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Physical activity level among physiotherapy students in a South Indian college: A cross sectional survey

Subramanian Makesh Babu

Adhiparasakthi College of Physiotherapy, India

Physical activity is defined as any bodily movement produced by skeletal muscles that require energy expenditure. World Health Organization reports that about 60% of the global population does not do the daily minimum recommendation of 30 min of moderate intensity physical activity. In all developing countries, the levels of inactivity have been becoming virtually high and a great problem even in rapidly growing large cities of the world. According to the World Health Survey reports 9.4% Indian men are physically inactive which is the highest of physical inactivity in the Southeast Asian Region (countries include: India, Sri Lanka, Nepal, Bangladesh, Myanmar) and physical inactivity level of Indian women were reported as 15.6% which is the second place next to Bangladesh (27.0%). The studies performed by various researchers from various countries among college students have been found to have moderate to poor physical activity levels/habits. The primary objective of the study was to find out the level of physical activity among physiotherapy students in a South Indian college setting. Secondary objective of the study was to find out the association between physical activities with selected variables. The study design was a cross sectional survey. A total of 60 participants comprising of 30 male and 30 female students were selected for the study by means of convenience sampling. International Physical Activity Questionnaire (IPAQ) was used to identify the physical activity level of the students. IPAQ assesses physical activity undertaken across a comprehensive set of domains including: (1) Leisure time physical activity (2) domestic and gardening (yard) activities (3) work-related physical activity, and (4) transport-related physical activity. Physical activity levels were correlated with the selected variables. The data obtained from the study concluded that physical activity levels of male students are high compared to female students.

Biography

Subramanian Makesh Babu has completed his Bachelor of Physiotherapy degree from Tamil Nadu Dr. M G R Medical University, Chennai and completed Master of Physiotherapy with specialization Orthopedics & Traumatology from Sri Ramachandra University, Chennai, India. Currently he is pursuing PhD. He has been in clinical and teaching Physiotherapy for the past 15 years. Presently he is working as a Professor in Adhiparasakthi College of Physiotherapy in Tamil Nadu, India. He is Peer Reviewer for the African Journal of Health Sciences since 2008. His areas of research interests are physical activity, women's health, orthopedic and geriatric rehabilitation.

makeshpt@yahoo.co.in

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