

The Assessment of Physical Activity & Exercise Training of Salahaddin University Students

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Abstract

The aim of this study was to investigate the assessment of physical activity and exercise training of Salahaddin university-Erbil. Seventy- two students of Salahaddin University-Erbil volunteered and participated in this study with mean and standard deviation of (age: male: 21.06 ± 2.125 , female: 20.14 ± 1.854 weight (kg): male: 72.35 ± 10.946 , female: 57.59 ± 7.494 height (m): (male: 1.73 ± 0.0795 , female: 1.63 ± 0.06288). BMI: (male: 23.89 ± 2.90 , female: 21.66 ± 2.76).

The mean outcome of this study shows that mean and standard deviation of Walking MET (min/week) for female recorded higher than male by 464.2 ± 289.26 , 704.423 ± 590.90 and in contrast, Moderate MET (min/week) (1069.33 ± 1072.34), (558.46 ± 465.30) and for Vigorous MET (min/week) (2396.44 ± 2261.59), (1052.30 ± 1042.99) for male and female interchangeably

However, the total physical activity MET per week shows (3929.97 ± 2965.09), (2315.19 ± 1537.19) for male and female interchangeably. The concluded that Male students in this study are most active compared to female students. Especially in Women perform less vigorous activity than men, but, in walking and moderate activity they are recorded higher than male

Introduction

Physical activity can help enhance the students' academic profile, such as academic achievement and behavior. Physical activity defined as any movement that resulted in all energy expended. Also, it can be defined as anybody of skeletal muscles that rise energy expenditure above resting phase (3). Researches proved that to being health and well-being doing exercise and physical activity regularly is a key point (). Which may resulted in mental health benefits and being active in social relationships. Furthermore, participation in activity for long pirod of time reduce the chance of chronic disease such as diabetes, cardiovascular and other kind of disease such as overweight and obesity included which recommended by (12). Physical activity can be performed regularly such as dressing, bathing, climbing and walking or doing exercise regularly. In contrast, that activity which performed as a part in leisure and planned time (household, occupational, recreational called also leisure-time activity, transportation-walking) must include three its components: frequency, duration and intensity.

Recently, Many studies conducted and focused on decline of physical activities across worldwide which led to increase of obesity and other disease risks (14). By doing Physical activity it may reduce the chances of those risk (10,13). In addition to that physical activities build and maintain healthy bone and muscle, reduce obesity, reduce stress and anxiety and enhance healthy life style (4). A study by(7), noticed that the decline Physical activity among young adults' transition into early adulthood with the steepest decline occurring at the time of entering a university. One third of active students in high school became insufficiently active when becoming university students (2).thus, It is very important of Physical activity among populations and their benefits.

The main aim of this study is to investigate the assessment and exercise training of Salahaddin university using The International Physical Activity Questionnaire (IPAQ)(6).

Methods

Subjects:

Seventy- Two students male and female, of Salahaddin University-Erbil, volunteered and participated in this study with mean and standard deviation of (age: mean 21.06 stv 2.125, height: mean 1.73 stv 6.795, weight: mean 72.35 stv 10.946, age: 20.14 ± 1.854 , height: 1.63 ± 6.288 , weight: 57.59 ± 7.494) male and female respectively.

Table (1)
Anthropometric Measurements of (Height, Weight & Age)

Anthropometric measurements	Male (45)		Female (27)	
	Mean $\pm$	STDEV $\pm$	Mean $\pm$	STDEV $\pm$
Age	21.06	2.125	20.14	1.854
Weight(kg)	72.35	10.946	57.59	7.494
Height(m)	1.73	6.795	1.63	6.288

Procedures:

This study applied in 10th July after final examination of academic year (2019-2020).

All procedures were approved by (**Ethics and scientific Committees, College of physical Education & Sport Science-Salahaddin University-Erbil**).

Prior applying questionnaire, all participated were asked to fill out the form which included anthropometric measurements as height and weight & age table (1). For assessing physical activity of participants, **short form of International Physical Activity Questionnaire (IPAQ)** are given to the participations (via online process) in which they are asked to give the number of days and the duration of the three types of exercise vigorous, moderate and walking activity.

Data Analysis

All data analyzed by using SPSS software mean and standard deviation were counted from all male and females. Regarding to interrupting the data of IPAQ the following formula was used: Walking MET = 3.3 x walking minutes x walking days for Moderate MET = 4.0 x walking minutes x walking days and for Vigorous MET = 8.0 x walking minutes x walking days and for analyzing Total Physical Activity MET = sum of Walking + Moderate + Vigorous MET minutes/week scores.

Results

Table (1)

Mean and standard deviation of Anthropometric Measurements & Body Mass Index

Anthropometric measurements	Male n(45)	Female n(27)
	Mean± STDEV	Mean± STDEV
Age	21.06 ±2.125	20.14 ±1.854
Weight(kg)	72.35 ±10.946	57.59 ±7.494
Height(m)	1.73 ±6.795	1.63 ±6.288
BMI	23.89 ±2.90	21.66 ±2.76

The results of the study show that students met the recommendations by WHO guidelines for health in term of physical activity (13).

Bar chart (1)

Difference between male & females In Anthropometric Measurements & Body Mass Index

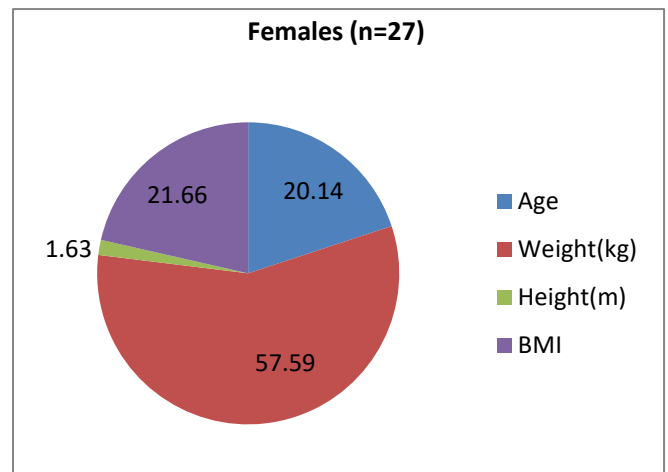
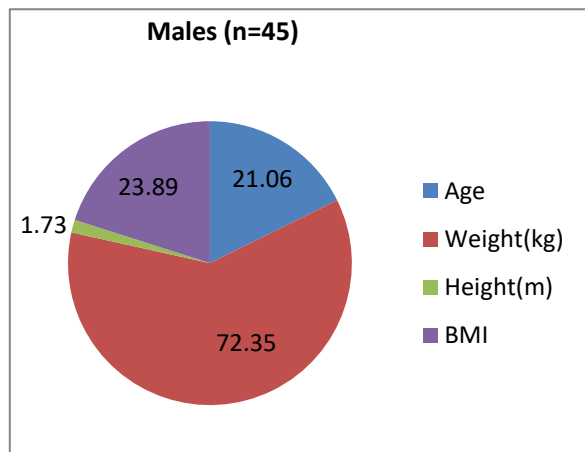


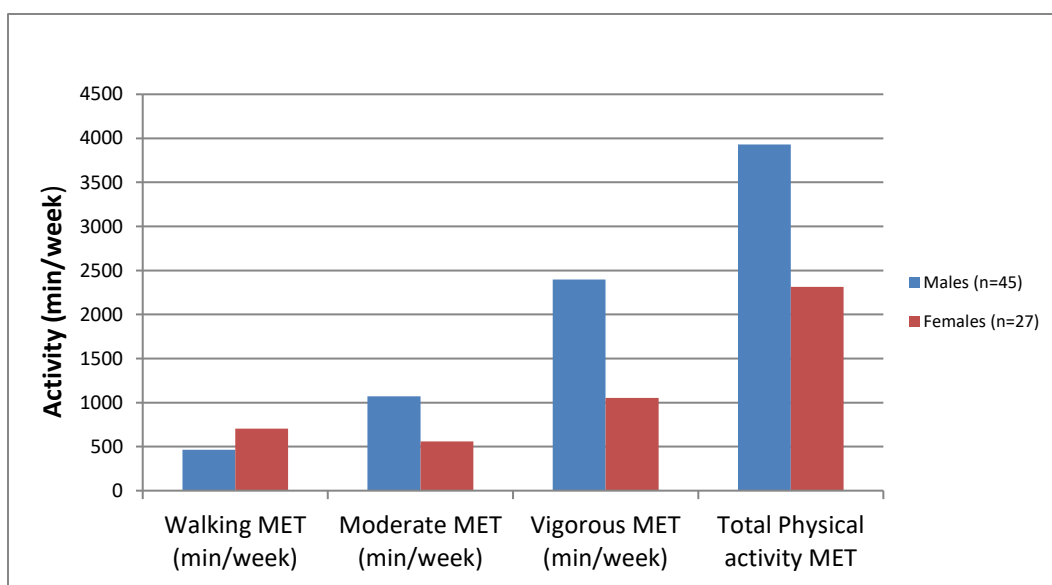
Table (3)

Physical activity MET based on IPAQ

IPAQ	Males (n=45)	Females (n=27)
Walking MET (min/week)	464.2±289.26	704.423±590.90
Moderate MET (min/week)	1069.33±1072.34	558.46±465.30
Vigorous MET (min/week)	2396.44±2261.59	1052.30±1042.99
Total Physical activity MET	3929.97±2965.09	2315.19±1537.19

Bar chart (2)

Total of Physical Activity MET Per Week



The mean finding in this study shows that the Walking MET (min/week) 464.2±289.26, 704.423±590.90 for both male and female respectively.

Regarding to Moderate MET (min/week) recorded 1069.33±1072.34 for male and 558.46±465.30 for females. In contrast, Vigorous MET (min/week) for male recorded higher than female with 2396.44±2261.59, 1052.30±1042.99 respectively.

However, Total Physical activity MET for male recorded 3929.97 ± 2965.09 and for female recorded 2315.19 ± 1537.19 .

Our mean outcomes in this study showed there is significant difference between male and female on doing physical activity lower physical activity especially from the end of academic study and the of participants. The studies conducted on this eared concluded that lower physical activity. There is evidence that the level the promotion of physical activity of students decrease in the practice of moderate to vigorous physical activity especially for females (11). Several studies have noticed that most important reasons for not participating in physical activity due to them have not having enough time. (8).

Conclusions

The study concluded that Male students in this study are most active compared to female students. Especially in Women perform less vigorous activity than men, but, in walking and moderate activity they are recorded higher than male. It is important to conduct more researches on this field.

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