

Physical Activity Patterns of Selected Adults in Tertiary Institution

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The purpose of this study was to evaluate the pattern of physical activity of selected adults. Volunteers for the study were drawn from secretaries, cab drivers and shop owners within a tertiary institution. The modified - International Physical Activity Questionnaire (IPAQ) was used to assess the physical activity status of the participants. The Metabolic Equivalent (MET) of the respondents was graded from low to high based on their MET value. The sample for this study comprised a total of one hundred and three (103) participants selected through a convenient random sampling technique. Forty (40) of the respondents were cab drivers, while 30 were shop owners and 33 secretaries respectively. The IPAQ assesses the intensity of physical activity and sitting time of participants. Data from the study was analysed using the descriptive statistics of mean and standard deviation with graphical illustrations, while the hypotheses were tested using the inferential statistics of independent sample t-test at a 0.05 level of significance. Findings indicated that the majority of the respondents had a low level of physical activity, although female participants (168.86 MET) had a slightly higher MET value than male participants (150.43). All the participants rated low in physical activity. Although secretaries (190.7 MET) had a slightly higher mean MET than shop owners (151.09 MET)). The study recommends the promotion of physical activities among sedentary workers in order to acquire at least 150 minutes of moderate intensity physical activities per week as recommended by the World Health Organization and to improve their cardiorespiratory fitness.