

Table 28Prevalence of structured physical activities in Kosovo among children, by age group

Age group	swimming	Danc	Aerobics	skates	Ski
6.1- 6.5	12.2	30.9	13.0	9.8	9.8
6.6-7	20.3	39.5	23.8	10.5	11.6
7.1- 7.5	13.0	33.8	17.4	10.6	4.8
7.6-8	14.3	31.0	16.8	10.3	9.9
8.1- 8.5	12.4	32.6	19.6	6.2	8.9
8.6-9	21.4	39.1	24.7	15.2	10.3
9.1- 9.5	22.5	36.7	31.6	16.1	14.9
9.6-10	21.7	39.9	27.2	15.9	14.3
10.1- 10.5	21.6	36.7	22.0	9.8	11.1
10.6-11	23.2	45.3	31.5	15.2	14.5
11.1- 11.5	21.7	43.9	33.2	19.3	16.0
11.6-12	26.6	49.3	35.0	19.3	16.9
12.1- 12.5	32.1	50.8	43.3	18.2	11.8
12.6-13	28.4	56.0	35.8	19.0	15.1
13.1- 13.5	27.6	47.7	31.8	19.2	15.0
13.6-14	21.7	46.2	33.9	12.2	14.9
14.1- 14.6	14.9	45.1	33.8	12.8	11.3
14.6-15	26.9	51.0	28.9	12.3	14.2
15.1- 15.5	17.5	51.8	31.4	9.5	12.4
15.6-16	19.6	47.8	21.7	13.0	6.5

Table 29 shows the prevalence of structured activities of Macedonian Albanian children divided by age group. Children aged 13.6-15 years (43%) have the highest prevalence of aerobic exercise, while children aged 6.1-6.5 years (21%) have the lowest prevalence. Just like the children of Kosovo, the children of Macedonia do not have the least favorite sport of skiing, as some age groups practice it more than skates.

Facts:

Children aged 8.1-8.5 years do more aerobics (33%) than dancing (27%).

Children in the age group of 12.1-12.5 years have the highest prevalence of the exercise of grading (37%).

One in two children aged 9.6-10, 12.1-12.5 and 13.6-14 practice dance.

Table 29 Prevalence of structural physical activities in FYR Macedonia among Albanians, by age group

Age group	swimming	Danc	Aerobics	skates	Ski
6.1- 6.5	15	39	21	17	7
6.6-7	19	42	23	20	11
7.1- 7.5	20	37	25	11	10
7.6-8	20	31	26	15	14
8.1- 8.5	24	27	33	14	13
8.6-9	27	35	29	13	21
9.1- 9.5	26	43	28	15	18
9.6-10	31	50	40	24	19
10.1- 10.5	35	44	41	21	22
10.6-11	27	39	33	16	21
11.1- 11.5	25	44	35	20	22
11.6-12	33	41	40	23	20
12.1- 12.5	34	51	34	22	20
12.6-13	37	48	34	19	25
13.1- 13.5	35	46	38	22	21
13.6-14	32	51	43	25	18
14.1- 14.6	29	48	31	17	17
14.6-15	24	33	27	20	13
15.1- 15.5	25	42	33	21	
15.6-16	25				

The prevalence of structured activities of Albanian children from Montenegro, divided by age group, is presented in table 30. Children in the age group of 13.1-13.5 years have a higher prevalence of practicing skiing (18%) than skating (16%), while children of other age groups skate more than ski. Children in the age group of 13.6-14 years (55%) practice dancing more, while those in the age group of 6.1-6.5 years (37%) practice less.

Facts:

Children aged 14.6-15 years (16%) have the lowest prevalence of swimming.

Children aged 12.6-13 do more aerobics and skiing.

Skates are preferred more by children in the age group of 10.6-11 years (29 %).

Table 30 Prevalence of structural physical activities in Montenegro among Albanian children, by age group

Age group	swimming	Danc	Aerobics	skates	Ski
6.1- 6.5	19	37	22	15	10
6.6-7	28	38	28	17	13
7.1- 7.5	27	42	28	23	13
7.6-8	24	40	37	19	19
8.1- 8.5	34	45	28	22	15
8.6-9	41	44	30	18	14
9.1- 9.5	23	29	29	18	16
9.6-10	34	40	34	20	11
10.1- 10.5	30	56	35	21	15
10.6-11	41	48	45	29	17
11.1- 11.5	37	53	40	23	15
11.6-12	42	54	41	22	14

12.1- 12.5	36	48	37	24	18
12.6-13	43	53	52	23	19
13.1- 13.5	37	50	31	16	18
13.6-14	30	55	39	23	10
14.1- 14.6	38	50	33	26	15
14.6-15	16	52	28		12
15.1- 15.5			29		
15.6-16					

Table 31 presents the prevalence of structured activities of Albanian children in the Balkans aged 6.5-15.5 divided by the respective countries. Albanian children practice less dancing (41.7 %), aerobics (26.7 %), skating (12 %) and skiing (8.4 %) than other Albanian children in the Balkans. Kosovar children practice less swimming in the Balkans (21.4%). From these data we can come to the conclusion that Albanian children perform less structured activities than other children in the Balkans.

Facts:

More swimming (34 %), dancing (47.4 %) and aerobics (35.6 %) are performed by Albanian children from Montenegro.

The highest prevalence of practicing skiing (17.5%) is among the Macedonian Albanian children.

Kosovar children practice skating more than their peers in the Balkans (26%).

Table 31Prevalence of structural physical activities in the Balkans among Albanian children, by countries

	Structured activities				
	swimming	Danc	Aerobics	skates	Ski
Albania	22.5	41.7	26.7	12.0	8.4
KOSOVO	21.4	42.5	28.3	26.0	12.6
Macedonia	28.1	42.3	32.9	25.0	17.5
Montenegro	34.0	47.4	35.6	25.5	15.0

The prevalence of structured physical activities of Albanian children in the Balkans aged 6.5-15.5 given according to the respective countries and areas where they live is presented in table 32. Macedonian children living in the south of the country exercise more structured activities than their peers theirs who live in the north and center of Macedonia. Kosovar children living in the north of the country engage in less structured activities than other children in Kosovo.

Facts:

Albanian children living in the center of the country perform more structured activities than other Albanian children.

Montenegrin children living in the south of the country perform more swimming and dancing than their peers living in the center of the country.

Table 32Prevalence of structural physical activities in the Balkans among Albanian children, by countries and demographic location

		swimming	Danc	Aerobics	skates	Ski
Albania	Southern	22.0	34.5	25.9	12.5	5.9
	exchange	24.6	45.0	27.8	13.6	9.4
	Northern	16.6	38.1	24.2	10.0	7.4
Kosovo	Southern	26.8	44.6	33.5	22.9	15.9
	exchange	14.8	43.0	20.5	27.0	9.4
	Northern	10.3	34.9	19.2	24.8	6.0
FYR Macedonia	Southern	38.0	49.8	39.4	25.3	25.2
	exchange	29.1	39.3	33.6	23.0	9.6
	Northern	22.7	39.1	29.3	23.4	15.3
Montenegro	Southern	37.9	48.7	33.7	20.8	14.8
	exchange	26.2	44.7	39.4	28.5	15.5

Table 33 shows the prevalence of structured physical activities of Albanian children in the Balkans aged 6.5-15.5 years, given according to the respective countries and gender. Kosovo girls do more dancing, aerobics and skating than boys, while Kosovo boys do more swimming and skiing than girls. The same phenomenon occurs for children in Albania and Montenegro, while in Macedonia boys practice skating more than girls.

Facts:

Montenegrin boys and girls engage in more structured activities in the Balkans.

30% of Kosovar girls perform aerobics as a structured activity.

One in two girls in Macedonia practices dance.

Table 33 Prevalence of structural physical activities in the Balkans among Albanian children, by countries and gender

		Structured activities				
		swimming	Danc	Aerobics	skates	Ski
Albania	Guys	24.0	31.0	23.0	21.0	9.0
	The girl	20.9	52.4	30.4	21.9	7.8
KOSOVO	Guys	21.9	29.3	26.6	13.4	14.1
	The girl	21.0	55.4	30.0	14.5	11.2
Macedonia	Guys	30.1	33.7	32.1	19.6	19.8
	The girl	26.0	50.9	33.7	17.8	15.3
Montenegro	Guys	37.7	37.4	36.4	21.1	16.3
	The girl	29.8	59.1	34.7	21.9	13.6

Sports participation statistics among Albanian children living in the Balkans

The prevalence of sports participation of Albanian children aged 6.5-15.5 living in the Balkans, given by gender, is shown in table 34. The most practiced sport by Albanian children in the Balkans is football with a prevalence of 57%, of which 89.9% are boys. and 24% girls. The second most practiced sport is volleyball with a prevalence of 40%, of which 35.8% are boys and 44.3% are girls.

Facts:

37.8% of Albanian children in the Balkans play basketball.

The prevalence of practicing martial arts is 15.6%.

Boys practice more football, basketball and martial arts but less volleyball than girls .

Table 34Prevalence of sport participation in the Balkans among Albanian children, by gender

	Specific sports			
	FOOTBALL	volley-ball	Basketball	Martial arts
Total	57.0	40.0	37.8	15.6
Guys	89.8	35.8	42.7	20.0
The girl	24.0	44.3	32.8	11.2

Table 35 shows the prevalence of participation in sports among Albanian children aged 6.5-15.5 years living in the Balkans, given according to the school level where they participate. The prevalence of practicing martial arts by children of primary education is 15.3%, while that of children of lower secondary education is 16%. Regarding the sport of volleyball, 30.2% of children in primary education and 53.6% in lower secondary education practice it.

Facts:

Children of lower secondary education practice more sports than those of primary education.

53% of children of primary education and 63% of children of lower secondary education practice football.

The prevalence of basketball practice by primary school children is 29%, while that of lower secondary school children is 51%.

Table 35Prevalence of sports participation in the Balkans among Albanian children, by school level

EDUCATION	Specific sports			
	FOOTBALL	volley-ball	Basketball	Martial arts
PRIMARY	53.0	30.2	28.5	15.3
Medium Low	62.5	53.6	50.6	16.0

The prevalence of participation in sports of Albanian children aged 6.5-15.5 years living in the Balkans given school level and gender is shown in table 36. Boys of primary and lower secondary education practice more football, basketball and martial arts than girls but less volleyball. 46.9% of boys and 60.2% of girls of lower secondary education practice the sport of volleyball.

Facts:

92% of boys of lower secondary education practice the sport of basketball.

Fewer specific sports are practiced by primary school girls.

Table 36Prevalence of sports participation in the Balkans among Albanian children, by school level and gender

EDUCATION		Specific sports			
		FOOTBALL	volley-ball	Basketball	Martial arts
PRIMARY	Guys	87.0	27.8	32.5	19.2
	The girl	19.4	32.7	24.5	11.3
Medium Low	Guys	92.0	46.9	56.8	21.0
	The girl	28.4	60.2	44.3	11.0

Table 37 shows the prevalence of sports participation of Albanian children aged 6.5-15.5 living in the Balkans, given by age group. The most practiced sport by Albanian children living in the Balkans is football, while the least practiced is martial arts. More football is practiced by children of the age group of 13.1-13.5 years with prevalence (67 %), while children of the age group of 6.1-6.5 years with prevalence (42 %) practice it less.

Facts:

Children in the age group of 12.6-13 years (57%) have the highest prevalence of practicing volleyball.

More basketball is practiced by children in the age group of 13.1-13.5 years (55%).

22% of children aged 11.1-11.5 practice martial arts.

Table 37Prevalence of sports participation in the Balkans among Albanian children, by age group

Age group	Specific sports			
	FOOTBALL	volley- ball	Basketball	Martial arts
6.1- 6.5	42.4	17.2	16.7	11.0
6.6-7	46.1	18.7	18.3	13.4
7.1- 7.5	44.5	18.4	19.7	13.6
7.6-8	48.5	21.6	21.5	12.8
8.1- 8.5	50.1	24.1	24.6	13.8
8.6-9	52.3	25.8	25.8	14.7
9.1- 9.5	51.3	28.7	28.9	15.3
9.6-10	56.8	36.7	30.7	15.5
10.1- 10.5	59.3	39.2	33.5	16.4
10.6-11	61.4	43.8	41.4	16.7
11.1- 11.5	62.1	47.5	43.5	22.3
11.6-12	63.3	49.3	48.3	18.8
12.1- 12.5	64.6	52.3	52.8	18.6
12.6-13	61.6	56.9	50.8	17.8
13.1- 13.5	67.0	55.1	55.2	17.3
13.6-14	61.2	55.1	53.8	13.3
14.1- 14.6	62.8	56.0	50.4	14.5
14.6-15	60.5	51.0	46.6	13.0
15.1- 15.5	56.9	54.1	44.2	12.5
15.6-16	56.9	49.6	45.6	13.8

Sports participation statistics of Albanian children living in the Balkans by country

The prevalence of Albanian children's participation in sports divided by age group is shown in table 38. More basketball is practiced by children aged 13.6-14 years (37.4%) and less by children aged 6.1-6.5 years. Children aged 11.1-11.5 years (20.2%) have the highest prevalence of practicing martial arts.

Table 38Prevalence of sport participation in Albania among children aged 6.5–15.5 years (2013-2015), by age group

Age group	FOOTBALL	volley-ball	Basketball	Martial arts
6.1- 6.5	40.9	13.7	13.7	11.4
6.6-7	44.2	17.0	16.9	15.9
7.1- 7.5	42.1	17.6	17.5	14.4
7.6-8	47.4	21.2	17.2	11.4
8.1- 8.5	49.5	23.5	21.2	15.8
8.6-9	48.8	23.7	21.7	13.4
9.1- 9.5	48.3	29.3	26.8	15.2
9.6-10	54.9	35.5	28.3	16.6
10.1- 10.5	56.7	38.2	32.2	17.8
10.6-11	59.2	41.1	38.3	16.8
11.1- 11.5	58.7	43.7	34.6	20.2
11.6-12	61.7	45.6	40.7	17.0
12.1- 12.5	62.9	47.8	46.0	16.9
12.6-13	56.3	51.5	42.4	14.3
13.1- 13.5	66.0	50.8	46.8	14.4
13.6-14	58.1	53.4	47.4	13.4
14.1- 14.6	63.8	53.5	44.6	12.2
14.6-15	57.1	51.4	43.3	11.9
15.1- 15.5	55.6	55.4	42.1	10.5
15.6-16	57.9	52.2	45.4	13.1

Facts:

Children aged 6.1-6.5 years play less sports than other children.

Children of the age group 14.1-14.6 years (63.8%) practice football more.

Children aged 15.1-15.5 years (55.4%) have the highest prevalence of practicing volleyball.

Table 39 shows the prevalence of Kosovar children's participation in sports divided by age group. Children aged 12.1-12.5 years (69%) practice football more in Kosovo, while children aged 6.1-6.5 years (41.5%) play less. Children in the age group of 12.6-13 years (54.7%) have the highest prevalence of practicing volleyball, while children in the age group of 6.1-6.5 years (14.%) practice it less.

Facts:

Children aged 13.6-14 years (53.8%) have the highest prevalence of basketball practice.

Children aged 6.1-6.5 practice basketball more than children aged 6.6-8.

More martial arts are practiced by children aged 12.1-12.6 years (20.3%).

Table 39Prevalence of sport participation in Kosovo among children aged 6.5–15.5 years (2013-2015), by age group

Age group	FOOTBALL	volley-ball	Basketball	Martial arts
6.1- 6.5	41.5	14.6	21.1	7.3
6.6-7	54.1	20.3	20.3	8.1
7.1- 7.5	50.7	16.4	20.8	9.2
7.6-8	50.0	19.4	19.0	11.2
8.1- 8.5	56.0	23.6	25.3	9.8
8.6-9	58.4	22.6	27.2	13.2
9.1- 9.5	53.2	26.3	32.0	15.3
9.6-10	58.9	29.8	27.5	12.9
10.1- 10.5	64.3	32.8	29.8	11.8
10.6-11	64.4	39.1	37.4	14.2
11.1- 11.5	64.8	37.7	41.8	20.1
11.6-12	67.1	39.6	46.4	19.8
12.1- 12.5	69.0	43.3	47.6	20.3
12.6-13	63.8	54.7	51.7	17.3
13.1- 13.5	67.8	50.0	49.5	17.8
13.6-14	68.8	42.5	53.8	9.5
14.1- 14.6	61.0	50.3	41.5	12.8
14.6-15	66.4	46.8	47.4	13.4
15.1- 15.5	58.4	48.2	46.7	19.0
15.6-16	56.5	43.5	43.5	17.4

The prevalence of sports participation of Macedonian Albanian children divided by age group is presented in table 40. More volleyball is played by children aged 13.6-14 years (73%) and less by children aged 7.1-7.5 years (18%). Children aged 12.6-13 years (27%) have the highest prevalence of practicing martial arts, while children aged 6.6-7 years (9%) have the lowest.

Table 40Prevalence of sport participation in FYR Macedonia among Albanian children aged 6.5–15.5 years (2013-2015), by age group

Age group	FOOTBALL	volley-ball	Basketball	Martial arts
6.1- 6.5	46	27	18	12
6.6-7	41	20	19	9
7.1- 7.5	43	18	19	14
7.6-8	44	25	30	19
8.1- 8.5	43	25	24	11
8.6-9	47	32	31	19
9.1- 9.5	55	29	29	17
9.6-10	60	47	39	18
10.1- 10.5	59	45	33	19
10.6-11	59	49	50	16
11.1- 11.5	56	59	60	24
11.6-12	61	64	68	18
12.1- 12.5	63	67	72	20
12.6-13	69	71	69	27
13.1- 13.5	66	66	72	18
13.6-14	60	73	64	15
14.1- 14.6	60	70	62	22
14.6-15	65	67	65	23
15.1- 15.5	67	63	63	
15.6-16	50			

Facts:

Children in the age group of 12.6-13 years play football more and those in the age group of 6.6-7 years less (41%).

Macedonian Albanian children who practice basketball the most are those in the age group 12.1-12.5 and 13.1-13.5 (72%) and the children in the age group 6.1-6.5 years (18%) practice it the least.

Children aged 6.6-7 years do less sports than other age groups.

Table 41 shows the prevalence of sports participation of Albanian children from Montenegro divided by age group. Children aged 11.1-11.5 years (76%) practice football more in Montenegro, while children aged 6.1-6.5 years (44%) play less. Children aged 11.1-11.5 years old have the highest prevalence of practicing volleyball (61%), while children aged 6.1-6.5 years old practice it less (19%).

Facts:

Children aged 14.1-14.6 years (69%) have the highest prevalence of basketball practice.

Children aged 6.1-6.5 practice more martial arts than children aged 9.1-10 and 14.6-15.

More martial arts are practiced by children aged 11.1-11.5 years (32%).

Table 41 Prevalence of sport participation in Montenegro among Albanian children aged 6.5–15.5 years (2013-2015), by age group

Age group	FOOTBALL	volley-ball	Basketball	Martial arts
6.1- 6.5	44	19	16	15
6.6-7	48	23	22	18
7.1- 7.5	48	28	33	19
7.6-8	64	25	45	16
8.1- 8.5	52	28	44	17
8.6-9	61	36	35	19
9.1- 9.5	55	35	31	12
9.6-10	58	44	39	12
10.1- 10.5	60	52	51	18
10.6-11	66	58	52	22
11.1- 11.5	76	65	56	32
11.6-12	67	59	55	26
12.1- 12.5	69	59	56	21
12.6-13	70	65	61	22
13.1- 13.5	71	61	68	26
13.6-14	62	57	64	17
14.1- 14.6	66	57	69	17
14.6-15	60	56	68	12
15.1- 15.5	62			
15.6-16				

The prevalence of participation in sports of Albanian children in the Balkans given according to the respective countries is presented in table 42. Children in Albania have lower participation in football and basketball compared to children in Kosovo, but a higher prevalence of participation in volleyball sports and martial arts. Children from Montenegro practice more martial arts in the Balkans (20.1%).

Facts:

Children from Montenegro have the highest prevalence of playing basketball in the Balkans (62.7%).

One in three Albanian children plays basketball.

Children from Kosovo play less volleyball in the Balkans.

Table 42Prevalence of sport participation in the Balkans among Albanian children aged 6.5–15.5 years (2013-2015), by countries

	Specific sports			
	FOOTBALL	volley-ball	Basketball	Martial arts
Albania	54.7	38.2	33.3	14.9
KOSOVO	60.4	34.9	36.2	14.0
Macedonia	55.7	47.9	46.6	17.6
Montenegro	62.7	49.4	50.5	20.1

The prevalence of participation in sports of Albanian children in the Balkans aged 6.5-15.5 years given according to the respective countries and areas where they live is shown in table 32. Macedonian children living in the south of the country have the highest participation in sports than their peers in those who live in the north and center of Macedonia. Kosovar children who live in the north of the country practice more football than their peers who live in the center of the country.

Facts:

Albanian children living in the north of the country play more volleyball than other Albanian children.

Montenegrin children living in the south of the country perform more swimming and dancing than their peers living in the center of the country.

With the exception of volleyball, Montenegrin children living in the center of the country have higher participation in sports than other Montenegrin children.

Table 43Prevalence of sport participation in the Balkans among Albanian children aged 6.5–15.5 years (2013-2015), by countries and demographic location

		FOOTBALL	volley-ball	Basketball	Martial arts
Albania	Southern	48.2	29.8	24.8	11.5
	exchange	58.2	40.0	42.0	17.1
	Northern	54.6	44.7	34.3	11.2
Kosovo	Southern	62.4	39.4	38.4	16.2
	exchange	55.0	29.1	39.3	13.7
	Northern	59.0	25.7	25.8	6.9
FYR Macedonia	Southern	62.0	54.8	49.0	24.1
	exchange	53.3	40.3	47.3	13.5
	Northern	52.9	46.0	44.5	14.8
Montenegro	Southern	60.0	51.0	46.7	20.0
	exchange	68.1	46.1	54.0	20.4

Table 44 shows the prevalence of participation in sports of Albanian children in the Balkans aged 6.5-15.5 years given according to the respective countries and gender. Montenegrin girls practice football more than other Balkan girls, while this sport is practiced less by Macedonian Albanian girls. Montenegrin boys practice more martial arts, while Albanian boys practice fewer martial arts.

Facts:

Boys from Kosovo play more football in the Balkans than boys from Albania.

Girls practice volleyball more than boys.

Kosovo girls practice less basketball in the Balkans.

Table 44Prevalence of sport participation in the Balkans among Albanian children aged 6.5–15.5 years (2013-2015), by countries and gender

		Specific sports			
		FOOTBALL	volley-ball	Basketball	Martial arts
Albania	Guys	82.0	34.7	36.5	18.2
	The girl	24.2	41.6	30.1	11.5
KOSOVO	Guys	93.0	27.9	45.4	19.0
	The girl	25.0	41.7	27.2	9.1
Macedonia	Guys	88.0	42.1	48.3	22.7
	The girl	20.1	53.6	44.8	12.7
Montenegro	Guys	90.5	49.1	58.0	26.6
	The girl	28.1	49.7	41.8	12.6

Statistics of the level of physical activity among Albanian children living in the Balkans

Table 45 presents the prevalence of the level of physical activity of Albanian children aged 6.5-15.5 years in the Balkans, given by gender. The results of the questionnaires were classified from 1-5 points. Where 1 point = low level of physical activity, 2.5 = average level and 5 = high level. Of the 18,274 who were questioned, 9,158 were boys and 9,116 were girls. The prevalence of physical activity of Albanian children in the Balkans is 2.58, which means that Albanian children exercise physical activity on average.

Facts:

Albanian boys in the Balkans (2.67) exercise more physical activity than girls (2.5).

Table 45Prevalence of physical activity level in the Balkans among Albanian children aged 6.5–15.5 years (2013-2015), by gender

Gender	N	Mean	Std. Dev
Total	18274	2.58	0.53
Boy	9158	2.67	0.53
Girl	9116	2.50	0.52

The prevalence of the level of physical activity of Albanian children aged 6.5-15.5 years in the Balkans given according to the respective countries is presented in table 46. The results of the questionnaires were classified from 1-5 points. Where 1 point = low level of physical activity, 2.5 = average level and 5 = high level. The prevalence of physical activity participation of Macedonian Albanian children is 2.61, while that of Albanian children is 2.59.

Facts:

Albanian children from Montenegro exercise more physical activity in the Balkans (2.76).

Children in Kosovo have the lowest prevalence of physical exercise (2.49).

Table 46 Prevalence of physical activity level in the Balkans among Albanian children aged 6.5–15.5 years (2013-2015), by country

Country	N	Mean	Std. Dev
Total	18274	2.58	0.53
Albania	9289	2.59	0.54
Kosovo	4288	2.49	0.50
FYR Macedonia	2921	2.61	0.52
Montenegro	1776	2.76	0.54

Table 47 presents the prevalence of the level of physical activity of Albanian children aged 6.5-15.5 years in the Balkans, given according to the respective countries and gender. The results of the questionnaires were classified from 1-5 points. Where 1 point = low level of physical activity, 2.5 = average level and 5 = high level. Boys from Montenegro exercise more physical activity in the Balkans (2.86), while girls from Kosovo exercise less physical activity (2.41).

Facts:

2.68 is the prevalence of physical activity by Albanian boys.

The prevalence of participation in physical activity for Macedonian boys is 2.67 and for girls 2.54.

Table 47 Prevalence of physical activity level in the Balkans among Albanian children aged 6.5–15.5 years (2013-2015), by country and gender

Gender	Country	N	Mean	Std. Dev
Boy	Albania	4643	2.68	0.54
	Kosovo	2119	2.57	0.52
	FYR Macedonia	1453	2.67	0.51
	Montenegro	943	2.86	0.54
Girl	Albania	4646	2.50	0.52
	Kosovo	2169	2.41	0.48
	FYR Macedonia	1468	2.54	0.52
	Montenegro	833	2.64	0.52

The prevalence of the level of physical activity of Albanian children aged 6.5-15.5 years in the Balkans given according to the areas they live in is shown in table 48. The results of the questionnaires were classified from 1-5 points. Where 1 point = low level of physical activity, 2.5 = average level and 5 = high level. The number of children who completed the questionnaire and who lived in urban areas is 15,199, while in rural areas 3,075.

Facts:

Albanian children in the Balkans who live in urban areas (2.58) participate less in physical activities than those who live in rural areas (2.62).

Table 48 Prevalence of physical activity level in the Balkans among Albanian children aged 6.5–15.5 years (2013-2015), by location

Location	N	Mean	Std. Dev
Total	18274	2.58	0.53
Urban	15199	2.58	0.54
Rural	3075	2.62	0.51

Table 49 presents the prevalence of the level of physical activity of Albanian children aged 6.5-15.5 years in the Balkans, given according to the areas they live in and gender. The results of the questionnaires were classified from 1-5 points. Where 1 point = low level of physical activity, 2.5 = average level and 5 = high level. The number of boys who completed the questionnaire and who lived in urban areas is 7566 and in rural areas 1592, while the number of girls who completed the questionnaire and who live in urban areas is 7633 and in rural areas 1483.

Facts:

Boys living in urban areas (2.67) exercise less physical activity than boys living in rural areas (2.69).

Girls living in rural areas (2.55) perform more physical activity than those living in urban areas (2.49).

Boys exercise more physical activity than girls.

Table 49 Prevalence of physical activity level in the Balkans among Albanian children aged 6.5–15.5 years (2013-2015), by location and gender

Gender	Location	N	Mean	Std. Dev
Boy	Urban	7566	2.67	0.54
	Rural	1592	2.69	0.51
Girl	Urban	7633	2.49	0.52
	Rural	1483	2.55	0.49

The prevalence of the level of physical activity of Albanian children aged 6.5-15.5 years in the Balkans given according to the respective countries and living areas is shown in table 50. The results of the questionnaires were classified from 1-5 points. Where 1 point = low level of physical activity, 2.5 = average level and 5 = high level. The prevalence of physical activity among Macedonian Albanian children who live in rural areas is 2.8, which is the highest prevalence in the Balkans.

Facts

2.53 is the prevalence of physical activity among Albanian children living in urban areas.

Kosovar children who live in urban areas do less physical activity (2.44).

Montenegrin Albanian children living in urban areas (2.61) exercise more physical activity than those living in rural areas (2.59).

Table 50 Prevalence of physical activity level in the Balkans among Albanian children aged 6.5–15.5 years (2013-2015), by country and location

Location	Country	N	Mean	Std. Dev
Urban	Albania	7754	2.53	0.51
	Kosovo	3558	2.44	0.51
	FYR Macedonia	2693	2.61	0.52
	Montenegro	1194	2.73	0.53
Rural	Albania	1535	2.60	0.55
	Kosovo	730	2.69	0.42
	FYR Macedonia	228	2.59	0.44
	Montenegro	582	2.80	0.56

Table 51 presents the prevalence of the level of physical activity of Albanian children aged 6.5-15.5 years in the Balkans, given according to the respective countries, areas where they live and gender. The results of the questionnaires were classified from 1-5 points. Where 1 point = low level of physical activity, 2.5 = average level and 5 = high level. Macedonian girls living in urban and rural areas have an equal prevalence of exercising physical activities (2.54).

Facts:

Montenegrin Albanian boys living in rural areas have the highest prevalence of physical activity in the Balkans (2.9).

The boys who exercise less physical activities are those of Kosovo who live in urban areas (2.53).

Girls from Montenegro who live in rural areas have the highest prevalence of physical activity.

Table 51 Prevalence of physical activity level in the Balkans among Albanian children aged 6.5–15.5 years (2013-2015), by country, location and gender

Gender	Location	Country	N	Mean	Std. Dev
Boy	Urban	Albania	3857	2.59	0.52
		Kosovo	1741	2.53	0.53
		FYR Macedonia	1328	2.67	0.51
		Montenegro	640	2.84	0.54
	Rural	Albania	786	2.70	0.54
		Kosovo	378	2.77	0.42
		FYR Macedonia	125	2.64	0.44
		Montenegro	303	2.90	0.53
Girl	Urban	Albania	3897	2.47	0.49
		Kosovo	1817	2.37	0.48
		FYR Macedonia	1365	2.54	0.53
		Montenegro	554	2.61	0.49
	Rural	Albania	749	2.51	0.53
		Kosovo	352	2.61	0.41
		FYR Macedonia	103	2.54	0.44
		Montenegro	279	2.70	0.57

The prevalence of the level of physical activity of Albanian children aged 6.5-15.5 years in the Balkans given by school level is presented in table 52. The results of the questionnaires were classified from 1-5 points. Where 1 point = low level of physical activity, 2.5 = average level and 5 = high level. The number of children who completed the questionnaire and attend primary education is 10,631, while those attending lower secondary education is 7,643.

Facts:

Children attending primary education exercise less physical activity than children attending lower secondary education.

2.53 is the prevalence of exercising physical activities by children attending primary education.

2.66 is the prevalence of exercising physical activities by children attending lower secondary education .

Table 52 Prevalence of physical activity level in the Balkans among Albanian children aged 6.5–15.5 years (2013-2015), by school level

School Levels	N	Mean	Std. Dev
Total	18274	2.58	0.53
Elementary	10631	2.53	0.53
Middle	7643	2.66	0.53

Table 53 presents the prevalence of the level of physical activity of Albanian children aged 6.5-15.5 years in the Balkans given by school level and gender. The results of the questionnaires were classified from 1-5 points. Where 1 point = low level of physical activity, 2.5 = average level and 5 = high level. The prevalence of primary education boys who exercise physical activities is 2.6, while those attending lower secondary education is 2.77.

Facts:

Boys with primary education (2.6) exercise less physical activity than those with lower secondary education (2.77).

Girls with lower secondary education (2.55) exercise more physical activity than those with lower education (2.46).

Boys (2.67) exercise more physical activity than girls (2.5).

Table 53 Prevalence of physical activity level in the Balkans among Albanian children aged 6.5–15.5 years (2013-2015), by school level and gender

Gender	School Levels	N	Mean	Std. Dev
Boy	Total	9158	2.67	0.53
	Elementary	5336	2.60	0.53
	Middle	3822	2.77	0.53
Girl	Total	9116	2.50	0.52
	Elementary	5295	2.46	0.52
	Middle	3821	2.55	0.51

The prevalence of the level of physical activity of Albanian children aged 6.5-15.5 years in the Balkans given according to the respective countries and school level is presented in table 54. The results of the questionnaires were classified from 1-5 points. Where 1 point = low level of physical activity, 2.5 = average level and 5 = high level. The prevalence of physical activity among Macedonian children attending primary education is 2.53, while that of those attending lower secondary education is 2.71.

Facts:

Montenegrin Albanian children who attend lower secondary education exercise more physical activity (2.78)

Kosovar children who attend primary education practice less physical activity in the Balkans (2.43).

Children attending lower secondary education exercise more physical activity than those attending primary education.

Table 54Prevalence of physical activity level in the Balkans among Albanian children aged 6.5–15.5 years (2013-2015), by country and school level

Country	School Levels	N	Mean	Std. Dev
Albania	Elementary	5301	2.54	0.54
	Middle	3988	2.66	0.54
Kosovo	Elementary	2595	2.43	0.49
	Middle	1693	2.57	0.51
FYR Macedonia	Elementary	1738	2.53	0.50
	Middle	1183	2.71	0.53
Montenegro	Elementary	997	2.74	0.53
	Middle	779	2.78	0.54

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News about the project

To carry out the project, a total of **8498 km was traveled** in the four states to carry out measurements in **47 days** and **390 hours of measurements** in schools.

55,500 minutes, calculated in **925 hours**, to put the questionnaires in the electronic database.

