



Actividad física y calidad de vida relacionada con la salud en una comunidad académica [

2020

text (article)

Analítica

o explore the Physical Activity (PA) levels ‒Low, Medium and High‒ differences according to Health-Related Qualityof Life (HRQL). Method. 269 participants (M = 25.3, SD = 1.5) between, students, teachers and administrators of an academiccommunity of Pereira, Colombia. e PA was assessed with the International Physical Activity Questionnaire (IPAQ) and theHRQL through the SF-36. Results. ose who reported having a moderate PA level showed significantly best vitality, mental healthoutcomes, and overall health (p < 0.05). While those with vigorous PA level averaged higher in overall health. e moderate andvigorous PA levels, compared to the low level, showed a higher score in general health and mental health (p < 0.05). Conclusion.is study provides evidence in favor of the link between PA and HRQL hypothesis; in addition, those subjects who self-report moderate and vigorous PA levels showed better HRQL in the social function, vitality, general health, and mental healthdimensions. Future studies should emphasize the different PA levels that will favor the HRQL, principally, in school population.Keywords: Physical exercise, sport psychology, mental health, health promotion, healthy lifestyle

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