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Background

- Studies have shown that sedentary lifestyles have led to more risk factors for cardiometabolic disease, cardiovascular disease, cancer, and central adiposity.
- The COVID-19 pandemic enforced lockdown measures that limited an individual's ability to perform normal day-to-day activities which may have included habitual exercise.
- Lockdown measures were experienced within the California Lutheran University (CLU) community which may have impacted physical activity levels within the student population.

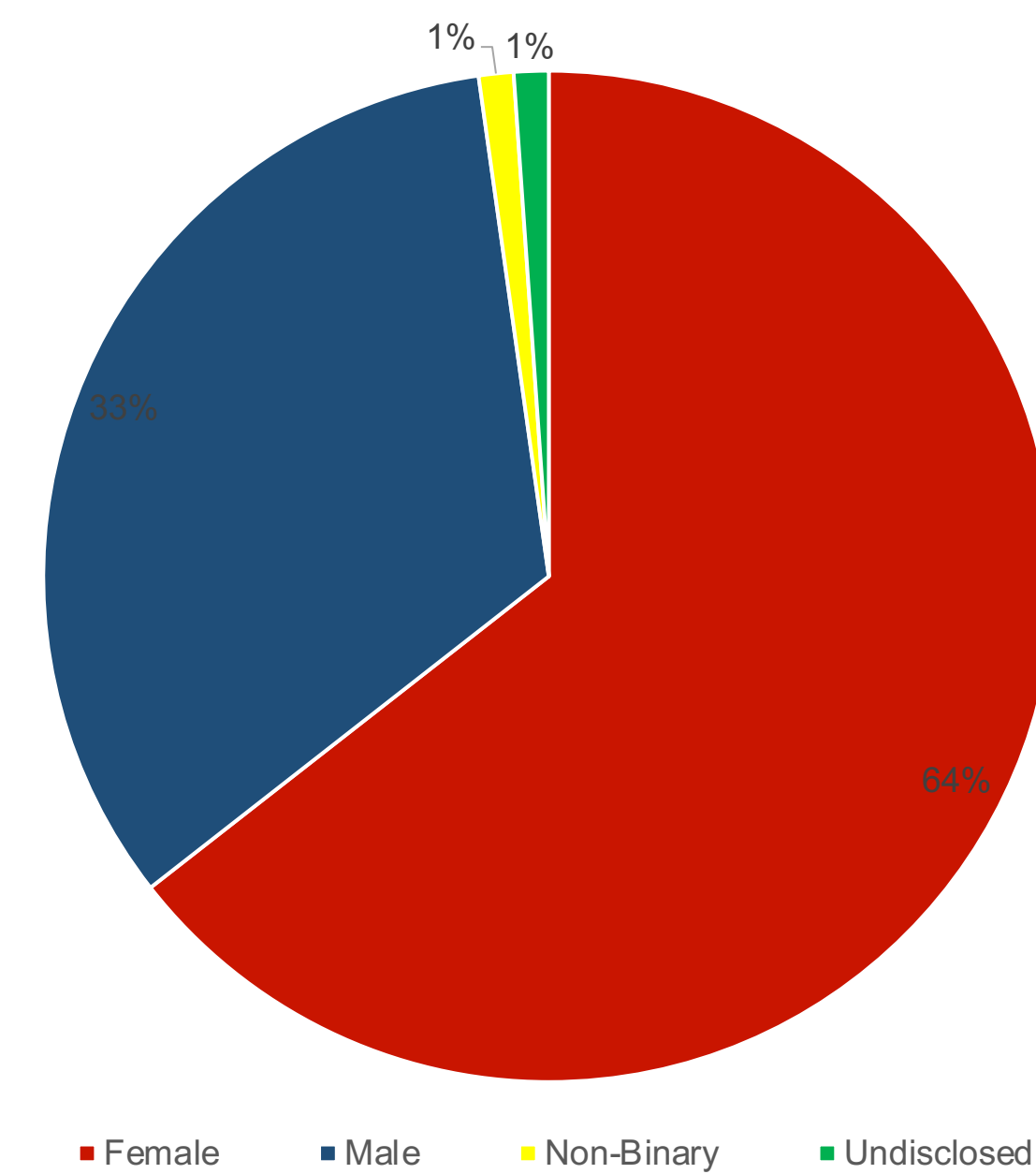
Research Questions

- The aim of this projects was to determine the physical activity levels of students enrolled at California Lutheran University.

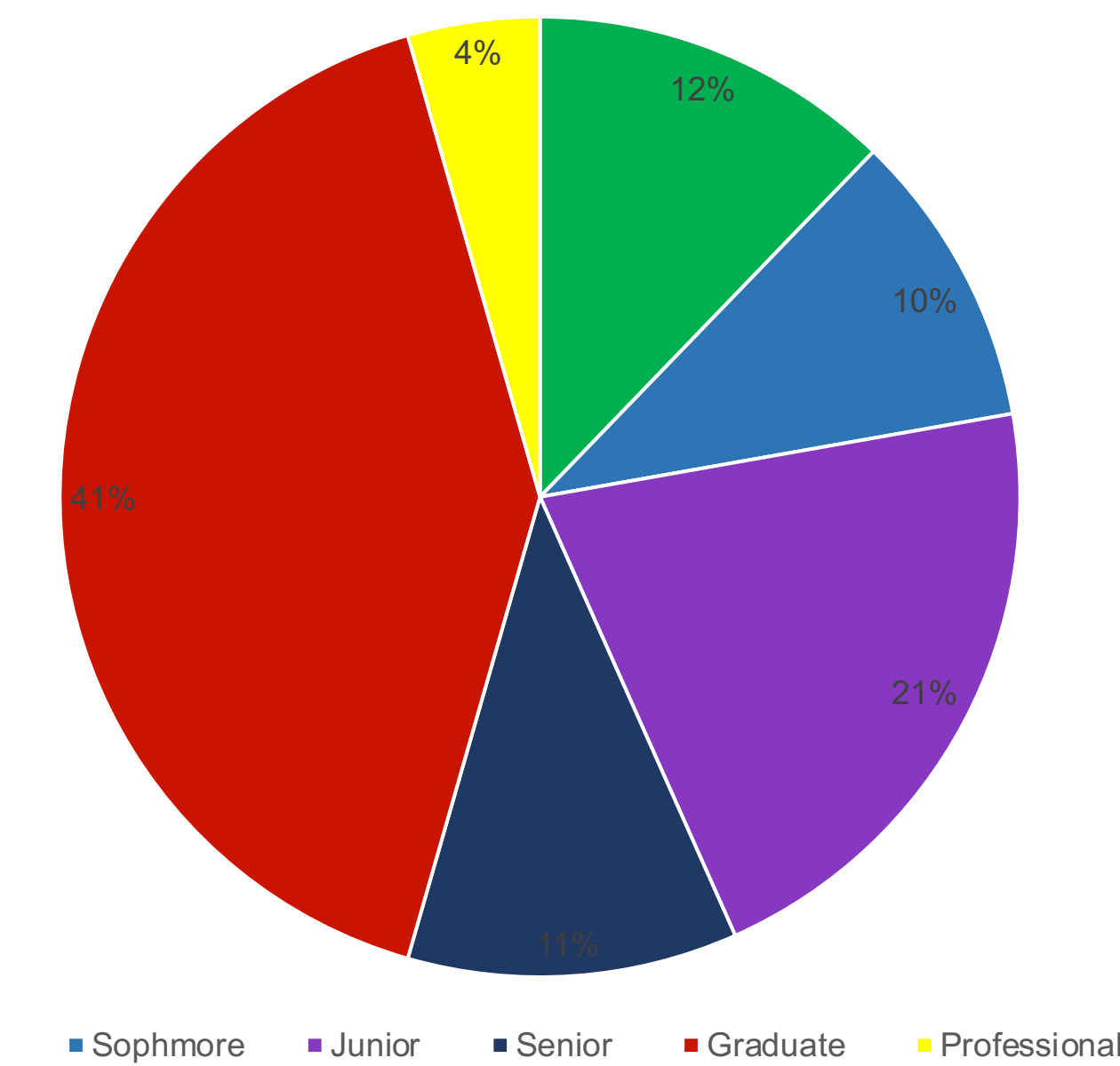
Methods and Materials

The WHO and U.S. Department of Health and Human Services recommends that adults need 75 min of vigorous activity per week or 150 of moderate physical activity per week to meet the healthy guidelines.

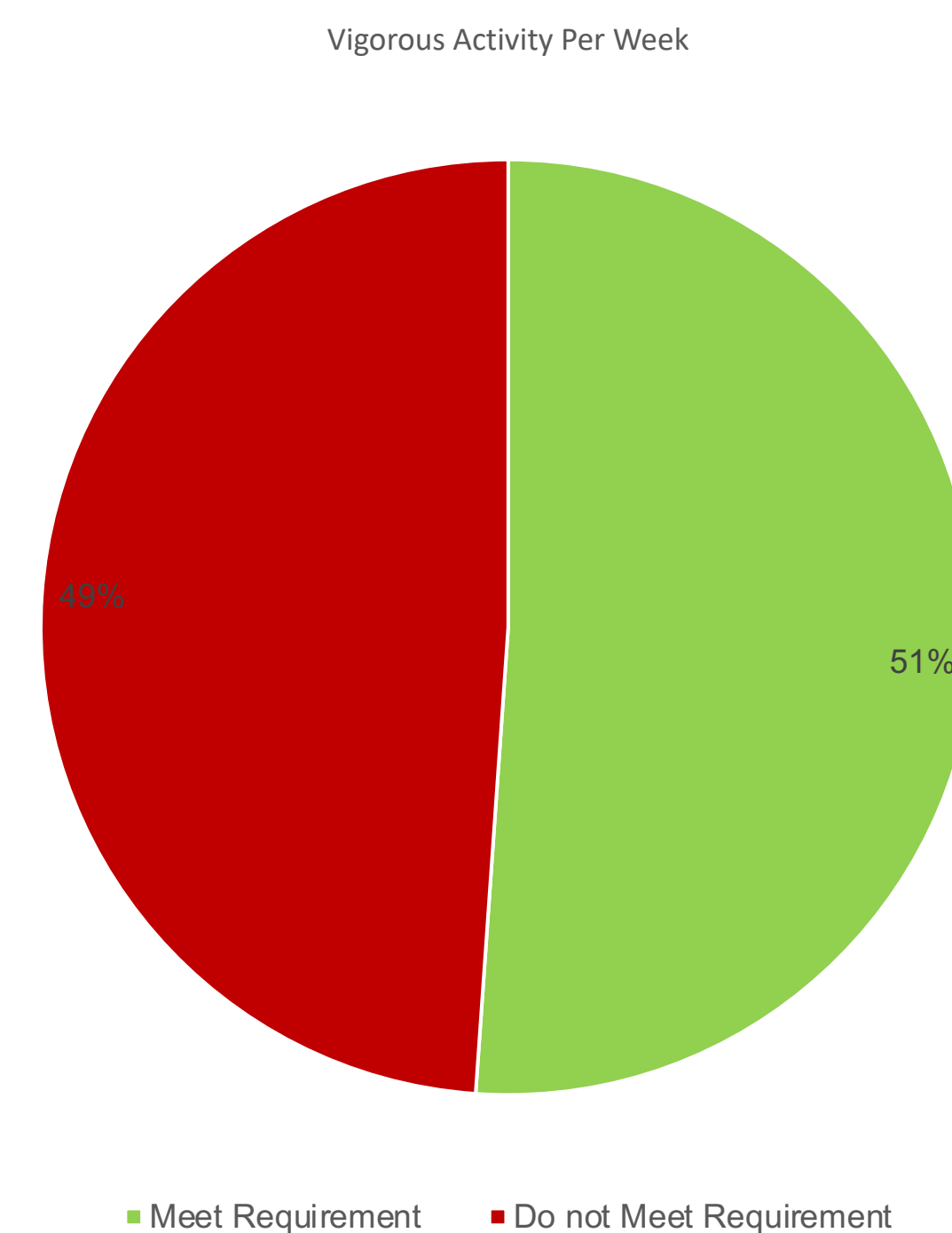
- The World Health Organization (WHO) STEPS questionnaire was used to measure physical activity levels of students enrolled at CLU.
- Qualtrics was used to distribute the questionnaire to enrolled students at CLU (n=90).
- Demographics were assessed.



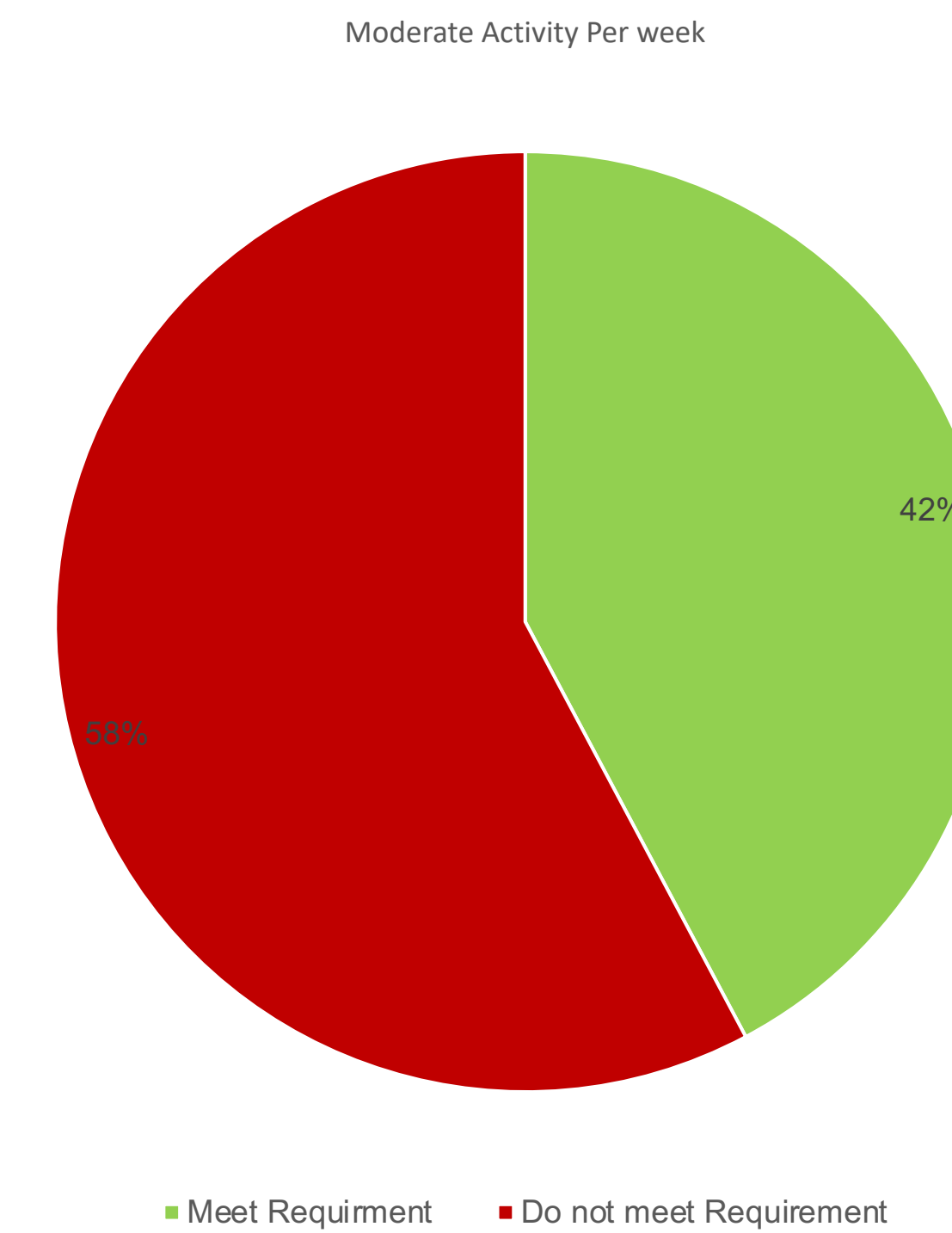
The gender demographics of respondents.



The class classifications of respondents.



Percentage of vigorous activity per week met and unmet.



Percentage of moderate activity per week met and unmet.

Results

- The average age of respondents was 26 years old.
- Majority of the population were made up of females.
- Over half of the population was made up professionals and graduate students .
- 51% of students met the vigorous activity recommendations of 75min.wk⁻¹
- 42% of students met the moderate activity per recommendations of 150min.wk⁻¹

Conclusions

- The COVID-19 pandemic may have negatively impacted CLU student activity levels as more than half of the studied population did not meet current exercise guidelines of 150min.wk⁻¹.
- These data suggest that although current measure to combat the spread of COVID-19 may place individuals as risk of developing non-communicable disease associated with physical inactivity.

Acknowledgments

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References

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- "Physical Activity Guidelines for Americans." *HHS.gov*, US Department of Health and Human Services, 1 Feb. 2019, www.hhs.gov/fitness/be-active/physical-activity-guidelines-for-americans/index.html.