

## Physical activity levels in urban-based South African learners: A cross-sectional study of 7 348 participants

A van Biljon

Department of Human Movement Science, University of Zululand, South Africa

## ABSTRACT

Establishing profiles of physical activity (PA) is critical in tackling the chronic diseases associated with lack of PA and avoiding healthcare costs. This study investigated PA levels in urban-based South African (SA) primary school learners. Seven thousand, three hundred and forty-eight learners (3 867 males and 3 481 females) aged 8 - 14 years completed the Physical Activity Questionnaire for Older Children. Learners were multiracial, including white (49%), black (39%) and other ethnic groups (12%). Differences in PA levels by ethnic origin and province were determined using an analysis of covariance after adjusting for gender (p<0.05). Bonferroni corrections controlled for multiple comparisons. A fitted regression model examined age-related differences in PA adjusting for province. Of SA learners aged 8 - 14 years, 57% (n=4 224) engaged in moderatelevels of PA. Thirty-one percent (n=2 247) did not meet international recommended amounts of moderate to vigorous physical activity. Overall, males reported higher PA levels than females (p<0.0001). PA levels declined with age from 11 to 14 years by 14% and 20% in males and females, respectively. Black learners



## Biography

**Dr van Biljon** is a lecturer in the field of Health and Exercise Science at the University of Zululand, KwaDlangezwa campus. She holds a PhD in Human Movement Science. Dr van Biljon's research is focused on physical activity interventions in youth, cardiometabolic health, cardiac autonomic nervous system activity and arterial stiffness. Dr van Biljon's research is published in a variety of high impact national and international research journals.

## Publication of speakers

1.Cardiac autonomic function and its association with cardiometabolic disease risk factors in Black South African children 2.Short-Term High-Intensity Interval Training Is Superior to Moderate-Intensity Continuous Training in Improving Cardiac Autonomic Function in Children

3.Do Short-Term Exercise Interventions Improve Cardiometabolic Risk Factors in Children?

4.Physical activity levels in urban-based South African learners: A cross-sectional study of 7 348 participants

5.Modification of cardiometabolic disease risk factors in overweight children: An exploratory study of different exercise doses

10th World Congress on Physical Medicine and Rehabilitation, February 12-13, 2020 Auckland, Newzealand

Abstract Citation ; <u>A van Biljon, Physical activity levels in urban-based South African learners: A cross-</u> sectional study of 7 348 participants , REHABILITATION MEDICINE 2020, February 12-13, 2020 Auckland, <u>Newzealand</u>