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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

Scott C. Dulebohn



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

The book delves into Studies On Habitual Physical Activity And Aerobic Fitneb In 4 To 10 Years Old Children. Studies On Habitual Physical Activity And Aerobic Fitneb In 4 To 10 Years Old Children is a vital topic that must be grasped by everyone, from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Studies On Habitual Physical Activity And Aerobic Fitneb In 4 To 10 Years Old Children, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:

- Chapter 1: Introduction to Studies On Habitual Physical Activity And Aerobic Fitneb In 4 To 10 Years Old Children
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- Chapter 4: Studies On Habitual Physical Activity And Aerobic Fitneb In 4 To 10 Years Old Children in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, this book will provide an overview of Studies On Habitual Physical Activity And Aerobic Fitneb In 4 To 10 Years Old Children. The first chapter will explore what Studies On Habitual Physical Activity And Aerobic Fitneb In 4 To 10 Years Old Children is, why Studies On Habitual Physical Activity And Aerobic Fitneb In 4 To 10 Years Old Children is vital, and how to effectively learn about Studies On Habitual Physical Activity And Aerobic Fitneb In 4 To 10 Years Old Children.
3. In chapter 2, this book will delve into the foundational concepts of Studies On Habitual Physical Activity And Aerobic Fitneb In 4 To 10 Years Old Children. This chapter will elucidate the essential principles that must be understood to grasp Studies On Habitual Physical Activity And Aerobic Fitneb In 4 To 10 Years Old Children in its entirety.
4. In chapter 3, the author will examine the practical applications of Studies On Habitual Physical Activity And Aerobic Fitneb In 4 To 10 Years Old Children in daily life. The third chapter will showcase real-world examples of how Studies On Habitual Physical Activity And Aerobic Fitneb In 4 To 10 Years Old Children can be effectively utilized in everyday scenarios.
5. In chapter 4, this book will scrutinize the relevance of Studies On Habitual Physical Activity And Aerobic Fitneb In 4 To 10 Years Old Children in specific contexts. This chapter will explore how Studies On Habitual Physical Activity And Aerobic Fitneb In 4 To 10 Years Old Children is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, this book will draw a conclusion about Studies On Habitual Physical Activity And Aerobic Fitneb In 4 To 10 Years Old Children. The final chapter will summarize the key points that have been discussed throughout the book. The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Studies On Habitual Physical Activity And

Aerobic Fitneb In 4 To 10 Years Old Children.

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