



## Actividad física y percepciones de beneficios y barreras en una universidad colombiana [

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text (article)

Analítica

The objectives of this research were to determine the levels, benefits and barriers to physical activity in one of the campuses of the University of Antioquia, Medellin, Colombia. 92 students, 72 teachers and 45 employees voluntarily participated in this study using simple random sampling for each group. The Global Physical Activity Questionnaire (GPAQ) was used to identify levels of physical activity (PA) and the Exercise Benefits /Barriers Scale (EBBS) questionnaire to measure the perceived benefits and barriers of PA. The surveys were collected during the second half of 2012. We used SPSS version 21 for analysis of the data, using techniques of frequency distribution and the X2 test to compare proportions based on the participants' relationship with the university and gender. It was found that 51.1 % of students, 48.6 % of teachers and 46.7 % of employees have high levels of PA. No statistically significant differences between the perceptions of benefits of PA were found; the lowest perceived barriers were observed in students and the highest in teachers. The results of this study could serve as input for the creation of strategies to build better PA programs offered within the university campus and allow to increase PA levels of the population, while increasing adherence to such programs

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