

Article

Enjoyment of Physical Activity—Not MVPA during Physical Education—Predicts Future MVPA Participation and Sport Self-Concept

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Citation: Ramer J. D., Houser N. E., Duncan R. J., Bustamante E. E. Enjoyment of Physical Activity—not MVPA during Physical Education—Predicts Future MVPA Participation and Sport Self-Concept. *Sports* **2021**, *9*, 128. <https://doi.org/10.3390/sports9090128>

Academic Editor: Daniel Almeida Marinho

Received: 31 July 2021

Accepted: 6 September 2021

Published: 10 September 2021

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Table S1. Correlation Matrix of All Study Variables.

	G5 Enjoy PA	G5 PE MVPA	G5 PE % MVPA	G5 PE Minutes /week	G5 Weekd ay MVPA	G6 Sport Self- Conce pt	G6 Enjoy PA	G6 MVPA All Days	G6 BMI	G5 BMI	Sex	Limited Physic al Functi oning
G5 Enjoy PA	—											
G5 PE MVPA	0.0 57	—										
G5 PE % MVPA	0.0 65	0.6 33 ***	—									
G5 PE Minute s/week	0.0 11	0.7 46 ***	0.0 54	—								
G5 Weekd ay MVPA	0.1 84 ***	0.0 74 *	0.0 60	0.04 5	—							
G6 Sport Self-Co ncept	0.3 51 ***	0.0 57	0.0 80 *	0.00 1	0.1 20 ***	—						
G6 Enjoy PA	0.0 34	−0. 00 7	−0. 02 5	0.00 8	0.0 20	0.0 75 *	—					
G6 MVPA All Days	0.1 94 ***	0.0 50	0.0 94 *	0.00 2	0.4 07 ***	0.1 85 ***	0.1 98 ***	—				
G6 BMI	−0. 14 ***	−0. 10 **	−0. 06 2	−0.0 78 *	−0. 14 ***	−0. 01 1	−0. 02 1	−0. 09 7 *	—			
G5 BMI	−0. 13 ***	−0. 08 *	−0. 05 5	−0.0 62	−0. 14 ***	−0. 00 3	−0. 15 ***	−0. 11 **	0.9 46 ***	—		
Sex	0.0 21	−0. 09 **	−0. 08 *	−0.0 45	−0. 21 ***	−0. 08 **	−0. 03 5	−0. 27 ***	−0. 04 3	−0. 05 7	—	
Limited Physica l Functio ning	−0. 05 8	0.0 06	0.0 04	−0.0 05	0.0 03	−0. 02 1	0.0 12	−0. 01 7	0.0 64	0.0 56	0.0 10	—

Pearson Correlation. * $p < .05$, ** $p < .01$, *** $p < .001$.

Table S2. Unstandardized and Standardized Estimates Within Structural Equation Model.

Interaction		Estimate	S.E.	C.R.	P-value	β
Independent Variables						
G5 Enjoy PA→	G5 Weekday MVPA	8.452	1.626	5.198	***	0.173
	G6 Sport Self-Concept	0.498	0.045	11.121	***	0.347
	G6 Enjoy PA	0.558	0.03	18.61	***	0.538
	G6 MVPA All Days	5.739	1.611	3.563	***	0.125
	G6 BMI	−0.071	0.074	−0.971	0.332	−0.012
PE MVPA minutes/week →	G5 Weekday MVPA	0.081	0.065	1.244	0.213	0.044
	G6 Sport Self-Concept	0.002	0.002	1.058	0.29	0.035
	G6 Enjoy PA	0.000	0.001	.251	0.802	0.008
	G6 MVPA All Days	−0.011	0.063	−0.169	0.866	−0.006
	G6 BMI	−0.004	0.003	−1.491	0.136	−0.019
Mediator						
G5 PAM weekday MVPA →	G6 Sport Self-Concept	0.001	0.001	1.085	0.278	0.037
	G6 Enjoy PA	0.000	0.001	0.558	0.577	0.018
	G6 MVPA All Days	0.317	0.034	9.181	***	0.338
	G6 BMI	0.000	0.002	0.017	0.987	0.000
Control						
G5 BMI →	G5 Weekday MVPA	−1.171	0.32	−3.659	***	−0.129
	G6 Sport Self-Concept	0.015	0.009	1.707	0.088	0.056
	G6 Enjoy PA	−0.018	0.006	−3.04	0.002	−0.093
	G6 MVPA All Days	−0.385	0.312	−1.234	0.217	−0.045
	G6 BMI	1.044	0.013	78.535	***	0.943
Sex →	G5 Weekday MVPA	−18.128	2.65	−6.84	***	−0.223
	G6 Sport Self-Concept	−0.185	0.073	−2.537	0.011	−0.078
	G6 Enjoy PA	−0.089	0.05	−1.791	0.073	−0.052
	G6 MVPA All Days	−15.912	2.645	−6.015	***	−0.209
	G6 BMI	0.18	0.12	1.497	0.134	0.018
Limited Physical Function →	G5 Weekday MVPA	1.497	3.225	0.464	0.642	0.015
	G6 Sport Self-Concept	−0.023	0.086	−0.27	0.787	−0.008
	G6 Enjoy PA	0.042	0.058	0.719	0.472	0.02
	G6 MVPA All Days	−0.717	3.109	−0.23	0.818	−0.008
	G6 BMI	−0.027	0.141	−0.189	0.85	−0.002
Covariances						
Interactions		Estimate	S.E.	C.R.	P-value	Corr.
G5 Enjoy ↔ PE MVPA minutes/week		1.078	0.638	1.69	0.091	0.059
G5 Enjoy ↔ G5 BMI		−0.51	0.128	−3.979	***	−0.138
G5 Enjoy ↔ Sex		0.01	0.013	0.765	0.445	0.024
G5 Enjoy ↔ Limited Physical Functioning		−0.016	0.011	−1.459	0.144	−0.047
PE MVPA minutes/week ↔ G5 BMI		−9.071	3.592	−2.525	0.012	−0.092
PE MVPA minutes/week ↔ Sex		−1.07	0.373	−2.866	0.004	−0.097
PE MVPA minutes/week ↔ Limited Physical Functioning		0.051	3.16	0.161	0.872	0.006
Sport Self-Concept residual ↔ G6 Enjoy PA residual		0.229	0.027	8.363	***	0.292
Sport Self-Concept residual ↔ G6 MVPA All Days		3.566	1.359	2.625	0.009	0.096

Standard Error (S.E.), Critical Ratio (C.R.), Correlation (Corr.).

Table S3. Model Total Effects.

	G5 Enjoy PA	G5 PE MVPA	G5 Weekday MVPA	G5 BMI	Sex	Limited Physical Functioning
G5 Weekday MVPA	8.452(0.173)	0.081(0.044)	–	–1.171(0.129)	–18.128(0.223)	1.497(0.015)
G6 Sports Self-Concept	0.507(0.353)	0.002(0.036)	0.001(0.037)	0.014(0.051)	–0.205(0.086)	–0.022(0.008)
G6 Enjoy PA	0.561(0.541)	0.000(0.008)	0.000(0.018)	–0.018(0.096)	–0.096(0.056)	0.043(0.021)
G6 MVPA All Days	8.415(0.184)	0.015(0.009)	0.317(0.338)	–0.756(0.089)	–21.651(0.285)	–0.243(0.003)
G6 BMI	–0.071(0.012)	–0.004(0.019)	0.000(0.000)	1.044(0.943)	0.18(0.018)	–0.027(0.002)

Table S4. Model Direct Effects.

	G5 Enjoy PA	G5 PE MVPA	G5 Weekday MVPA	G5 BMI	Sex	Limited Physical Functioning
G5 Weekday MVPA	8.452(0.173)	0.081(0.044)	–	–1.171(0.129)	–18.128(0.223)	1.497(0.015)
G6 Sports Self-Concept	0.498(0.347)	0.002(0.035)	0.001(0.037)	0.015(0.056)	–0.185(0.078)	–0.023(0.008)
G6 Enjoy PA	0.558(0.538)	0.000(0.008)	0.000(0.018)	–0.018(0.093)	–0.089(0.052)	0.042(0.02)
G6 MVPA All Days	5.739(0.125)	–0.011(0.006)	0.317(0.338)	–0.385(0.045)	–15.912(0.209)	–0.717(0.008)
G6 BMI	–0.071(0.012)	–0.004(0.019)	0.000(0.000)	1.044(0.943)	0.18(0.018)	–0.027(0.002)

Table S5. Model Indirect Effects.

	G5 Enjoy PA	G5 PE MVPA	G5 Weekday MVPA	G5 BMI	Sex	Limited Physical Functioning
G5 Weekday MVPA	0.000(0.000)	0.000(0.000)	–	0.000(0.000)	0.000(0.000)	0.000(0.000)
G6 Sports Self-Concept	0.009(0.006)	0.000(0.002)	0.000(0.000)	–0.001(0.005)	–0.02(0.008)	0.002(0.001)
G6 Enjoy PA	0.003(0.003)	0.000(0.001)	0.000(0.000)	0.000(0.002)	–0.007(0.004)	0.001(0.003)
G6 MVPA All Days	2.676(0.058)	0.026(0.015)	0.000(0.000)	–0.371(0.044)	–5.739(0.076)	0.474(0.005)
G6 BMI	0.000(0.000)	0.000(0.000)	0.000(0.000)	0.000(0.000)	0.000(0.000)	0.000(0.000)