# 136 - HABITUAL PHYSICAL ACTIVITY AMONG PHYSICAL EDUCATION COLLEGE STUDENTS

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## INTRODUCTION

The habitual practice of the physical activity is concerned as an important component of the lifestyle associated to the conservation and the health promotion. Available evidences on the literature suggest that the physical activity practiced right quantities and intensities can reduce the relative risk of the appearance and development of chronic degenerative dysfunctions, as in the case of the cardiac disease, hypertension, obesity, *mellitus* diabetes type2,osteoporose, osteoarthritis and some kinds of cancer (U.S. Department of Health and Human Services, 1996; Oja, Borms, 2004).Still, a physically active lifestyle benefits he psycoemotional health by the control of the anxiety and depression marks, and the maximization of the auto esteem, auto image, the auto control and other indicator related the life quality (Stephens, 1988; Weyerer, 1992).

Despite of the importance of the habitual practice of the physical activities, the statistics related of the sedentary way in the people all over the world are extremely concerned. The national survey realized in the United States showed that one of each four North American adults is inactive or insufficiently active(CDC, 2001). In the European Union countries the advantage of the sedentary way at the fun moments changed approximately 10% (Finland and Switzerland) to 60% (Portugal) (Martinez-Gonzales et al, 2001). In Brazil, although it was based in regional studies, involving only selected samples in São Paulo State, the available dates pointed the dimensions of 60-65% of sedentary behavior at the adult population (Matsudo et al, 2002).

In front of the attacks of the sedentary behavior for the individual health and its high advantage all over the world, intervention directed to the incentive of the habitual practice of physical activities have been considered one of the priorities aim at he public health camp (Sallis, Owen, 1999). With this sense, we chose to involve the academic studies of the physical education course because they treat of an university segment privately involved in the conservation, promotion and health rehabilitee, education for health, prevention and diseases control by the practice of physical activities. While characterized the indicators related to the health behaviors of future professionals of physical education might conclude a kind of influence, direct and indirect, that these might have the motivation constructions for the practice of healthy habits, including the physical activity. Therefore, the objective of the present study was show the descriptive informations about the levels related to the habitual practice of the physical activity in a representative sample of the students of the physical education course of FAEFIJA.

## METHODOLOGY

The including of the people in this study occurred by the wish in participating of the experiment. For this, all of the applied students and that frequent the course at the year of 2006 were contacted and informed as its nature and objectives and they were invited to participate of the study. Through the confirmation by the free and explained consent term of an universe of 395 university students, 100(48 girls and 52 guys) agreed on participate of the study.

The collection of the dates was realized through measure instrument involving socio-demographic indicators and the habitual practice of the physical activity. In the section related to the socio-demographic indicators were treated informations about the sex, the age, the level of the course, the marital status, the house, the journey of work and overweight. The overweight indicators was defined by the index of corporal mass calculus (IMC), reason among the related measures of the corporal weight expressed in kilograms and the structure expressed in square meters ($kg/m^2$).

The informations about the habitual practice of physical activities were obtained by the using the International Physical Activity Questionnaire - IPAQ) in its short form, version 8, with reference the last week (Craig et al, 2003).The four questions about the instrument looked to get informations about the frequency( days/week) and the duration(minutes/day) in the walkings and the daily activities that requires physical effort of moderate and vigours intensity, besides the time(minutes/day) spent in activities realized in sat position while studying, working, free time occupation and housework. To characterize the habitual practice of the physical activity turned to the consensus offered by the idealistic of the IPAQ, considering for categories: well-active, active, irregularly active and sedentary.

The instrument was accomplished individually, at the same place and time of the classes, between the months may and june 2006. The participants of the study received the instrument with the instructions and recommendations for its filling, not been established limits of time for its finished. The eventual doubts showed by the answerers were explained by the researcher that was seeing the date collection.

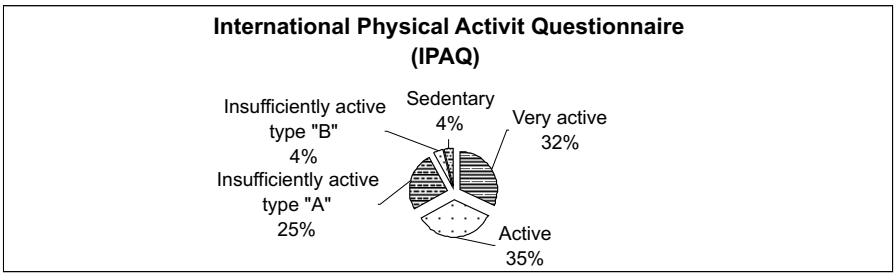
The statistic treatment of the informations was accomplished through the computadorized package *Statistical Package for the Social Science* (SPSS), version 13.0. The dimensions of the people at the different categories at the habitual practice of the physical activity were analyzed by the contingency tables.

## RESULTS

The results point that the average age of the students is 23, 5 years. 91% were single and 11% of them had children. Also, 75% related that worked in paid way, 95% didn't smoke and 51% didn't drink alcoholic drinks, what signs to good behavior of health.

The distribution of the students among the categories of auto-account of the habitual practice of physical activity showed at the IPAQ is available on picture 1. It emphasizes the dimensions of the students that together attend to the recommendations offered to the active and the well-active (67%) are higher than the dimension of the students categorized as sedentary and insufficient active(33%).

**Picture 1 -** Informations about the related levels of habitual practice of physical activity in university students from the Physical Education course of the Faculdade Estadual de Educação Física de Jacarezinho - Paraná (FAEFIJA)

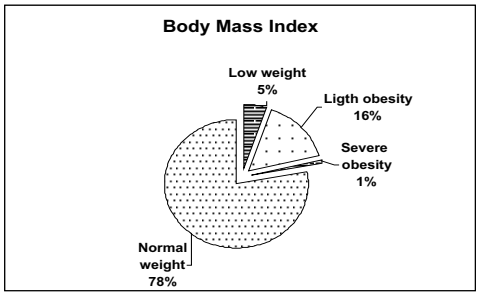



Through the identics criterion of understanding of the collected dates about the habitual practice of physical activity, the results showed by the student here analyzed pointed to the minor dimension of sedentary way and the irregular practice of the physical activity in comparison with the epidemiologics studies involving other segments of population of the same age from the south-american countries (Gómez et al, 2005), north-americans (CDC, 2001) and European (Rütten, Abu-Oman, 2004). In comparison with national studies (Matsudo et al, 2002), the informations of the present study point the students as substantial active that compose the Brazilian population in general. The reasons for these differences might be related as the specification of the sample selected on the studies. At this investigation, the totality of the sample was realized by the students of the students from the physical education course that do specific activities for the professional formation in these areas. So, in some of this activities it's necessary a compulsorily active behavior for its attendance.

Picture 2 shows informations about the index of corporal mass. The average value observed was of 22.34 kg/m$^2$, been 5% shows low weight(< 18,5 Kg/m$^2$), 16% corporal weight equivalent to a light obesity (30 a 39,9 < 18,5 Kg/m$^2$) and 1% to severe obesity(> 40 < 18,5 Kg/m$^2$). By other side, 78% of the analyzed students showed euphoric corporal (18 a 24,9 Kg/m$^2$).

From the socio-demographics indicators selected in the study, the overweight was the one which showed more impact at the levels related to the habitual practice of the physical activity. Evidences found at the previous studies confirm the negative impact of the overweight at the habitual practice of physical activities in adults (CDC, 2001; Martinez-Gonzalez et al, 2001; Gómez et al, 2005; Rütten, Abu-Oman, 2004). Therefore, identify if the overweight make the maintenance of the deserved level of the habitual practice of physical activity harder or if the sedentary way contributes to the overweight appearance seems be a team not concluded in literature yet.

**Picture 2-** Informations about the index of the corporal mass on the university students of the physical education of Faculdade Estadual de Educação Física de Jacarezinho - Paraná (FAEFIJA)




**FINAL CONSIDERATIONS**

Although the results here showed can offer new knowledges for this study area, we call the attention for the identified limitations in its delineation. The most important and that deserve especial prominence is the fact that the study involves transversal sample delineament, therefore, the secular disposal about the modifications among the behavior levels and the level related to the habitual practice of the physical activity couldn't be accompanied. Also, the sample of the study consisted of a group of people, in thesis, particularly favored about the habitual practice of the physical activity - students of the physical education course. In this way, the generalization of the results of the study and the others segments of the university population can be failed, ounce that there is available at the literature says about the participation of determined environment and the linked people the specialties of the different universities course related to the behaviors of the health risk. (Douglas et al, 1997; Silver et al, 2000).

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**HABITUAL PHYSICAL ACTIVITY AMONG PHYSICAL EDUCATION COLLEGE STUDENTS**

**ABSTRACT**

The purpose of this study was to provide descriptive data about habitual physical activity levels in representative sample of physical education college students of the Faculdade Estadual de Educaçao Fisica de Jacarezinho - PR (FAEFIJA). A sample of 100 of the 395 enrolled students were included in the study. The short version of the International Physical Activity Questionnaire (IPAQ) was used to assess the habitual physical activity. The results showed that the average of age of the students was 23,5 years, 75% work in a paid way, 95% of the students don't smoke and 51% don't consume alcohol which indicates healthy. The average medium index body mass found was of 22.34 kg/m$^2$, and 78% are with normal weight. About the level of habitual physical activity accomplished by the students, there are indications that most already practiced exercises before entering in FAEFIJA and they didn't lose the habit, which indicates that such behaviors might have influenced when they made the option for the course of physical education. Of those researched, 67% are among the physically active and many active, what takes to have faith that there is a concern as for the lifestyle.

**Keywords:** Physical Activities, Health, Behavior, IPAQ.

**L'HABITUDE DE LA PRATIQUE D'ACTIVITÉS PHYSIQUES ENTRE DES ÉLÈVES DU COURS D'ÉDUCATION PHYSIQUE**

**Résumé**

La Présent étude a comme objectif présenter donnés quant * aux habitudes de la pratique des activités physiques d' universitaires du cours d' Education Physique de la Faculté de l' État d' Education Physique de Jacarezinho - Paraná (FAEFIJA). Les informations quant à pratique habituel d' activité physique sont allé obtenu par l' intermédiaire forme courte du Questionnaire Internacional d' Activité Physique. L' échantillon est allé construit par 100 des 395 universitaires matriculés (25%). Les résultâtes montrent pour une age moyenne de 23,5 ans 75% travaillent de forme rémunéré, 95% fument pas et 51% ne consomme pas de boisson alcoolique, ce que signalise pour comptements favorables de la santé. L' index de Masse Corporelle moynne rencontré est allé de 23.34 Kg/m² et 78% des universitaires enveloppés dans l' etude présentaient poids corporelle attendue. Quant à la pratique habituel de l' activité physique raconté par les universitaires, il y a indices de que la majorité est allé déjà suffisamment actifs avant d'entrer dans la FAEFIJA it ils ont maintenu ce habitude ce que suggère que ce comportement pruvent avoir influencé quand de l' option par le cours d' Education Physique. Des universitaires réunis dans l'étude 67% on rencontrait entre les physiquement actifs et beaucoup actifs, ce que amène a croire qu' existe une préoccupation quant style de vie.

**Mots Clés:** Activités Physiques, Sade, Comportement, IPAQ

**ACTIVIDAD FÍSICA HABITUAL DE UNIVERSITARIOS DE EDUCACIÓN FÍSICA**

**RESUMEN**

El presente estudio tiene como objetivo presentar datos sobre los hábitos de práctica de actividades físicas de universitarios del curso de educación física de la Facultad Estadual de Educación Física de Jacarezinho - Paraná (FAEFIJA). Las informaciones sobre la práctica habitual de actividad física fueron obtenidas por intermedio de la forma corta del Cuestionario Internacional de Actividad Física. La muestra fue constituida por 100 de los 395 universitarios matriculados (25,5%). Los resultados apuntan para una edad media de 23,5 años, el 75% trabaja en forma remunerada, el 95% no fuma y el 51% no consume bebidas alcohólicas, lo que indica comportamientos favorables para la salud. El Índice de Masa Corporal medio encontrado fue de 22.34 kg/m$^2$ y el 78% de los universitarios envueltos en el estudio presentaban peso corporal esperado. En cuanto a la práctica habitual de actividad física relatada por los universitarios, existen indicios de que la mayoría ya era suficientemente activa antes de ingresar en la FAEFIJA y mantuvo este hábito, lo que sugiere que este comportamiento pueda haber influido en el momento de optar por el curso de educación física. El 67% de los universitarios reunidos en el estudio, se encontraba entre los físicamente activos y muy activos, lo que lleva a creer que existe una preocupación en cuanto al estilo de vida.

**Palabras-llaves:** Actividad Física, Salud, Comportamiento, IPAQ.

**ATIVIDADE FÍSICA HABITUAL DE UNIVERSITÁRIOS DE EDUCAÇÃO FÍSICA**

**RESUMO**

O presente estudo tem como objetivo apresentar dados quanto aos hábitos de prática de atividades físicas de universitários do curso de educação física da Faculdade Estadual de Educação Física de Jacarezinho - Paraná (FAEFIJA). As informações quanto à prática habitual de atividade física foram obtidas por intermédio da forma curta do Questionário Internacional de Atividade Física. A amostra foi constituída por 100 dos 395 universitários matriculados (25,5%). Os resultados apontam para uma idade média de 23,5 anos, 75% trabalham de forma remunerada, 95% não fumam e 51% não consomem bebida alcoólica, o que sinaliza para comportamentos favoráveis de saúde. O Índice de Massa Corporal médio encontrado foi de 22.34 kg/m$^2$ e 78% dos universitários envolvidos no estudo apresentavam peso corporal esperado. Quanto à prática habitual de atividade física relatada pelos universitários, existem indícios de que a maioria já eram suficientemente ativos antes de ingressar na FAEFIJA e mantiveram este hábito, o que sugere que este comportamento possa ter influenciado quando da opção pelo curso de educação física. Dos universitários reunidos no estudo, 67% encontravam-se entre os fisicamente ativos e muito-ativos, o que leva a crer que existe uma preocupação quanto ao estilo de vida.

**Palavras-chaves:** Atividade Física, Saúde, Comportamento, IPAQ.