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Physical Activity and Gender: A Comparative Study among Youth from Monterrey, Mexico and Zaragoza, Spain

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Purpose:

The purpose of the study is to describe and compare physical activity, by gender, of young people in Monterrey, Mexico and Zaragoza, Spain.

Methods:

Adolescent students 12 to 17 years of age, attending public and private schools in the city of Monterrey (N= 396) and in the city of Zaragoza (N= 394). The "Four by one-day physical activity questionnaire" was used, with a reliability of 0.89, and carried out with a test-retest because of its format adaptation.

Results:

There are a significant number of students, both in Zaragoza and in Monterrey, with low levels of physical activity. Almost one half of the students have been classified as inactive or very inactive. The following are some relevant factors that, in our opinion, may affect the level of average energy consumption for young people classified as moderately active: the time spent watching TV and the different culture of Monterrey, which appears to give little importance to this aspect. We say this because schools dedicate little time to this activity, and private schools even less.

The average energy consumption value was very similar, 37.52 ± 2.12 and 37.66 ± 2.95 (kcal/kg/day) respectively, for the two cities mentioned. The level of physical activity decreases with age and, regarding gender, men show higher levels of physical activity than women. The average energy consumption value or the level of physical activity they participate in does not show correlation with their overall fitness condition.

Conclusion:

We conclude by saying that we hope this study is of some help to the reader as a theoretical foundation for future work, and as a reference for the application of the scientific method.

References:

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We would like to confirm that this poster was presented at the 2nd ICPAPH at VU University in Amsterdam from April 13 – 16 2008.

On behalf of the Local Organising Committee,

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