

Walking Class Step Average, Step Intensity, Distance Covered and Leisure Physical Activity of College Students. Kimberly Tallent (Master's Student) and Julio Morales, Lamar University, Beaumont, TX

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Abstract: **PURPOSE.** The purpose of this study was to examine the relationship between stepping levels in and outside of a prescribed walking class and leisure time physical activity (PA) of college students. **METHOD.** Participants in the study were twenty three male (n = 9) and female (n = 14) enrolled in a walking class that met Monday through Friday for five weeks during the summer. Students completed the short version of the International Physical Activity Questionnaire (IPAQ) at the beginning and end of the course and followed the prescribed walking times during class. Step counts were ascertained both in and outside class and recorded daily during class time. Average step count, average distance covered, and stepping intensity were calculated using raw step data collected during the last two weeks of class. **RESULTS.** Oneway ANOVA did not reveal significant differences in any of the variables. Although increases in pre and post PA as measured by the IPAQ were evident, they were not significant. **CONCLUSION.** Based on the data, participation in the class was not sufficient to affect significant changes in levels of leisure PA.

