

HOME ABOUT LOG IN REGISTER SEARCH CURRENT
ARCHIVES ANNOUNCEMENTS

Home > Vol 35, No 1 (2005) > Sigmund

Font Size:   

The effect of interventional physical activity of residential camps in nature on the habitual physical activity of females and males

Erik Sigmund, David Másilka, Dagmar Sigmundová, Karel Frömel, Milan Novák

Abstract

The main aim of this study is to ascertain the effect of physical activity (hereafter PA) of residential camps in nature on habitual weekly PA and to compare the level of performed PA to health epidemiological recommendations. The effect of females' (n = 49) and males' (n = 27) PA at residential camps (the experiential camp GO! in Hynčice pod Sušinou, the residential camp in Lipnice nad Sázavou and the school in nature in Volyně) was assessed by comparing it to their habitual weekly PA, performed at a three-week interval after the end of these camps. PA was monitored using the accelerometer Caltrac, the pedometer Omron and individual records. PA was assessed by active energy expenditure (Caltrac), number of steps (Omron) and time of PA (individual record). At every analysed residential camp in nature, the volume of PA meets the epidemiological recommendations for strengthening health. The content and form of PA at residential camps in nature also erases differences between females' and males' PA and weekend and working days. PA performed at the school in nature in Volyně and at the residential camp in Lipnice provided a strong impulse for the development of fitness in males and females. We showed the strong effect of "interventional" PA on habitual weekly PA in both females (rP = 0.55) and males (rP = 0.60) at the school in nature in Volyně and a moderate effect on females (rP = 0.39) at the experiential camp GO!.

Full Text: [PDF](#)

[TABLE OF CONTENTS](#)

Reading Tools

The effect of int...

*Sigmund, Másilka,
Sigmundová, Frömel,
Novák*

[Review policy](#)
[About the author](#)
[How to cite item](#)
[Indexing metadata](#)
[Print version](#)
[Notify colleague*](#)
[Finding References](#)

SEARCH JOURNAL

[CLOSE](#)

* *Requires [registration](#)*

