

## **Abstract**

**Title:** Measuring of physical activity of UK FTVS and Palestra students using IPAQ

**Aims:**

- find out the range of physical activity of students from schools mentioned above
- compare the results with each other and also with other researches
- confirm or disconfirm hypotheses
- set down conclusions

**Methods:** questionnaire

**Results:**

- students of both schools are highly physically active (in comparison with ordinary population)
- UK FTVS students are more active in all kinds of physical activity performed at school or in leisure time than Palestra students
- UK FTVS students spend the most time on vigorous PA at school, while Palestra students spend the most time on vigorous PA at free time
- concerning only UK FTVS, women are more active than men

**Key words:** vigorous physical activity, moderate physical activity, International Physical Activity Questionnaire IPAQ, MET values, leisure time, young adults