

Introduction

- Throughout the COVID-19 pandemic, there have been fluctuations in policy regulations and restrictions to limit the spread of the virus that have impacted social interactions, including physical activity (PA).¹
- The limited research has found that prior to COVID-19, nearly 69% of participants were classified as very active, but during the lockdown period, this percentage saw a decrease to 39%.²
- The minimum physical activity level assigned by the CDC is ~150 minutes of moderate-intensity aerobic activity.³

Objective

To determine whether there have been fluctuations in physical activity levels amongst college students over the course of the COVID-19 pandemic.

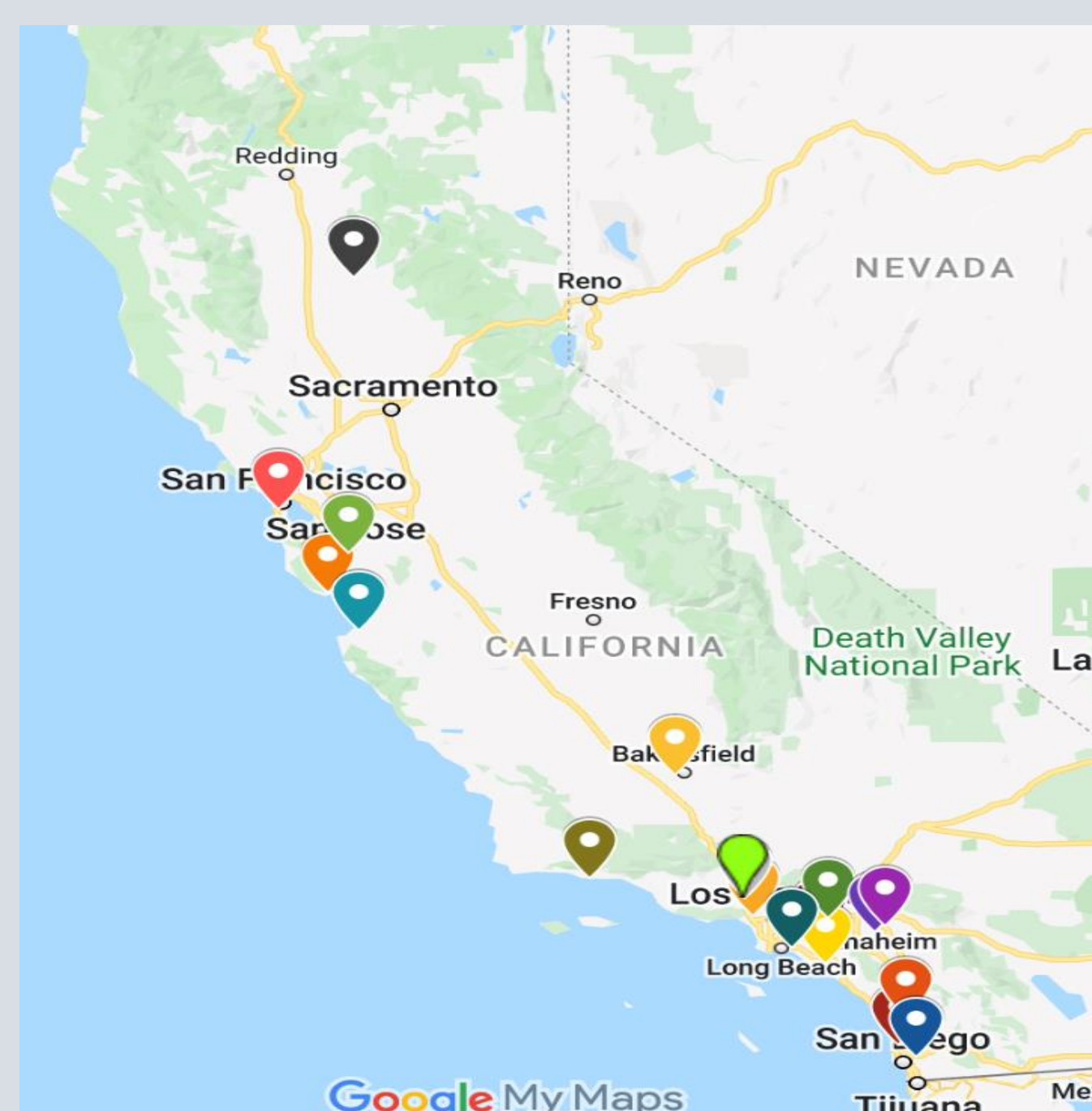


Figure 1. Map of campuses where data was collected

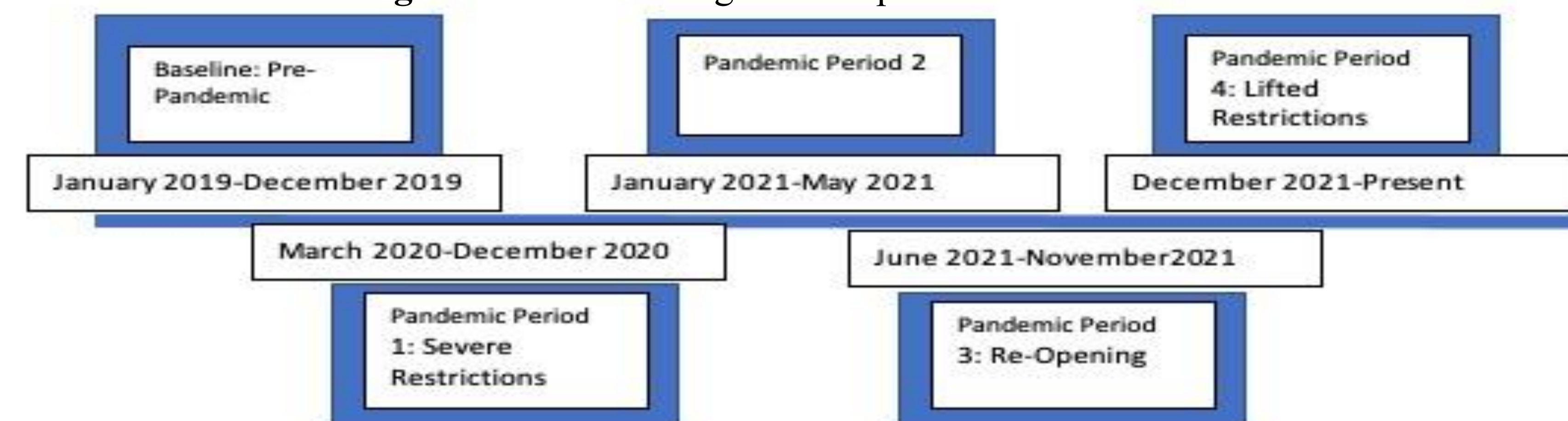
Methods

- In April 2022, a cross-sectional study on the perceived effects that COVID-19 restrictions had on PA amongst college students (n=114) in California was conducted.

Methods

- Data were collected utilizing a Google form surveys that was posted on several social media platforms within California CSUs and UCs concerning PA during the pandemic.
- Measures included sociodemographic characteristics and PA levels pre-pandemic and during the different phases of the pandemic (Figure 2).
- Statistical analysis was performed by using a bivariate analysis

Figure 2. Different stages of the pandemic measured



Results

- During the most severe restriction periods, 52.7% of participants reported a significant decrease in PA.
- During the period with little to no restrictions only 6.3% of participants reporting a significant decrease.

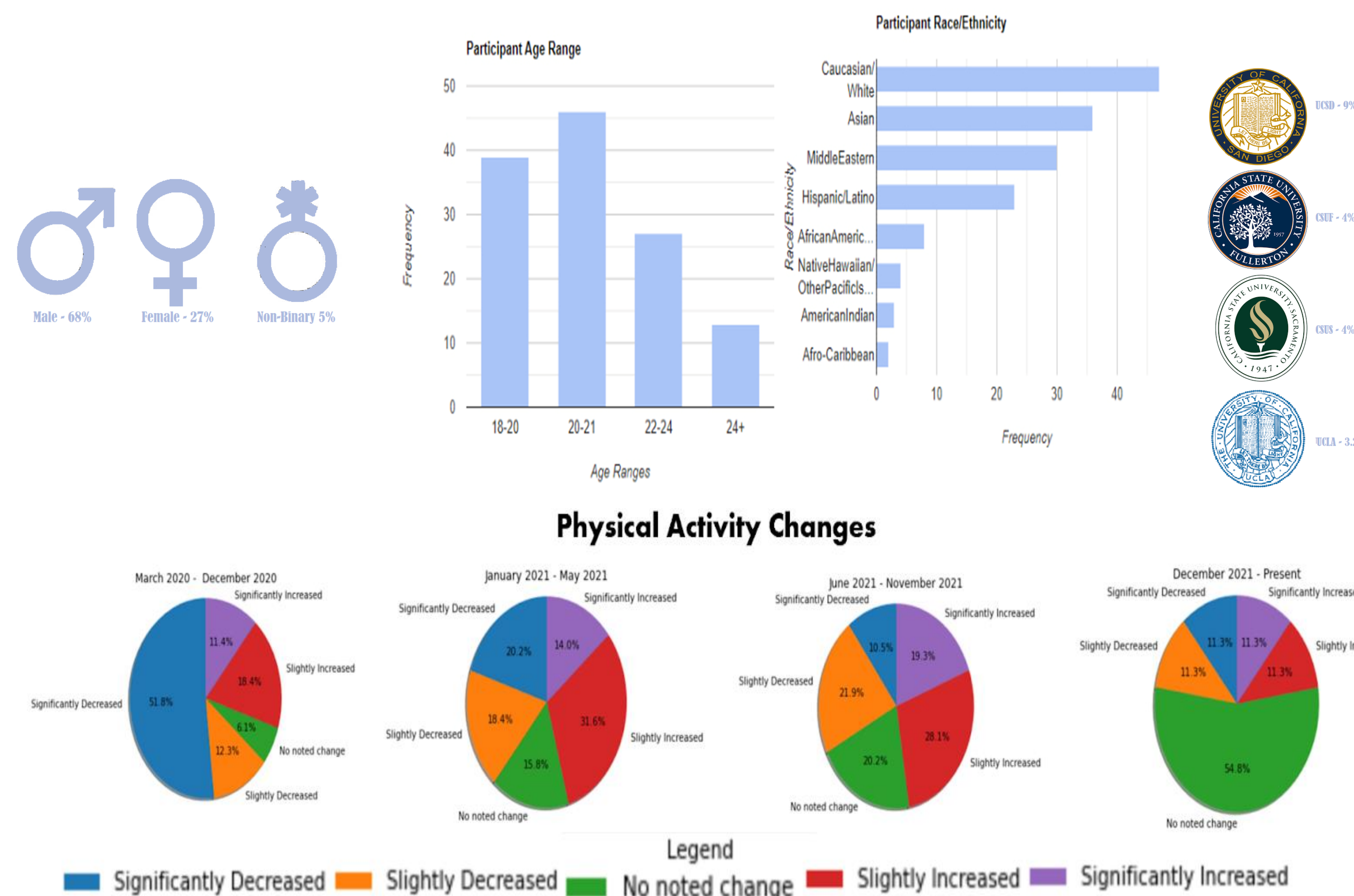
Conclusion

- Findings indicate that during the period with the most severe restrictions (March-December 2020) participants reported the least amount of PA compared to other periods.

Policy Implications

- Online workout programs may be beneficial to improve overall amount of PA among college students.
- Likewise, online community forums can also help motivate individuals to increase PA, especially those who need more social interactions.

Results



References

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