

An assessment of physical activity among school students in Transylvania

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Abstract

Background. The insufficiency of data regarding physical activity among Romanian adolescents shows the necessity of studies which evaluate this behaviour as well as of factors which influence it.

Aims. The aim of this study was the assessment by a cross sectional survey of the level of physical activity among high school and secondary school students from two counties in Transylvania, Romania.

Methods. The study included 630 secondary school students and 568 high school students, which filled in an anonymous questionnaire which investigated their habits related to physical activity.

Results. A percentage of 41% of secondary school students and 32% of high school students observed the recommendations of physical activity, meaning that their involvement in physical activity at least 4-5 times/week. Both among secondary school students as well as among high school students the involvement in physical activity was significantly higher among boys than among girls. The performing of physical activity at least 4-5 times/week decreased with age and this fact was obvious both among boys and girls. A positive association between the frequency of physical activity and the duration of performing physical activity each time both among secondary school as well as high school students was noticed.

Conclusions. The study shows the opportunity of continuing the investigation of behaviour regarding physical activity and underlines the necessity of developing comprehensive programs for promoting physical activity among Romanian adolescents for achieving a healthy lifestyle.

Keywords: school students, physical activity, health promotion.