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Level of habitual physical activity in children and adolescents from the Region of Murcia (Spain)

Guillermo Felipe López Sánchez^{1*}, Sixto González Villora² and Arturo Díaz Suárez³

Abstract

The level of physical activity of people is a very important issue internationally. The aim of this study was to analyze the level of habitual physical activity in children and adolescents from the Region of Murcia (Spain). With this purpose, the questionnaire Physician-based Assessment and Counseling for Exercise (PACE) was administered to 1055 children and adolescents (532 males and 523 females), aged between 3 and 18 years. The results showed that the sample studied does not do enough physical activity, according to the recommendations of the World Health Organization, as they do at least 60 min of physical activity only an average of 3.29 days/week (SD = 1.84). Besides, 77 % of the schoolchildren studied is inactive according to the classification of PACE questionnaire. According to sex, there are more active boys (31.2 %) than active girls (14.9 %) and, on average, boys do more physical activity than girls, almost a day more per week.

Keywords: Physical activity, Health, Schoolchildren

Background

Promoting physical activity and sports has become one of the most important goals of schools in most of the developed countries, due to the large number of sedentary lifestyle among people. Nowadays, society understands that physical exercise and sport have a very important role in the preservation and development of health in humans and. Besides, beneficial contributions of physical activity and sport, performed under certain parameters of frequency, intensity and duration, are universally known. For this reason, physical activity is related to a healthy lifestyle (Vilchez-Barraso 2007).

Physical activity can produce benefits in different health parameters of children and adolescents, like physical self-concept, muscular strength and aerobic endurance (Borrego-Balsalobre et al. 2012, 2014, 2015a, b), body composition and heart rate variability (López-Sánchez et al. 2013, 2015c). Physical activity is also very beneficial in people with special needs, such as individuals with

Down syndrome (López-Sánchez and López-Sánchez 2013) and schoolchildren with ADHD (López-Sánchez et al. 2014, 2015a, b, d, e, 2016a, b, c, d), and can improve health parameters such as physical fitness, body image, heart rate, blood pressure, body fat, general and segmentary motor coordination, sleep quality and life quality.

However, the positive effects of the practice of physical activity and sport do not correspond to the frequency of the practice by the schoolchildren. In this regard, some researches indicate a significant decrease in the practice of physical activity and sport from childhood to adolescence (Moreno et al. 2007; Perula-de-Torres et al. 1998; Román et al. 2006).

This contradiction has provoked that the promotion of healthy habits and lifestyles is now a priority in developed societies. Surprisingly, the higher rate of sociocultural development, the worse living conditions: poor quality diet, sedentary lifestyle, acquisition of habits harmful to health, among others (Perula-de-Torres et al. 1998).

According to global recommendations on physical activity for health established by the World Health Organization (WHO 2010), for children and adolescents aged 5–17 years, physical activity includes play, games, sports,

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Studies On Habitual Physical Activity And Aerobic Fitneb In 4 To 10 Years Old Children

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Children and Exercise XIX N. Armstrong,2013-09-13 research from the 19th running of a long established international event official event and publication of the proceedings of the Children and Exercise XIX Symposium

Morbidity and Mortality Weekly Report ,1997 Kinanthropometry and Exercise Physiology Laboratory Manual: Tests, Procedures and Data Roger Eston,2009-06-02 Kinanthropometry is the study of human body size shape and form and how those characteristics relate to human movement and sporting performance In this fully updated and revised edition of the classic guide to kinanthropometric theory and practice leading international sport and exercise scientists offer a clear and comprehensive introduction to essential principles and techniques Each chapter guides the reader through the planning and conduct of practical and laboratory sessions and includes a survey of current theory and contemporary literature relating to that topic The book is fully illustrated and includes worked examples exercises research data chapter summaries and guides to further reading throughout Volume One Anthropometry covers key topics such as body composition proportion and growth evaluating posture flexibility and range of motion children s physiology maturation and sport performance field work statistical methods for kinesiology and sport accurate scaling of data for sport and exercise sciences The Kinanthropometry and Exercise Physiology Laboratory Manual is essential reading for all serious students and researchers working in sport and exercise science kinesiology and human movement Roger Eston is Professor of Human Physiology and Head of the School of Sport and Health Sciences at the University of Exeter Thomas Reilly is Professor of Sports Science and Director of the Research Institute for Sport and Exercise Sciences at Liverpool John Moores University *Growth, Maturation, Physical Activity, and Sport* Robert M. Malina,2025-04-14 This book is uniquely focused on the growth and maturation of children and adolescents in relation to physical performance The latest edition explores an overview of youth sports including the benefits and risks as well as efforts aimed at talent development *Register of Educational Research in the United Kingdom* National Foundation For Educational Research,2005-11-30 First published in 1998 Routledge is an imprint of Taylor Francis an informa company *Health Promotion in Children and Adolescents through Sport and Physical Activities* Antonino Bianco,2019-05-10 I made the important decision to manage a Special Issue because I believe it to be extremely important to focus on children s and adolescents physiological and psychological development I aimed to collect research that investigates the role of physical activity and sport on physical and mental well being with a particular focus on practical implications innovation tools and technique This Special Issue Health Promotion in Children and Adolescents through Sport and Physical Activities addresses pediatric exercise science as a key scientific discipline able to help future generations live longer and better It is already clear that sedentariness and a low level of muscular strength and power significantly affects cognitive functions and daily relations but it is interesting to understand the key determinants and how we can help practitioners

better manage these concerns in their patients Authors were invited to submit letters original research papers case studies meta analyses and systematic reviews Exercise in Pediatric Medicine Tim Takken,Brian W. Timmons,2020-12-04 This eBook is a collection of articles from a Frontiers Research Topic Frontiers Research Topics are very popular trademarks of the Frontiers Journals Series they are collections of at least ten articles all centered on a particular subject With their unique mix of varied contributions from Original Research to Review Articles Frontiers Research Topics unify the most influential researchers the latest key findings and historical advances in a hot research area Find out more on how to host your own Frontiers Research Topic or contribute to one as an author by contacting the Frontiers Editorial Office frontiersin.org about contact *Kendig's Disorders of the Respiratory Tract in Children E-Book* Robert W. Wilmott,Andrew Bush,Robin R Deterding,Felix Ratjen,Peter Sly,Heather Zar,Albert Li,2018-01-17 Now in a fully updated 9th Edition Kendig's Disorders of the Respiratory Tract in Children by Drs Robert Wilmott Andrew Bush Robin Deterding and Felix Ratjen continues to provide authoritative evidence based information to residents fellows and practitioners in this wide ranging specialty Bringing key knowledge from global experts together in one easy to understand volume it covers everything from the latest basic science and its relevance to today's clinical issues to improving patient outcomes for the common and rare respiratory problems found in newborns and children worldwide Uses succinct straightforward text numerous tables and figures summaries at the end of each chapter and more than 500 full color images to convey key information in an easy to digest manner Contains new chapters reflecting expanding knowledge on the respiratory complications of Down syndrome and other genetic disorders modern molecular therapies for cystic fibrosis and asthma and pulmonary embolism and thromboembolic disease Includes access to a new video library with demonstrations of key procedures Features a new templated format with more descriptive headings and bulleted text for quick reference and navigation Covers today's key issues including the genetic basis of respiratory disease new and emerging respiratory infections interstitial lung diseases in infants and young children technology and diagnostic techniques for pulmonary function tests emerging lung infections and new therapies for cystic fibrosis and asthma Provides up to date instruction on important procedures such as bronchoscopy and pulmonary function testing Highlights the knowledge and expertise of three new editors as well as more than 100 world authorities in the fields of pediatrics pulmonology neurology microbiology cardiology physiology diagnostic imaging critical care otolaryngology allergy and surgery Expert Consult™ eBook version included with purchase This enhanced eBook experience allows you to search all of the text figures and references from the book on a variety of devices *A Life Course Approach to Healthy Ageing* Diana Kuh,Rachel Cooper,Rebecca Hardy,Marcus Richards,Yoav Ben-Shlomo,2013-12-19 Healthy ageing has long been a neglected area of epidemiological research as the traditional focus has been on specific chronic diseases of older life There is a growing consensus from scientists research funders and policy makers that ageing itself needs to be studied from an interdisciplinary and life course perspective to inform strategies for reducing the societal and individual costs of an ageing

population A Life Course Approach to Healthy Ageing is a synthesis of life course perspectives in epidemiology and interdisciplinary perspectives in ageing research It brings together expert investigators of maturing birth cohort and ageing studies cross cutting methodologists and authorities in ageing research and knowledge transfer from across the world in one wide ranging volume Contributors discuss how aspects of healthy ageing are conceptualised defined and measured relate to each other change across life and are influenced by biological psychological and social factors operating from early life onwards They identify research gaps and suggest how evidence from observational studies can be strengthened through improved study design and longitudinal analysis thereby increasing the research contribution to practice or policy change The book considers how we might delay or slow down the progressive generalised impairment of function that occurs at the individual body system and cellular levels as people grow older It also considers the determinants of wellbeing in older people including personal fulfilment positive emotions and social relationships Broad in scope discussing topics from genetics to psychological and social wellbeing A Life Course Approach to Healthy Ageing is a key resource for epidemiologists social scientists clinicians public health physicians policy makers and practitioners with a research interest in healthy ageing

Cumulated Index Medicus, 1994 Clinical Handbook of Coronary Artery Disease Gundu HR Rao, 2020-08-31

Introduction 1 Diabetes and Coronary Artery Disease 2 Coronary Artery Disease in Women 3 Finding Solutions Modifiable Risk Factors and Cardiovascular Disease in South Asians 4 Epidemiology of Diabetes in India 5 Diabetes in Low and Middle income Countries India as a Case Study 6 The North Karelia Project From North Karelia to National and International Action 7 Development of Pediatric Cardiology in India 8 Cardiovascular Risk Stratification in South Asians 9 Body Composition and Cardiometabolic Disease in South Asians Compared to Other Ethnic Groups **Teaching Exercise to Children** Morc

Coulson, 2013-08-30 Teaching Exercise to Children is for all those individuals who prescribe exercise programmes to children of ages 10 16 in schools gyms and after school clubs The only book on the market to combine both current theoretical and practical aspects its content is linked to the Health and Fitness National Occupational Standards and the Qualifications Framework requirements for Teaching Exercise and Fitness for Children The author backs up the theory with multi skills session plans which are graded by age and illustrated with photos and clear illustrations With sections on child development and the legal issues involved in coaching children this book is the bible for all those studying or already teaching exercise to young people **Oxford Textbook of Children's Sport and Exercise Medicine** Neil Armstrong, Willem Van

Mechelen, 2023 The 4th edition of the Oxford Textbook of Children's Sport and Exercise Medicine is the definitive single volume reference in the field presented in four sections Exercise Science Exercise Medicine Sport Science and Sport

Medicine **Physical Activity** Nick Draper, Gareth Stratton, 2018-10-29 Physical activity and its relationship to health is one of the great issues of our age The causes of and solutions to physical inactivity are complex and multi dimensional and therefore the subject needs to be studied and understood from a variety of perspectives This is the first textbook to provide a

truly multi disciplinary introduction to physical activity studies Offering a complete foundation to the subject it covers the basics of every core discipline from biochemistry public health and biomechanics to physiology sport psychology and sociology It introduces a full range of topics across the physical activity curriculum including behaviour change motor skill development nutrition exercise prescription public health policy and physical education providing a well balanced and international perspective on each important issue There is also a strong emphasis throughout the book on the practical applied dimensions of physical activity including innovative approaches to promotion and intervention tailored to every age range and environment Physical Activity A Multi disciplinary Introduction is an indispensable companion to any course or degree programme with an emphasis on physical activity and health A variety of exclusive eResources to aid teaching and learning are also available via the Routledge website

Allergy in Estonian Schoolchildren Triine Annus, 2005

Biology of Sport, 1996 Biology of Sport publishes reports of methodological and experimental work on science of sport natural sciences medicine and pharmacology technical sciences biocybernetics and application of statistics and psychology with priority for inter disciplinary papers Brief reviews of monographic papers on problems of sport information on recent developments in research equipment and training aids are also published Papers are invited from researchers coaches and all authors engaged in problems of training effects selection in sport as well as biological and social effects of athletic activity during various periods of man's ontogenetic development

The Importance of Assessing Health Status and Health Behavioral Characteristics in Children Arlinda Cerga Pashoja, 2022-11-08

Kinanthropometry and Exercise Physiology Laboratory Manual: Tests, Procedures and Data, Third Edition, Motor Skills and Their Foundational Role for Perceptual, Social, and Cognitive Development Klaus Libertus, Petra Hauf, 2017-05-18

Motor skills are a vital part of healthy development and are featured prominently both in physical examinations and in parents' baby diaries It has been known for a long time that motor development is critical for children's understanding of the physical and social world Learning occurs through dynamic interactions and exchanges with the physical and the social world and consequently movements of eyes and head arms and legs and the entire body are a critical during learning At birth we start with relatively poorly developed motor skills but soon gain eye and head control learn to reach grasp sit and eventually to crawl and walk on our own The opportunities arising from each of these motor milestones are profound and open new and exciting possibilities for exploration and interactions and learning Consequently several theoretical accounts of child development suggest that growth in cognitive social and perceptual domains are influenced by infants' own motor experiences Recently empirical studies have started to unravel the direct impact that motor skills may have on other domains of development This volume is part of this renewed interest and includes reviews of previous findings and recent empirical evidence for associations between the motor domain and other domains from leading researchers in the field of child development We hope that these articles will stimulate further research on this interesting question

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