DIFFERENCES BETWEEN BOYS AND GIRLS IN PHYSICAL ACTIVITY

Abstract

Physical activity of the schoolchildren is an important factor of their regular development. The aim of this investigation was to examine the occurrence of the differences between boys and girls in the level of the physical activity. 98 schoolchildren (48 boys and 50 girls) average age 11, 4±0, 58 years were tested by Physical activity score that included data about of the level of physical activity (9 variables) as well as back pain and estimates of general health. Binary logistic regression for analyze of the date was used. Dependent variable was sex. Results of our investigation show that significant predictor of differences between boys and girls in the level of physical activity was game (time spent outside) (OR=0,398, p<0, 05), when these variable were controlled by other independent variables. Our investigation showed that games are significant predictor of differences in physical activity between boys and girls.

Key words: children, physical activity, game