

The Role of Community Sports Programs in Promoting Physical Activity Among Adolescents in Belgium

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Abstract

This study investigates community sports initiatives' role in encouraging teenagers in Belgium to engage in physical exercise. Programs for community sports give teenagers easily accessible chances to participate in many sports and activities after school. The research was based on primary data analysis to determine whether the research used Smart PLS software and generated informative results, including descriptive statistics, correlation coefficient analysis, and the smart PLS Algorithm model between them. These programs give Adolescents social interaction, skill development, and better health outcomes. Community sports programs are also essential for encouraging diversity and inclusivity in communities and reducing sedentary lifestyles. These programs assist teenagers' overall development and well-being by offering a supportive atmosphere and good role models. They also help adolescents form lifetime healthy living habits. The overall result found a positive and significant relation between community sports programs in promoting physical activity among adolescents in Belgium. In Belgium, funding community sports initiatives is crucial to developing a young population that is both socially and physically engaged.

Keywords: Community Sports Programs (CSP), Promoting Physical Activity (PPA), Adolescents (AA), Belgium (B).

Introduction

Community sports programs in Belgium have been playing an active role in promoting physical activity in youngsters. Belgium provided a fact sheet involving the population's need for physical activity for at least 30 minutes (Howie, Daniels, & Guagliano, 2020). There are various positive aspects of incorporating physical activity into adolescents' daily lives, as in today's age, it is the most triggering aspect. With the rise in life advancements, youngsters face decreased physical activities in their daily lives. The reasons behind these decreased physical activities are the escalating use of gadgets, mobile phones, and social media. These devices have bound not only people from Belgium but also people all over the world. There can be numerous disadvantages to lacking physical activity in adolescents' lives. The major issue can be cardiovascular disorders that arise from obesity. The reason behind this obesity directly relates to a lack of physical activity (Huys et al., 2020). Another demerit can be a lack of bone density due to reduced muscular strength. This lack of strength leads to future diseases like osteoporosis and, easy bone fractures, etc. Other than physical issues, there are mental health risks as well that can surface because of a lack of physical activities. A survey has shown an increase in mental health issues because of obesity and depression in Belgium people (Kokko et al., 2019). Therefore, the Belgian government has promoted community sports to deal with these issues. The first

advantage of supporting these is the availability of structured opportunities for the young talent that can lead them to future leagues and competitions organized in Belgium and internationally. These programs also allow social interaction among young people from different areas and elite experts as well. These interactions help in developing basic social skills in growing teenagers. They get enhanced communication skills incorporated into them at a younger age, making Belgium adolescents achieve better outcomes in the future (Mertens et al., 2019). Also, these programs help adolescents from different backgrounds to avail themselves of the opportunities they lack. Because the organization of community programs demands the usage of gyms, equipment, and recreational areas. By participating, youngsters from all areas can avail themselves of the chance and embark on future endeavors. Moreover, community programs in Belgium involve various physical activities to cater to all types of interests, engaging youngsters from all areas (Neil-Sztramko, Caldwell, & Dobbins, 2021). These activities can involve individual activities like swimming and running and team activities like hockey, volleyball, and basketball. Similarly, with the health benefits, adolescents can also achieve better skill development by taking part in such community programs. The availability of mentors and strategic trainers at such programs induces empowerment, instructions, and encouragement in youngsters. Such coaches can provide on-the-spot feedback regarding the athletes' performance and can provide guidance based on

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their capabilities. Next comes confidence building in adolescents (Pedroni et al., 2019). By providing a diverse range of activities, these community programs cater to a wide range of abilities and interests, making physical activities more tempting. Confidence building has always been the key to performing well in any field of life, and that's exactly what the Belgian community sports program organizers suggest. By participating in physical activities at such programs, youngsters become more confident in the field and their daily life activities. Role modelling is another positive aspect of the organization of such community programs. Belgium community programs are held for the flourishing of adolescent talents in the long run (Pfeiffer & Wierenga, 2019). When a young athlete participates in such a program, he can be inspired by role models and young volunteers working at such programs. This can result in the upbringing of healthy lifestyles among youngsters by following their role models and can forge better future outcomes (Lee & Ian, 2014). Because of these opportunities at Belgium community programs, sports have become an important part of people's lives. According to data, Belgium has been declared to have more than 17,000 sports clubs, with almost 1.35 million people enrolled in them. This total enrollment makes up 13% of the Belgium population actively participating in physical activities (Van der Veken, Lauwerier, & Willems, 2020). Other than these, the Belgian government has also made laws for supporting sports not only in schools and colleges but also in offices to incorporate physical activity and recreation during the hectic schedule of office-going people. Currently, community programs in Belgium are also offering the construction of better-visualized buildings and constructions that promote physical activity in adolescents. This can include playing fields and swings that support recreation as well as physical fitness in children at a younger age. Teamwork and participation are another important lesson that adolescents get by taking part in active competitions. The interaction with other teammates increases the chances of learning work ethics and commitment values. This positive interaction with teammates also boosts motivation in the participants at a young age and can help in forging their future pathways (Van der Veken, Willems, & Lauwerier, 2021). During the course, these adolescents build relationships and friendships that help them grow and develop in an active environment. They also seed a sense of belonging to them so that they can do better for their country with appropriate interest and not by force. Therefore, these communities in Belgium work for the incorporation of these values at a young age (Van Hoye et al., 2019; Zhou et al., 2022). Moreover, such transport infrastructure has also

been put forward to guide the public and school/college-going youngsters to get more interactive influence on their minds to pursue physical activities in their regular lives (Shen, Xu, & Shen, 2009). Despite having such community programs, in 2016, a decrease in physical activity among Belgian children was observed due to a lack of community work, dietary issues, and nationally acknowledged data (Vanhelst et al., 2018). Despite having all these community programs, high sedentary behavior was found among youngsters. These observations deduced the need to bring forward new interventions related to physical activity promotion. Generally, Belgium introduces encouraging, available, and varied opportunities to the young talent to enhance their physical fitness and their daily life predictability by enhancing their social skills, communication capabilities, and future achievements. The research determines the Role of Community Sports Programs in Promoting Physical Activity among Adolescents in Belgium. The research paper is divided into five specific research chapters: The first portion represents the introduction related to community sports programs also that promoting physical activity. This section also represents the objective of the research. The second section describes the literature review, and the third portion represents the research methodology, including result tools and techniques related to them. The fourth section represents the result and its description. The last portion summarizes overall research and presents recommendations about the Role of Community Sports Programs in Promoting Physical Activity among Adolescents in Belgium.

Literature Review

The organization of physical activities is typically developed specifically in local areas, and the basic purpose of their development is the promotion of well-being locally and commercially. The assimilation of various participants, bringing up harmony, and alliance fraternization are the main purposes of community sports programs, irrespective of their level of skills and their cultural education environment (Geidne, Quennerstedt, & Eriksson, 2013). Those organized and well-arranged sports activities are made especially for the local community and are represented at the recreational or dilettante level. Sports community programs emphasize the overall development of sports (Deforche et al., 2010; Wang, 2022). It provides an opportunity to develop interest in the youngsters and train them too. As a result of these efforts, high-performance athletes come into the field. These communities also appreciate the newcomers and give them confidence to play, so that they can recognize their abilities

and brighten up their skills (Cardon et al., 2012). The qualities of a good sports community are as follows: such communities have a defined purpose of their community. They develop high quality content that has too much worth within their societies (De Bourdeaudhuij et al., 2015). With the development of such content and their counseling abilities, these communities bring up a positive and panoramic environment. In-person events and Meetups can be hosted within these sports communities (Edwards & Tsouros, 2006). Manipulating the objectives and workings of these sports communities on social media makes them ideal. Regular physical activity is an easy thing that can prove very beneficial for adolescents but people mostly do not pay attention to this important task in Belgium (Jianchao, 2023; Marlier et al., 2014). Then, sports communities are organized by the government within specific regions to fulfil the purpose of developing motivation within people for doing physical activity like walking trails, bicycle lanes on roads and sidewalks, and developing sports fields (Van Dyck et al., 2009). Organizations found within communities also have a role in encouraging people to be involved in physical activities (Dobbins et al., 2013). According to the 0-5-30 plan that the Wallonia-Brussels Federation develops, the whole population should conduct physical activity for 30 minutes regularly (Verstraete et al., 2007). This recommendation within the French-speaking region of Belgium should be followed by adults, children, and young adults. Cycling is considered the national sport in Belgium, but soccer is most commonly played there (De Meester et al., 2012). Many organizations, which are nonprofits and charities, organize community walks, runs, bike rides, and many other sports events and then accumulate money that can be utilized for the accomplishment of worthy things like animal welfare, the conservation of the natural environment, and disease research (Rütten et al., 2001). It is recommended in Belgium to exercise for 30 minutes or more, which is moderate-intensity physical activity that should be done on all days of the week. This recommendation is to be accepted to such an extent that it is adopted in Europe and worldwide (Salmon et al., 2007). A huge focus is put on sports in Belgium to keep them healthy and strong. Cycling and football are the games in which many participants are required. That is, tennis, swimming, and golf are highly popular among the citizens of Belgium (Li, 2019; Telama, Nupponen, & Piéron, 2005). Sports are considered to be an essential part of life in Belgium. No doubt it is thought that physical activity is capable of developing extraordinary health benefits. It is thought that adolescence occurs due to a deficiency in the level of physical activity (Haerens et al., 2009). There are

several studies in which the effectiveness of meditation of struggle in the promotion of physical activity among young people. The purpose of this study is to review the capability of intervention by which physical activity can be promoted among European teenagers (Zambon et al., 2010). The methodical review in which the effect of physical activity on the health of teenagers was observed was published in the scientific literature in 1995 (De Bourdeaudhuij et al., 2011). Some results of the research are as follows: Interventions performed in school bring improvements for a very short period in physical activity levels (Haerens et al., 2007). Those improvements which are brought by the sports communities of school are beneficial only for school-related activities, but these interventions do not prove beneficial to physical activity during leisure time (Marlier et al., 2015). European literature in recent times promotes only school-based physical activity programs that prove effective for a very short period (Prins et al., 2009). Physical activity is such an important and flexible factor that significantly affects people's health if it is performed regularly. The need for community sports programs is increasing day by day as it influences people to do physical exercises, and the relationship between physical activity and obesity and many other chronic diseases is inverse (De Bourdeaudhuij et al., 2005). These chronic diseases include cardiovascular diseases, different types of cancer, diabetes mellitus type 2, and osteoporosis. Insufficient public health activity is one of the largest challe (Van Acker et al., 2011). The community sports programs recommend that all children and adolescents perform at least 60 minutes of moderate to vigorous physical activity. Sports community programs also enable people involved in sports club activities to increase their chances of achieving the required physical activity level (E Korstanje, 2022; Van Acker et al., 2011). The main objective of analyzing this study is to understand the fact that participation in sports club activities has any connection with the fulfillment of the demand for physical activity or vigorous physical activity proposal among individuals who are children or near adolescence in European countries which six in number which Belgium at the top of the list (De Meester, Van Dyck, et al., 2014). Extracurricular school-based sports can access children who are not interested in community sports. The objective of this research is to understand how much pupils who are not active in community sports take part in extracurricular sports, whether they are self-motivated to be involved in extracurricular activities, and to know the level of their performance as compared to those who are motivated by sports community programs (De Meester, Aelterman, et al., 2014). After research, results show that 76% of children took part in extracurricular activities and 73% of children are

motivated by community sports to be involved in physical activity. Those children involved in extracurricular school-based sports are more physically active than those convinced by community sports among Belgium individuals (De Meester et al., 2009; Kokko et al., 2019; Yong, Owen, & Hoseana, 2022).

Research Methodology

The research study determines the Role of Community Sports Programs in Promoting Physical Activity among Adolescents in Belgium. The research based on primary data analysis to determine the research used specific research questions related to community sports programs and promoting physical activity. For measuring, the research used Smart PLS software and generated results, including descriptive statistics and correlation coefficient analysis, which also explains the smart PLS Algorithm model between them. Physical activity plays an important role in the health and well-being of adolescents. Regular physical activity in adolescence has numerous benefits. Regular physical activity helps maintain a healthy weight, strengthen bones and muscles, and reduce the risk of chronic diseases such as obesity, type 2 diabetes, and cardiovascular disease. Physical activity is linked to improved mood, reduced symptoms of anxiety and depression, and enhanced overall mental health in adolescents. Studies have shown that physical activity can positively impact cognitive functions, academic performance, and adolescent concentration levels. Engaging in physical activities such as team support can help adolescents develop social skills, build friendships, and enhance teamwork and leadership abilities. Enabling physical activity in adolescence can specify healthy habits that are likely to be carried into adulthood, facilitating long-term health and well-being. These benefits promote and support regular physical activity among adolescents, which is important for their health and development. Community sports programs in Belgium play a necessary role in promoting physical activity and overall health among adolescents. These programs provide opportunities for young individuals to engage in various sports activities, development a culture of active living and beneficial habits. By showing structured sports programs, Belgium aims to enhance physical fitness, social interaction, and skill development among adolescents. Additionally, community sports programs contribute to building a sense of community, teamwork, and sportsmanship, instilling values that go beyond physical health. These programs in Belgium operate as a platform for adolescents to stay active, develop essential life skills, and enjoy the benefits of regular physical activity.

Physical Activity Trends in Adolescents in Belgium

In Belgium, physical activity movements among adolescents show variation across various age groups and regions. The majority of adolescents meeting the advised physical activity levels vary, with higher rates followed in younger age groups, such as 11-year-olds, compared to older adolescents. Regardless, there is a significant drop in physical activity levels as adolescents grow older, highlighting a concerning trend of decreasing activity levels with age. Boys tend to be more physically active than girls across all age groups, with dissimilarities in activity levels between genders becoming more pronounced as adolescent's transition into older age brackets. In the Wallonia and Brussels-Capital regions, about 1 in 10 adolescents were found to be physically active for at least 60 minutes per day, with boys being twice as likely to be actively compared to girls. The regional differences in physical activity levels are obvious, with variations observed between the Flanders, Wallonia, and Brussels-Capital regions. The data indicates that physical activity levels decline as adolescents age, emphasizing the importance of promoting and maintaining physical activity habits from a young age to control the decline in activity levels as someone's move into adolescence and adulthood. These trends underscore the need for target interventions and approaches to encourage and support physical activity among adolescents in Belgium, addressing general contrasts and regional variation to promote a healthier and more active youth population.

Benefits of Community Sports Programs

Community sports programs offer a wide range of benefits to individuals and communities. Participation in community sports programs promotes physical activity, leading to improved overall health and fitness levels. Regular exercise through sports helps in maintaining a healthy weight, reducing the risk of chronic diseases, and enhancing cardiovascular health.

Engaging in sports activities can have positive effects on mental health. Physical exercises release endorphins, which are known to reduce stress, anxiety, and depression. Being part of a team or community sports program can provide social support and a sense of belonging, which are important for mental health. Community sports programs promote social interaction and teamwork. Participants learn to communicate effectively, cooperate with others, and develop leadership skills. Building leadership with teammates, coaches, and other community members can create a feeling of friendship. Sports programs can help adolescents individually develop specific skills related to the sport they are experiencing. Whether it's improving

coordination, skillfulness, strength, or strategic thinking, engaging in sports activities allows individuals to enhance their ability and reach their full potential. Sports programs bring people together from diverse backgrounds and ages, especially adolescents, community sports events and competitions can support community bonds, promote inclusivity, and encourage civic engagement. Sports programs play a vital role in boosting physical, mental, and social well-being, hosting a sense of community, and contributing to the overall health and happiness of adolescents and society as a whole.

Successful Community Sports Programs in Belgium

Belgium has a strong tradition of community sports programs that contribute to the well-being of its population, especially adolescents. “Sport After School” program that offers a variety of sports activities for adolescents after school hours. These activities can include team sports,

Individual sports, fitness classes, and recreational games. The program aims to encourage adolescents to stay active, develop their sports skills, and socialize with their friends in a fun and supportive environment. Belgium has a strong network of youth sports clubs that cater to adolescents' interest in a wide range of sports. Clubs provide opportunities for young people to participate in organized sports leagues, competitions, and training sessions under the guidance of experienced coaches. Youth sports club helps adolescence develop their athletic abilities, teamwork skills, and sportsmanship.

Community fitness centers and sports facilities often provide special programs and classes tailored to adolescents. Programs may include group fitness classes, dance workshops, martial arts training, and recreational sports leagues. Community fitness centers offer adolescents a safe and welcoming space to exercise, socialize, and pursue their fitness goals.

Descriptive Statistic

Table 1

Results of Descriptive Statistic

Name	No.	Mean	Median	Scale Min	Scale Max	Standard Deviation	Excess Kurtosis	Skewness	Cramer-Von Mises P Value
CSP1	0	1.540	2.000	1.000	3.000	0.573	-0.678	0.496	0.000
CSP2	1	1.580	2.000	1.000	3.000	0.569	-0.757	0.346	0.000
CSP3	2	1.480	1.000	1.000	3.000	0.538	-0.979	0.479	0.000
CSP4	3	1.580	2.000	1.000	3.000	0.569	-0.757	0.346	0.000
PPA1	4	1.680	2.000	1.000	3.000	0.614	-0.599	0.334	0.000
PPA2	5	1.740	2.000	1.000	3.000	0.626	-0.585	0.267	0.000
PPA3	6	1.440	1.000	1.000	3.000	0.535	-0.768	0.651	0.000
PPA4	7	1.720	2.000	1.000	3.000	0.531	-0.437	-0.148	0.000
PPA5	8	1.740	2.000	1.000	3.000	0.687	-0.835	0.400	0.000
PPA6	9	1.660	2.000	1.000	3.000	0.620	-0.612	0.395	0.000
AB1	10	1.540	2.000	1.000	3.000	0.573	-0.678	0.496	0.000
AB2	11	1.520	1.000	1.000	3.000	0.608	-0.366	0.747	0.000
AB3	12	1.480	1.000	1.000	3.000	0.574	-0.414	0.735	0.000

The above results of table 1 represent that descriptive statistical analysis result describe the mean values, median rates, the minimum values, maximum values also that explain the standard deviation of each variable included dependent and independent. According to the result overall probability value is 0.000 shows that 100% significant level between them the overall minimum value is 1.000 and maximum value is 3.000 the median rate is 2.000 respectively. The result represents that CSP1,2,3 and 4 are all considered independent variables. According to the result, mean values are 1.540, 1.580, 1.480 and 1.580 shows that positive average value of the mean. The standard deviation rate is 0.573, 0.569, 0.538 and

0.569 its shows that 57%, 56%, 53% deviate from mean values. The skewness value of CSP is 49%, 34%, 47% and 34% skewness rate between them. the PPA1,2,3,4,5 and 6 these are all consider as mediator variable according to the result its mean values are 1.680, 1.740, 1.440, 1.720 these are all shows that positive average value of mean. The standard deviation rates of each mediator variable is 61%. 62%, 53% and 68% deviate from mean values. The AB1,2,3 these are all consider as dependent variable according to the result its mean values are 1.540, 1.520, 1.480 its shows that positive average rate the standard deviation values of each variable is 57%, 60% respectively. The skewness rate of AB1,2, and 3 is 49%, 74%

and 73% these are all shows that positive skewness values between them.

Applications

Like in many other nations, community sports programs are essential for encouraging teenage physical activity. This is especially true in Belgium. Regarding their importance and influence, the following are some salient points:

Accessible Opportunities

Community sports programs allow Teenagers to exercise beyond school hours physically. These programs frequently offer a variety of sports and activities to accommodate a range of interests and ability levels.

Social Interaction and Integration

Adolescents can engage in structured, encouraging peer interactions in a supportive atmosphere by participating in community sports programs. This promotes interpersonal skill development, collaboration, and social integration.

Health Benefits

Adolescents who regularly participate in sports and physical activities have several health advantages, including enhanced mental, physical, and cardiovascular health. Adolescents who participate in community sports programs have an organized environment to regularly engage in physical exercise, which is crucial for preserving general health and well-being.

Skill Development

Adolescents who play sports gain various physical abilities, such as balance, agility, and coordination. Additionally,

students pick up life lessons like self-control, time management, and goal setting, all of which benefit their academic and personal growth.

Prevention of Sedentary Lifestyle

Community sports programs offer an efficient way to buck the trend of teenagers leading sedentary lives, which are becoming increasingly prevalent due to technology and screen time. This is achieved by promoting regular physical exercise.

Inclusion and Diversity

Community sports programs can substitute inclusion and diversity by giving teenagers from all backgrounds the chance to engage in sports and physical activities. By assisting in the removal of obstacles about gender, ethnicity, and socioeconomic position, these programs can promote a feeling of community cohesion and belonging.

Long-Term Effects

Adolescent physical exercise can create healthy lifestyle choices that last a lifetime. Participation in good and pleasurable community sports programs may help individuals form these habits, which will benefit them in the long run and benefit society as a whole.

Supportive Environment

Coaches, mentors, and volunteers who work with teenagers in community sports programs frequently offer advice, assistance, and encouragement. These uplifting role models are fundamental in influencing young people's views and actions about physical activity and good living.

Correlation coefficient

Table 2

Results of Correlation Coefficient

	CSP1	CSP2	CSP3	CSP4	PPA1	PPA2	PPA3	PPA4	PPA5	PPA6	AB1	AB2	AB3
AB1	-0.279	-0.102	-0.192	-0.163	0.093	-0.222	0.334	-0.160	0.407	-0.102	1.000	0.000	0.000
AB2	-0.232	0.169	-0.090	-0.525	0.017	-0.380	0.342	-0.045	0.036	0.204	0.113	1.000	0.000
AB3	0.246	0.127	-0.293	0.311	0.209	0.236	-0.427	-0.018	-0.140	0.065	-0.241	-0.257	1.000
CSP1	1.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
CSP2	0.021	1.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
CSP3	-0.127	-0.060	1.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
CSP4	0.266	-0.298	0.136	1.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
PPA1	-0.020	0.188	-0.080	0.188	1.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
PPA2	0.001	0.199	-0.045	0.311	-0.008	1.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
PPA3	-0.057	-0.050	-0.247	-0.510	-0.302	-0.375	1.000	0.000	0.000	0.000	0.000	0.000	0.000
PPA4	0.103	-0.191	-0.090	0.140	0.155	-0.219	-0.059	1.000	0.000	0.000	0.000	0.000	0.000
PPA5	0.103	0.028	-0.420	-0.433	0.040	-0.250	0.420	0.020	1.000	0.000	0.000	0.000	0.000
PPA6	0.179	0.276	-0.050	-0.405	-0.233	-0.073	0.210	-0.046	-0.020	1.000	0.000	0.000	0.000

The above results of table 2 represents that correlation coefficient analysis according to the result its shows that some positive and some negative interrelation between them. the PPA shows that -0.057, -0.247,

0.510 shows significant correlation between them. These correlations are significant, suggesting that the relationships between these variables are not due to random chance

Smart PLS Algorithm Model

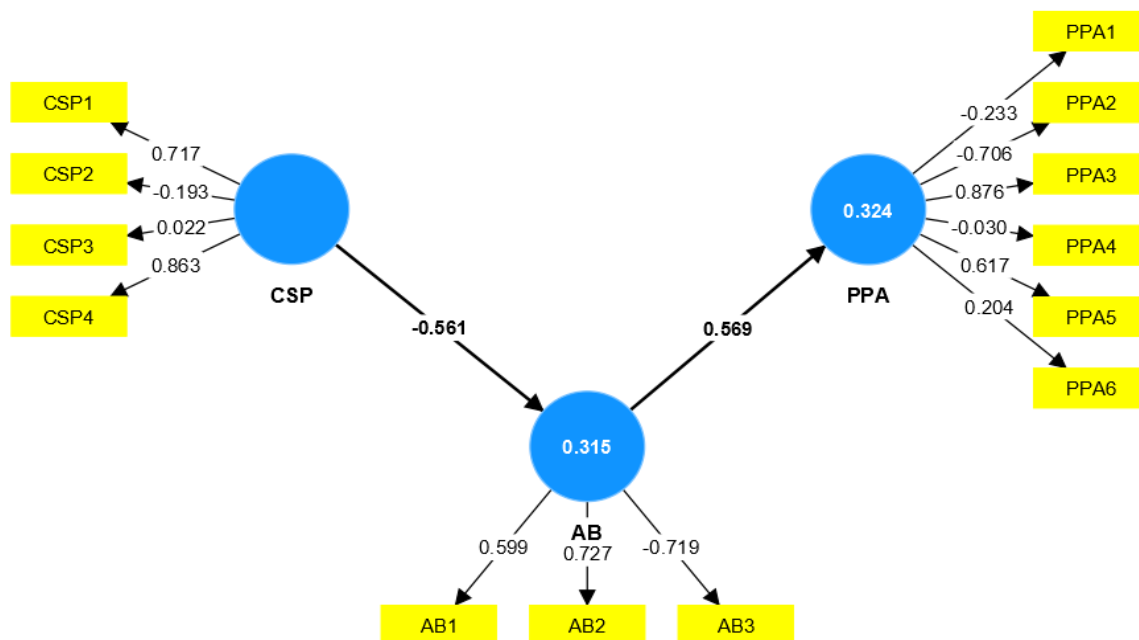


Figure 1: Smart PLS Algorithm Model.

The above model of figure 1 represents that smart PLS Algorithm model in between CSP and PPA also that AB. The CSP shows that 0.717, -0.193, 0.022 and 0.863 its shows that 71%, 19%, 2% and 86% significant values between them. the AB represent that negative but its 56% significant link with CSP. Similarly, the PPA shows that -0.233, -0.706, 0.876, -0.030, 0.617 also that 0.204 its shows that some negative and positive relation between the dependent and independent. The PPA shows that 56% positive and significant link with AB. According to the result the AB shows that 0.599, 0.727 and -0.719 its shows that 59%, 72% and 71% significant level between them.

Conclusion

In conclusion, community sports programs, by providing easily accessible opportunities for participation, promoting social interaction and integration, promoting health and skill development, preventing sedentary lifestyles, promoting inclusion and diversity, and creating a supportive environment for positive behavior change, play a multifaceted role in encouraging physical activity among adolescents in Belgium. Funding these initiatives is crucial for the general growth and well-being of teenagers in Belgian communities. Sports programs play a vital role

in promoting physical activity among adolescents in Belgium. These programs offer a range of benefits that contribute to young people's overall well-being and development. The research determines that Role of Community Sports Programs in Promoting Physical Activity among Adolescents in Belgium. For measuring the research used Smart PLS software and generate result included descriptive statistic, correlation coefficient also that smart PLS Algorithm model between them. By underlining the importance of community sports programs Belgium can effectively address physical health, mental well-being in social interaction, skill development, inclusivity and variety, life-long habits, and community arrangement. By investing in and supporting these programs, Belgium can empower young people or adolescents to lead healthy, active lifestyles, build strong social connections, and develop necessary life skills that satisfy them both now and in the future. In conclusion, community sports initiatives are critical in encouraging teenage physical activity in Belgium. Accessible engagement opportunities, social contact, health and skill development, prevention of sedentary lifestyles, diversity and inclusivity, and supportive settings for good behavior change are all provided by these programs. Funding community sports programs is crucial for teenagers' social,

emotional, and psychological growth and physical health and well-being. The overall research concluded that positive and significant impact and play as vital Role of Community Sports Programs in Promoting Physical Activity among Adolescents in Belgium. By

giving teenagers, the chance to engage in sports and physical activities, Belgium can encourage its young people to lead healthier and more active lifestyles, eventually improving the general well-being of individuals and communities

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