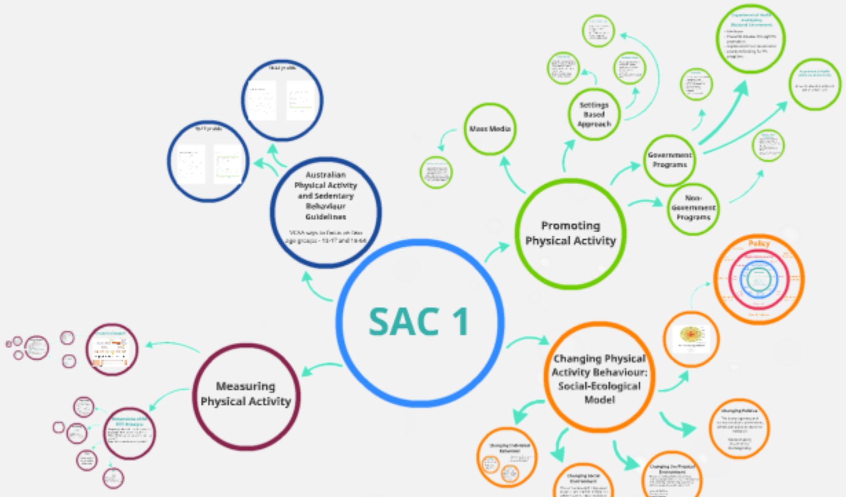

SAC 1

Australian Physical Activity and Sedentary Behaviour Guidelines

VCAA says to focus on two age groups - 13-17 and 18-64

Promoting Physical Activity

Mass Media

Settings Based Approach

Government Programs

Non-Government Programs

Changing Physical Activity Behaviour: Social-Ecological Model

Policy
Changing Individual Behaviour
Changing Social Environment
Changing the Physical Environment
Changing Policies

Measuring Physical Activity

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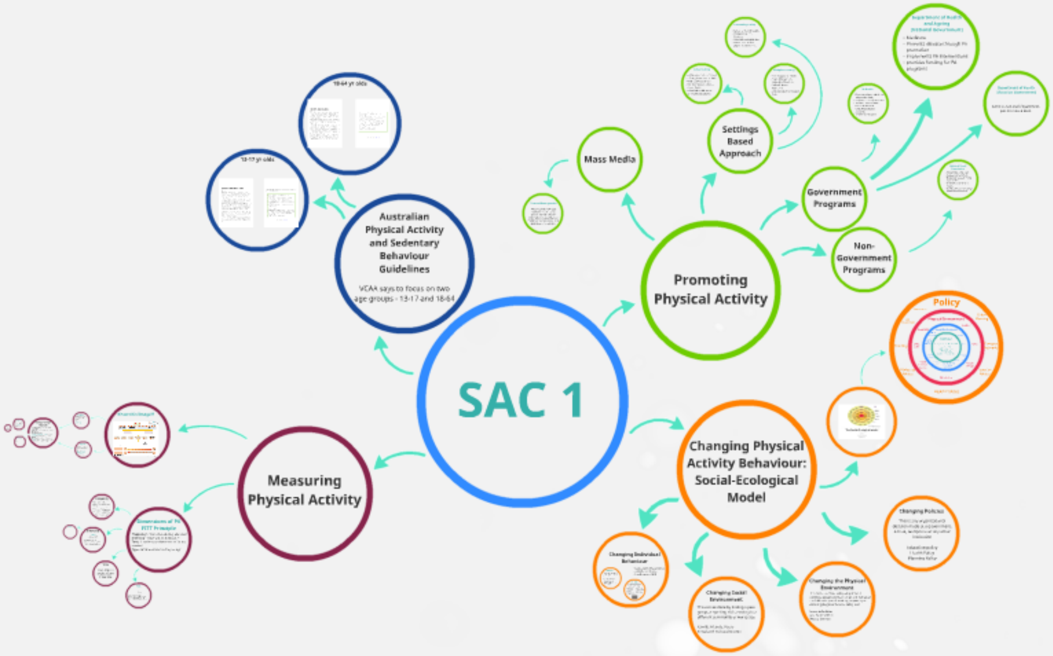

SAC 1

Australian Physical Activity and Sedentary Behaviour Guidelines

VCAA says to focus on two age groups - 15-17 and 18-64

15-17 yr olds

18-64 yr olds

Promoting Physical Activity

Mass Media

Settings Based Approach

Government Programs

Non-Government Programs

Changing Physical Activity Behaviour: Social-Ecological Model

Policy

Changing Individual Behaviour

Changing Social Environment

Changing the Physical Environment

Changing Policies

Measuring Physical Activity

Dimensions of PA FITT Principle

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oups - 13-17 and 18-64

SAC 1

Ph

13-17 yr olds

Fact Sheet: Young People (13-17 years)

Introduction

Physical Activity and Sedentary Behaviour Guidelines

Australian Physical Activity and Sedentary Behaviour Guidelines

VCAA says to focus on two age groups - 13-17 and 18-64

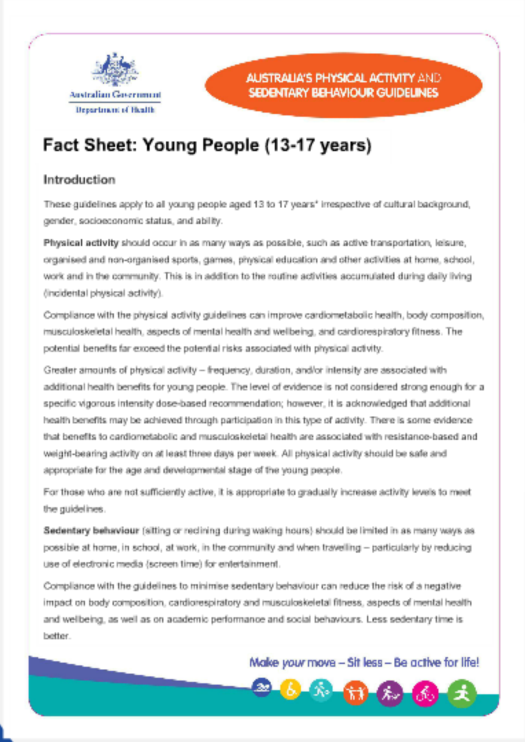
M

Common Exam Question

Mass Media is a low cost method to reach a large population with detailed information. It can show role models, increase interest, raise awareness and motivate.

SAC 1

13-17 yr olds



Australian Government
Department of Health

AUSTRALIA'S PHYSICAL ACTIVITY AND SEDENTARY BEHAVIOUR GUIDELINES

Fact Sheet: Young People (13-17 years)

Introduction

These guidelines apply to all young people aged 13 to 17 years* irrespective of cultural background, gender, socioeconomic status, and ability.

Physical activity should occur in as many ways as possible, such as active transportation, leisure, organised and non-organised sports, games, physical education and other activities at home, school, work and in the community. This is in addition to the routine activities accumulated during daily living (incidental physical activity).

Compliance with the physical activity guidelines can improve cardiometabolic health, body composition, musculoskeletal health, aspects of mental health and wellbeing, and cardiorespiratory fitness. The potential benefits far exceed the potential risks associated with physical activity.

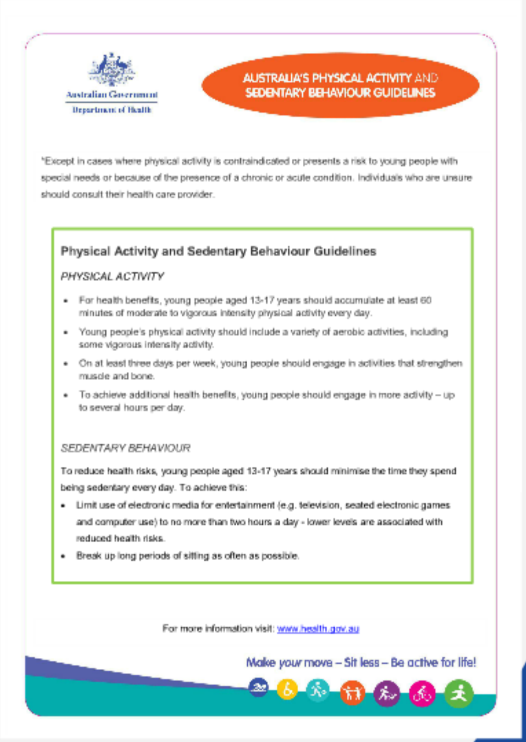
Greater amounts of physical activity – frequency, duration, and/or intensity are associated with additional health benefits for young people. The level of evidence is not considered strong enough for a specific vigorous intensity dose-based recommendation; however, it is acknowledged that additional health benefits may be achieved through participation in this type of activity. There is some evidence that benefits to cardiometabolic and musculoskeletal health are associated with resistance-based and weight-bearing activity on at least three days per week. All physical activity should be safe and appropriate for the age and developmental stage of the young people.

For those who are not sufficiently active, it is appropriate to gradually increase activity levels to meet the guidelines.

Sedentary behaviour (sitting or reclining during waking hours) should be limited in as many ways as possible at home, in school, at work, in the community and when travelling – particularly by reducing use of electronic media (screen time) for entertainment.

Compliance with the guidelines to minimise sedentary behaviour can reduce the risk of a negative impact on body composition, cardiorespiratory and musculoskeletal fitness, aspects of mental health and wellbeing, as well as on academic performance and social behaviours. Less sedentary time is better.

Make your move – Sit less – Be active for life!



Australian Government
Department of Health

AUSTRALIA'S PHYSICAL ACTIVITY AND SEDENTARY BEHAVIOUR GUIDELINES

*Except in cases where physical activity is contraindicated or presents a risk to young people with special needs or because of the presence of a chronic or acute condition. Individuals who are unsure should consult their health care provider.

Physical Activity and Sedentary Behaviour Guidelines

PHYSICAL ACTIVITY

- For health benefits, young people aged 13-17 years should accumulate at least 60 minutes of moderate to vigorous intensity physical activity every day.
- Young people's physical activity should include a variety of aerobic activities, including some vigorous intensity activity.
- On at least three days per week, young people should engage in activities that strengthen muscle and bone.
- To achieve additional health benefits, young people should engage in more activity – up to several hours per day.

SEDENTARY BEHAVIOUR

To reduce health risks, young people aged 13-17 years should minimise the time they spend being sedentary every day. To achieve this:

- Limit use of electronic media for entertainment (e.g. television, seated electronic games and computer use) to no more than two hours a day - lower levels are associated with reduced health risks.
- Break up long periods of sitting as often as possible.

For more information visit: www.health.gov.au

Make your move – Sit less – Be active for life!

18-64 yr olds

AUSTRALIA'S PHYSICAL ACTIVITY AND SEDENTARY BEHAVIOUR GUIDELINES

Fact Sheet: Adults (18-64 years)

Introduction

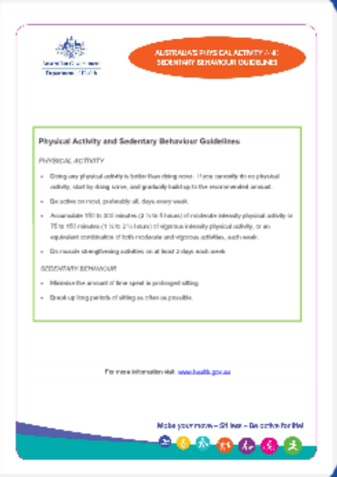
Regular physical activity has important benefits for physical and mental health. It reduces the risk of many health problems, such as cardiovascular disease, type 2 diabetes, anxiety, depression, musculoskeletal problems, some cancers and unhealthy weight gain. There is clear evidence that doing some physical activity is better than doing none at all, and that increasing amounts of physical activity provide even more health benefits.

These guidelines are for all adults aged 18-64 years. Although physical activity is generally safe for everyone, physical and mental abilities should be considered when interpreting the guidelines. Those who are unaccustomed to activity are advised to start gently (for example, by walking), without over-exertion, and to gradually build up towards reaching recommended levels. Consult a health professional if unsure.

In the context of these guidelines, physical activity is defined as any bodily movement produced by one or more large muscle groups, for movement as part of: leisure (including sports, exercise and recreational activities), transport (for example walking or cycling to get to or from places), and occupation (including paid and unpaid work like lifting, carrying or digging). These activities should be carried out at moderate to vigorous intensity. Moderate intensity activities require some effort, but conversation is possible. Examples include brisk walking, swimming, social tennis, dancing etc. Vigorous activities make you breathe harder or puff and pant (depending on fitness). Examples include aerobics, jogging and many competitive sports.

Sedentary behaviour is associated with poorer health outcomes, including an increased risk of type 2 diabetes. However there is insufficient evidence to make a recommendation on the specific duration of sitting that is associated with these poor health outcomes. There is also emerging evidence to show that the negative effects of prolonged sitting may occur, even in those who meet the guidelines for moderate-vigorous physical activity.

Make your move – Sit less – Be active for life!


AUSTRALIA'S PHYSICAL ACTIVITY AND SEDENTARY BEHAVIOUR GUIDELINES

Physical Activity and Sedentary Behaviour Guidelines

PHYSICAL ACTIVITY

- Doing any physical activity is better than doing none. If you currently do no physical activity, start by doing some, and gradually build up to the recommended amount.
- Be active on most, preferably all, days every week.
- Accumulate 150 to 300 minutes (2 ½ to 5 hours) of moderate intensity physical activity or 75 to 150 minutes (1 ¼ to 2 ½ hours) of vigorous intensity physical activity, or an equivalent combination of both moderate and vigorous activities, each week.
- Do muscle strengthening activities on at least 2 days each week.

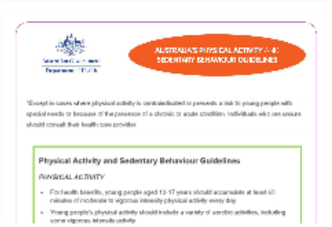
SEDENTARY BEHAVIOUR

- Minimise the amount of time spent in prolonged sitting.
- Break up long periods of sitting as often as possible.

For more information visit: www.health.gov.au

Make your move – Sit less – Be active for life!

13-17 yr olds


AUSTRALIA'S PHYSICAL ACTIVITY AND SEDENTARY BEHAVIOUR GUIDELINES

*Except in cases where physical activity is contraindicated or presents a risk to young people with special needs or because of the presence of a chronic or acute condition. Individuals who are unsure should consult their health care provider.

Physical Activity and Sedentary Behaviour Guidelines

PHYSICAL ACTIVITY

- For health benefits, young people aged 13-17 years should accumulate at least 60 minutes of moderate to vigorous intensity physical activity every day.
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Measuring Physical Activity

Know this Image!!!

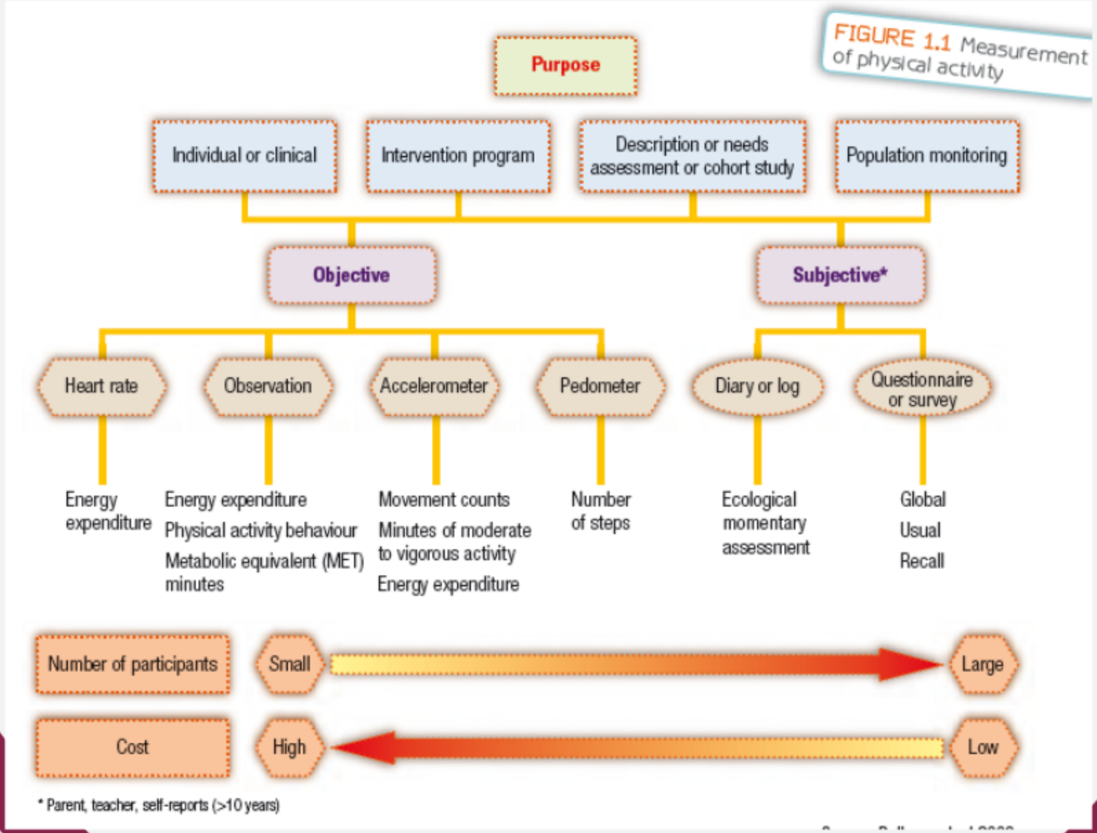

FIGURE 1.1 Measurement of physical activity

Purpose
Individual or clinical
Intervention program
Description or needs assessment or cohort study
Population monitoring
Objective
Subjective*
Heart rate
Observation
Accelerometer
Pedometer
Diary or log
Questionnaire or survey
Energy expenditure
Energy expenditure
Physical activity behaviour
Metabolic equivalent (MET) minutes
Movement counts
Minutes of moderate to vigorous activity
Energy expenditure
Number of steps
Ecological momentary assessment
Global
Usual
Recall
Number of participants
Small
Large
Cost
High
Low

* Parent, teacher, self-reports (>10 years)