

Table 1 Pattern of self-reported physical activities among health college students

| Pattern of physical activities | Males (n = 426) | | Females (n = 831) | | Total (n = 1257) | | Test of significance | P-value |
|--|--------------------|------|----------------------|------|---------------------|------|-------------------------|---------|
| | No. | % | No. | % | No. | % | | |
| <i>Physical activity level</i> | | | | | | | | |
| High | 60 | 14.1 | 102 | 12.3 | 162 | 12.9 | $\chi^2 = 1.1$ | > 0.05 |
| Moderate | 126 | 29.6 | 240 | 28.9 | 366 | 29.1 | | |
| Low | 240 | 56.3 | 489 | 58.8 | 729 | 58.0 | | |
| <i>Vigorous activities</i> | | | | | | | | |
| ≥ 10 min/week | 114 | 26.8 | 148 | 17.8 | 262 | 20.8 | $\chi^2 = 13.6$ | < 0.001 |
| ≥ 75 min/week ^a | 83 | 19.5 | 85 | 10.2 | 168 | 13.4 | $\chi^2 = 20.8$ | < 0.001 |
| <i>Moderate activities</i> | | | | | | | | |
| ≥ 10 min/week | 124 | 29.1 | 264 | 31.8 | 388 | 30.9 | $\chi^2 = 0.93$ | > 0.05 |
| ≥ 150 min/week ^a | 64 | 15.0 | 122 | 14.7 | 186 | 14.8 | $\chi^2 = 0.26$ | > 0.05 |
| <i>Walking</i> | | | | | | | | |
| ≥ 60 min/week | 194 | 45.5 | 419 | 50.4 | 613 | 48.8 | $\chi^2 = 2.68$ | > 0.05 |
| ≥ 150 min/week ^a | 109 | 25.6 | 267 | 32.1 | 376 | 29.9 | $\chi^2 = 5.75$ | < 0.05 |
| Mean (SD) % leisure time spent inactive | 55.5 (20.8) | | 44.8 (22.5) | | 47.5 (21.2) | | Z = 6.48 | < 0.001 |

^aMeets World Health Organization recommendations.

SD = standard deviation.