PHYSICAL ACTIVITY LEVEL AND SEDENTARY BEHAVIOUR AMONG HEALTHY SCHOOLCHILDREN IN SPAIN MEASURED BY TRIAXIAL ACCELEROMETRY

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Introduction:

[Flowchart with four interconnected circles labeled Health, W.H.O., Physical Activity in Youth, and Lifestyle, with a smaller circle labeled Triaxial accelerometry]

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(Benítez-Porres et al., 2016; Pellanda, 2014; Ruiz & Ortega, 2009; WHO, 2010)
Methods:

316 healthy children (166 boys), enrolled in 8 educational centers of Spain:

- Actigraph GT3X
- Epoch 1 seg.
- Evenson et al.
- 8 days
- Record sheet
- Actilife 6.11
Results:

- 54.4 min/day MVPA
- 37.7% MVPA
- 10 hours

9119 (Girls) vs. 9865 (Boys)
Conclusion:

- A high percentage (> 60%) of Spanish schoolchildren do not meet PA and daily steps recommendations.

- Boys are slightly more active than girls.

- Children spent most of their time in sedentary activities and light PA (passive recreation).

- Spanish government should consider launching campaigns against sedentary behaviour in schools in order to increase MVPA daily level.

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