

Table 2 Knowledge, perception and behaviour of adolescents in regard to physical activity (PA)

Variable	Males (n = 140)			Females (n = 220)			Total (n = 360)		P ^a
	n ^R	No.	%	n ^R	No.	%	No.	%	
Definition of regular PA	132			214					
Every day		14	10.6		34	15.9	48	13.9	
< 7 days/week		111	84.1		166	77.6	277	80.0	
Don't know		7	5.3		14	6.5	21	6.1	
Practise regular PA	131	51	38.9	206	51	24.8	102	30.3	< 0.01
Intensity of PA ^b is usually:	136			214					
Low		11	8.1		41	19.2	52	14.9	< 0.001
Moderate		92	67.6		153	71.5	245	70.0	
High		33	24.3		20	9.3	53	15.1	
Plan to do 30 min daily moderate PA next year	118	65	55.1	204	116	56.9	181	56.2	NS
Perception of daily moderate PA									
Pleasant	131	109	83.2	212	182	85.8	291	84.8	NS
Effective	131	124	94.7	211	194	91.9	318	93.0	NS
Easy	129	41	31.8	208	55	26.4	96	28.5	NS
Sport activity in past week									
Walking	140	95	67.9	220	163	74.1	258	71.7	NS
Dancing (1 female ^c)	140	33	23.6	219	131	59.8	164	45.7	< 0.001
Jogging	140	67	47.9	220	90	40.9	157	43.6	NS
Physical education	140	53	37.9	220	96	43.6	149	41.4	NS
Soccer	140	73	52.1	220	10	4.5	83	23.1	< 0.001
Bodybuilding	140	49	35.0	220	28	12.7	77	21.4	< 0.001
Cycling (1 female ^c)	140	30	21.4	219	14	6.4	44	12.3	< 0.001
Volleyball/basketball	140	19	13.6	220	17	7.7	36	10.0	NS
Swimming	140	7	5.0	220	7	3.2	14	3.9	NS
Determinants of PA									
Encouraged by mother	137	102	74.5	218	181	83.0	283	79.7	0.050
Encouraged by father	135	97	71.9	218	141	64.7	238	67.4	NS
Reason for not doing sport (%)	140	Yes	No	220	Yes	No	Yes	No	
Lack of time		57.1	24.3		75.5	14.1	68.3	18.1	< 0.01
Lack of space		48.6	32.1		47.7	40.9	48.1	37.5	NS
Lack of facilities		42.1	35.7		28.6	57.7	33.9	49.2	< 0.001
Those practising sport are not all good people		29.3	50.7		23.2	63.2	25.6	58.3	NS
Sport not a tradition in our neighbourhood		19.3	60.7		25.9	60.0	23.3	60.3	NS
I like watching not playing		13.6	66.4		28.6	59.1	22.8	61.9	< 0.01
Financial problem		25.7	54.3		19.1	67.7	21.7	62.5	< 0.05
Health problem		13.6	65.0		14.1	73.2	13.9	70.0	NS
I don't like to		6.4	73.6		15.9	70.9	12.2	71.9	< 0.05
Parents don't want me to		11.4	67.9		8.2	79.5	9.4	75.0	< 0.05

^aP for differences between males and females; ^bSelf-assessed; ^cRemainder = no response.

n^R = number of respondents for each variable.

NS = not statistically significant.