Results and discussion

Table 01: Classification of the level of practice of habitual physical activity.

<table>
<thead>
<tr>
<th>RANKING</th>
<th>SOMATÓRIO DE ANSWERS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Very Active</td>
<td>21 or more points</td>
</tr>
<tr>
<td>Active</td>
<td>12 – 20 points</td>
</tr>
<tr>
<td>Moderately Active</td>
<td>6 – 11 points</td>
</tr>
<tr>
<td>Inactive</td>
<td>0 – 5 points</td>
</tr>
</tbody>
</table>

Source: Nahas (2010).

The results showed that 53 undergraduate students were evaluated, with a predominance of male students with 59%, compared to 41% of female students. These data contradict studies on the profile of undergraduate students of Brazilian universities (IBGE, 2014, BRASIL, 2016), which indicate that women are the largest number representing 57.1% of the total enrolled in Brazilian higher education. The fact that women are the majority among Brazilian university students is a relatively recent event, considering that in 1956 they represented 26% of the total number of students enrolled, and in 1971 they were only 40% (BARRETO, 2014).
Regarding the variable Habitual Physical Activity Level (Graph 01), we consider the values resulting from the sum of positive responses related to physical activity habits in daily and leisure occupations. Accordingly, it was found that 4% of the volunteers analyzed had scores that classified them as "Inactive", 36% "Moderately Active", 21% "Assets" and 39% "Very Active". It should be noted that the result found was quite satisfactory since the research of a specialist in the field (NAHAS, 2010) has shown that the greatest health benefits appear when moving from sedentary (inactive) to moderately active, which in our study this percentage reaches the excellent number of 96%. In this same perspective, it is emphasized that moderate levels of physical activity can already significantly reduce the risk of chronic-degenerative diseases, such as myocardial infarction, stroke, diabetes, hypertension, obesity, osteoporosis and others, especially cardiovascular ones (NAHAS, 2010, p.29).

These results are positive when compared to an investigation with 88 academics of the Physical Education course at a public university in Alagoas, where 18% of the students were classified as physically inactive (SILVA, HARTMANN, CUNHA JÚNIOR, 2012).

It is worth noting that studies show that young people tend to adopt unhealthy health behaviors (FOSTER, CARAVELIS, KOPAK, 2014), especially during the university engagement phase.

![](Graph 01: Physical Activity Regular physical education students entering)

In a separate analysis by gender (Graph 02), it should be noted that the male gender presents higher numbers when we consider the sum of the "Very Active" and "Active" rankings with 75%, compared to the female that presented only 21%. The result found was consistent with a study carried out in the Santa Catarina highlands region, also with university students that presented a proportion of 73.6% of the male physically active population (SIMÃO, NAHAS, OLIVEIRA, 2012).

![](Graph 02: Physical Activity Regular of physical education undergraduates)

CONCLUSION

Given the data, it can be observed that the academics of physical education entering the University Center, presented satisfactory subsidies, not offering numbers that classify them with health risk. The high percentage of students physically active in Physical Education courses is plausible and expected, since the physically active lifestyle precedes a well-traveled daily of their adolescence during the school phase.

However, due to the above, it should be noted that data collection was carried out with incoming students from the first semester of each health course, academics who will go through various situations such as high levels of stress, anxiety, and low self-esteem during academic life. If such behavior of maintaining these habits of performing physical activity, will be determinant in maintaining their health and reducing the risks of developing chronic diseases.

In view of this reality, the results can support the Higher Education Institutions (HEIs), in the development of prevention programs and health promotion, planning, implementation and creation of specific actions for this population that stimulates their students to acquire habits of practicing physical activity programs during the academic period.

REFERENCES


IBGE. Instituto Brasileiro de Geografia e Estatística. Estatísticas de Gênero: Uma análise dos resultados do Censo Demográfico
Abstract
The growth of Higher Education and the high number of university students who have adopted an unhealthy lifestyle were motivating points of this study that had as objective to measure the level of habitual physical activity of university academics. This was a cross-sectional study involving a sample of 53 students of both sex entering the physical education course at a university center in the State of Alagoas. To evaluate the level of habitual physical activity, the Physical Activity Questionnaire - QAFH was applied. The results showed that 4% of the analyzed volunteers had scores that classified them as "Inactive", 36% "Moderately Active", 21% "Assets" and 39% "Very Active". Separated by males shows higher numbers when we consider the sum of the "Very Active" and "Active" rankings with 75%, compared to the female that presented only 21%. Given the data, it can be concluded that the physical education academics entering the University Center, presented satisfactory subsidies, not offering numbers that classify them with health risk.

Keywords: Regular Physical Activity, University, Physical Education.

Résumé
La croissance de l’enseignement supérieur et le nombre élevé d’étudiants universitaires ayant adopté un style de vie malsain ont été les points forts de cette étude ayant pour objectif de mesurer le niveau d’activité physique habituel des universitaires. Il s’agissait d’une étude transversale portant sur un échantillon de 53 étudiants du même sexe inscrits au cours d’éducation physique dans un centre universitaire de l’État d’Alagoas. Pour évaluer le niveau d’activité physique habituelle, le questionnaire sur l’activité physique - QAFH a été appliqué. Les résultats ont montré que 4% des volontaires analysés avaient des scores les classant comme “inactifs”, 36% “modérément actifs”, 21% “actifs” et 39% “très actifs”. Séparé par les hommes montre des chiffres plus élevés lorsque l’on considère la somme des classements “Très actif” et “Actif” avec 75%, comparé à la femme qui n’a présenté que 21%. À la lumière des données, on peut en conclure que les universitaires en éducation physique qui entrent au centre universitaire ont présenté des subventions satisfaisantes sans proposer de chiffres les classant comme présentant un risque pour la santé.

Mots-clés: Activité physique régulière, Université, Éducation physique.

Resumen
El crecimiento de la enseñanza superior y el elevado número de estudiantes universitarios que han adoptado un estilo de vida poco saludable, fueron puntos motivadores de este estudio que tuvo como objetivo medir el nivel de actividad física habitual de los académicos universitarios. Se trató de una investigación transversal, que involucró una muestra de 53 académicos de ambos sexos ingresantes del curso de educación física de un centro universitario del Estado de Alagoas. Para evaluar el nivel de actividad física habitual se aplicó el Cuestionario de Actividad Física Habitual - QAFH. En los resultados se constató que el 4% de los voluntarios analizados, presentan puntuaciones que los clasifican como “Inactivo”, el 36% “Moderadamente Activo”, el 21% “Activos” y el 39% “Muy Activos”. En el caso de las mujeres, el número de mujeres en edad reproductiva es mayor que en los hombres. Ante los datos, se puede concluir que los académicos de educación física ingresantes en el Centro Universitario, presentaron subsidios satisfactorios, no ofreciendo números que los clasifiquen con riesgo a la salud.

Palabras Claves: Actividad Física Habitual, Universitarios, Educación Física.

Resumo
O crescimento do Ensino Superior e o elevado número de estudantes universitários que tem adotado um estilo de vida pouco saudável, foram pontos motivadores desse estudo que teve como objetivo medir o nível de atividade física habitual dos académicos universitários. Se tratou de uma pesquisa transversal, que envolveu uma amostra de 53 académicos de ambos os sexos ingressantes do curso de educação física de um centro universitário do Estado de Alagoas. Para avaliar o nível de atividade física habitual foi aplicado o Questionário de Atividade Física Habitual – QAFH. Os resultados constatou-se que o 4% dos voluntários analizados, apresentaram escores que os classificam como “Inativo”, o 36% “Moderadamente Ativo”, o 21% “Ativos” e 39% “Muito Ativos”. Separado por sexo masculino apresenta números superior quando considerarmos o somatório das classificações “Muito Ativo” e “Ativo” com 75%, comparado ao feminino que apresentou apenas 21%. Diante dos dados, pode-se concluir que os académicos de educação física ingressantes em no Centro Universitário, apresentaram subsídios satisfatórios, não oferecendo números que os classifiquem com risco a saúde.

Palavras Chaves: Atividade Física Habitual, Universitários, Educação Física.