

## GENDER DIFFERENCES IN PHYSICAL ACTIVITY

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**Abstract.** *Introduction:* Many teenagers today fail to meet the physical activity guidelines. However, low levels of physical activity have been positively associated with an increase in NCDs. The purpose of the research is to investigate the physical activity levels of adolescent girls and boys. *Methods:* A sample of 23 boys and 27 girls' healthy adolescents from Greece was considered. The IPAQ questionnaires were used to assess both physical activity and sedentary activities across school time and leisure time over the past 7 days. *Results:* It was found that there are no differences in the intense, moderate (days and time) physical activity of girls and boys both overall and during the days. A similar pattern was followed for the time they spend walking, in sedentary activities as well as the time they spend sleeping. However, differences were found in the way they travel to school with girls moving more often by walking as opposed to boys traveling by car ( $p=.024$ ). Finally, there were no differences in travel from school to home. *Conclusions:* The low levels of physical activity of teenagers from Greece were confirmed. Furthermore, adolescent girls and boys do not show different patterns of physical activity except in how they choose to travel to school. Further research in a larger sample and investigation of socio-economic factors is needed to more fully understand this phenomenon.

**Keywords:** IPAQ, adolescence, gender, physical activity, inactivity.

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