

DIFFERENCE IN BODY MASS INDEX AND DIETARY HABITS OF STUDENTS OF FACULTY OF SPORT AND PHYSICAL EDUCATION

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The modern way of life and technology development is often associated with negative factors that result in reduced physical activity, improper diet, and obesity. This is especially true for students who are exposed to a sedentary lifestyle, which in the sensitive period of ado-lescence has a significant impact on health. The goal of this research is to determine the difference between body mass index and dietary habits of students of the Faculty of Sport and Physical Education. The sample of examinees consisted of 41 students of both sexes who attend the third and fourth year of studies at the Faculty of Sport and Physical Education in Leposavić. Body mass index was determined by using the device InBody™ 720, while the questionnaire was used for the assessment of eating habits. The data were processed with the SPSS statistical package 20 by applying the t-test for independent samples and χ^2 test. No statistically significant difference ($p < 0.05$) of body mass index nor dietary habits between the groups of students were determined. Also, a positive trend of eating habits was noticed, where the presence of fruits and vegetables in the diet, as well as a regular meal intake, was observed in both groups of students. The presented results indicate that the third and fourth -year students at the Faculty of Sport and Physical Education have good eating habits, the influence of which is reflected in the body mass index, which can be interpreted as the result of their sport and academic education and activities.

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