Social Sciences

Abstract

AGE DIFFERENCES IN PHYSICAL ACTIVITY

Ilias Ioannakis,
Doctor of Education, Ministry of Education (Greece)
https://orcid.org/0000-0002-8882-6020

Published: 25 October 2022

Abstract. *Introduction:* Internationally it is argued that with increasing age the levels of physical activity decrease more. This combined with the low levels of physical activity recorded worldwide during adolescence may lead to an increase in the negative consequences of inactivity. The purpose of the research is to investigate whether age affects the physical activity levels of adolescent. *Methods:* A sample of 50 healthy adolescents from Greece was considered. The IPAQ questionnaires were used to assess physical activity and sedentary activities across school time and leisure time over the past 7 days. *Results:* It was found that age does not affect the total time and the total number of days that adolescent children participate in intense and moderate intensity physical activity. Similar levels were also found for the time and days spent walking on weekdays, at the weekend and overall. Finally, age was not a limiting factor in sedentary activity, the hours spent sleeping, in sports activities and the way of commuting to and from school. *Conclusions:* It was not confirmed that age is a factor that separates physical activity levels between the two sexes. Possibly this is due to the time children spend in tutoring in the afternoons. A larger sample as well as the investigation of the factors that led us to this result will help to implement appropriate intervention programs for this age.

Keywords: IPAQ, adolescence, age, physical activity, inactivity.

Citation: Ilias, I. (2022). AGE DIFFERENCES IN PHYSICAL ACTIVITY. *Conferencii*, (3) 3. http://doi.org/10.51586/RAP2022-3-3