

A Study of Physical Activity Level of Government Teachers in Colombo District

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Countries across a broad spectrum of economic development were experiencing an unprecedented rise in non-communicable diseases (NCDs). Non Communicable diseases were the leading cause of death globally than all other causes combined, of which 80% of deaths occur in low and middle income countries. The NCDs affect all levels of socioeconomic and ethnic groups. In considering the government teachers in Colombo district, most of them are doing their activities based on school and home. The prime aim of the present study was to identify the physical activity level (PAL) of the government teachers in Colombo district. Two hundred subjects were selected for the sample by using multi-stage sampling method. Data were collected through Global Physical Activity Questionnaire (GPAQ) that was developed by WHO to assess the PAL of people by considering work, transport and recreational related activities. Chi-squared test, Kruskal-Wallis test and Mann-Whitney test were used to analyze data by the Minitab 14 software. Average PAL of government teachers were 1009 MET min (910, 1109). Furthermore 19% (0.14, 0.25) government teachers were in high PAL and 28% (0.22, 0.35) in low PAL. 53% (0.46, 0.60) were indicates the moderate PAL. According to the BMI classification 55.3% of normal weight individuals were reported as high level of physical activity, 46.4% over weight individuals were reported as law level of physical activity and 83% of obesity individuals were reported as moderate level of physical activity. The PAL of male teachers (1175 MET Min) was significantly different from female teachers (961 MET min), ($p < 0.05$). There was no significant effect of the transport media to the changes of PAL of the government teachers ($p > 0.05$). Furthermore, average value of PAL was not significantly changed with the civil status of teachers ($p > 0.05$). Present study reveals that, the government teachers who were subjected to the project were in moderate active level. Continued improvement in monitoring of physical activity would help to reduce the non-communicable diseases.

Keywords: Physical activity level, government teachers, BMI, GPAQ, NCD, MET min