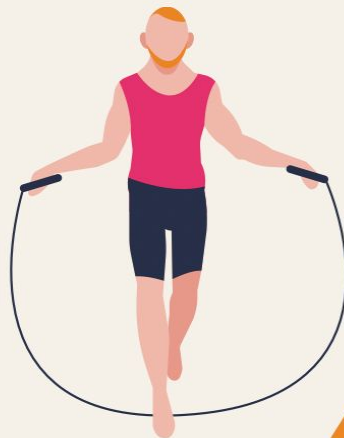


PHYSICAL ACTIVITY VS COVID-19 RESTRICTIONS





RESEARCH QUESTION

OVER THE COURSE OF THE COVID-19 PANDEMIC, HAVE THERE BEEN FLUCTUATIONS IN PHYSICAL ACTIVITY LEVELS DUE TO DIFFERENT RESTRICTIONS, SUCH AS STAY-AT-HOME ORDERS, AMONGST COLLEGE STUDENTS IN CALIFORNIA?





OUTLINING THE PROBLEM

- **IN ORDER TO ADDRESS CONCERNS OVER THE COVID-19 PANDEMIC, VARIOUS RESTRICTIONS ACROSS CALIFORNIA WERE PUT IN PLACE TO INHIBIT VIRUS TRANSMISSION.**



- **AS A RESULT, MANY COLLEGE STUDENTS HAVE NOTED A CONSIDERABLE DECREASE IN LEVELS OF PHYSICAL ACTIVITY THEY CAN ACHIEVE. (PUCCINELLI ET AL, 2021 ; FOLK ET AL, 2021)**

- **THE CDC RECOMMENDS A MINIMUM OF 150 MINUTES OF MODERATE-INTENSITY AEROBIC ACTIVITY A WEEK (CDC,2020).**
- **INSUFFICIENT PHYSICAL ACTIVITY IS CLOSELY LINKED TO CHRONIC ILLNESSES, SUCH AS TYPE II DIABETES AND HEART DISEASE (KIM ET AL, 2017; TELFORD, 2007).**



EXPOSURE

COVID-19 RESTRICTIONS

REMOTE LEARNING

GYM CLOSURES

DISTANCED GATHERINGS

VACCINATION VERIFICATION

QUARANTINE PERIODS

BUSINESS SHUTDOWNS



OUTCOME

PHYSICAL ACTIVITY LEVELS

PHYSICAL ACTIVITY FREQUENCY

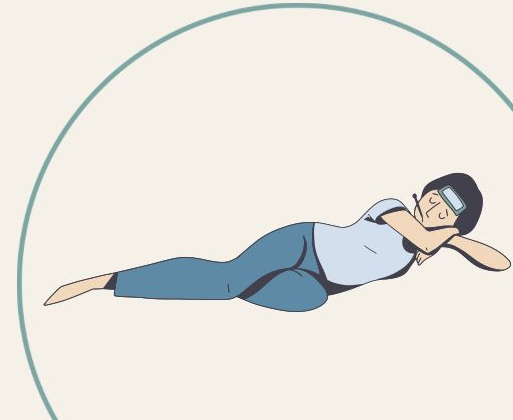
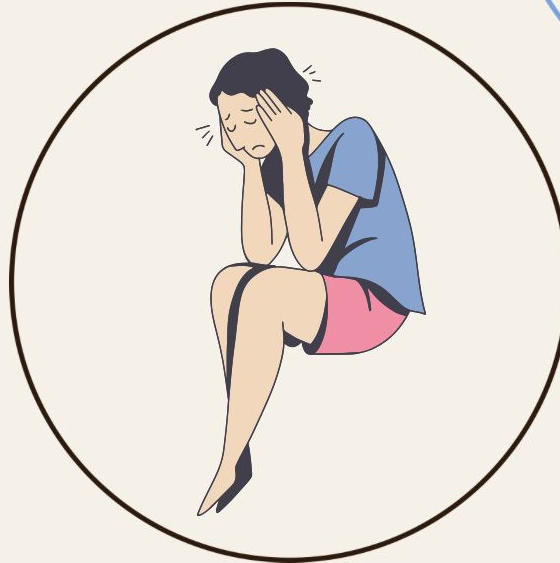
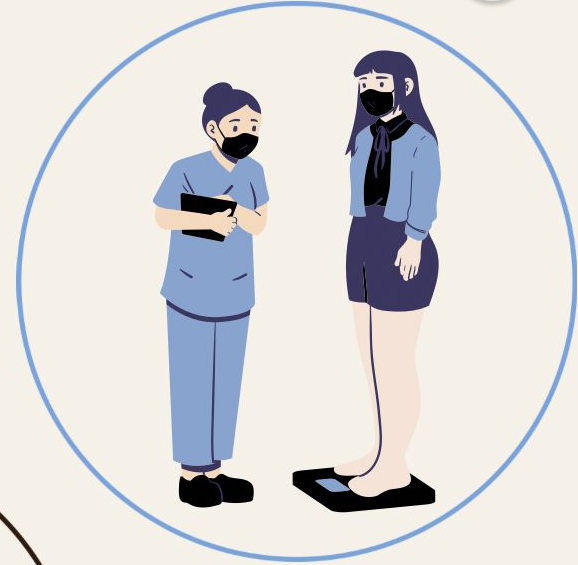
PHYSICAL ACTIVITY INTENSITY

WEIGHT GAIN/LOSS

MOOD

ENERGY

SLEEP





DATA COLLECTION

DATA SOURCE:

- CSU & UC UNIVERSITY STUDENTS
- AGES 19-24
- VOLUNTARY PARTICIPATION
- PARTICIPANTS GATHERED FROM COLLEGE BASED WEB FORUMS.

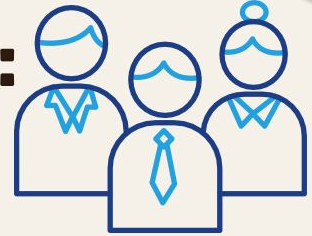
MEASURES:

- SELF-ADMINISTERED QUESTIONNAIRE
 - SECTION 1: BASELINE MEASURES OF PRE-PANDEMIC
 - SECTION 2: CHANGE MEASUREMENT 2020
 - SECTION 3: CHANGE MEASUREMENT 2021
 - SECTION 4: CHANGE MEASUREMENT 2022





DATA COLLECTION [CONTINUED]: OPERATIONALIZING



- 1. PHYSICAL ACTIVITY : DEFINED BY FREQUENCY AS THE NUMBER OF TIMES A PERSON HAS EXERCISED WITHIN A WEEK AND INTENSITY AS EITHER MODERATE OR VIGOROUS EXPRESSED ON A 1-5 SCALE.**
- 2. MOOD: SCALE FROM 1-5, IN WHICH 1 INDICATES A WORSENERD MOOD AFTER ENGAGING IN PHYSICAL ACTIVITY, AND 5 INDICATES THAT PHYSICAL ACTIVITY HAD POSITIVE IMPACTS UPON THEIR MOOD.**
- 3. ENERGY: SCALE FROM 1-5, WHERE A 1 INDICATES PHYSICAL LEVELS HAVE RESULTED IN A DECREASE IN ENERGY THROUGHOUT THEIR DAY, AND A 5 INDICATES THAT IT HAS BOOSTED THEIR ENERGY LEVELS THROUGHOUT THE DAY**
- 4. SLEEP: SCALE FROM 1-5 ON WHETHER PHYSICAL ACTIVITY HAS POSITIVELY OR NEGATIVELY IMPACTED THE NUMBER OF HOURS SLEPT PER NIGHT.**

SURVEY EXAMPLE



1. “IN THE YEAR 2020 WE SAW THE AWARENESS AND CONCERN OF THE COVID-19 PANDEMIC GROW INCREASINGLY DAY BY DAY. AS YOU MAY RECALL IN CALIFORNIA DURING THIS TIME GOVERNOR NEWSOM ANNOUNCED EXECUTIVE ORDERS FOR THE STATE. ALONG WITH LOCAL POLICIES ENACTED BY ELECTED OFFICIALS PLEASE RECALL HOW THESE RESTRICTIONS AFFECTED YOU. LISTED BELOW ARE A FEW EXAMPLES OF RESTRICTIONS PUT IN PLACE IN VARIOUS PARTS OF CALIFORNIA FOR YOUR RECOLLECTION .”

- **STAY AT HOME ORDER (MARCH 2020)**
- **FACE COVERINGS REQUIRED IN PUBLIC PLACES AND AT WORK, AS WELL AS OUTDOORS (JUNE 2020)**
- **STATEWIDE RESTRICTIONS TO LIMIT ALL INDOOR DINING AND COMPLETE CLOSURE OF BARS, ZOOS, PARKS, GYMS AND MUSEUMS. (JULY 2020)**

Q : IN THE YEAR 2020 HOW HAS THE AVERAGE DURATION OF YOUR WEEKLY PHYSICAL ACTIVITY CHANGED?

A:

- 1- SIGNIFICANT DECREASE (HOURS)**
- 2- SLIGHT DECREASE (MINS)**
- 3- NO CHANGE**
- 4- SLIGHT INCREASE (MINS)**
- 5- SIGNIFICANT INCREASE (HOURS)**

Q: USING THE SCALE PROVIDED BELOW, WITHIN THE YEAR 2020, DO YOU BELIEVE YOU HAVE EXPERIENCED ANY CHANGES IN YOUR WEIGHT.

A:

- 1- SIGNIFICANT DECREASE**
- 2- SLIGHT DECREASE**
- 3- NO CHANGE**
- 4- SLIGHT INCREASE**
- 5- SIGNIFICANT INCREASE**

Q: IN THE YEAR 2020 HOW HAS YOUR MOOD AFTER ENGAGING IN PHYSICAL ACTIVITY CHANGED?

A:

- 1- SIGNIFICANTLY WORSENERD**
- 2- SLIGHTLY WORSENERD**
- 3- NO CHANGE**
- 4- SLIGHTLY IMPROVED**
- 5- SIGNIFICANTLY IMPROVED**



THANK YOU! 



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