



ESCOLA SUPERIOR
DE SAÚDE DO ALCOITÃO

SANTA CASA da Misericórdia de Lisboa



TRACK 3 - SCIENCE IN PHYSIOTHERAPY

Poster Presentation

Physical Activity Levels in Physiotherapy Bachelor Students

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Background

Physical activity is one of the best ways to promote health. Physiotherapists, more than prescribing physical exercise, should be examples of healthy lifestyles and exercise practice.

Students are exposed to a series of obstacles to the practice of physical activity, therefore is important to have an estimate of the level of physical activity in Physiotherapy students, in order to identify means of promoting it early on the education process.



Objective

Identify the level of physical activity, of students enrolled in the Physiotherapy Bachelor degree at Alcoitão School of Health Sciences (Escola Superior de Saúde do Alcoitão - ESSA).



Methods

We evaluated the level of physical activity during the curricular year of 2018, using the short version of the International Questionnaire of Physical Activity (IPAQ), that was sent to the students of the 4 years (N=99) of the Physiotherapy Bachelor degree using an online survey.



Results

In relation to the number of days of physical activity, 59.8% of the students answered that they do physical activity every day of the week, and only 4.1% of the individuals answered that they do not do any activity.

In the male gender the level of moderate activity predominates, whereas in women there is a dispersion throughout the three levels of activity (low, median, high).

First year students stated also an higher percentage in low activity level (46.2%) compared with other school years.



Discussion

Based on the results obtained in this study, we can see that in our institution, there is still a large percentage of first year students with low activity levels.

We have to take in consideration that besides gender differences in the activity levels, the transition to higher education is a critical time for students.

So educational institutions have to promote physical activity and implement strategies to overcome this obstacles mainly among the first year students.



Conclusions

In addition to having skills, for the prescription and monitoring of physical exercise, physiotherapists should be an example of healthy lifestyles and regular practice of physical activity.

So it's important that very early in the process of becoming a physiotherapist, that these habits and values are promoted using an integrated curricular and pedagogical approach, allowing our profession to fulfil its role.



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