



Acciones para una universidad saludable: impacto sobre la salud mental y física de los jóvenes [

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text (article)

Analítica

University students frequently show high levels of physical inactivity as well as a sedentary lifestyle. This fact has been increased after the recent health crisis caused by the COVID-19. Physical exercise, as part of the programs of the Healthy Universities, could be a strategy to face this problem. The purpose of this pilot study was to analyze the effects of an exercise program on the level of physical activity, mental health, and body composition in sedentary university students. A longitudinal study with repeated measures was designed. 14 students were evaluated at three different moments: at the beginning of the exercise program, after program completion, and two weeks after the end of the program. The followings instruments were used: International Physical Activity Questionnaire (level of physical activity), DASS-21 questionnaire (level of stress, depression, and anxiety), Pittsburgh Sleep Quality Index Questionnaire (quality of sleep), a body tape measure (perimeters), and a body composition monitor (weight, BMI, % fat mass and % muscle mass). After five weeks of intervention and two weeks post-intervention, the levels of physical activity, mental health and quality of sleep were improved ($p < 0.05$). Regarding body composition, muscle mass was the only variable that improved after five weeks of exercise program ($p = 0.04$). The results of the present study showed that the actions of universities based on healthy training programs improve the level of physical activity, mental health, and body composition of university students

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