

Comparing Daily Class Schedule and its Influence on Undergraduate Students' Physical Activity Patterns

Matthew D. Moran, Dina D. Kendle, Matthew B. Rhudy, Kristin Gift, Marissa Ruggiero, Carolyn Gray, Praveen Veerabhadrapa. The Pennsylvania State University, Berks Campus, Reading, PA

Full-time undergraduate students' daily physical activity patterns may be affected due to Penn State University's different class schedules -Monday/Wednesday/Friday (M/W/F) and Tuesday/Thursday (T/Th). A no class period (common hour: 1:00pm-2:30pm) on M/W/F is offered as scheduled breaks in the academic course schedule for student activities at different Penn State University Commonwealth campuses. **PURPOSE:** To objectively determine the differences in daily step count and energy expenditure of Kinesiology students on different days of the week. **METHODS:** Sixty eight (35M/33F, 21.6 ± 2.9 years, average BMI 25.9 ± 5.2 kg/m²) apparently healthy juniors and seniors were recruited from the Penn State Berks. A wrist-worn activity-tracker was deployed for one week to assess students' free-living physical activity levels. **RESULTS:** M/W/F vs. T/Th (Mean \pm SD) step count (10387 ± 3560 vs. 9268 ± 2899 steps/day; $p=0.015$) and activity calories (1056.4 ± 535.2 vs. 963.5 ± 608.3 kcal/day; $p=0.097$) were measured. Students were most active on Mondays (10691 ± 4531 steps/day) compared to the rest of the week. **CONCLUSION:** Students achieved the recommended 10,000 steps daily goal on M/W/F and did not meet the step goal on T/Th. This difference in steps could be attributed to the mandatory no class 'common hour' which may allow students to be more physically active than the T/Th schedule. In addition, the shorter class structure on M/W/F (50 min/class) might also provide opportunities for students to be more active than T/Th (75 min/class). These preliminary results may be useful for planning early physical activity interventions on specific days of the week among college students.