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**Congress:** The First International & 4th National Congress on health Education & Promotion, 2011  
**Title:** Motility, and physical activity in first grade of high school students of Tabriz in 2008-2009  
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**Abstract:** Introduction: Participating in adequate physical activity throughout life and maintaining proper weight, are the most effective ways to prevent many chronic diseases such as cardiovascular diseases and diabetes. It is estimated that approximately 60% of the world's population do not have enough physical activities. Global development and expansion of industrialization and technologies reduce people physical activities. The researches show that many disorders begin in childhood and adolescence period. The purpose of study is to measure mobility and physical activities of students in Tabriz.

**Methods & Materials:** Using a multi – stage cluster and stratified sampling technique, 480 students of first grade high schools of Tabriz city was selected. Modified Iranian version of Global School Health Survey (GSHS) questionnaire was used for measuring the physical activity. The data were analyzed by SPSS 13.

**Results:** Only 9% of students had every seven days of physical activities that lasts at least 60 minutes. 29.6% had no activities during the week. 64.1% of students had only one hour physical training in school during the year. 39.7% of students had three hours or more sedentary works like watching TV, playing computer, talking with friends and studying. 53.6% of them had trained in school about the benefits of physical activity.

**Discussion and Conclusion:** The prevalence of poor physical activity in this city, comparing with studies of similar countries and a sedentary lifestyle among these students were higher. Increasing the training of physical activity sessions and practical training sessions about the benefits of physical activity and hazards of doing sedentary works is recommended.

**KeyWords:** motility - physical activity – GSHS - standard questionnaire

**Presentation:** Poster