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PHYSICAL AND SPORT ACTIVITIES IN SCHOOL AND COMMUNITY CONTEXT: WHAT IMPACT ON HEALTH INDICATORS?

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Introduction: Health promotion interventions usually occur at school, where young people stay longer. However, physical/sport activity can be organized also out of school, in the community. Thus, it is important to look up to the impact of physical activities/sports at school or in the community, using different health indicators.

Objective: To assess the relationship between physical/sport activity (in and out of school), body composition and physical fitness in adolescents.

Methods: A sample of 98 adolescents (mean 14.5 years) from a secondary school was analyzed. Physical activity was assessed using pedometers for an all week, and sport activity through a questionnaire. Teenagers were tested in the Fitnessgram battery to assess healthy fitness zone (HFZ) in body composition and physical fitness.

Results: Adolescents within the percentage of fat mass HFZ were significantly more active during school hours. Moreover, in most physical fitness tests, adolescents classified within the HFZ are in average more active in and out of school hours. A significant relationship between involvement in sports activity in the community and the HFZ classification in aerobic fitness was also found.

Conclusions: Physical and sport activities developed at school and in the community seem to have a significant impact on body composition and physical fitness of adolescents.

Descriptors: pedometers; aerobic fitness; body composition.

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