INFLUENCIA DEL ESTADO DEL PESO SOBRE LA ACTIVIDAD FÍSICA DURANTE EL DESPLAZAMIENTO AL COLEGIO

INFLUENCE OF WEIGHT STATUS ON PHYSICAL ACTIVITY DURING COMMUTING TO SCHOOL

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<th>RESUMEN</th>
<th>ABSTRACT</th>
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<td>El objetivo del presente estudio fue comparar los niveles objetivos de actividad física durante el desplazamiento activo al colegio en escolares de acuerdo al estado del peso. 216 adolescentes (108 varones y 108 mujeres; 144 no-sobrepeso y 65 sobrepeso/obesidad), de 13-16 años de edad participaron en el presente estudio. La actividad física se evaluó mediante un acelerómetro GT3X+ que los escolares llevaron durante una semana. Los resultados de la prueba U de Mann-Whitney mostraron que en los alumnos con sobrepeso/obesidad tenían hábitos diarios de actividad física (actividad física ligera, moderada, vigorosa, moderada-vigorosa, ligera-vigorosa, eje vertical, vector magnitud y pasos) estadísticamente mejores que sus compañeros sin sobrepeso ($p &lt; 0.05$). Además, en los alumnos con sobrepeso/obesidad el desplazamiento al colegio tenía una contribución estadísticamente significativa mayor en el vector magnitud en la actividad física del día que en los compañeros sin sobrepeso ($p &lt; 0.05$). Los adolescentes con sobrepeso/obesidad tienen unos mayores niveles de actividad física durante el desplazamiento al colegio.</td>
<td>The purpose of the present study was to compare the objectively-measured physical activity levels during the active commuting to school in schoolchildren according to their weight status. 216 adolescents (108 males and 108 females; 144 non-overweight and 65 overweight/obese), of 13-16 years old participated in the present study. Physical activity was assessed by a GT3X+ accelerometer that schoolchildren carried during a week. The results of the Mann-Whitney U test showed that schoolchildren with overweight/obesity had daily habits of physical activity (light, moderate, vigorous, moderate-vigorous, light-vigorous, vertical axis, vector magnitude and steps) statistically greater than their classmates without overweight ($p &lt; 0.05$). Additionally, in schoolchildren with overweight/obesity the commuting to school had a higher statistically significantly contribution in the magnitude vector to the physical activity of the day than in classmates without overweight ($p &lt; 0.05$). Adolescents with overweight/obesity have higher levels of physical activity during the commuting to school.</td>
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<td>PALABRAS CLAVE: hábitos de actividad física, desplazamiento activo al colegio, sobrepeso, obesidad, escolares, adolescentes.</td>
<td>KEYWORDS: physical activity habits, active commuting to school, overweight, obesity, schoolchildren, adolescents.</td>
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1. INTRODUCTION

Different studies show the utility of promoting an active commuting to school as a precursor element of active lifestyles among young people\textsuperscript{1,2}. The purpose of the present study was to compare the objectively-measured physical activity levels during the active commuting to school in schoolchildren according to their weight status.

2. MATERIAL AND METHODS

A sample of 216 adolescents (108 males and 108 females; 144 non-overweight and 65 overweight/obese), of 13-16 years old participated in the present study. Physical activity was assessed by a GT3X+ accelerometer that schoolchildren carried during a week. The criteria were having registered at least 2 days of house-school commuting (60 min before and after the school schedule) and 2 days of the week (Monday-Friday) with at least 600 min.

3. RESULTS

The results of the Mann-Whitney U test showed that schoolchildren with overweight/obesity had daily habits of physical activity (light, moderate, vigorous, moderate-vigorous, light-vigorous, vertical axis, vector magnitude and steps) statistically greater than their classmates without overweight ($p < 0.05$). Additionally, in schoolchildren with overweight/obesity the commuting to school had a higher statistically significantly contribution in the magnitude vector to the physical activity of the day than in classmates without overweight ($p < 0.05$). However, for the rest of variables statistically significant differences were not found ($p > 0.05$). Regarding the contribution of commuting to school to the daily recommendations of 60 min of moderate-vigorous physical activity, it was statistically significantly higher in schoolchildren with overweight/obesity ($p < 0.05$); nevertheless, for the 10,000 daily steps statistically significant differences were not found ($p > 0.05$).

4. DISCUSSION AND CONCLUSIONS

Adolescents with overweight/obesity have higher levels of physical activity during the commuting to school. Future research studies should analyze the differences in other periods of the day.

REFERENCES
