



THE MONTENEGRIN PHYSICAL ACTIVITY REPORT CARD FOR CHILDREN AND YOUTH 2022-2023



Physical Activity for Children and Adolescents
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MONTENEGRIN REPORT CARD TEAM

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About the Montenegrin Physical Activity Report Cards for Children and Youth

In December 2020 University of Montenegro joined the Active Healthy Kids Global Alliance and committed himself to prepare the first joints activity i.e. 2022 Montenegrin Physical Activity Report Card for Children and Youth.

Main goal of this research is to estimate current situation and provide a basis for the creation of future politics with the aim of advancing physical activity among children and youth in Montenegro. The production of national Physical Activity Report Cards for Children and Youth will enable monitoring of changes in the future and evaluate the success of policies made with the aim to improve the current situation and raise it to a higher level.

The development of the Montenegrin Report Card was initiated and coordinated by the University of Montenegro, in cooperation with the following partners: Western Balkan Sport Innovation Lab, Balkan Institute of Science and Innovation, Center for corrective gymnastics Niksic, Montenegrin Society for Sport Management and Sports and recreational association Mogren. The team is composed of young but already sufficiently experienced researchers who already have very significant references. The method of data collection for all 10 mandatory and 2 additional indicators was completely adopted from Active Healthy Kids Global Alliance which tested it in the previous three report cards.



Indicators and their assessment

This ten obligated indicators was evaluated: Overall Physical Activity; Organized Sport and Physical Activity; Active Play; Active Transportation; Sedentary Behaviors; Physical Fitness; Family and Peers; School; Community and Environment; Government. Also two facultative indicator: Sleep Duration; Obesity.

A fourteen-point grading scale was employed, and the grades were defined according to the percentage of children who met established criteria: A+ = 94–100%; A = 87–93%; A- = 80–86%; B+ = 74–79%; B = 67–73%; B- = 60–66%; C+ = 54–59%; C = 47–53%; C- = 40–46%; D+ = 34–39%; D = 27–33%; D- = 20–26%; F = 0% to 19%; INC = Incomplete, insufficient or inadequate information to assign a grade.



The results show the following...

Overall Physical Activity	C-	34.71% of preschool children in Montenegro accumulate at least 20-30 minutes of exercise and running four days or more per week; 49.7% of children accumulate at least 20-30 minutes of exercise and running three days or more per week; 15.5% of children accumulate at least 20-30 minutes of exercise and running two or less days per week (Bjelica et al., 2013).
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Organized Sport and Physical Activity	C	47.8% of school children (aged 6–9 years) in Montenegro, were members of a sport or dancing club (Whiting et al., 2021).
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Active Play	B	Approximately 70.96% of preschool children and school children (aged 6-9 years) in Montenegro, were engaged in unstructured/unorganized active play at least 1 hour per day (Bjelica et al., 2013; Whiting et al., 2021).
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Active Transportation	D+	38.6% of school children (aged 6-9 years) in Montenegro travelled to school by a combination of active transport and motorised vehicles (Bjelica et al., 2013).
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Sedentary Behaviours	B	Approximately 72.1% of preschool children and school children (aged 6-9 years) in Montenegro meet the recommendation of no more than 2 hour of recreational screen time per day (Bjelica et al., 2013; Whiting et al., 2021).
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Physical Fitness	C+	The fitness capacity of boys and girls (school students aged 13-16 years) in Montenegro was approximately 57.67 and 52.89 tabular centiles, respectively (Idrizovic et al., 2012; Radulovic et al., 2013; Radulovic, 2013; Morina et al., 2015; Ljubojevic et al., 2016; Morina et al., 2017; Morina et al., 2018, Morina et al., 2018; Morina et al., 2021)
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Family and Peers	A	95.43% of parents in Montenegro encouraged their children (preschool children) to be physically active, 87.26% of parents participated in physical activities with children, 75.05% were providing logistic support for physical activity (30.03% of them paid a fee) (Bjelica et al., 2013).
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School	A-	100% of schools in Montenegro provide mandatory physical education hours two to three times per week to their students, 45% of students in elementary schools classes and 100% in secondary school classes are taught by a physical education specialist, over the 60% of the schools have the school sport halls (remaining schools have outdoor courts and organize classes there), less than 0.5% of students avoid physical education classes for various reasons (Bureau for Education Services, 2004; Bureau for Education Services, 2009; Government of Montenegro, 2013; Masanovic et al, 2020).
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Community and Environment	C	55.01% of the Montenegrin preschool children parents described their neighbourhood like safe to some extent, while only 5.01% of the parents described their neighbourhood like safe without a doubt (for their child to play outside with peers and without adult supervision) (Bjelica et al., 2013).
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Government	C	Promotion strategies and initiatives exist in Government of Montenegro documents, but they are more focused towards professional sports and less to improve physical activities opportunities (school and leisure sports) for children and adolescents across the country is evident; the evaluation of program and strategy fulfilment is unknown; sports budget for 2022 has been reduced (Sport policy in SDGs by 2030, n.n.; Government of Montenegro, 2021; Ministry of Education, Science, Culture and Sport, 2018; City Portal, 2022; Government of Montenegro, 2021).
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Sleep Duration	A+	87.8% of school children (aged 6-9 years) in Montenegro slept for 9-11 h per night, while most of the remaining 12.2% are children who sleep more than 11 hours (Whiting et al., 2021).
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Obesity	B-	Approximately 61.4% of boys and 70.55% of girls from Montenegrin elementary school (aged 6-12 years) were in category normal weight (Spinelli et al., 2021; Faculty for Sport and Physical Education, 2021; Faculty for Sport and Physical Education, 2022).
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Final notes

Montenegrin researchers in the field of sports science publish their research in the world's most prestigious journals. Their interesting topics provide new solutions and complement the pages of world science with new arguments. They also provide new solutions for practical work in the field, and because of that, they earned the attention of the media on several occasions. However, they still fail to gain the attention of decision makers, which is not good because we know that collaboration between researchers and policy makers is crucial for making steps towards the improvement of physical activity indicators among children and youth. We hope that this gap will also be overcome in the future.

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