

Introduction

- COVID-19 Pandemic
 - Stay-at-home orders
 - Shift work, student, and social life from in person to online¹
 - More sedentary and secluded lifestyle
 - Affects level of physical activity (PA)
- Current Literature
 - Variety of associations between the pandemic and PA levels
 - Lack of direction in the association
 - Lack of data regarding its effects on U.S. and Southern California

Objective

To determine to what extent has the COVID-19 pandemic impacted levels and methods of physical activity among university students in the Southern California region.

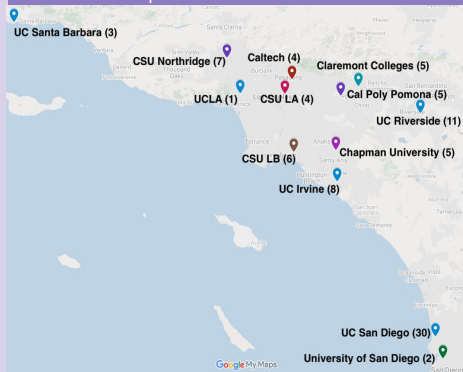
Methodology

- Cross-sectional survey titled "The Effects of the COVID-19 Pandemic on Physical Activity Habits" was distributed on university and college subreddits from April 25th, 2021 to May 3rd, 2021
- Asked participants to reflect on the frequency, duration, and methods of their physical activity before and during the pandemic.

Results

- Baseline Characteristics
 - n = 104 participants
 - Median Age: 20.5 years old
 - Median Year: 3rd year

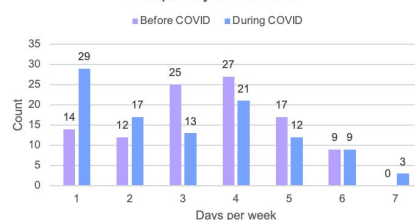
Universities Represented



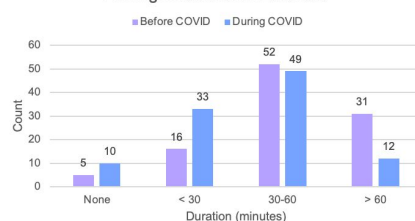
From pre-COVID-19 to during COVID-19:

- Slight decrease in workouts that averaged at least 30 minutes.
- increase in participants who preferred YouTube and video game workouts
- increase in the number of participants who preferred strength training
- Increase in low intensity workouts

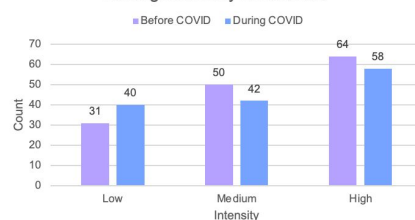
Frequency of Exercise



Average Duration of Exercise



Average Intensity of Exercise



Preferred Location and Method



Home



Weights

	Before	During
Home	31%	66%
Weights	32%	36%

Conclusion

During COVID-19, the average intensity and duration of exercise decreased significantly. There was little change in frequency. Many shifted from indoor to outdoor and at-home exercises.

Policy Implications

Although gyms have opened up recently, they are operating in very limited capacity. Universities can provide some alternatives, such as outdoor training stations, free yoga sessions provided by the university, and workouts led virtually.

References

1. De', R., Pandey, N., & Pal, A. (2020). Impact of digital surge during Covid-19 pandemic: A viewpoint on research and practice. *International journal of information management*, 55, 102171. <https://doi.org/10.1016/j.ijinfomgt.2020.102171>