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Levels of physical activity in Spanish adolescents (aged 12 to 14) measured by accelerometry

Elena Ramirez Rico, Emilia Fernández García, Julia Blández Ángel

Abstract

The purpose of this study is to determine whether Spanish adolescents studied attain a level of physical activity which complies with current guidelines for this age group. 90 adolescents (54 girls and 36 boys) aged 12 to 14 took part in the study. Information was gathered on their activity for a week, using accelerometry. The results show that these young people do not attain the levels of physical activity currently recommended, the results for girls being lower. The results are somewhat better if we include other

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less demanding patterns of activity.

The findings suggest that boys and girls of this age exhibit a level of physical activity which is closer to the recommendations of the early 1990s than the levels currently recommended for the age group.

Key words: physical activity;
gender; adolescents, accelerometry

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Full Text: [PDF \(195 KB\)](#) [STATISTICS](#)



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