

# TÜRKİYE'DE ÜNİVERSİTELİ KADIN VE ERKEKLERİN FİZİKSEL AKTİVİTE VE SPORA KATILIMI

Bu rapor, Kadınlar için Spor ve Fiziksel Aktivite Derneği (KASFAD) üyeleri ve gönüllüleri tarafından gerçekleştirilen araştırma bulgularını içermektedir.

Araştırma Grubu

- Türkiye'nin 7 coğrafi bölgesini temsil eden 17 üniversite
- 5189 kişi
- Yaş aralığı: 18 - 35 yaş (Ortalama = 21,5; S=1.96)

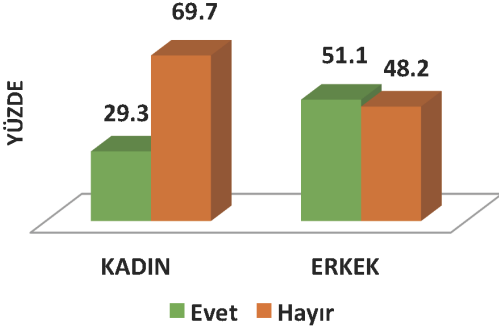


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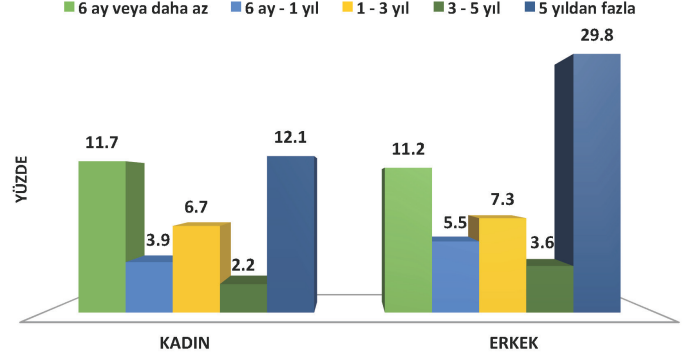


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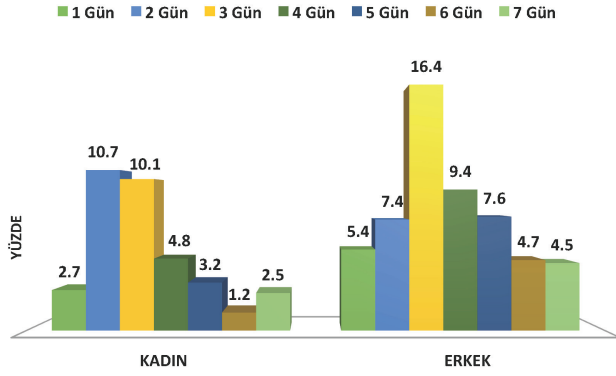
## 1. Düzenli olarak spor yapıyor musunuz?



## 2. Ne kadar zamandır spor yapıyorsunuz?

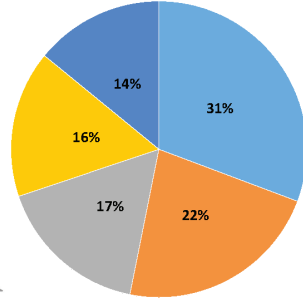


## 3. Haftada kaç gün spor yapıyorsunuz?

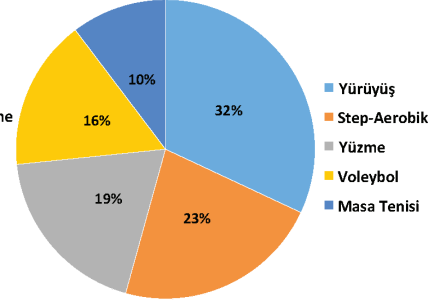


## 4. Hangi fiziksel aktivitelere/sporlara katılıyorsunuz?

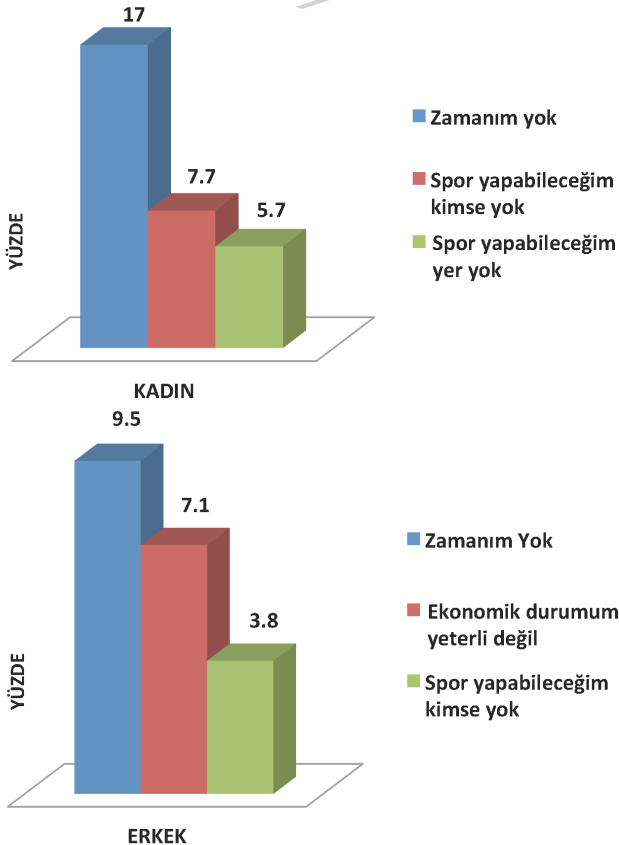
Erkeklerin tercih ettiği ilk 5 spor dalı



Kadınların tercih ettiği ilk 5 spor dalı

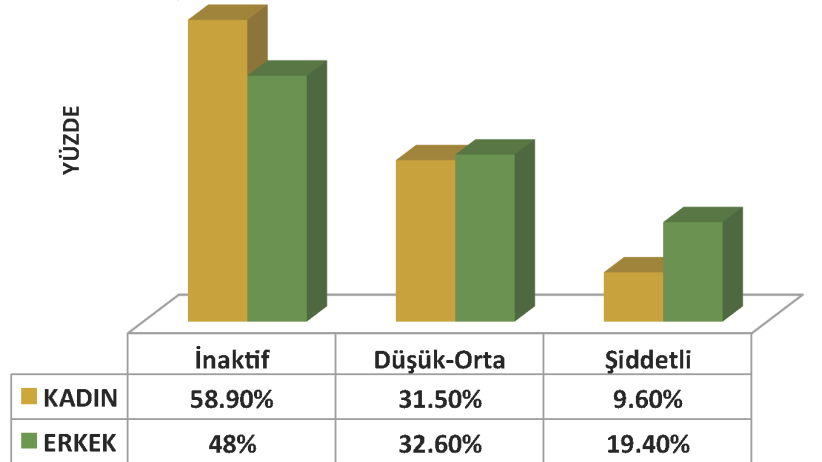


## 5. Spor yapmama nedenleriniz nelerdir?



## 6. Cinsiyete göre fiziksel aktivite düzeyleri

Bu araştırmada bireylerin fiziksel aktivite düzeylerini belirlemek için Uluslararası Fiziksel Aktivite Anketi (IPAQ) kısa formu kullanılmıştır.



(p < 0.01)

Kasfad

Kadınlar için Spor ve Fiziksel Aktivite Derneği

www.kasfad.org

# GENDER DIFFERENCES in PHYSICAL ACTIVITY and SPORT PARTICIPATION of UNIVERSITY STUDENTS in TURKEY

This sheet reports the results of the research conducted by members and volunteers of the Turkish Association of Sport and Physical Activity for Women (KASFAD)

Research Group

- Seventeen universities located in the different regions of Turkey
- 5189 university students
- Age range: 18 - 35 age (Mean=21,5; S=1.96)

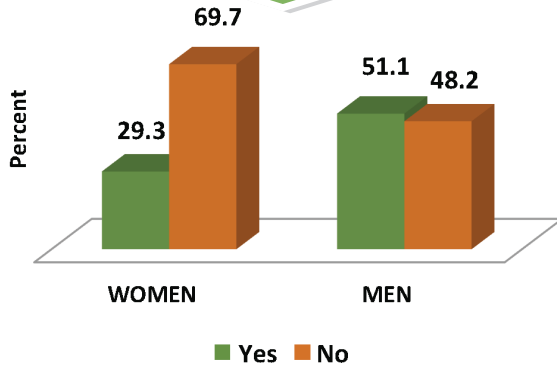


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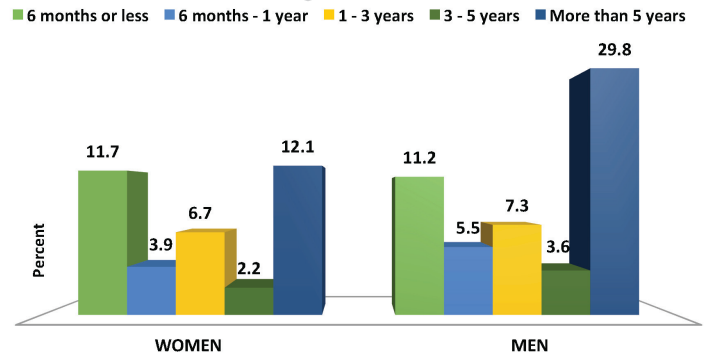


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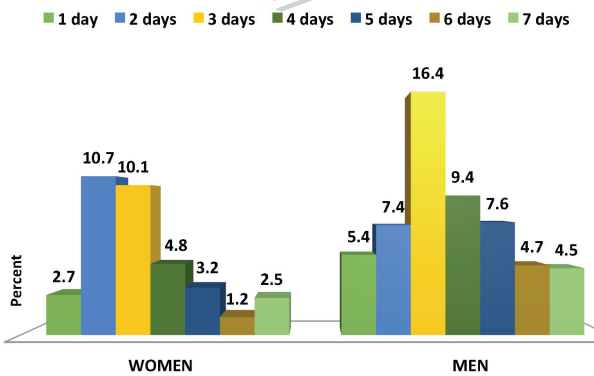
## 1. Do you exercise regularly?



## 2. How long do you do sport ?

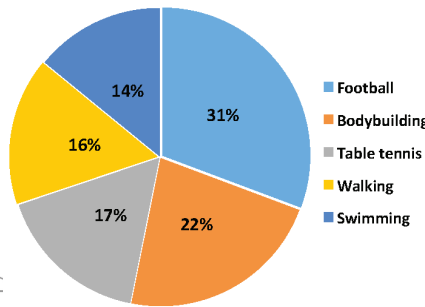


## 3. How often do you do sport in a week?

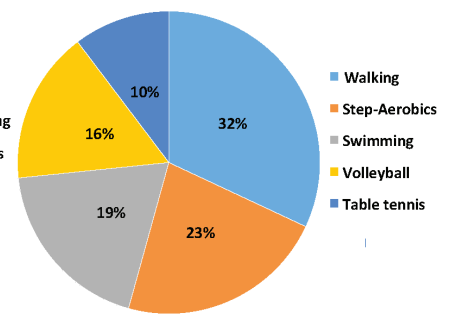


## 4. What kind of physical activities/sports are you interested in?

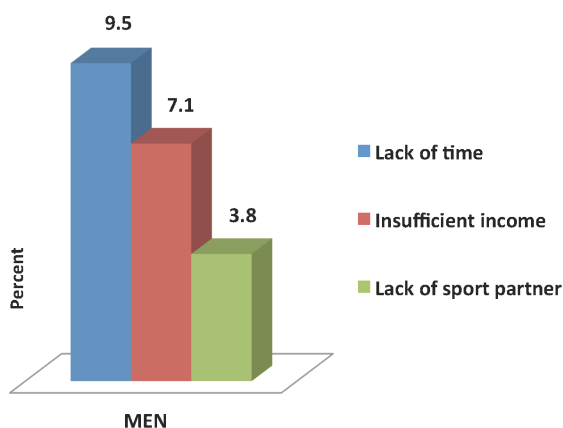
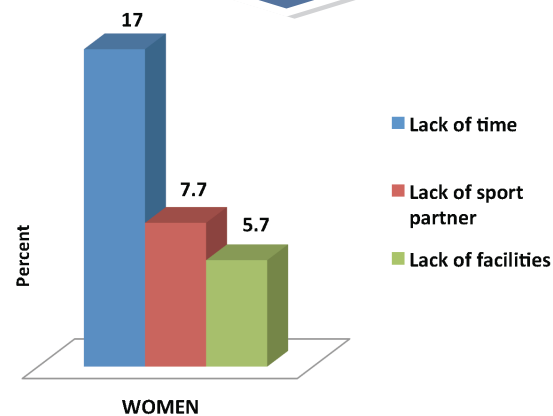
The first five sports preferred by men



The first five sports preferred by women

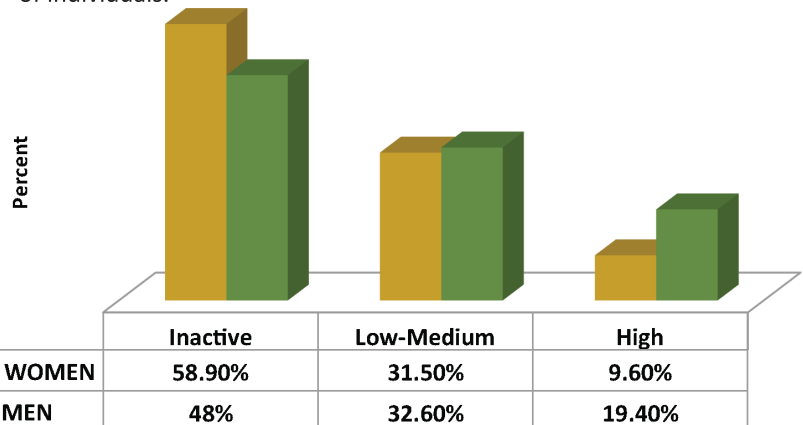


## 5. Why don't you participate in sport?



## 6. Gender differences in physical activity level

In this research, the short version of International Physical Activity Questionnaire (IPAQ) is employed to measure the physical activity level of individuals.



(p < 0.01)

