

The share of locomotion active transport in full-day physical activity of 15-17 youth

The objective of the research: The purpose of the thesis was to determine the share of locomotion (active transport) in full-day physical activity of 15-17 youth, with regard to particular parts of the day of the school day (before school, at school and after school). The volume and intensity of physical activity of boys and girls was assessed, taking into account the division of the respondents into less and more active youth while traveling on their way to school. The level of implementation of the recommendations of physical activity of youth was determined.

Methods and material: The study involved 525 boys and 749 girls aged 15-17. The International Physical Activity Questionnaire IPAQ-Long, which students completed using the INDARES internet platform, the Digi-walker SW-701 pedometer and the ActiGraph™ accelerometer was used to monitor physical activity.

Results: The study results showed a difference in the volume and intensity of physical activity between boys and girls. Boys were more active than girls, they participated in activities at a level of moderate and high intensity more often. On the other hand, girls more often undertook low intensity activities (walk). Groups of boys and girls who were more active during the transport, took more steps than less active groups. The difference was particularly significant between less and more active girls. More active youth during transport carried out more recommendations for physical activity (at any level of intensity) than less active students during transport. Boys and girls were more active on school days than on the weekend, the most active day of the week was Friday and the least active was Sunday.

Conclusions: Locomotion (active transport) has a positive impact on the implementation of physical activity recommendations, especially among girls whose low intensity activity constitutes a significant percentage of all-day physical activity. Programs aimed at activating young people should take into account active movement as one of the important elements that may affect the increase of all-day physical activity.

Key words: physical activity recommendations, locomotion, active transport, youth, IPAQ, accelerometer, pedometer