

Level of physical activity of the Portuguese and French students in physiotherapy course

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Introduction:

Physical activity (PA) comprises any kind of energetic expenditure above the stationary level and it is associated to the well being, life quality and health enhancement. Nowadays, the practice of PA is tending to decrease among university students. It is imperative that those students have the basic concepts of PA and healthy habits so that they can alert and modify the community habits and mindsets in the future.

Objectives:

To characterize the PA level of the physiotherapy grade between French (FR) and Portuguese (PT) students in the first year. Secondly, this study pretended to characterize the PA practice and verify the weekly frequency after and before starting university and understand if there is a relation between the PA level and tobacco and alcohol habits in FR and PT.

Methods:

Transversal analytic study, with 59 students sample. It had been applied two questionnaires: one for characterization the sample, and the other was the International Physical Activity Questionnaire (IPAQ). All data were analysed using the statistic program IBM SPSS Statistics, 25th version, with 0,05 significance level.

Results:

There are more FR practicing PA before and after starting university and 56,8% were classified as very active. About the weekly frequency of PA practice after and before starting university there are significant differences, as we see, generally ($p=0,013$) and FR ($p=0,019$). The relation between the PA, tobacco and alcohol habits there are no differences ($p=0,196$ and $p=0,234$ respectively).

Conclusions:

The FR had practiced more PA before and after starting university than the PT, therefore they were considered more active. About the weekly frequency, generally they continued the PA activity and, in the FR the frequency had a small decrease. It wasn't found any relation between the PA level and alcohol and tobacco habits.