

Starting Ages Across the Generations  
Soc of Sport & Phys Activity ( HHPS 535)

**Interview #1 – Age 20**

**When did you first participate in an organized sport?**

I first played organized soccer when I was 6 years old.

**When did you first play an informal sport, such as pickup games?**

Probably around age 8 or 9. We played basketball and football in the neighborhood.

**Did you ever play a varsity sport in school? Why or why not?**

Yes, I played varsity soccer in high school because I loved the sport and wanted to compete at a higher level.

**After age 18 years old, did you play informal or organized sports regularly?**

Yes, I have continued to play intramural sports in college and also play pickup basketball with friends.

**When was the last time you played an organized sport?**

Last semester, intramural flag football.

**What were you told or what did you learn about the relationship between age and physical activity as you were growing up? Was physical activity seen as desirable and healthy for older people?**

I learned that staying active helps keep you healthy throughout life, and that even older adults should exercise to stay strong.

**Do you exercise regularly now?**

Yes, I work out 4–5 days per week.

**Do you or would you ever consider participating in a Masters sport competition in any sport? If yes, which one?**

Probably yes, maybe Masters soccer one day.

## **Interview #2 – Age 36**

### **When did you first participate in an organized sport?**

I started playing Little League baseball at age 7.

### **When did you first play an informal sport, such as pickup games?**

Around 10 years old, we played football and basketball outside after school.

### **Did you ever play a varsity sport in school? Why or why not?**

No, I didn't play varsity because I worked a part-time job in high school.

### **After age 18 years old, did you play informal or organized sports regularly?**

Yes, I played recreational softball in my 20s and early 30s.

### **When was the last time you played an organized sport?**

About 4 years ago in an adult softball league.

### **What were you told or what did you learn about the relationship between age and physical activity as you were growing up? Was physical activity seen as desirable and healthy for older people?**

I was told that working out helps you age better, but most adults I knew didn't really exercise regularly.

### **Do you exercise regularly now?**

I try to work out 2–3 days per week, mostly walking and light weight training.

### **Do you or would you ever consider participating in a Masters sport competition in any sport? If yes, which one?**

Maybe, probably softball if I found a team.

### **Interview #3 – Age 58**

#### **When did you first participate in an organized sport?**

I first joined an organized basketball league when I was 9.

#### **When did you first play an informal sport, such as pickup games?**

Around age 6 or 7, mostly backyard football with neighborhood kids.

#### **Did you ever play a varsity sport in school? Why or why not?**

Yes, I played varsity basketball all four years of high school. I was passionate and competitive about it.

#### **After age 18 years old, did you play informal or organized sports regularly?**

Yes, I continued to play in weekend basketball leagues through my 20s and early 30s.

#### **When was the last time you played an organized sport?**

Probably in my mid-30s, around age 35.

#### **What were you told or what did you learn about the relationship between age and physical activity as you were growing up? Was physical activity seen as desirable and healthy for older people?**

Growing up, people didn't talk much about older adults exercising. Most older people I knew didn't work out, and it wasn't encouraged like it is today.

#### **Do you exercise regularly now?**

I try, but it's not consistent. I walk a few times a week.

#### **Do you or would you ever consider participating in a Masters sport competition in any sport? If yes, which one?**

No, I'm too old for sports now.

In the three age groups, all 3 individuals involved in informal sports at a young age, and every person had some experience of organized sports from childhood, but their involvement levels vary. The youngest interviewee had the highest level of participation in adulthood and exercise practices regularly, while the 36-year-old interviewee experienced a significant decline in these rates due to work and life, and the oldest reduced organized sports overtime to the greatest extent, despite representing their high school in varsity sports. Moreover, the younger interviewee grew up noticing more pronounced trends, and heard that physical activity remains critical at any time, while the older interviewee stated that older adults were not always encouraged to be more active. In general, the younger generation engages in sports and exercise more into adulthood, whereas the older generation has become less active over time.