

# 24-hour movement behaviors of university students of pedagogy in physical education. Comparative study by gender, between cohorts

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## **Abstract**

Research shows that university students of Pedagogy in Physical Education present better parameters of physical condition, however, little information is available on sedentary behavior, physical activity (PA) and sleep patterns measured objectively. The objective of this research is to describe sedentary behavior, PA and sleep patterns; determine if there are significant differences between students according to sex and year of admission to university; and determine if there is an association between PA intensity and sleep patterns. We worked with a sample of 128 students, in which sedentary behavior, PA of light, moderate and vigorous intensity, and sleep patterns (sleep time, time in bed and sleep efficiency) were objectively evaluated. The results indicate that first year students present the highest values of average minutes per day for the three PA intensities (men: Light = 71.5 min, moderate = 100.4 min, vigorous = 12 min; women: Light = 80.3 min, moderate = 93.8 min, vigorous = 6.5 min), in addition to having less sleep time, however, their sleep efficiency is higher. In conclusion, firstyear students present less time of sedentary behavior, greater amount of PA in the three intensities and less time of sleep, but greater efficiency. When comparing by sex, women present less PA of moderate and vigorous intensity. Light intensity PA was associated with assessed sleep patterns. © 2021 Federacion Espanola de Docentes de Educacion Fisica. All rights reserved.

## **Author keywords**

Accelerometer; Efficiency; Intensity; Minutes