Children and teenagers, adults...

Discussion

These results showed that 70.6% of students and 74.5% of educators met the current Surgeon General guidelines for physical activity. This is significantly higher than the CDC reported rates of 21% of Americans meeting the guidelines for physical activity. No significant difference was seen in time spent in moderate-vigorous physical activity (MVPA). However, students reported significantly more time walking and engaging in vigorous physical activity than educators (p<.05). The high levels of physical activity reported in our study are likely influenced by the fact that a majority of the participants were from kinesiology and/or health departments. Further research should be conducted to include more participants, from a larger spectrum of institutions. In addition, a similar study should be performed to access physical activity rates across disciplines.

Study Limitations

The main limitation for this study is that the physical activity data is self reported. A majority of the students and faculty participants were from Linfield College. Another limitation is the relatively small sample size of the educators. Most of the participants came from a kinesiology or health department. This health based field may play a role in the large percentage of people that met the Surgeon General Guidelines for physical activity.

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References

Available on request

Surgeon General Physical Activity Recommendations

Adults: at least 150 minutes of moderate-intensity activity each week.
Children and teenagers: at least one hour of activity each day.

www.surgeongeneral.gov