

To Determine the Level of Physical Activity and Fitness in Students Pursuing Bachelors of Physiotherapy in Surat

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ABSTRACT

Introduction: Physical fitness is an important part of human functionality related to health and well-being. Physical activity (PA) is a prime determinant of energy expenditure, thus fundamental to energy balance. The demands of physiotherapy profession require the therapist to have good amount of strength, endurance and flexibility hence requiring a reasonably high level of physical fitness. Hence, this study was conducted to determine the level of physical activity and fitness in students pursuing Bachelors of Physiotherapy (BPT) from Surat.

Method: In this survey study, sample size was calculated as 271 using a survey study calculator keeping p value < 0.05 and confidence interval 95%. Simple random sampling was employed and the physiotherapy students who met the selection criteria (age – 17 to 22; must be pursuing BPT from Surat) were selected for the study homogenously and their consent was obtained. They answered the questions of the 4 activity domains namely vigorous, moderate, low intensity activities and sitting of the International Physical Activity Questionnaire (IPAQ) and the exercise barrier items. 3 activity domains were scored based on the Metabolic Equivalent [MET] levels and sitting activity domain was calculated in minutes. The METs were totaled and the activity levels were interpreted from the pre-existing literature. Descriptive statistics (frequency distribution) was done from the obtained data.

Result: 21.0332% of students had a higher level of PA, 39.11% had a moderate level and 39.85% had a lower level of PA. Commonly reported barriers to physical activity were study pressure, lack of time and laziness.

Conclusion: The study shows that majority of students had low to moderate level of physical activity and hence, fitness; which may lead to them developing lower efficiency in their professional career and also develop multiple musculoskeletal problems over the time.

Keywords: Physical activity, Physiotherapy students, IPAQ

