

# The Pandemic Shift on Physical Activity and Its Impact on the Quality of Life of College Students in Southern California

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## INTRODUCTION

- Physical inactivity accounts for nearly 2 million deaths annually.<sup>1</sup> An average 1/3 of students transitioning from high school to college decline in physical activity levels.<sup>2</sup>  
- There is a gap in literature discussing the correlation between COVID-19, physical inactivity, and quality of life among college students specifically in Southern California.

## OBJECTIVE

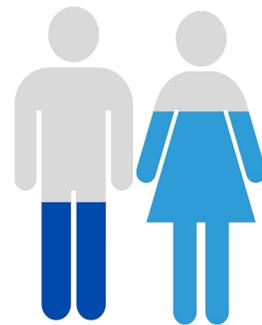
Understand the effects the COVID-19 pandemic has had on physical activity levels on college students while looking at the ramifications of quality of life (QOL).

## METHODS

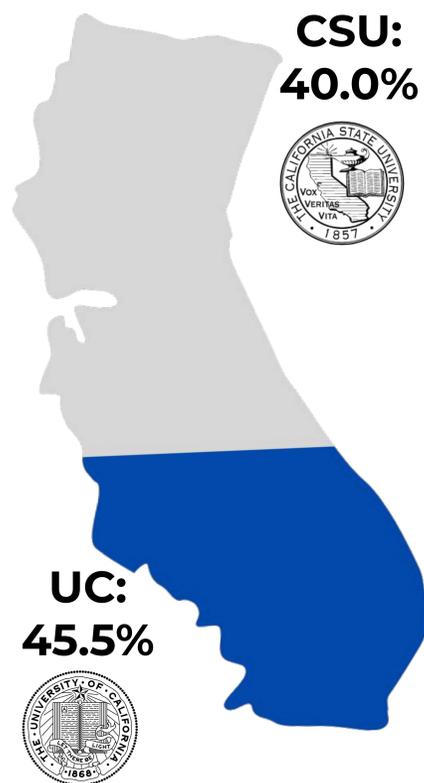
- Cross sectional, convenience
- Digital Survey (Google form) disseminated on social media platforms
- 18 - 24 year olds (n=120)
- Universities in Southern California



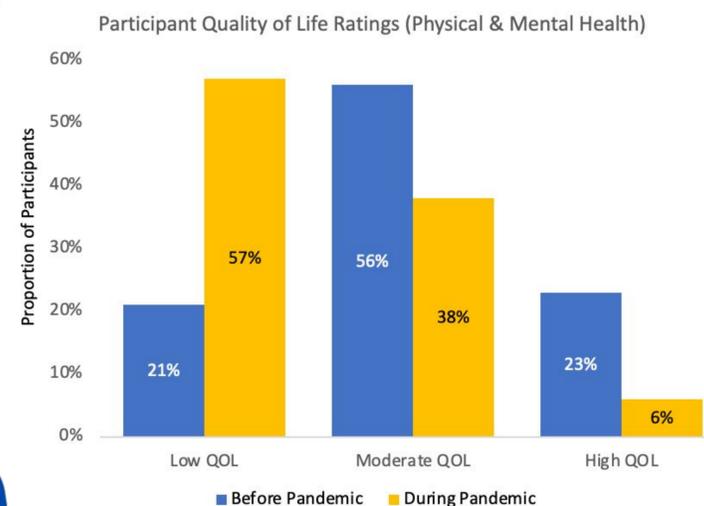
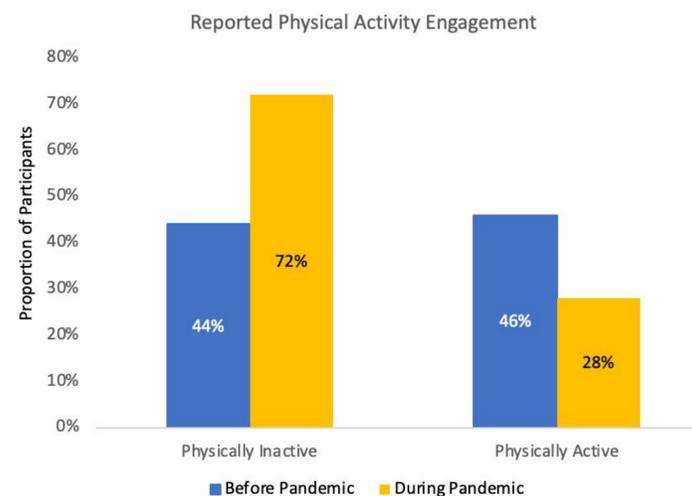
## Sample Characteristics



**M: 31.7%**  
**F: 63.3%**



## RESULTS



## CONCLUSIONS

The study results support that the COVID-19 pandemic has been a significant factor in both the physical activity levels and the quality of life for college students in Southern California. Understanding the consequences of the COVID-19 pandemic and its negative association to physical activity levels and quality of life in vulnerable populations like college students is critical to improving health.

## POLICY IMPLICATIONS

- Require post-secondary institutions in Southern California to implement and facilitate a 3-phase, year-long educational course that integrates mental health and physical well being practices.
- Would occur early in students' educational timeline to support students' well being and quality of life.

## REFERENCES

1. World Health Organization (2002). The world health report 2002: reducing risks, promoting healthy life. *Quantifying selected major risks to health* (pp. 61).
2. Sinclair, K. M., Hamlin, M. J., & Steel, G. (2005). Physical activity levels of first-year New Zealand university students: a pilot study. *Youth Studies Australia*, 24(1), 38-42.