

10

ΑΡΙΣΤΟΤΕΛΕΙΟ ΠΑΝΕΠΙΣΤΗΜΙΟ ΘΕΣΣΑΛΟΝΙΚΗΣ

Τμήματα Επιστήμης
Φυσικής Αγωγής και Αθλητισμού
Σερρών - Θεσσαλονίκης

Ευρωπαϊκή Εταιρεία Επιστημόνων
στην Προσαρμοσμένη Φυσική Δραστηριότητα

ΤΡΙΤΟ ΕΥΡΩΠΑΪΚΟ ΣΥΝΕΔΡΙΟ ΣΤΗΝ ΠΡΟΣΑΡΜΟΣΜΕΝΗ ΦΥΣΙΚΗ ΔΡΑΣΤΗΡΙΟΤΗΤΑ

"Ανάπτυξη της Προσαρμοσμένης
Φυσικής Δραστηριότητας:
Έρευνα και Εκπαίδευση στην Ευρώπη"



ΠΡΟΓΡΑΜΜΑ
ΘΕΣΣΑΛΟΝΙΚΗ

16 - 18 ΟΚΤΩΒΡΙΟΥ 1998



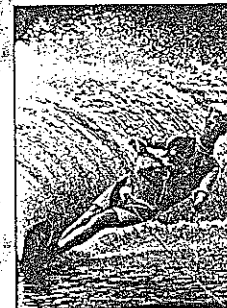
ARISTOTLE UNIVERSITY OF THESSALONIKI

Departments of Physical Education
and Sports Sciences
Serres - Thessaloniki

European Association of Researchers
into Adapted Physical Activity

THIRD EUROPEAN CONFERENCE IN ADAPTED PHYSICAL ACTIVITY

"Developments in Adapted
Physical Activity;
Research and Education Throughout Europe"



PROGRAM
THESSALONIKI

16 - 18 OCTOBER 1998

IONS WITH PHYSICAL

is, G. Kosta
Education & Sport Science,

tunities that persons with
r recreational activities as
or recreation. In our days
e in outdoor recreational
programs held by special
es are many. The present
disabilities have the same
ng in such activities the
emotionally. Conclusively,
abilities to participate in
e they should be provided

ANALYSIS OF GREEK CHILDREN'S LIFESTYLE PHYSICAL ACTIVITY PATTERNS

A. Avgerinos¹, A. Stathi¹, P. Antoniou²

¹ Loughborough University, Uk, ² Democritus University of Thrace

The aim of this study was to investigate the place of physical activity (P.A.) in the lifestyles of young people, in selected urban areas of North Greece. The research goals were to investigate: (i) children's involvement in leisure time activities and the importance of P.A. as leisure time pursuit, (ii) the practice of P.A. in and out of school, (iii) their perceptions about school and PE lesson and (iv) the reasons given for participation in P.A. A sample consisting of 271 elementary school students aged 11,7 representing three different geographical areas of North Greece, completed the «Lifestyle Questionnaire». The validity and reliability of the research instrument were previously established. The key findings have shown that a total of 66.7% of boys and 34.4% of girls answered that they participated regularly in activities lasting longer than 20 minutes. Furthermore 81.8% of boys and 56.3% of girls reported they participated in exercise causing breathlessness or sweating. Overall, boys were found to be significantly more active than the girls ($p < 0.05$). These findings suggest that a high proportion of these children may meet the recent recommendations of the ACSM for health. The research findings also revealed that girls drop out from organized sports, particularly at the ages of 10 to 12. Regarding pupils perception about PE lessons, 83% of the children were positive, whilst the counterpart percentage concerning school perception were 60.4%. Boys and girls reported health related factors, such as «good for me» or «physically fit», as the most important reasons for participation in physical activity. Taking into account a number of limitations of this study, these results suggest that Greek children appear to be more active than children in other European countries. In order to draw the overall picture of the Greek children's' physical activity patterns future research is regarded as necessary. These studies should involve all age groups as well as children with special needs by applying combined research techniques such as epidemiological, field and laboratory measurements. The «Lifestyle Questionnaire» may be a useful instrument for teachers who work with motor handicapped children in order to estimate overall P.A. patterns.