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The level of physical activity in the lifestyle of physical education students

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Summary

Subject: The level of physical activity in the lifestyle of physical education students

Introduction: Physical activity is defined as voluntary and spontaneous physical activity practiced during leisure time. Thanks to it, the body can function properly and develop on many levels. It plays an important role in social and physical development, as well as intellectual and emotional development. It finds its place in the fight against civilization diseases, it is also beneficial in resisting many other diseases.

Aim: The aim of the article is to assess the level of physical activity of physical education students of various specializations.

Material and methods: The research was conducted among students of physical education at the University of Rzeszów. 60 people took part in them - 38 women and 22 men aged 19-30. The respondents answered anonymously to 18 closed, single-choice questions.

Results: The majority of students are engaged in physical activity outside a college, and 65% of it is at amateur level activity. The most common reason why respondents take up physical activity is to improve the functional fitness of the body. 58% of the respondents undertook physical activity more than 3 times a week.

Conclusions: Most of the respondents do physical activity outside of their studies. The most common reason for taking up physical activity among the respondents was the improvement of the functional fitness of the body, and the factors influencing the fact that students are physically active were to the greatest extent sports activities

Key words: physical activity; lifestyle; physical education; student.

Introduction

Physical activity is defined as voluntary and spontaneous physical activity practiced during leisure time. Thanks to it, the body can function properly and develop on many levels. It plays an important role in social and physical development, as well as intellectual and emotional development. It finds its place in the fight against civilization diseases, it is also beneficial in resisting many other diseases. In Poland, research is carried out on academic youth in the area of pro-health and anti-health behaviors. In our country, the results are not very satisfactory. Students are reluctant to engage in sports or active recreation. They make dietary mistakes, adopt incorrect eating habits and feel stressed by exams. There are also disturbing phenomena among academic youth, such as smoking, alcohol consumption, drug addiction, problems with sexual life and body hygiene¹. M. Bytniewski and J. Prymak proved that there is a relationship between physical activity and cardiovascular capacity. Physically active students are characterized by a higher cardiovascular capacity. E. Suliga conducted research that proved that male students are more active in relation to female students. Female students, on the other hand, follow more different pro-health behaviors².

The aim of the article is to assess the level of physical activity of physical education students of various specializations. The essence is to get to know the motives for practicing activity by students, to get acquainted with the amount of time allocated to it, or with preferences regarding the sports discipline. The article presents the concept and essence of physical activity, in particular the role of physical activity in ontogenesis, the phenomenon of hypokinesia and hyperkinesia, and the aspect of physical activity in the student lifestyle. Moreover, the study of the level of physical activity among students was presented, along with the characteristics of the studied group. The article also presents an analysis of the results of this study, ending with a summary and conclusions.

Aim

The aim of the article is to assess the level of physical activity of physical education students of various specializations.

Material and methods

The research was conducted among students of physical education at the University of Rzeszów. 60 people took part in them - 38 women and 22 men. The respondents constituted a group of people aged 19-30. The research was conducted in the form of a questionnaire "The level of physical activity in the lifestyle of physical education students". The questionnaire was anonymous and consisted of 18 single-choice closed questions.

Results

According to the data, a significant group of the surveyed women (94.7%) declared that they engage in physical activity outside of university classes. On the other hand, the remaining 5.2% of women do not engage in physical activity outside of college. All of the surveyed men undertake physical activity outside of compulsory classes at university. The recorded results showed no statistical significance (Table 1).

¹ M. Binkowska-Bury, M. Marć, P. Januszewicz, *Health knowledge and risky behaviors in the environment of academic youth*, General Medicine and Health Sciences, 2010, s. 100-113.

² J. Palacz, *Health behaviors of students in the light of selected conditions*, General Medicine and Health Sciences, 2014, s.301-306.

Table 1. Students willing to take up physical activity outside of their classes at the university.

Results	Women		Men		p
	N	%	N	%	
Yes	36	94,7	22	100	0,274
No	2	5,2	0	0	
Sum	38	100	22	100	

The analysis shows that 52.6% of women and 68.1% of men undertake physical activity more than 3 times a week. 39.4% of women and 27.2% of men undertake physical activity 2-3 times a week. 5.2% of women and 4.5% of men do physical activity once a week. Only 2.6% of women do not undertake physical activity. There was no one among men who would not be physically active. At the same time, the recorded results did not show statistical significance (Table 2).

Table 2. The frequency of undertaking physical activity by students.

Results	Women		Men		p
	N	%	N	%	
2-3 times a week	15	39,4	6	27,2	0,623
Once a week	2	5,2	1	4,5	
More than 3 times a week	20	52,6	15	68,1	
Not taking at all	1	2,6	0	0	
Sum	38	100	22	100	

Analyzing the data in Table 3 regarding the time taken by students to take up physical activity, it can be noticed that 47.3% of women undertake physical activity in the 30-60 minutes range, 28.9% of women exercise more than 60 minutes, and 21.05% of physical activity takes up to 30 minutes, and 2.6% are not physically active. Among men, 77.2% undertake physical activity for more than 60 minutes, 18.1% within 30-60 minutes of exercise, and 4.5% train for 30 minutes. The recorded results showed statistical significance.

Table 3. Time of physical activity undertaken by students.

Results	Women		Men		p
	N	%	N	%	
up 30 minutes	8	21,05	1	4,5	0,005*
30-60 minutes	18	47,3	4	18,1	
Above 60 minutes	11	28,9	17	77,2	
I'm not physically active	1	2,6	0	0	
Sum	38	100	22	100	

*- statistical significance at the level $\alpha=0.05$

The above data indicate that the most frequently undertaken physical activity among women is running (44.7%). Cycling and strength training were chosen by 13.1% of women. Among men, the most frequently undertaken physical activity is strength training, which was chosen by 45.4% of students. Running and cycling are most frequently undertaken by 13.6% of students. The recorded results showed statistical significance (Table 4).

Table 4. Physical activity most frequently undertaken by students.

Results	Women	Men	p
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	N	%	N	%	0,001*
Running	17	44,7	3	13,6	
Cycling	5	13,1	3	13,6	
Training in the gym	5	13,1	10	45,4	
None	1	2,6	0	0	
Other	10	26,3	6	27,2	
Sum	38	100	22	100	

*- statistical significance at the level $\alpha=0.05$

Based on the figures in Table 5, it can be seen that the most common reason for undertaking physical activity by 60.5% of female students and 54.5% of students is to improve the functional fitness of the body. Losing excess body weight is the motive for undertaking physical activity for 21.05% of women and 13.6% of men. 5.2% of women and 9.09% of men engage in physical activity due to the doctor's recommendations. The least popular were such reasons as: for pleasure or because of the will to break own records, improvement of strength and body shape. The recorded results did not show statistical significance (Table 5).

Table 5. Motives for undertaking physical activity by students

Results	Women		Men		p
	N	%	N	%	
Improving the functional efficiency of the body	23	60,5	12	54,5	0,086
Getting rid of excess body weight	8	21,05	3	13,6	
Doctor's orders	2	5,2	2	9,09	
Other	5	13,1	5	22,7	
Sum	38	100	22	100	

According to the data, 55.2% of women and 59.09% of men assess their own level of physical activity at an average level. 34.2% of women and 40.9% of men are considered to be highly physically active. 10.5% of women declare a low level of physical activity. The recorded results showed no statistical significance (Table 6).

Table 6. Subjective assessment of one's own level of physical activity.

Results	Women		Men		p
	N	%	N	%	
It is at a high level	13	34,2	9	40,9	0,112
It is at an average level	21	55,2	13	59,09	
It is at a low level	4	10,5	0	0	
Sum	38	100	22	100	

The analysis shows that 52.6% of women and 68.1% of men are most likely to exercise outdoors (bicycle paths, parks, green areas, etc.), 7% of women and 31.8% of men 2.6% of the surveyed women did not undertake physical effort, and the recorded results did not show statistical significance (Table 7).

Table 7. Determining the nature of the place where physical effort is most willingly undertaken.

Results	Women		Men		p
	N	%	N	%	
Indoor (closed rooms, gyms, training rooms, etc.)	17	44,7	7	31,8	0,420
Outside (bike paths, parks, green spaces, etc.)	20	52,6	15	68,1	
Do not take	1	2,6	0	0	
Sum	38	100	22	100	

As the table shows, the most common motive for undertaking physical activity among women is keeping fit (47.3%). 26.3% of women engage in physical activity to lose unnecessary kilograms, 23.6% engage in physical activity to achieve sports goals, and 2.6% of women do not engage in physical activity. Among men, half of them undertake physical activity to achieve their sports goals. 36.3% of men choose the motive of maintaining good condition, while 13.6% of students engage in physical activity in order to lose unnecessary kilograms. The recorded results showed no statistical significance (Table 8).

Table 8. Determination of the motives for undertaking physical activity.

Results	Women		Men		p
	N	%	N	%	
Keeping in good shape	18	47,3	8	36,3	0,180
Losing unnecessary kilos	10	26,3	3	13,6	
Achieving sports goals	9	23,6	11	50	
Do not take up physical activity	1	2,6	0	0	
Sum	38	100	22	100	

The fact that the respondents are physically active was influenced to the greatest extent by sports activities. The family influenced physical activity in 23.6% of women and 9.09% of men, while friends influenced 13.1% of the surveyed women and 9.09% of men. Another form of motivation to physical activity was chosen by 5.2% of women and 13.6% of men. The recorded results did not show statistical significance (Table 9).

Table 9. What influenced the fact that a given person is physically active.

Results	Women		Men		p
	N	%	N	%	
Family	9	23,6	2	9,09	0,058
Sports	21	55,2	15	68,1	
Friends	5	13,1	2	9,09	
I am not physically active	1	2,6	0	0	
Other	2	5,2	3	13,6	
Sum	38	100	22	100	

Based on the figures in Table 10. It can be noticed that the most frequently experienced emotions while exercising in 63.1% of women and 50% of men are joy and satisfaction. 34.2% of women and 22.7% of men experience peace and relaxation, while 2.6% of women and 13.6% of men experience tension and stress during physical activity. 13.6% of men experience different feelings. The recorded results showed statistical significance

Table 10. Emotions experienced during physical activity.

Results	Women		Men		p
	N	%	N	%	
Calm and relaxation	13	34,2	5	22,7	0,033*
Tension and stress	1	2,6	3	13,6	
Joy and satisfaction	24	63,1	11	50	
Other	0	0	3	13,6	
Sum	38	100	22	100	

*- statistical significance at the level $\alpha=0.05$

According to the data, most of the respondents indicated that they feel better after the activity they did than before. 97.3% of women feel better after being physically active. In men, all unanimously answered that they felt better after practicing physical activity than before starting it. At the same time, the recorded results did not show statistical significance (Table 11).

Table 11. Are the feelings after physical activity better than before doing it?

Results	Women		Men		p
	N	%	N	%	
Yes	37	97,3	22	100	0,443
No	1	2,6	0	0	
Sum	38	100	22	100	

The analysis shows that 50% of women and 54.5% of men prefer to engage in physical activity in company. 50% of women and 18.1% of men prefer to engage in physical activity alone. For 27.2% of men, it does not matter. The recorded results showed statistical significance (Table 12).

Table 12. Preferring to engage in physical activity alone or in company.

Results	Women		Men		p
	N	%	N	%	
Alone	19	50	4	18,1	0,001*
In the company	19	50	12	54,5	
Whatever	0	0	6	27,2	
Sum	38	100	22	100	

*- statistical significance at the level $\alpha=0.05$

According to the data, the greatest number of respondents, 65% declared that they engage in physical activity at an amateur level. About 35% of all respondents stated that they engage in physical activity at the professional level. Among women, practicing physical activity at an amateur level dominated, approximately 73.6% of all women. On the other hand,

among men, practicing physical activity at the amateur level (50%) and at the professional level (50%) was on an equal level. At the same time, the recorded results did not show statistical significance (Table 13).

Table 13. The level of practicing physical activity

Results	Women		Men		p
	N	%	N	%	
On a professional level	10	26,3	11	50	0,064
At the amateur level	28	73,6	11	50	
Sum	38	100	22	100	

The analysis shows that the majority, i.e., 58.3% of the respondents declared that they sometimes participate in sports competitions or events. About 25% of the total said that they often take part in sports competitions or events. In both women (55.2%) and men (63.3%), the most frequently indicated answer was taking part in sports competitions sometimes. 23.6% of women and 27.2% of men often take part in competitions / sporting events of various types, while 21.05% of women and 9.09% of men have never participated. The recorded results did not show statistical significance (Table 14).

Table 14. Declared participation in sports competitions / events of various nature.

Results	Women		Men		p
	N	%	N	%	
Often	9	23,6	6	27,2	0,488
Sometimes	21	55,2	14	63,3	
Never	8	21,05	2	9,09	
Sum	38	100	22	100	

Analyzing the data in Table 15, it can be seen that the problem of fast fatigue when practicing physical activity among women was 47.3% of them. The inability to select and correctly perform the exercises is a problem for 31.5% of women. On the other hand, in men, the most common answer was no problems (36.3%). The inability to choose and perform the exercises correctly was shown by 22.7% of men, and quick fatigue is a problem for 9.09% of men. The recorded results showed statistical significance (Table 15).

Table 15. Problems encountered while practicing physical activity.

Results	Women		Men		p
	N	%	N	%	
I get tired quickly	18	47,3	2	9,09	0,001*
I cannot choose and perform the exercises correctly	12	31,5	5	22,7	
Another	8	21,05	15	68,1	
Sum	38	100	22	100	

*- statistical significance at the level $\alpha=0.05$

According to the data, the majority of respondents, about 72% agreed with the statement that "sport is health". About 13% of all respondents felt that they had no opinion on

this matter. Among women (76.3%) and men (63.6%), the most frequently chosen answer was "I agree". The recorded results did not show statistical significance (Table 16).

Table 16. Opinions on the statement that "sport is health".

Results	Women		Men		p
	N	%	N	%	
I agree	29	76,3	14	63,6	0,100
I do not agree	2	5,2	1	4,5	
I have no opinion	5	13,1	3	13,6	
Another	2	5,2	4	18,1	
Sum	38	100	22	100	

Analyzing what physical activity is related to, 44.7% of women and 50% of men believe that physical activity is related to better health, better well-being and keeping a slim figure. 28.9% of women and 27.2% of men show that physical activity is associated with better health. 10.5% of women and 18.1% of men indicated better well-being. Maintaining a slim figure is considered a relationship with physical activity by 15.7% of women and 4.5% of men. The recorded results did not show statistical significance (Table 17).

Table 17. What is the relationship with physical activity?

Results	Women		Men		p
	N	%	N	%	
Better health	11	28,9	6	27,2	0,528
Better mood	4	10,5	4	18,1	
Maintaining a slim figure	6	15,7	1	4,5	
All of the above	17	44,7	11	50	
Sum	38	100	22	100	

All respondents would encourage people from their surroundings to undertake any physical activity. This response was obtained by both female and male representatives of 100%. The recorded results showed no statistical significance (Table 18)

Table 18. Encouraging people from their surroundings to undertake any physical activity.

Results	Women		Men		p
	N	%	N	%	
Yes	38	100	22	100	0,001*
No	0	0	0	0	
Sum	38	100	22	100	

* - statistical significance at the level $\alpha=0.05$

Discussion

This work concerned the assessment of the level of physical activity in the lifestyle of physical education students. Own work was aimed at determining which sport discipline most often chosen by students. The prepared analysis of the results showed that the respondents most often practiced sports outdoors, mainly on bicycle paths, but also in green areas or parks. The most popular discipline is running (31.7%). Gym training (25%), cycling (15%) and

roller skating (5%) are very famous among the respondents. Research shows that respondents develop physically correctly. However, only 1.7% of students do not perform any physical activity, which results in developmental disorders, various diseases (including civilization) and problems with maintaining a healthy body weight. There are many studies describing the subject of sports disciplines practiced by academic youth. Mirkiewicz's research showed that 38% of the respondents engage in recreational sport. The most popular among females was running (35%). In turn, among men it was cycling 56%³. Analyzing Mirkiewicz's results with his own research, it can be concluded that running is the most popular discipline practiced by the respondents, followed by cycling. Running is dominant mainly among women.

Rasińska's research has shown that the most common forms of movement chosen by respondents are cycling, swimming, walking, gym classes and dancing. Comparing the forms of activity of academic youth with the data from the Central Statistical Office of Poland, we are able to conclude that some data concerning the choices of forms of activity are at a higher level, e.g., dancing. Volleyball and swimming were at an approximate level. Football, athletics, table tennis and gymnastics were respectively less popular⁴. When analyzing Rasińska's results with her own research, we can find some conclusions - the most frequently undertaken physical activity among students is cycling.

When answering the question about the reasons for taking up physical activity by students, the most common answer among the respondents was the improvement of the body's efficiency or also getting rid of excess body weight. The doctor's recommendations were also important. Research conducted by Sochocka and Wojtyłko appears in many publications concerning taking up physical activity among students. When analyzing the results of Sochocka and Wojtyłko with their own research, it can be concluded that they differ. Own research shows that the main reason for taking up physical activity was to improve the functional efficiency of the body. On the other hand, research by Sochocka and Wojtyłko cites mental and physical well-being as the main reason⁵.

The research of Kościuszuk et al. Showed that the main reason for practicing physical activity was to maintain good physical condition⁶.

Thus, the reason for undertaking physical activity presented in this paper differs from the one that was most popular in the research by Kościuszuk et al.

According to other studies, by Gomołysek and Łowiński, women in the study engage in physical activity due to health aspects. A large proportion of the respondents are physically active due to their visual qualities (achieving a dream figure). The results of men are very similar to the results of women. The students emphasized that the most important reason why they take up physical activity is health (37.02%) and improvement of physical fitness⁷. When analyzing the research of Gomołysek and Łowiński with his own research, differences can be noticed. In this study, both men and women are physically active due to the improvement of the body's functional capacity. On the other hand, research by Gomołysek and Łowiński emphasizes practicing physical activity most often due to health aspects.

As for the factors influencing being active by students, these were most often sports activities (60%). The family (18.3%) played an important role in promoting physicality.

³ R. Pawłowski, *The declared and actual participation of students in physical recreation*, Scientific Review of Physical Culture of the University of Rzeszów, 2003, s. 165-175.

⁴ R. Rasińska, *Tourism and recreation and the lifestyle of students of Poznań universities*, Scientific Papers of the WSB Banking University in Poznań, 2015, s. 121-132.

⁵ L. Sochocka, A. Wojtyłko, *Physical activity of students of full-time medical and non-medical faculties*, Environmental Medicine -Environmental Medicine, 2013, s. 53-58.

⁶ J. Kościuszuk, E. Krajewska-Kułak, B. Okurowska-Zawada, *Physical activity of students of physiotherapy and dietetics*, General Medicine and Health Sciences, 2016, s. 51-58.

⁷ A. Gomołysek, T. Łowiński, *Preferred forms of physical activity of students in their free time depending on the season*, Yearbook of Lubuski, 2018, s. 225-239.

Physically active family members encourage activity and have a huge impact on later life. The third answer was the influence of acquaintances, friends (11.7%). There are many items related to the subject of active leisure by students, but it was not possible to find one that would describe the issue related to the research question. In the future, it would be worth using such teaching measures that will show what directly affects children and adolescents.

As you know, each person has a different character, which is why we distinguish different types of motivation. It is not proven that one type of motivation must be assigned to one person. The point of view and current trends have a significant impact on the practice of physical activity. Research conducted by Sochocka and co-authors on tourism and recreation students showed that most respondents undertake physical activity in their free time. More than half of the respondents most often make an effort with friends. The most common are aerobics fitness, swimming, dancing, cycling / inline skating, and gym exercises. Of the respondents, 37% spend their free time outdoors, 63% at home and in sports facilities⁸. When analyzing the results of Sochocka's research with her own research, it can be concluded that they show similarity. Both in this work and in Sochocka's research, it is noted that students undertake physical activity in their free time. Cycling is the most popular sport.

It is known that physical activity has a positive effect on human health. Pro-health behavior plays a key role in promoting health, as well as building a healthier future. The aim of the research was to analyze physical activity and the motives for undertaking it by the above-mentioned group of students. Most, as many as 79.5% of the respondents described themselves as a physically active person. The most popular forms of physical activity were cycling, walking the dog, team games, group activities and swimming. Most of the respondents, when practicing a given type of physical activity, follow their free time and preferences. For less than half of the students it is a form of spending free time⁹. The results of the research by Sochocka and Wojtyłko as well as their own research show a similarity in the manifestation of activities among the studied subjects.

Physical activity reduces or prevents arising posture defects¹⁰. In this study, the research showed that most of the respondents practice exercise more than 3 times a week. On the other hand, a slightly smaller proportion of respondents prefer to engage in physical activity 2-3 times a week and only once a week. Research shows that the duration of a single physical activity, according to the majority of respondents, is over 60 minutes. In the following, we can distinguish answers such as: 30-60 minutes or up to 30 minutes. Research by Szczepanowska et al. showed that the majority of respondents practice physical activity several days a week. Moreover, it can be concluded from the research that women spend their time on physical activity usually less than once a week¹¹.

Professionalism was already present in sports in the era of the ancient Greek Games¹². The research carried out in this study shows that most of the respondents (65%) practice amateur sports. On the other hand, some practice sport professionally. About 58% of the respondents indicated that they sometimes take part in sports events. On the other hand, 25% of the respondents stated that they regularly practice participating in the above-mentioned event.

⁸ L. Sochocka, A. Wojtyłko, *Physical activity of students of full-time medical and non-medical faculties*, Environmental Medicine -Environmental Medicine, 2013, s. 53-58.

⁹ L. Sochocka, A. Wojtyłko, *Physical activity of students of full-time medical and non-medical faculties*, Environmental Medicine -Environmental Medicine, 2013, s. 53-58.

¹⁰ M. Wojtków, K. Korcz, S. Szotek, *Influence of sport shooting on shaping the body posture*, XIII Scientific Conference Majówka Młodych Biomechaników im. prof. Dagmara Tejszerska, 2016, s. 133-134.

¹¹ E. Szczepanowska, L. Pławińska, T. Sarzal, *Promotion of health in various forms of tourism and recreation among students of the University of Szczecin*, Motor Activity of People of Different Ages, 2014, s.31-41.

¹² M. Lenartowicz, *The specificity of the profession of an athlete and a sports career*, Humanities Studies, 2009, s. 73-84.

In the conducted research, the majority of respondents believe that they feel better after doing activity than before doing it, approximately 97%. On the other hand, all men feel better after being physically active than before starting it. Most of the respondents believe that movement is most often associated with better health, well-being, or keeping a slim figure. Pawłowski's research confirmed that the respondents (84%) enjoy doing exercises, but if they were not obligatory, only 2/3 of the respondents would voluntarily attend them¹³. When analyzing the results of Pawłowski's research with his own research, one can notice a similarity in terms of positive feelings after physical activity.

Results

Based on the research, the following conclusions were made:

1. The vast majority of people engage in physical activity outside of the university classes.
2. The most frequently chosen activity by women is running, while among men it is strength training.
3. The main reason for taking up physical activity by the respondents is to improve the functional efficiency of the body.
4. The respondents evaluate their own level of physical activity at an average level.
5. Most students think that they feel much better after being physically active.
6. Most of the respondents agreed with the statement that "sport is health".
7. All respondents would encourage people from their surroundings to undertake any physical activity.
8. Most women believe that the problem when exercising is quick fatigue and inappropriate exercise. It is recommended to consult an experienced trainer.
9. In the majority of respondents, joy and satisfaction are the most frequently felt emotions during physical activity.

Literature

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