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## Factors associated with physical activity in a sample of British secondary school students

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### Abstract

**Background:** The purpose of this study was to investigate the demographic, social and psychological factors associated with moderate-to-vigorous physical activity (MVPA) and sedentary behaviour among a sample of secondary school students (N = 402).

**Methods:** Students completed a questionnaire which examined their level of participation in MVPA and sedentary behaviours along with a number of potential correlates. Hierarchical regression was used to explore the relationship between hypothesised factors and MVPA.

**Results:** Approximately a third of students (31.9%) reported involvement in at least five sessions of MVPA in the previous week. The students reported an average of 2.8 hours per day watching television and 1.7 hours per day using the computer. In the final regression model, 33% of variance in MVPA was explained. Perceived barriers, peer support and family support were statistically significant predictors.

**Conclusions:** This study confirmed a number of factors to be associated with participation in MVPA. No relationship was found between sedentary behaviour and MVPA.

[Link to full text paper pdf](#) (161KB)

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