TEACHERS’ PHYSICAL ACTIVITY LEVELS WITH RESPECT TO SEVERAL VARIABLES
(A STUDY FROM TURKEY)

Abstract
The purpose of this study is to estimate the physical activity level of the teachers in Turkey, examining and generalizing the results of the study conducted in Konya, which is one of the biggest cities of Turkey. This study was carried out with 319 teachers with different specialties who were employed in schools located in the city center of Konya. The International Physical Activity Questionnaire-Long Form (IPAQ) was used in the study to assess teachers’ physical activity levels. In conclusion, it was determined, according to the total metabolic expenditure units (MET) values of the participant teachers that 11% were inactive, 43% had low physical activity level, and 46% had adequate physical activity level. In MET values regarding the time spent with moderate physical activity, on the other hand, a statistically significant difference was found in the favor of female teachers.

Keywords: teacher, physical activity, MET