

**EVULATION OF NUTRITION AND HEALTH CONDITION LEVELS IN
STUDENTS WHO STUDYING AT FACULTY OF SPORT SCIENCES
(Sample of Firat Universitesi, Elazig)**

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Abstract

The purpose of this study was to investigate of situation of nutrition and health condition levels of students who studying in Faculty of Sport Sciences at Firat university.

The research population was students studying at the Firat University, The sample group of the research was determined 210 (132 male, 78 female) students that studying in Faculty of Sport Sciences. At the study, it was applied nutrition and health knowledge scales. The datas were analyzed with SPSS 22 programe. Techniques of frequencies, distribution of percents were used to analyze the data of the study. The level of significance was chosen as $p < 0.05$

According to data there were an important relationship between make sportive activite and feel vigorous, between use of alcohol and feel vigorous and between the number of meals and feel vigorous. It can be said that who studying in Faculty of sport science training and education as well as they have done in addition to a positive sporting activities to affect health. Students have not enough and balanced diet.

Keywords: Nutrition, Health condition, Sport Science.

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1.Introduction

One of the important topics of our day is the nutrition. Nutrition is the foundation of health at every stage of life in terms of the growth and development of people, the maintenance of vital activities and the protection of health. Insufficient and unbalanced eating habits have been found to cause adverse effects in mental development as well as in physical development. They have also been noted to cause difficulties in learning, decrease in average intelligence and behavioral disorders (Vançelik, Önal, Güraksın and Beyhun, 2007). Particularly during the youth period, people need to be nourished adequately and balancedly. However, studies have shown that university students are not well nourished. Occupational and future anxiety of students during university years, anxiety to adapt to a new environment causes sociological, psychological and health problems in students. The first years of university education coincide with the adolescence period. This period particularly affects levels of acceleration of development and physical growth distinctively, lifestyle, differentiation of dietary habits, constant diet, illnesses, harmful habits, and exercise and physical activity and energy and need of nutrition elements (Güleç, Yabancı, Göçgeldi and Bakır, 2008).

Nutritional requirements are affected by differences such as psychological, physical and physiological. During adolescence, energy needs and nutrients are higher than during adulthood. Although malnourishment constitutes an important problem in our country,

especially the group which have the most inadequate and unbalanced nutrition problem are the university students. The university life is seen as the beginning of a new era in nutrition as well as in the lives of the students in other issues. In these years, university students may experience differences in behavior due to the adaptation to a new life and communication with new people and making new friends. The fact that their lives are getting faster also leads to unhealthy and irregular eating habits (Ermiş, Doğan, Erilli and Satici, 2015). Mistakes in the eating habits of this age group may be due to reasons such as insufficient nutritional knowledge, skipping meals, irregularities in food intake, disliking of school meals, parental work and family life irregularities. Family, school, communication environment and social circles are effective in providing nutrition habits (Sormaz and Şanlıer, 2015). Besides sports, a second important factor is nutrition. Adequate and balanced nutrition is defined as the taking and using the nutrients that are necessary for people to grow, develop, sustain their existence, and maintain their activities in the best way possible. Many athletes are nourished unplanned in our country (Özpulat and Sivri, 2013). Those who know how to nourish athletes also have not been in a suitable position. Hence, everything is being carried out indiscriminately. According to nutrition research in our country, the level of nutritional knowledge in athletes is inadequate. It has also been learned that more than 75% of licensed athletes studying at our universities do not know the daily energy need and the amount of food required from the food groups. However, conscious nutrition is very important in winning competitions (Gürkan, 2002).

This study was carried out to determine the nutrition habits and health knowledge levels of the students of Firat University Sports Sciences Faculty and to reveal the factors causing this situation.

2. Material and Method

The research population was students studying at the Firat University, the sample group of the research was total of 210 (132 male, 78 female) students studying in Faculty of Sport Sciences. In our research, survey method was used from data collection techniques. The questionnaire used by Bayraktar (2008) to evaluate nutrition and health status evaluation previously was utilized to evaluate nutrition and health status in the study (Bayrakdar, Saygın, Karacabey and Gelen, 2008). The prepared questionnaire was arranged in accordance with the purpose of the research and applied to the study group.

Coding and statistical analysis of the data were performed on the computer in the package program SPSS 22.0 (Statistic Pockets for Social Sciences). Percent frequency, standard deviation and arithmetic mean methods were used as statistical analysis methods.

3. Findings

The study group consists of 132 male and 78 female students. Average age, height and weight of the male and female participants of the study were found as 21.45 ± 2.009 , 1.7260 ± 0.08304 (m) and 64.42 ± 10.557 (kg) respectively. Occupational states of the mothers of the participant students in the study, the ratio of housewives was 87.12% for male students and 92.3% for female students. Fathers of the participant female students were found that 51.28% of them were self-employed, 11.53% public officers and 11.53% also workers. And it was determined that the fathers of the male students were 32.57% workers and 28.78% were self-employed. Family structure of the participant female students were found that 29.48% have large family, and 66.66% have small family, and for male students, it was 71.21% small family and 27.27% large family. Participant female students of the study were found the have 53.84% good and 32.05% moderate productivity, and male students had 53.78% good and 29.54% moderate productivity.

Table 1. Physical Conditions of the Participant Students in the Study

Physical Conditions	FEMALE		MALE	
	N	%	N	%
Very good	17	21.79%	42	31.81%
Good	45	57.69%	75	56.81
Moderate	14	17.94%	10	7.57%
Poor	2	2.56%	3	2.27%
Very Poor	-	-	2	1.51%
Total	78	100	132	100

When the physical conditions of the participant students in the study are considered, it is seen that female students have 57.69% good, 21.79% very good and 17.94% moderate ratio, and male students have 56.81% good, 31.81% very good ratios (Table 1)

Table 2. Sports Experience of Participant Students in the Study

Sports Experience	FEMALE		MALE	
	N	%	N	%
Yes	57	73.06%	115	87.12%
No	9	11.53	7	5.3%
Partially	12	15.38%	10	7.57%
Total	78	100	132	100

It has been found that 73.06% of the female participant students and 87.12% of the male students had some experience with a branch of sport in the past (Table 2).

Table 3. Knowledge Levels of the Participant Student on the Benefits of Physical Activity in the Study

Physical Activity	FEMALE		MALE	
	N	%	N	%
Yes	47	60.25%	81	61.36%
No	14	17.94%	23	17.42%
Partially	17	21.79%	28	21.21%
Total	78	100	132	100

It has been found that while females students answered as yes, no and partially with 60.25%, 17.94% and 21.79% ratios respectively, male students answered yes, no and partially with 61.36%, 17.94% and 17.42% ratios respectively on the benefits of physical activity (Table 3).

Table 4. Reason of Non-Performance of Physical Activity of Participant Students in the Study

	FEMALE		MALE	
	N	%	N	%
Physical Activity				
Economical reasons	2	2.56%	8	6.06%
No free time	36	46.15%	75	56.81
Heavy work load	3	3.84%	2	1.51%
No available facility	3	3.84%	7	5.30%
No place to train with a schedule	9	11.53	5	3.78%
Other	25	32.05%	35	26.51%
Total	78	100	132	100

It has been found that female participant students answered as other and no free time with 32.05% and 46.15% respectively and male students answered as other and no free time with 26.51% and 56.81% respectively to the question why they do not perform any sports activity actively (Table 4).

Table 5. Levels of which Participant Students Give Enough Importance to their Health in the Study

	FEMALE		MALE	
	N	%	N	%
Giving Importance To Health				
Yes	33	42.30%	70	53.03%
No	10	12.82%	21	15.90%
Partially	35	44.87%	41	31.06%
Total	78	100	132	100

The participant female students answered as yes, no and partially with 42.30%, 12.82% and 44.87% respectively, and male students answered as yes, no and partially with %53,03, 15.90% and 31.06% to the question if they give enough importance to their health in the study (Table 5).

Table 6. How Participant Students Give Importance to Their Health in the Study

	FEMALE		MALE	
	N	%	N	%
Health				
I pay attention to hygiene in clothing and nutrition	47	60.25%	80	60.6%
I pay attention to daily nutrition and sleeping order	20	25.64%	34	25.74%
I perform physical activities	11	14.10%	18	13.63%
Total	78	100	132	100

It has been found that participant female students answered as I pay attention to hygiene in clothing and nutrition and I pay attention to daily nutrition and sleeping order with 60.25% and 25.64% respectively and male students answered as I pay attention to hygiene in clothing and nutrition and I pay attention to daily nutrition and sleeping order with 60.6% and 25.75% respectively to the question how they give importance to their health in the study (Table 6).

Table 7. Smoking Cases of the Participant Students in the Study

Smoking	FEMALE		MALE	
	N	%	N	%
Yes	18	23.07%	56	42.42%
No	60	76.93%	76	57.58%
Total	78	100	132	100

When smoking ratios of the participant students in the study is considered, it has been found that 76.93% of females students do not smoke and other 23.07% do, and 57.58% of male students do not smoke and other 42.42% do (Table 7).

Table 8. Alcohol Consumption of the Participant Students in the Study

Alcohol Consumption	FEMALE		MALE	
	N	%	N	%
Yes	6	7.69%	30	22.72%
No	65	83.33%	73	55.3%
Partially	7	8.98%	29	21.98%
Total	78	100	132	100

When alcohol consumption cases of the participant students are considered, it has been found that female students do not consume, partially consume and consume alcohol with 83.33%, 8.98% and 7.69% respectively and male students do not consume, partially consume and consume alcohol with 55.3%, 21.98% and 22.72% respectively (Table 8).

Table 9. Nutrition Habits of the Participant Students in the Study

Balanced Nutrition	FEMALE		MALE	
	N	%	N	%
Yes	14	17.94%	31	23.48%
No	17	21.79%	47	35.6%
Partially	47	60.27%	54	40.92%
Total	78	100	132	100

When balanced nutrition habits of the participant students in the study are considered, it has been found that female students answered as partially (60.27%), no (21.79%) and 17.94% of them are nourished balancedly, and male students answered as partially (40.92%), no (35.6%) and 23.48 of them are nourished balancedly (Table 9).

Table 10. Distribution on Reasons Why Participant Students Skip Their Meals in the Study

Why do they skip meal	FEMALE		MALE	
	N	%	N	%
Cannot spare time for meal	38	48.71%	44	33.33%
Financial Problems	4	5.12%	11	8.33%
Anorexia	9	11.53	13	9.84%
Picky	8	10.25%	7	5.3%
Other	19	24.35%	57	43.18%
Total	78	100	132	100

When the reasons why participant students skip their meal are considered, it has been found that female students answered as other, anorexia and cannot spare time for meal with 24.35%, 11.53% and 48.71% respectively and male students answered as other, cannot spare time for meal and anorexia with 43.18%, 33.33% and 9.84% respectively (Table 10).

Table 11. Nutrition variety and amount distribution of the participant students in the study

	Never		Every Meal		Every Day		Every Other Day		Once A Week		2-3 Times A Week		Every Fifteen Day		Once A Month	
	N	%	N	%	N	%	N	%	N	%	N	%	N	%	N	%
Tea	2	0.3	187	32.7	86	15	7	1.2	4	0.7	-	-	-	-	-	-
Milk	2	0.3	-	-	97	17	29	13.8	31	5.4	77	13.5	-	-	-	-
Yogurt	33	5.8	81	14.2	30	5.2	22	3.8	49	8.6	36	6.3	13	2.3	21	3.7
Cheese	3	0.5	84	14.7	103	18	71	12.4	12	2.1	10	1.7	2	0.3	1	0.2
Meat	10	1.7	24	4.2	92	16.1	51	8.9	53	9.3	42	7.3	10	1.7	4	0.7
Chicken	8	1.4	56	9.8	157	27.4	17	3.0	20	3.5	14	2.4	5	0.9	9	1.6
Fish	10	1.7	6	1.0	21	3.7	38	6.6	116	20.3	49	8.6	15	2.6	31	5.4
Egg	8	1.4	8	1.4	10	1.7	32	5.6	132	23.1	38	6.6	36	6.3	22	3.8
B. Bean	27	4.7	6	1.0	5	0.9	11	1.9	123	21.5	22	3.8	28	4.9	64	11.2
Bread	24	4.2	16	2.8	43	7.5	116	20.3	47	8.2	21	3.7	6	1.0	13	2.3
Rice	32	5.6	207	36.2	18	3.1	29	5.1	-	-	-	-	-	-	-	-
Pasta	3	0.5	150	26.2	87	15.2	10	1.7	14	2.4	14	2.4	4	0.7	4	0.7
Desserts	7	1.2	26	4.5	21	3.7	103	18	74	12.9	29	5.1	20	3.5	6	1.0
Cake, Bakery	10	1.7	13	2.3	15	2.6	121	21.2	56	9.8	36	6.3	16	2.8	19	3.3
M. Salad	13	2.3	9	1.6	9	1.6	34	5.9	125	21.9	35	6.1	33	5.8	28	4.9
Vegies	16	2.8	11	1.9	17	3.0	35	6.1	130	22.7	28	4.9	23	4.0	24	4.2
Citrus	16	1.2	11	1.9	17	3.0	35	6.1	130	22.7	28	4.9	23	4.0	24	4.2
Fruit	7	1.2	30	5.2	125	21.9	39	6.8	44	7.7	24	4.2	11	1.9	6	1.0
Jam-	4	0.7	22	3.8	54	9.4	122	21.3	43	7.5	25	4.4	7	1.2	6	1.0

Honey																			
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When nutrition variety of the participant students are considered, amount distribution is as follows. It has been found that students consume tea in every meal (32.7%), milk everyday (17%), yogurt in every meal (14.2%), cheese everyday (18%), meat everyday (16.1%), chicken everyday (27.4), fish once a week (20.3%), egg once a week (23.1), broad bean once a week (21.5), bread every other day (20.3), rice in every meal (36.2%), pasta in every meal (26.2%), dessert every other day (18%), cake/bakery every other day (21.2%), 21.9% mixed salad once a week (22.7%), citrus once a week (22.7%), fruit every day (21.9%), food and drink every other day (21.3%), (Table 11).

4. Discussion and Result

University students are at a crucial time when future nutrition habits are gained. With the university education, faculty of Sport Sciences students who are active in their sports lives should be nourished balanced according to their body needs and regularly without skipping meals, which will be of great importance in terms of healthy living as well as the successes in education and sports life (Yıldırım, Yıldırım, Tortop and Poyraz, 2011). In this study, health information and nutrition habits of 210 (male 132, female 78) students with an average age of $21,45 \pm 2,009$ at Fırat University Sports Sciences Faculty were evaluated.

It has been found that participant female students answered as I pay attention to hygiene in clothing and nutrition, I pay attention to daily nutrition and sleeping order and I perform physical activities with 60.25%, 25.64% and 14.10% respectively and male students answered as I pay attention to hygiene in clothing and nutrition, I pay attention to daily nutrition and sleeping order and I perform physical activities with 60.6%, 25.75% and 13.63% respectively to the question how they give importance to their health in the study. The level of physical activity among university students was found to be low. It is thought that this is caused by intense lessons and exam marathon. In a different study, Bozkuş et al. reported that physical activity level of the students attending school of physical education and sports is higher in the study of determining physical activity and healthy lifestyle behaviors (Bozkuş, Türkmen, Kul, Özkan, Öz and Cengiz, 2013).

When the reasons why participant students skip their meal are considered, it has been found that female students answered as other, anorexia and cannot spare time for meal with 24.35%, 11.53% and 48.71% respectively and male students answered as other, cannot spare time for meal and anorexia with 43.18%, 33.33% and 9.84% respectively. Rocandio et al investigated the relationship between breakfast habit and obesity in school children. At the end of the study it was determined that the 11-year-old group had low habits of regular breakfast. In relation to this, obesity was detected as high as 46.9% (Rocandia, Ansotegui and Arroya, 2000). In another study, Siega-Riz, Popkin and Carson investigated breakfast habits in children from 1965 to 1961 and found that as years progressed, there was a decrease in the habits of having breakfast (Siega-Riz, Popkin, Carspm, 1998). Türk et al. reported that in the study, the first two reasons of skipping meals among students are determined: loss of appetite and time shortness (Türk, Gürsoy and Ergin, 2007). In the study conducted by Derebasi et al. the athletes reported that the reason why they skip meals is because they do not want to (35.71%) and of no chance to do it (57.15%) (Derebaşı, Asal, Yüceloğlu, Elmacıoğlu and Ağaoğlu, 2016).

When the physical conditions of the participant students in the study are considered, it is seen that female students have 57.69% good, 21.79% very good and 17.94% moderate ratio, and male students have 56.81% good, 31.81% very good and 7.57% moderate ratio in physical conditions. It is seen that male students are better than female students in physical condition. In a study by Aktaş et al. (2015) it is found that the physical condition of women

(20% fatness, 6.2% obesity) was better than that of men (40% fatness, 14.3% obesity). In another study, reported that the health status of the students was high in the study in which the physical conditions of the students are investigated (Cihangiroğlu and Deveci, 2011). Katzmarzyk et al. in their study in which they investigated the effect of physical activity and fitness on health, found that physical activity increases energy expenditure and reduces TV watching time in a medium degree. Furthermore, it was determined that the increase in the fitness level was directly proportional to the decrease in subcutaneous fat tissue and the increase in lower extremity strength (Katzmarzyk, Malina, Song and Bouchard, 1998).

It has been found that 87.12% of participant female students and 87.12% of male students in the study had some experience with a branch of sport in the past, and also while females students answered as yes, no and partially with 60.25%, 17.94% and 21.79% ratios respectively, male students answered yes, no and partially with 61.36%, 17.94% and 17.42% ratios respectively on the benefits of physical activity. It is seen that the majority of the research group has sufficient knowledge about the benefits of physical activity. For this reason we can say that the vast majority of the research group is interested in a sport branch in the past. When smoking ratios of the participant students in the study are considered, it has been found that 76.93% of females students do not smoke and other 23.07% do, and 57.58% of male students do not smoke and other 42.42% do and also when alcohol consumption cases of the participant students are considered, it has been found that female students do not consume, partially consume and consume alcohol with 83.33%, 8.98% and 7.69% respectively and male students do not consume, partially consume and consume alcohol with 55.3%, 21.98% and 22.72% respectively. Male students participating in the research were found to have higher harmful habits than female students. In the study conducted by Vural & Bakır (2015), 22% of the university students stated that they used cigarettes and 18.7% used alcohol (Vural and Bakır, 2015). In a different study conducted by Deveci et al. (2012) 27.8% of university students reported using cigarettes and 41.9% reported using alcohol.

When balanced nutrition habits of the participant students in the study are considered, it has been found that female students answered as partially (60.27%), no (21.79%) and 17.94% of them are nourished balancedly, and male students answered as partially (40.92%), no (35.6%) and 23.48 of them are nourished balancedly. It has been determined that the students participating in the study can not nourish adequately and balancedly. Demirezen & Coşansu (2005) found that students had significant unhealthy eating habits and that they had significant risks in this regard in their studies on evaluation of nutrition habits in adolescent students. In a study conducted by Sarıoğlu et al. the students in the physical education department stated that they did not have a good eating habits (Sarıoğlu, İmamoğlu, Atan, Türkmen and Akyol, 2012). There is a significant relationship between the balanced nutritional status of active sports students participating in the study ($p < 0.05$). This is often the result of the fact that athletes have to pay attention to the need for adequate and balanced nutrition. As can be understood from Table 16, it can be said that the students who study in Physical Education and Sports department generally intake and consume basic food items in sufficient quantity.

As a result, it was determined that university students had wrong nutrition habits, physical activity levels were insufficient and they had harmful substance habits. The importance of nutrition and physical activity should be emphasized by organizing seminars, conferences and panels that will ensure that university students who have an important place in health should have sufficient and balanced nutrition and importance of sports by the experts at universities. In addition, sports areas should be increased to make young people adapt any sport. The use of harmful substances is a major challenge for younger generations and it should be ensured that younger generations are kept away from bad and harmful habits by organizing events that will explain their harms.

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COMPARISON OF PHYSICALACTIVITY LEVELS OF DIFFERENT FACULY STUDENTS

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Abstract

The aim of the study was to determine of Physical Activity Level of Firat University students studying at the Faculty of Sports Sciences and the Faculty of Education.

The sample of research group, with random sampling method 161 woman and 239 men a total of 400 persons were participated from Faculty of Sport Sciences and Faculty of Education. In this study, for collecting the data "Bouchard Three – Day Physical Activity Record" was used. In the analysis of the obtained data, SPSS 17 software package and independent samples t test was used.

According to findings; there were not significant difference between female students who is studying at faculty of sport sciences and faculty of education in height, basal metabolic rate and daily energy consumption ($p>0,05$). In addition there were difference statistically between male students in the these faculties in height, weight and basal metabolic rate ($p<0,05$).

Students of faculty of sport sciences more better than students of education faculty. There was no significant difference between two groups in body mass index and energy consumption.

Keywords: *Physical Activity level, University Students, Lifestyle*