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What are the legacies and impacts of local sporting events on physical activity and sport practice among adolescents?: a scoping review

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ADMINISTRATIVE INFORMATION

Support - MEQ, Sport et loisirs.

Review Stage at time of this submission - Piloting of the study selection process.

Conflicts of interest - None declared.

INPLASY registration number: INPLASY202580039

Amendments - This protocol was registered with the International Platform of Registered Systematic Review and Meta-Analysis Protocols (INPLASY) on 12 August 2025 and was last updated on 12 August 2025.

INTRODUCTION

Review question / Objective The purpose of the present study is to conduct a scoping review of the literature concerning the potential legacies and impacts of sport events on youth physical activity and sport engagement.

Background There has been much enthusiastic speculation that hosting sports events encourages individuals, particularly children, to be more physically active.

Conducting local or major sports events is an opportunity to promote sport and physical activity to the community, and to stimulate community interest, utilise new facilities, and foster sports participation. Typical sport events “legacies” usually focus on infrastructure developments, social inclusion, transport systems, and potential economic benefits that might result from hosting sports events. There is little evidence on the legacy / impact on physical activity and sport participation among youth.

Rationale To date, no studies have systematically reviewed and synthesised the existing body of research on the legacies and impacts of local and major sporting events, particularly in relation to physical activity and sport participation among youth. As a result, there remains limited strategic reflection on the current state of academic knowledge in this area and insufficient identification of key evidence gaps that could guide future research efforts (Weed et al, 2009). By identifying dominant themes, conceptual approaches, and research gaps, the review seeks to contribute to the broader understanding of how local sporting events may influence adolescent sport behaviors. In doing so, this synthesis has the potential to inform future research, shape public policy, guide school and community practice, and influence public perceptions surrounding the value of local sport initiatives in promoting youth physical activity.

METHODS

Strategy of data synthesis Concept 1: Local Sport Events

• "local sport event*" OR "community sport event*" OR "regional sport event*" OR "multi-sport event*" OR "youth sport games" OR "junior games" OR "provincial games" OR "national games" OR "sport festival*" OR "major sport event*" OR "sporting competition*" OR "event legacy" OR "mass participation event*" OR "grassroots sport event"

Concept 2: Adolescents / Population

• adolescen* OR teen* OR youth OR "young people" OR "high school student*" OR "junior high student*" OR "secondary school student*" OR "school-aged" OR "young adult*" OR "middle school student*" OR child* OR pediatric* OR scholar*

Concept 3: Physical Activity / Sport Participation

• "physical activit*" OR "sport participation" OR "exercise behavior*" OR "active lifestyle*" OR "sport engagement" OR "sport practice" OR "leisure-time *" OR "sport involvement" OR "movement behavior*" OR "recreational activit*" OR "sedentary behavior *"

Concept 4: Impact / Legacy

• Impact* OR effect* OR legacy OR heritage OR "infrastructure*" OR "facility*" OR "sport venue*" OR "built environment" OR influence* OR "participation trend*" OR "utilization" OR "sport access"

Databases:

1. PubMed – MEDLINE
2. Scopus
3. SPORTDiscus
4. PsycINFO (EBSCOHST)
5. Education Source (EBSCOHST).

Eligibility criteria The inclusion criteria:

All studies classified as 'legacies and impacts of sporting events on physical activity and sport practice' were screened.

Exclusion criteria:

narrative or systematic literature reviews
languages other than English or French
papers referring to children (0-9 years old), university or college students, and adults/elderly
no data collection.

Source of evidence screening and selection

Searches are going to be conducted in September 2025, across 5 databases: PubMed – MEDLINE,

Scopus, SPORTDiscus, PsycINFO (EBSCOHST), Education Source (EBSCOHST).

These databases were selected for their comprehensive coverage of physical activity and sports research, ensuring a thorough and diverse collection of relevant studies. Each database is going to be systematically searched using the previously identified keywords, and results are going to be refined using the available filtering options for the inclusion criteria. Two researchers (ER and JB) will independently search electronic journal databases and selected titles, abstracts, and papers while strictly adhering to the established inclusion and exclusion criteria. In case of disagreements, a third evaluator's opinion will be sought (CM). Once the studies are retrieved, the results will be organized and saved using EndNote 21.3. This approach facilitate the systematic review process, ensuring that all relevant studies are carefully cataloged. Reference lists of identified literature are going to be searched by the third evaluator (CM) for suitable primary research based on titles in the first instance, and if relevant abstracts and full-text review.

Data management The bibliographic files will be imported into the software Rayyan.AI, developed by Qatar Computing Research Institute (QCRI) (REF), to facilitate the screening process. The first step is to remove duplicates. Title/abstract screening is undertaken by two authors (ER, JB). Full texts are independently reviewed by two authors (ER, JB). Based on our predefined eligibility criteria, studies will be either rejected for not meeting the criteria or accepted for a more in-depth review of their methodology section. In case of any disagreement, a consensus was to be reached through discussion. Following the selection of the final papers, the first and second author of this paper will extract data from the articles, including the authors, year of publication, sample's country, methods, and key findings.

Reporting results / Analysis of the evidence A 'descriptive-analytical' method was applied which involved applying a common analytical framework, which was the legacy type. The focus of investigation may vary according to the legacy / impact evaluated in the papers. Due to heterogeneity of the methodologies, we focused on physical activity, sports participation, infrasctructure, education and health outcomes.

Presentation of the results The results will be presented in tables, figures and text.

Language restriction English and French.

Country(ies) involved Canada.

Keywords legacies; sporting events; physical activity; sport practice; adolescents.

Dissemination plans Peer-reviewed indexed journal and sports conference.

Contributions of each author

Author 1 - Jonathan Brisson - JB designed and monitored data searches, developed the extraction plan, screened and extracted the data, and drafted and revised the paper.

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