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Changes in PA during the transition from adolescence to adulthood: better understanding for better intervention

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Axe 4: Physical activity, health promotion and education

Background: Life transitions represent critical periods for physical activity (PA) (Gropper et al., 2020) by changing its temporal equation. The scientific literature focuses on individual determinants (Hynynen et al., 2016) and provides few information on temporal opportunities for PA. The aim of this study was to analyse the evolution of PA in social times during the transition from adolescence to adulthood in order to better target educational interventions.

Method: A longitudinal follow-up (n=119) was conducted for two years (Grade 12 vs first year university). PA data were collected by accelerometry for seven consecutive days. Social times were collected by digital daily diary. Two-way repeated measures ANOVAs measured the interaction effect of profile and life transition on PA delta for each social time. Logistic regressions measured the importance of each social time on PA change.

Result: Data collection is currently in progress. We hypothesize that there is an overall decline in PA during this life transition but that some social times represent more resilient opportunities than others.

Conclusion: This study informed the temporal complexity of PA and the need to educate for a more resilient behaviors throughout social times point of view.