

Physical Activity Level in Secondary School Students Aged 14-17 Years in  
Khon Kaen Municipality Thailand

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Abstract

**Introduction:** The obesity is important factor among health problems in Thailand and has an increasing in obesity among adults and children. It also found that obesity rates increased with age especially in the age of 14-18 years. A proper physical activity level or exercise are associated with physical fitness and promotes balance, strengthens muscles and bones, metabolic diabetes and help to build good mental health as well as help to prevent obesity and diseases.

**Objective:** To study about physical activity level in secondary school students aged 14-17 years in Khon Kaen municipality, Thailand

**Method:** The sample has 384 secondary school students (192 boys and 192 girls) aged 14-17 years from 3 public secondary school in Khon Kaen municipality was answer the questionnaire from Thailand Physical Activity Children Survey-Version 14-17 (TPACS-V14-17). Thailand Physical Activity Research Centre and University of Western Australia, Perth, 2015.

**Results:** The results were found that on school days, boys students has average time spent in moderate to vigorous physical activity ( $77.31 \pm 72.84$  minutes) more than girls ( $64.43 \pm 65.96$  minutes). And on weekend, boys have an average duration of moderate to vigorous physical activity ( $117.64 \pm 117.91$  minute) more than girls ( $102.50 \pm 105.31$  minutes) as well. However, there was no statistically differences. Students aged 16 year was engaged moderate to vigorous physical activity on weekend days was  $134.58 \pm 131.16$  minutes ( $p < .05$ ).

**Conclusion:** That secondary school students aged 14-17 years in Khon Kaen municipality has physical activity level more than 60 minutes per day which was in line with the guidelines for physical activities of the National Health Service system. Boys has average spent time on moderate to vigorous physical activity more than girl students on school days and weekend. However, there was no statistically differences.

**Keyword:** Physical activity level, Secondary school student, 14-17 years old