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**Summary:**

This dissertation aims at solving the question why some seniors start participating in sporting activities while others remain inactive.

A focus on the target group of senior citizens is of growing importance due to demographic changes and their consequences. In contrast to published articles which have only been dealing with either professional athletes or studies which have been based on quantitative research, this thesis deals with a qualitative analysis in order to try to close the existing academic void. Furthermore, it compares non-athletes with recommencing sportspeople, namely those seniors who have not participated in any sporting activity since school and have restarted their activities at a senior age level (60 years and older).

The results of the interview evaluations show that there is still need for action regarding the implementation and presentation of senior sports. On the one hand course names of senior sports groups should be made more transparent thus overcoming seniors' inhibitions especially present in those seniors who have no or only little previous experience. On the other hand there should be more courses for beginners.

Finally, experience in physical education is to be classified as very essential regarding later participation in sports. In the interviews, most seniors who talk about positive school sport experience are more likely to be active now whereas those with negative school sport experience seem to be generally disinclined to do sports and would only participate in sporting activities if their doctors advised them to do so.