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

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## 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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