

PATTERNS AND FACTORS ASSOCIATED WITH SELF-REPORTED PHYSICAL ACTIVITY AMONG UNIVERSITY STUDENTS

Mai Taher Faroun¹

¹ MA Physical Education, Sport and Physical Literacy, University of Wales Trinity Saint David

AIM

To investigate the patterns and factors associated with self-reported physical activity among university of wales students.

INTRODUCTION

Restrictions such as national lockdowns against the spread of COVID-19 placed strict restrictions on movement, recreation services and sports facilities. Engagement of university students in physical activities has drastically reduced as compared to before COVID-19. Public health surveillance studies (5) conducted in nationally representative samples indicate a 30% reduction in levels of physical activity among the population.

OBJECTIVES

- 1.To assess the patterns of physical activities among university students.
- 2.To understand the socio-demographic determinants of physical activities among university students
- 3.To identify motivators and constraints affecting the participation of university students in physical activities

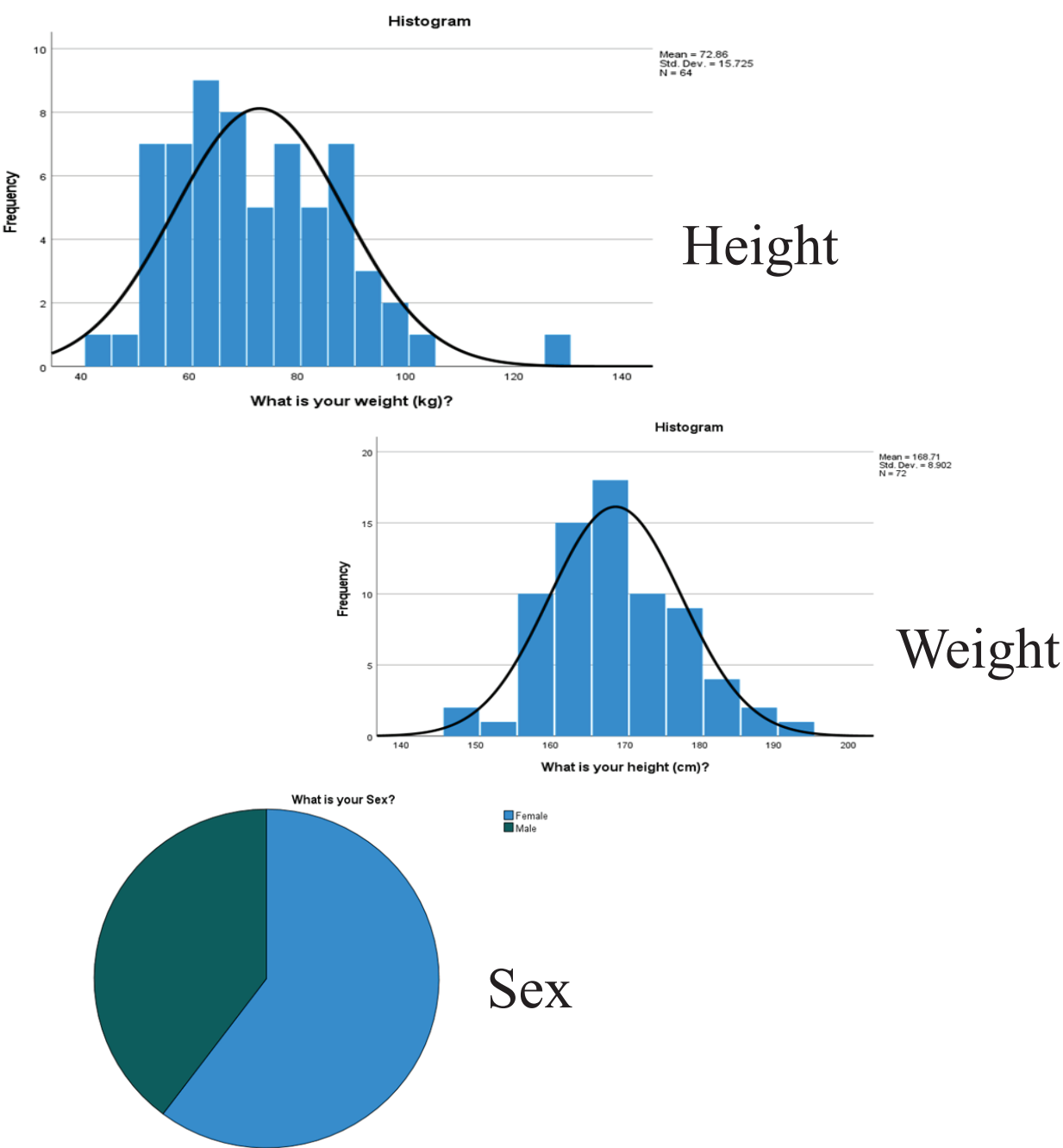
METHODOLOGY

- A cross-sectional study was conducted among university students of Reagent College London, Swansea university, university of Bolton and university of Wales (TSD).
- Physical activity was measured using the World Health Organisation Global Physical Activity Questionnaire
- 78 students responded to the online tool
- All analyses will be performed using SPSS version 22.0 (IBM SPSS Inc., Chicago, IL)
- The study was approved by the ethics board of University of Wales. Additionally, informed consent will be sought and obtained.

RESULTS

Attribute	Frequency	Percentage (100%)
Sex		
Male	21	39.7
Female	47	60.3
Marital status		
Divorced	4	5.1
In partnership	10	12.8
Married	33	42.3
Single	31	39.7
Living with		
Partner	45	57.7
Parent	14	17.9
Alone	12	15.4
Roommate	07	9.0
Ethnicity		
White	57	73.1
Asian/ Asian British	6	7.7
Black/ Black British	7	9.0
Mixed	1	1.3
Other	7	9.0
Disability		
Yes	75	96.2
No	03	3.8
University		
Reagent College London	48	61.5
Swansea University	05	6.4
University of Bolton	03	3.8
University of Wales (TSD)	14	17.9
Mode of study		
Full time	70	89.7
Part time	08	10.3
Level of study		
Undergraduate	65	83.3
Postgraduate	13	16.7

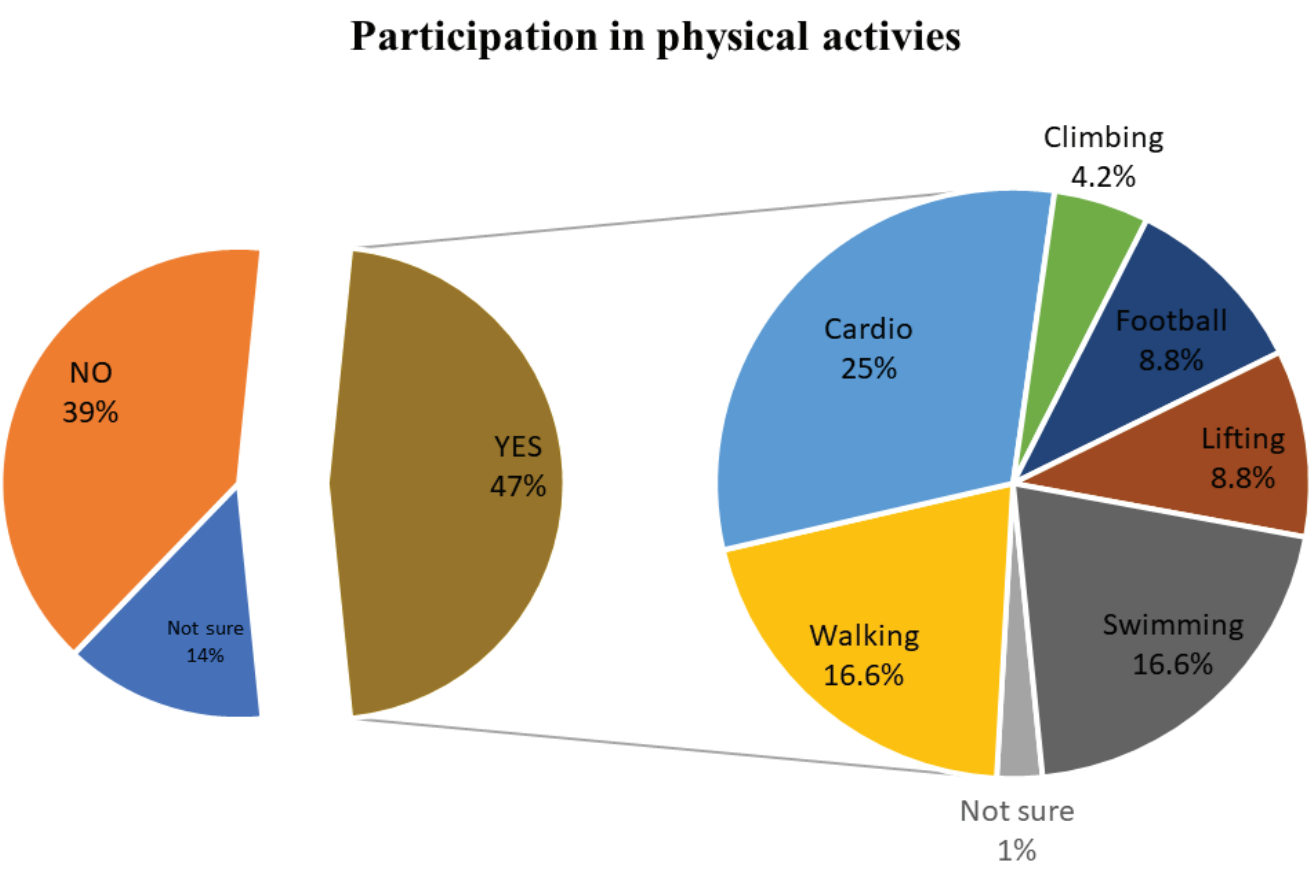
DISTRIBUTION OF HEIGHT AND WEIGHT



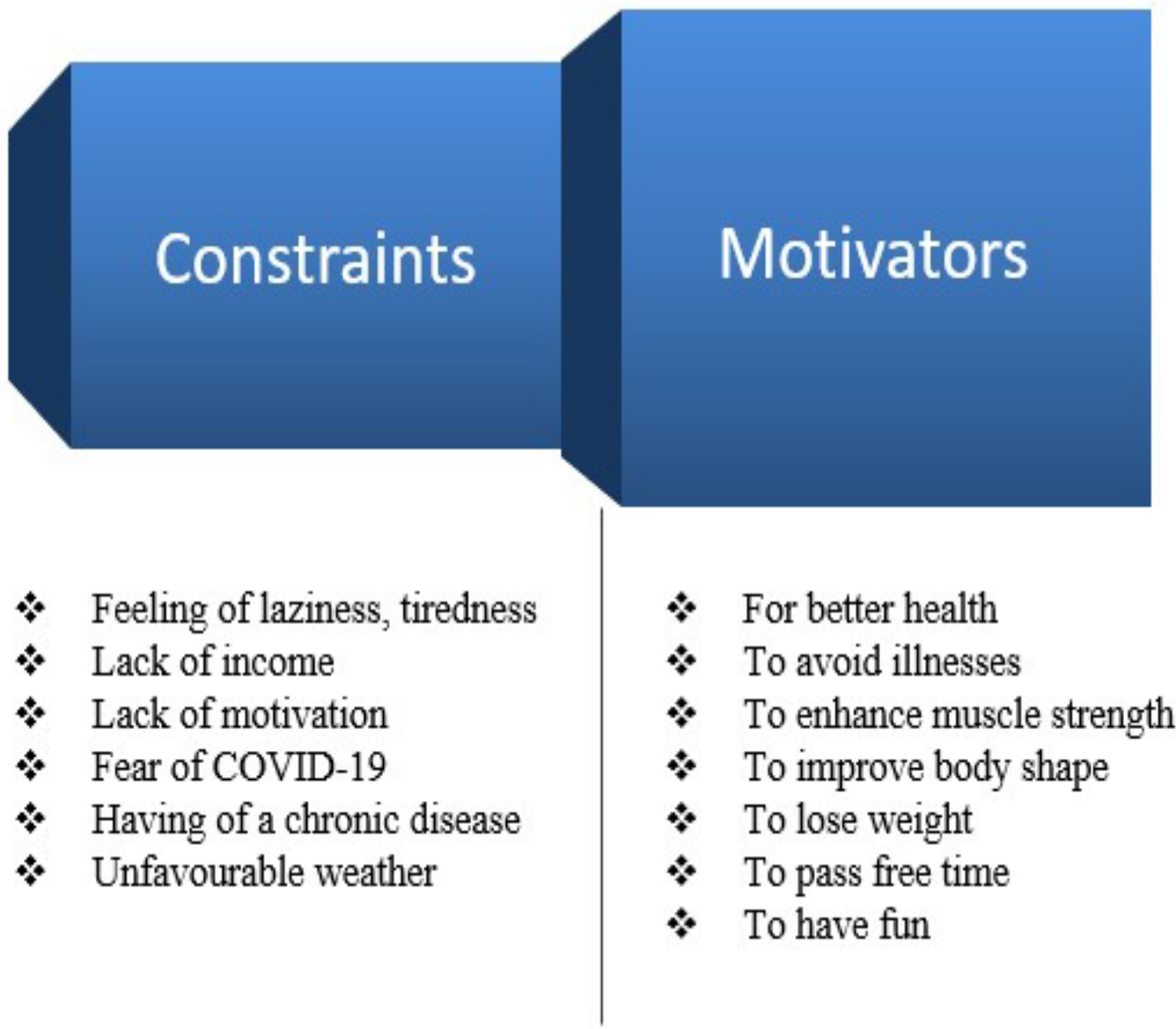
PATTERNS OF PHYSICAL ACTIVITY AMONG STUDENTS

Attribute	Frequency (100%)
Participate in moderate physical activities	
Yes	36 (46.2)
No	42 (53.8)
Participate in vigorous activity that increases heartbeat	
Yes	60 (76.9)
No	18 (23.1)
Participate in cycling for 10 minutes	
Yes	65 (83.3)
No	13 (16.7)
Mode of transport to university	
Train/ Car/ Bus/ Taxi	58 (74.4)
Walked	14 (17.9)
Biked	02 (2.6)
Amount of physical activity undertaken in a week	
Active	44 (56.4)
Fairly active	23 (29.5)
Inactive	11 (14.1)
Number of active days (For at least 60 mins)	
Each day	22 (28.2)
4-6 days	24 (30.8)
2-3 days	18 (23.1)
Once a week	07 (9.0)
< once a week	07 (9.0)
Member of sports club	
Yes	67 (85.9)
No	10 (12.8)
Mode of study	
Full time	70
Part time	08
Level of study	
Undergraduate	65
Postgraduate	13

PARTICIPATION IN PHYSICAL ACTIVITIES



MOTIVATORS AND CONSTRAINTS AFFECTING THE PARTICIPATION OF UNIVERSITY STUDENTS IN PHYSICAL ACTIVITIES



CONCLUSION

This cross-sectional study was conducted among students investigating the patterns and levels of physical activity. The findings obtained show that there is need to continue to motivate students to engage in physical activity and exercises.

KEY REFERENCES

- 1.Strain T, Sharp SJ, Spiers A, Price H, Williams C, Fraser C, et al. Population level physical activity before and during the first national COVID-19 lockdown: A nationally representative repeat cross-sectional study of 5 years of Active Lives data in England. Lancet Reg Health
- 2.El Ansari W, Stock C. Gender Differences in Self-Rated Health among University Students in England, Wales and Northern Ireland: Do Confounding Variables Matter? Glob J Health Sci. 2016 Mar 23;8:168