

An Evaluation of the Physical Activity Levels and Body Compositions of University Students

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ABSTRACT The purpose of this study was to determine the physical activity levels of university students using the International Physical Activity Questionnaire (IPAQ) and to ascertain their body compositions. Students from the departments of coaching education, physical education and sports teaching, and sport management participated in the study. The physical fitness levels of the students were determined using the IPAQ. The weights, BMI and body fat percentages of the students were measured with the Tanita-brand electronic bio-impedance. Data is analyzed through descriptive statistics, variance analysis, the Scheffe Test and the Pearson Correlation Test. Significant differences between the weight and height measurements of the groups were seen in terms of the departments. Middle-level, positive and significant relations between weight and height, weight and fat percentage, and BMI and fat percentage were seen while the relation between weight and BMI was determined as high-level, positive and significant. On the other hand, the relations between height and BMI, and fat percentage and MET were found middle-level, negative and significant.