

## Physical Activity

Students were asked to report how often they engaged in certain kinds of physical activity per week. The participants indicated the number of days per week they engaged in the following types of physical activity: 30 minutes of moderate intensity activity (e.g. walking briskly, biking, light weight lifting), 20 minutes of vigorous intensity aerobic exercise (e.g. running), and 8-10 repetitions of strength training exercise (e.g. resistance weight machines).

To determine a threshold for “healthy” physical activity, we referred to the American Heart Association’s (AHA) guidelines. The American Heart Association recommends 30 minutes of moderate exercise five times a week, vigorous exercise for at least 20 minutes three times a week and muscle strengthening exercise two days a week.

Overall, less than one-fourth of graduate students met the moderate exercise recommendations from the American Heart Association. About one-third of all respondents met the vigorous and strength training recommendations, respectively (see Table 1).

## Comparison by Gender

There were no significant differences between female and male respondents with respect to the average number of days they engage in moderate exercise (see Table 2). However, males engaged in vigorous aerobic activity such as running and strength training exercises at significantly higher rates than their female counterparts ( $p < 0.01$ ).

## Comparison by Race/Ethnicity

When comparing racial and ethnic groups to the overall exercise patterns exhibited by respondents, White students tend to engage in all categories of exercise at significantly higher rates (see Table 3). In contrast, International and Asian students engage in significantly fewer days of exercise. No significant differences arose between URM students and all students in any exercise category.

**Table 1. Meeting Weekly Exercise Recommended by American Heart Association**

	Meets AHA Recommendation	Average Days
Moderate exercise for at least 30 minutes ( 5+ days)	24.1%	3.94
Vigorous exercise for at least 20 minutes (3+ days)	32.3%	2.82
Exercise to strengthen muscles (2+ days)	32.6%	2.16

**Table 2. Gender Comparison of Meeting Weekly Exercise Recommended by American Heart Association**

	% Meets AHA Recommendation		Average Days	
	Female	Male	Female	Male
Moderate exercise for at least 30 minutes ( 5+ days)	23.5%	33.0%	3.99	3.93
Vigorous exercise for at least 20 minutes (3+ days)	32.0%	32.6%	2.75**	2.91
Exercise to strengthen muscles (2+ days)	26.3%	40.6%	1.92**	2.39

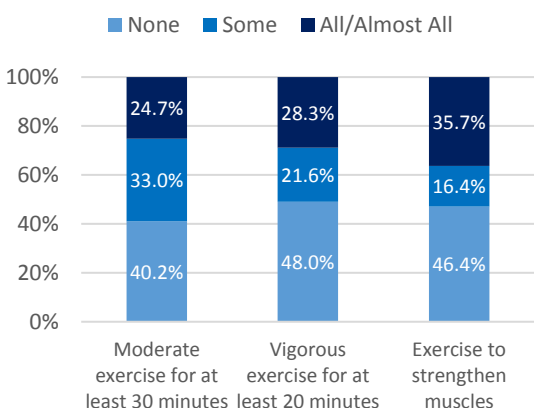
**Table 3. Race/Ethnicity Comparison of Meeting Weekly Exercise Recommended by American Heart Association**

	Moderate exercise for at least 30 minutes ( 5+ days)		Vigorous exercise for at least 20 minutes (3+ days)		Exercise to strengthen muscles (2+ days)	
	% Meets AHA Recommendation	Average Days	% Meets AHA Recommendation	Average Days	% Meets AHA Recommendation	Average Days
All	24.1%	3.94	32.3%	2.82	32.6%	2.16
Asian	15.7%	3.54**	22.9%	2.48**	34.1%	2.15
International	19.7%	3.68*	25.0%	2.49**	25.3%	1.89**
URM	21.0%	3.76	28.5%	2.68	28.6%	2.04
White	30.0%	4.23**	39.3%	3.11**	35.3%	2.27*

## Exercise on Campus

Survey participants who reported engaging in any form of physical activity (exercisers) were asked if these activities occurred at UCLA none, some, or all/almost all the time. Exercisers utilized UCLA facilities less for vigorous exercise like running, but more for exercise to strengthen muscles (see Figure 1).

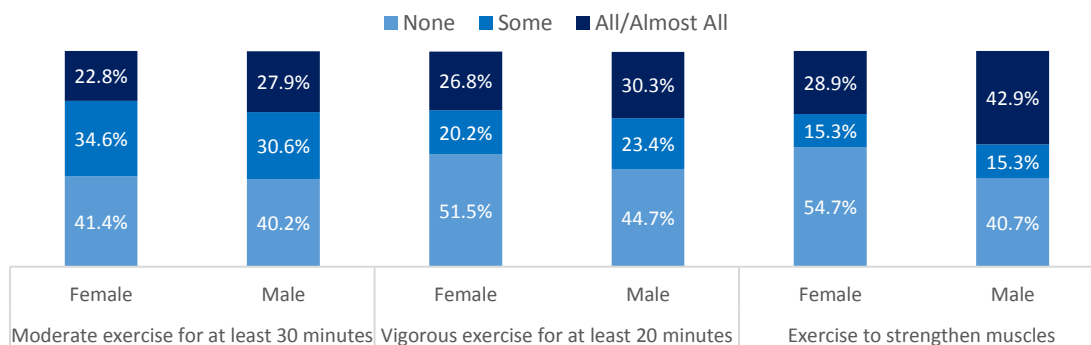
**Figure 1. How Frequently Exercisers Used Campus Facilities**



### Comparison by Gender

Among exercisers, males were significantly more likely to engage in all exercise activities on the UCLA campus compared to females (Table 4). Over fifty percent of female exercisers engaged in none of their vigorous and strength training exercise at the UCLA campus (Figure 2). Less than one-third of all exercisers do all/almost all of their exercise at UCLA campus facilities, with the exception of male students who engage in 42.9% of their strength training exercises exclusively at UCLA facilities.

**Figure 2. Gender Comparison of Exercise at UCLA Campus Facilities**



**Table 4. Gender Mean Comparison of Exercise at UCLA Campus Facilities**

	Female	Male
Moderate exercise for at least 30 minutes	1.79	1.85*
Vigorous exercise for at least 20 minutes	1.72	1.82**
Exercise to strengthen muscles	1.72	2.00**

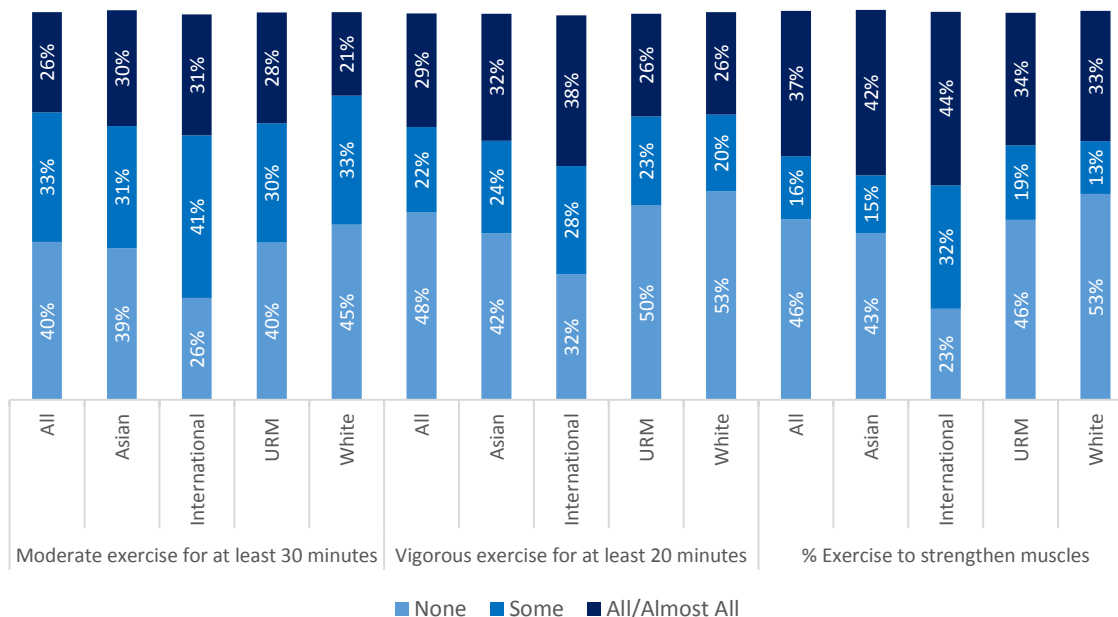
### Comparison by Race/Ethnicity

International students were more likely to use the facilities when compared to all exercisers for all categories of exercise ( $p < 0.01$ ). Similarly, Asian students also utilized UCLA campus facilities at higher rates, although a significant difference was only found for vigorous exercise activities ( $p < 0.05$ ). Over 40 percent of Asian and International student exercisers indicated that they did all/almost all of their strength training exercises at UCLA facilities (see Figure 3). Although data indicated that White students had higher rates of exercise across all categories, they were significantly less likely to engage in this exercise at UCLA facilities for all categories.

**Table 5. Race/Ethnicity Mean Comparison of Exercise at UCLA Campus Facilities**

	All	Asian	International	URM	White
Moderate exercise for at least 30 minutes	1.83	1.89	2.01**	1.86	1.74**
Vigorous exercise for at least 20 minutes	1.78	1.87*	2.02**	1.73	1.71*
Exercise to strengthen muscles	1.89	1.99	2.19**	1.85	1.79*

**Figure 3. Race/Ethnicity Comparison of Exercise at UCLA Campus Facilities**



Note: Graduate and Professional Student Survey 2014 data was used for this brief. Analysis of the data primarily included frequencies and descriptive statistics. To understand group differences by gender and race/ethnicity, we conducted t-tests. The average for each race/ethnicity was compared to the overall average in order to determine if the average of each group (Asian, International, URM, and White) differed respective to the overall mean. Significance was calculated and reported as follows: one asterisk (\*)  $p < 0.05$ , two asterisks (\*\*)  $p < 0.01$ .

For accompanying information including participant demographics, survey methodology, and additional undergraduate wellness series briefs, please visit: <http://www.sairo.ucla.edu/2014-Wellness>.