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Physical activity of youth: Evaluation guidelines from the viewpoint of health support

Erik Sigmund, Karel Frömel, Filip Neuls

Abstract

The main goal of this study is to develop guidelines for physical activity (PA hereafter) evaluation from the viewpoint of health support in Czech youth, based on 6 years of monitoring of PA with accelerometers and pedometers. For the guidelines proposal we used data from weekly triangular monitoring of PA (accelerometer Caltrac × pedometer Omron × individual logs = energy expenditure × steps × FITT characteristics of PA) in 1504 females and 1163 males aged 6 to 23. We expressed the guidelines by the means of relative values of active energy expenditure ($\text{kcal}\cdot\text{kg}^{-1}\cdot\text{day}^{-1}$) which enabled us to compare somatic different groups of females and males of different ages. Data analysis shows significant correlation ($r_S = .56 - .75$) between the active energy expenditure from Caltrac ($\text{kcal}\cdot\text{kg}^{-1}\cdot\text{day}^{-1}$) and the steps from Omron (number $\cdot\text{day}^{-1}$) in both working and weekend days. The developed guidelines can help to evaluate the level of PA and to create effective interventional PA programs. To express the guidelines in a daily number of steps seems to be a good step towards their larger and more popular use.

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