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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*

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## **1.Introduction**

Physical activity is one of the most mortal elements of developing social health. First research about physical activity was made in London in 1864. In this research death rates related with hearh attack between tailors and farmers have been analysed and result of this research showed that rate of death related with heart attack is higher among tailors (Zorba &Saygin, 2013).

New life style and change of cultural structure have been reason for people to be a way from physical activities. Sedanter life style have been played very important role in developing chronic illnesses such as tension, obeseite, diabet, heart problems, canser types etc (Pate &Ross, 1987).

In nowadays deficiency of physical activity become a susual problem. People's activity deficiency is basing upon psikological lohysiological reasons. In Turkey not having enough time is being showed as one of the most important reason for deficiency of activity (Genç et al., 2002).

As adding positive impact on physcal capacity of human body systematic activities are also increased women's attention to sports. Systematic activities are as important as doing right ones for continuation of our life as healthy and happy (Zorba et al.,2006).

Self-arareness of people, increasing activity level and being healthy is providing quality of people' life. Bringing physcal activities to habit during childhood and youth period will provide healthy and happy life afterwords. Therefore, to know what to do far healthy life will benefit people to add more quality to their life (Nutbeam, 1997).

Regular activity from childhood makes exercise an essential part of our daily lives. Increasing the amount of daily and weekly activity for each person is also very important in terms of maintaining the health of the person and reducing the health problems(Wahlovist &Saviage, 200).

Within the scope of these informations the aim of the study was to determines of Physical Activity Level of of Firat University students who is studying at the Faculty of Sports Sciences and the Faculty of Education.

## **2.Materyal and Metod**

### **2.1.Reaeach Group**

A total of 161 female and 239 male university students which, aged 19-29 years, participated in the research voluntarily.Students from Firat University Faculty of Sports Sciences and Faculty of Education were taken to study.

### **2.2.Physical Activity Measurement**

To determine the level of physical activity, the Bouchard Three-Day Physical Activity Record questionnaire was applied to children with reliability and validity studies(Montoye et al.,1996; Pereira et al., 1997).Physical activity survey applied to each person individually.

### **2.3.Physical Activity Level**

Level of Physical activity scores gained by dividing daily total energy consume to basal metebolism rated (Bratteby et al.,1995; Davies et al., 1995). Harris-Benedict formule was used to fine basal metabolism rated (BMR) (Howley ve Franks, 1997).

Men=  $66.5 + (13.7 \times \text{Weight}) + (5 \times \text{height}) - (6.8 \times \text{age})$

Women=  $65.1 + (9.56 \times \text{Weight}) + (1.85 \times \text{height}) - (4.68 \times \text{age})$

According to daily energy consume that physical activities are divided to three classes such as <4 MET activities “sedanter” (Between activity 2 and activity 5), 4 MET- 7 MET activities “light activities” (Between activity 6 and activity 8) and >7 MET activities (Aktivite 9) “inter-mediate activities” (Boucard & Despres, 1995).

#### 2.4. Analysing the dates

Statistical calculations are made with SPSS (Version 17.0) program. Arithmetical standard deviation mean and of these data was calculated. Pearson Correlation test was used to investigate the relationship between the variables. When the p value is smaller than 0,05 than relationship between the variables was accepted as meaningful.

#### 3. Findings

In this study which aimed to determine physical activity levels of university students the results are gained is discussed in this part.

**Table 1:** Comparison of Physical Activity Levels between Students of Sport Sciences and Students of Faculty of Education According to Gender

GENDER		GROUP	N	Average	Std. Deviation	p
MALE	Height	Faculty of Sport Sciences	12 4	1,76	,04	,002
		Faculty of Education	11 5	1,78	,04	
	Weight	Faculty of Sport Sciences	12 4	77,37	6,56	,001
		Faculty of Education	11 5	79,97	4,83	
	Age	Faculty of Sport Sciences	12 4	23,68	3,68	,849
		Faculty of Education	11 5	23,60	3,22	
	Body Mass Index	Faculty of Sport Sciences	12 4	24,79	2,22	,200
		Faculty of Education	11 5	25,12	1,76	
	Daily Energy Consume	Faculty of Sport Sciences	12 4	4279,49	1248,48	,002
		Faculty of Education	11 5	4154,46	1121,79	
	Basal Metabolic Rate	Faculty of Sport Sciences	12 4	1849,21	99,33	,001
		Faculty of Education	11 5	1894,31	77,69	

When we looked the table 1 that height mean have been detected as  $1,76 \pm 0,04$  for students of faculty of sport sciences while it is  $1,78 \pm 0,04$  for students of faculty of education. Weight mean of students of faculty of sport was  $77,3 \pm 6,56$  and students of faculty of education was  $79,9 \pm 4,83$ . Age mean have been detected for students of faculty of sport as  $23,6 \pm 3,68$  and for students of faculty of education  $23,6 \pm 3,22$ . Seen  $p > 0,05$  level differences of body mass index of faculty of sport sciences students when we compared them with faculty of

education students. Also seen a meaningful difference about daily energy consume which was at the level of  $p < 0,05$  among faculty of sport sciences students when compared with faculty of education of students. In addition to those the research showed that there is also meaningful difference about Basal metabolic rate about  $p < 0,05$  for faculty of sport sciences students when compared faculty of education students.

**Table 2:** Comparison of Physical Activity Levels between Students of Sport Sciences and Students of Faculty of Education According to Gender

GENDER		GROUP	N	Average	Std. Deviation	p
FEMALE	Height	Faculty of Sport Sciences	76	1,64	,034	,054
		Faculty of Education	85	1,63	,038	
	Weight	Faculty of Sport Sciences	76	58,44	2,94	,002
		Faculty of Education	85	58,74	3,16	
	Age	Faculty of Sport Sciences	76	23,36	2,95	,529
		Faculty of Education	85	23,09	2,51	
	Body Mass Index	Faculty of Sport Sciences	85	21,91	1,29	,004
		Faculty of Education	76	21,51	1,39	
	Daily Energy Consume	Faculty of Sport Sciences	76	3128,76	991,48	,629
		Faculty of Education	85	3053,33	979,10	
	Basal Metabolic Rate	Faculty of Sport Sciences	76	819,57	31,73	,706
		Faculty of Education	85	821,61	36,82	

When we look at the table 2 we see the height mean as  $1,64 \pm 0,03$  for faculty of sport sciences students while it is  $1,63 \pm 0,38$  for faculty of education students. Weight mean for faculty of sport sciences students was  $58,4 \pm 2,94$  and for students or faculty of education was  $58,7 \pm 3,16$ . Age mean for faculty of sport sciences was  $23,3 \pm 2,95$  and for faculty of education students  $23,0 \pm 2,51$ . Also seen a meaningful body mass index difference for faculty of sport science students in comparison with Faculty of Education Students which was about  $p < 0,05$ . It showed that there was a meaningless difference about daily energy consume between the Faculty of Sport Science students and Faculty of Education Students which was around  $p > 0,05$ .

### Discussion and Results

This study aimed to investigate the physical activity levels of boys and girls between ages of 19 and 28 whom are studying at Firat University.

Seen  $p > 0,05$  worth Body Mass Index difference for Faculty of Sport Sciences students in comparison with students at the faculty of education which was found as meaningful. Seen  $p < 0,05$  worth daily Basal Metabolic weight differences for students of faculty of Sport Sciences in comparison with students at the faculty of education which was meaningful also. It is fact that doing exercises regularly will provide and keep back the chronic illnesses (Pitta et al., 2006).

It is known that to give habit of physical activity to our children and making it essential part of our life is carrying a great importance against physical and psychological problems we may face with in future (Foreyt & Postoni, 1996).

The results gained from other researches also show that how beneficial are the physical activities for our life, other benefit of it is minimize risks of becoming disabled or ill and doing our own things without need of anyone and develop a life with more quality. At the same time making exercises as part of life also being used as a treatment against obesity by entire world (Stewart, 2001; Dubnov et al., 2003).

Physical activities help our joints to move more comfortable so those activities should be kind of exercises which will increase rapidity of respiration and heart and also need to result with tiredness at different levels of volume. In this sense light exercises, workplace activities are included as much as sportive activities (Savcı et al., 2006).

Depends on close relationship between activities and health it is so important to confirm the level of activities and behaviour of healthy life style (Monteye, 2000).

It will be very beneficial to add sport grounds to university campuses in the name of having healthy youth with good body indexes.

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## THE EFFECT OF 8-WEEK TRAINING PROGRAM ON PHYSICAL AND ANTHROPOMETRIC CHARACTERISTICS OF TEEN MALE NATIONAL BOXING TEAM

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### **Abstract**

To obtain a high level of performance, [outstanding performance](#) of nowadays athletes [be characterized](#) as complement of physiological, psychological and biomechanical factors. The aim of this study is exploration the effect of 8 weeks training program on certain physical and anthropometric values of 13-14 years' male boxers. 24 boxers from TeenMale National Boxing Team Participating in the camp program realized in Kastamonu in 2011 are composed the research of study. 8 weeks training program determined by Boxing Federation applied to training group participated in the study. Weight, body fat percentage, body mass index, anthropometric measurements of biceps circumference, leg circumference, shoulder circumference, chest circumference, waist circumference are taken from the athletes at the start and end of the camp. It was applied Pre-test and post-test model. Independent t-tests implemented in data analysis. SPSS 15.0 packaged software to Window was used in analysis and level of significance taken as  $p < 0.05$ .

It wasn't find out any statistical discrepancy among the measurements worth weight of athletes forming the study group. But it is significant discrepancy among the measurements in body fat rates ( $p < 0,05$ ).

**Key Words:** Boxing, Physical fitness, Anthropometric features

**\*This study is an extract from master's thesis.**

### **1.Introduction**

Boxing is a martial art that requires practice and skill to succeed. The basic philosophy of the art of boxing is punching and not being punched. The physical capacity level which a boxer should have is demanded from very few athletes in sports (Zorba et al., 1999).