Abstract: Introduction:
Sedentary life style is a very serious problem now. Reducing deaths from chronic diseases and anxiety is one of the benefits of physical activity. The purpose of this study was to determine the factors related to physical activity based on BASNEF model.

Materials and Methods:
This was a descriptive – analytical cross sectional study in which 289 female students living in dormitories of Isfahan University of Medical Sciences, were examined. Convenience, non probability sampling was used. Data were collected through a 36- item questionnaire that was prepared based on BASNEF model. Validity of the questionnaire through content validity and its reliability through internal consistency (Cronbach's alpha test α=0.8) were accepted. SPSS 18 for windows was used for statistical analysis. T-test, One way ANOVA, Spearman and Pearson correlation were used for analysis. P-value less than 0.05 was considered statistically significant.

Results:
The mean age of participants was 21.51 ± 2.49. Fifty six per cent of participants were undergraduate students, 11.46% master students and 32.6% professional doctorate. The mean score of behavioral intention was 53.64 ± 30.30. Pearson correlation test showed that there was a significant relationship between attitude and behavioral intention scores (r= 0.48, P<0.001), subjective norm and behavioral intention scores (r= 0.305, P< 0.001) and also between enabling factors and behavioral intention scores (r= 0.152, P< 0.05).

Conclusion:
The above-mentioned results indicate that there is a direct relationship between BASNEF model components (attitude, subjective norms) and intention to do physical activities. However, the present study is a descriptive investigation. Therefore, interventional studies are suggested for future researches.