

# Eating habits and physical condition of physical education students [Hábitos alimentarios y condición física en estudiantes de pedagogía en educación física]

Durán Agüero S.

Valdés B. P.

Godoy C. A.

Herrera V. T.

Herrera V. T.

**Objective:** To determinate dietary habits and physical condition of physical activity students from the Autonomous University of Chile, Temuco, relating these to their fitness level. **Methods:** An observational cross-sectional study was conducted among 239 students (76.5 % males).

**Assessment** included a food questionnaire, anthropometric measurements and physical condition.

**Results:** In a sample of 239 students, 35.6% of them were overweight or obese as well as having unhealthy dietary habits independent of the academic year at university. Only 4.7 % of the students used the national recommendations for fruit intake and only 30% ate breakfast daily. In men weight, waist circumference and BMI were negatively associated with the Nvette Course test ( $R = -0.203$ ,  $R = -0.249$  and  $R = -0.196$ ,  $p < 0.01$  respectively). **Conclusion:** Physical activity education students have poor dietary habits throughout the university academic years while their fitness decreases irregularly as studies progress. This is a major concern since they will become healthy life style role models for their future students. © 2014 Sociedad Chilena de Nutricion Bromatologia y Toxilologica.

All rights reserved.

Anthropometry

Fitness

Food survey

University student