



LEVEL OF PHYSICAL ACTIVITY AND SEDENTARY BEHAVIOR IN STUDENTS OF SPORTS AREA PROGRAMS, IN TIMES OF COVID-19 PANDEMIC

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Description of the problem: According to the World Health Organization (WHO), physical inactivity produces 3.2 million deaths annually, being the fourth risk factor for mortality worldwide. On the other hand, only about 60% of the global population meets the recommendations for physical activity. The COVID-19 virus was declared a pandemic and generated a health emergency and all countries, including Colombia, established measures to prevent the collapse of the public health system, through mandatory quarantine. These restrictions led to an increase in time at home, possibly related to the increase in sedentary behaviors and the decrease in the levels of physical activity in the university population, due to the implementation of the virtual modality to continue with their educational programs.

Objective: To evaluate the level of physical activity and sedentary behavior of students of programs in the sports area, during confinement due to the COVID-19 pandemic.

Characteristics of the sample: Descriptive cross-sectional study. Participants in the study were 87 students (70.11% were male). In age range, 57.47% were between 18 to 22 years old and 28.74% between 23 to 33 years old.

Method used for data collection: The International Physical Activity Questionnaire short form (IPAQ) and the Sedentary Behavior Questionnaire (SBQ) were converted to Google Forms format and applied via email.

Results: For the IPAQ, a median of 3226.5 with a interquartile range of [1917.5:4740] of total METS was found, demonstrating that 83.9% of the students are in a high level of physical activity. In the SBQ, it was found that participants spend 10.25 [6.5: 17.5] hours within the week in activities such as watching TV, eating sitting down, lying down, playing videogames and office work and 10.5 [6.5: 15] hours on weekends in the same sedentary behavior.

Implications and conclusions: University students are a vulnerable population to present inadequate lifestyles, even if they are from programs related to health or sports. However, by having practical courses, students can be more aware of the importance of physical activity and the risks of sedentary lifestyle. Although the restrictions caused by the pandemic did not have a great impact on the results of the IPAQ, it is important to continue generating strategies to promote physical activity and break the sedentary behaviors evidenced in the SBQ and mitigate the negative impact on health.

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