Sedentary Behavior and College Students: Why It Matters Now

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Methods

PARTICIPANTS

➢ 72 students (36 males, 36 females) over the age of 18

PROCEDURES

➢ Participants given a demographic questionnaire and ActiGraph accelerometer to be worn for one week.

➢ ActiGraph data processed via Sojourns software along with in-house software to create data summaries

MEASURES

➢ ActiGraph GT3X+ used to objectively measure sedentary time.

➢ Worn on the right hip

➢ Measures acceleration as activity counts

➢ Records intensity of activity in 3 axes (lying down, sitting, standing)

ANALYSES

➢ Calculated means and standard deviations for all data

➢ Effect size (Cohen’s d) used to analyze differences in gender, age, and physical activity level

References