

Race and Sex Differences in College Student Physical Activity Correlates

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Objectives: To assess sex/race differences on psychosocial correlates of physical activity among college students. **Methods:** Survey research protocol. **Results:** Students (n=636) exercised an average of 3.5 days per week, with black females being the least active. Across subgroups, health/fitness was rated as the most important motive for exercise, followed by appearance and mental health. Of the correlates, enjoyment and the use of self-management strategies were most strongly associated

with activity level. Only 40% were aware that adults should accumulate 30 minutes of moderate-intensity physical activity on most days (ie, 5) of the week for health benefits. **Conclusions:** Findings highlight the importance of teaching self-management skills and fostering exercise enjoyment in health promotion programs for college students.

Key words: college students, physical activity, exercise correlates, exercise enjoyment

Am J Health Behav. 2009;33(1):80-90
