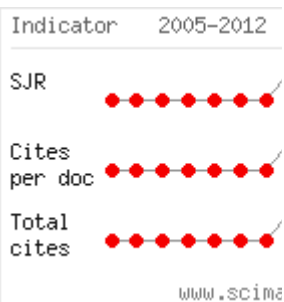


JHSE

- [Current Issue](#)
- [Back Issues](#)
- [Most read articles](#)
- [Indexing](#)
- [Advanced search](#)
- [Contact](#)
- [Site Map](#)
- [About](#)
- [Links](#)

GOOGLE TRANSLATE



[Home](#) > [Vol 8, No 2 \(2013\)](#) > [Pino-Juste](#)

Trainee teachers' habits of healthy physical activity

*Margarita Pino-Juste, Águeda Gutiérrez-Sánchez,
Mirian Alvariñas*

Abstract

Introduction: This study analyses the habits of physical activity of a group of students at the University of Vigo (Spain). Methods: It uses the SRHI (Self-Report Habits Index) scale, which was used for the first time in Spain. It starts from the premise that future educators should have good physical activity habits if they want to convey this attitude to their students due to its importance for health and quality of life. Results: Physical activity habits are well-established in future Secondary Education Physical Education teachers but not in

ARTICLE TOOLS

 [Print this article](#)

 [Indexing](#)

[metadata](#)

 [How to cite item](#)

 [Finding](#)

[References](#)

 [Review policy](#)

 [Email this article](#)

(Login required)

 [Email the author](#)

(Login required)

FONT SIZE

Browse

- [By Issue](#)
- [By Author](#)
- [By Title](#)

Search

All 

[Search](#)




future Infant and Primary Education teachers. In addition, there are greater physical activity habits in men, in students who previously participated in sport at school and at younger ages. The most common difficulties for creating physical activity habits are lack of time, sport facilities and companionship for carrying out the activity.

Discussion: In this section our results, which broadly coincide with the results of other studies regarding the same subject, are contrasted with the results of those other studies.

Key words: PROMOTION OF HEALTH, COLLEGE STUDENTS, SELF-REPORT HABIT INDEX, PRACTISE

doi: 10.4100/jhse.2012.82.12

Full Text: [PDF \(189 KB\)](#) [STATISTICS](#)

USER 

Username

Password

Remember me

[Announcements](#)



CURRENT ISSUE



[OPEN JOURNAL SYSTEMS](#)



This work is licensed under a [Creative Commons Attribution-NonCommercial-NoDerivs 3.0 Unported License](#).

J. Hum. Sport Exerc. ISSN 1988-5202. doi:10.4100/jhse. Faculty of Education. University of Alicante. C/ San Vicente del Raspeig s/n - 03690 San Vicente del Raspeig - Alicante - Spain jhse@ua.es