

PHYSICAL ACTIVITY HABITS OF SECONDARY SCHOOL STUDENTS AND PERCEIVED BENEFITS FOR OVERAL HEALTH

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Physical activity has proven to have many benefits for overall health at all ages. For teenagers and adolescents, participation in physical activity is especially important as their development is still ongoing. Presented paper analyses PA habits of 124 secondary school students from gymnasium in Veles, North Macedonia. We analyzed their frequency of participation in PA out of school, perceived benefits for physical, mental and cognitive health as well as their interests for different sports. Basic descriptive statistic and differential statistics was used for data analyses. Obtained results suggest on greater participation in different physical activities, perceived positive effects for physical, mental and cognitive health, and great interest for team ball sports, fitness, outdoor adventure activities and martial arts. Results indicate a difference in contents that young people are interested and what is implemented in school curricula. This leads to conclusion and recommendation that both schools and local clubs should provide different activities and sports that should fit to young people interests.