

Structure of weekly physical activity of youth in the context of participation in organized physical activity from 2012 to 2020

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Summary

The objective of the research: The aim of the doctoral dissertation was to diagnose the weekly physical activity of adolescents aged 16 in 2012-2020, with particular emphasis on the period of the COVID-19 pandemic, as well as gender and participation in organized physical activity. The relationship between participation in organized physical activity and weekly physical activity was determined. Physical activity of boys and girls was assessed taking into account the division of respondents into persons participating and not participating in organized physical activity. The level of implementation of recommendations regarding physical activity of young people was also determined.

Methods and material: The study conducted in the years 2012-2020 involved 2290 students of Silesian schools aged 16. In order to diagnose physical activity, the International Physical Activity Questionnaire IPAQ-Long was used, which was completed by students using the INDARES internet platform.

Results: The analysis of the results obtained in the course of the research showed differences in the level of physical activity between boys and girls. Boys are more physically active than girls and more often than boys participate in high- and moderate-intensity activities. Boys show the greatest physical activity during efforts of moderate intensity, and girls – low intensity. Participation in organized physical activity turns out to have a significant impact on meeting the recommendations for physical activity in both sexes. Regardless of the number of hours of organized physical activity per week, the majority of the surveyed individuals do not meet the recommended guideline of 60 minutes of physical activity per day. Young people participating in organized physical activity are also characterized by a higher level of physical activity during school hours, transport, work related to the home and recreation. They also participate longer in high- and moderate-intensity efforts than adolescents who do not participate in organized physical activity. The period of the COVID-19 pandemic had a significant impact on the decline in the level of physical activity in areas related to school and

recreation, and lowered the percentage of young people meeting the recommendations of physical activity.

Conclusions: Participation in organized physical activity increases the likelihood of meeting the recommendations for physical activity. This fact should be taken into account when planning programs aimed at increasing the level of physical activity of young people.

Keywords: physical activity recommendations, youth, physical activity, organized physical activity, IPAQ, Indares, COVID-19.