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# Physical activity recommendation and its association with demographic variables in Czech university students

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## Abstract

Educated people have got better information about the importance of a proper amount of physical activity, but whether Czech university students meet recommendations for physical activity is not clearly known. International Physical Activity Questionnaire – short version, was collected from 2400 university students and analyzed by the logistical regression method. Meeting recommendations for vigorous PA, moderate PA and walking served as independent variables. Czech university students are a sufficiently active social group, more than 85% of them meet physical activity recommendations and the most influential variable is regular participation in PA. Although students practice an adequate amount of PA in total, there should be some promotion of moderate intensity PA and its suitable portion for young adults.

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