

Summaries

IRIS PAHMEIER:

Drop-out and Commitment in Mass and Health Sport

Only 15% – 20% of the adult population are physically active in a health-enhancing sense; the larger part of the population is passive with respect to sport activities. The drop-out rates in health-oriented sport programs are 50%. This problem of the lack of a commitment to regular sport activity has been examined rarely in German sport scientific literature. This article provides a systematizing overview of available studies on the phenomenon of drop-out and commitment; furthermore, it classifies drop-out and commitment factors into a scheme. This scheme consists of four main components: the biomedical and psychological characteristics of an individual, the characteristics of the life context of an individual, the psychological and social factors related to the preparation for a sport program, and the characteristics of the sport program itself. It is shown that “drop-outs” and “remainers” differ on the characteristics of these components and on the degree to which these factors are evident. The article is concluded with an outlook regarding future research and concrete suggestions for the realization of available knowledge in concepts for movement programs designed to enhance health.

EIKE EMRICH / WERNER PITSCH / RONALD WADSACK:

**Olympic Training Centres Between Centralization and Decentralization:
Support for Top-Level Sport in Germany**

Olympic training centres as institutions for supporting top-level sport are currently the topic of frequent discussions. Within the framework of a larger study by EMRICH/PITSCH (1992) it was examined as to what extent German national team athletes have been taking advantage of the support offered by these new institutions. In addition, questions regarding the influence of infrastructural aspects on the utilization of services are discussed. Starting from the development of the concept and the subsequent realization of the Olympic training centres, the problem of centralization or decentralization of institutions for the support of top-level sport is investigated theoretically and empirically.