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Promoting physical activity among university students with a co-constructed program during Covid-19 pandemic

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Introduction

- The COVID-19 pandemic has had deleterious effects on the **mental health** of students (Charbonnier et al., 2021; Le Vigouroux et al., 2021) and on their **lifestyles** as evidenced by their **high levels of sedentary behavior** and their **low levels of physical activity** (Goncalves et al., 2021).
- In order to prevent the deterioration of students' health in a COVID-19 context is **essential to conduct interventional studies** with university students to accompanying them.
- Therefore, it is essential to go beyond traditional interventions and provide **more innovative** and **accessible interventions** to achieve real student engagement.

Objectives

Objective I: **promote physical activity** among students to improve both physical condition and motivation to engage in physical activity for one's health by promoting motivational levers.

Objective II: **reduce and/or prevent the deterioration of the health** of university students.

Method

1- Variables: Anxiety and depressive symptoms (with HADS), body image (with BAS-2), physical activity and sedentary time (by accelerometry), physical fitness (flexibility, strength lower limb and cardiovascular fitness YMCA test) and anthropometrics data

2- Design and population:

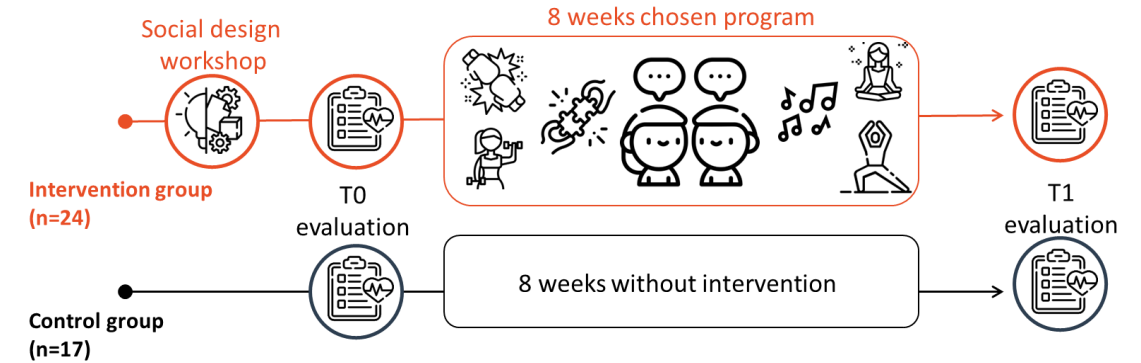


Table 1. Means (standard deviations) between T0 and T1.

	Intervention group (M ± SD)			Control group (M ± SD)		
	T0	T1	p value	T0	T1	p value
Psychological variables						
Anxiety	8.8 (4.0)	8.7 (4.5)	0.96	6,3 (4.8)	6.4 (2.6)	0.36
Depression	4.4 (3.1)	4.3 (3.9)	0.87	3.7 (2.8)	4.0 (3.2)	0.34
Body Image	31.4 (10.3)	36.0 (10.8)	0.02	39 (6.7)	35.5 (7.2)	0.42
Anthropometrics						
Weight (kg)	62.5 (10.5)	62.8 (10.8)	0.35	63.5 (13.0)	64.0 (13.1)	0.12
BMI (kg/m ²)	22.8 (4.0)	22.5 (4.5)	0.49	23.0 (3.8)	23.3 (3.8)	0.15
Physical fitness						
Flexibility (cm)	1.4 (9.7)	-4.3 (10.4)	0.001	4.4 (9.1)	4.0 (12.7)	0.83
Strength lower limb (N)	410.6 (151.6)	415.7 (156.5)	0.66	400.7 (110.3)	422.5 (154.0)	0.37
YMCA	105.5 (23.2)	102.4 (20.0)	0.19	104.8 (21.3)	101.8 (20.8)	0.32
Objective ST and PA (mn/day)						
Sedentary time	805.1 (61.1)	816.2 (47.1)	0.38	824.7 (29.7)	831.1 (55.1)	0.61
Number of breaks	19.4 (3.0)	21.3 (3.0)	0.02	20.9 (3.1)	22.2 (3.2)	0.12
MVPA	52.0 (17.4)	48.2 (17.4)	0.28	50.4 (18.9)	39.6 (21.3)	0.034

Note : ST, sedentary time; PA, physical activity, MVPA; moderate to vigorous physical activity. Intragroup with Wilcoxon test,

Results

At baseline

- No difference between group

At T1 intervention group

- ↑ body image, flexibility, number of breaks
- Program adherence 89%

At T1 only in control group

- ↓ moderate to vigorous PA

Discussion

- Social design workshop with the aim to propose a chosen program is a powerful tool among students in order to respond to their expectations reflected by the high adhesion rate and enhance key determinants of health (Ansell & Torfing 2014),
- Promoting social engagement with peers is essential (Albert et al., 2020).