

Evaluation of Healthy Lifestyle Behaviour Level of Active Athletes and Sedentary Students Study at Physical Education and Sports College

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KEYWORDS Education. Health. Personality Development. Physical Activity. Sport

ABSTRACT The aim of this study is to determine the healthy lifestyle behaviour level of Physical Education and Sports College students actively engaged in sports with sedentary students of the Arts and Sciences and the Faculty of Education. A total of 189 girls and 297 boys making up a total of 486 students volunteered in this study. In this study, Healthy Lifestyle Behaviors Scale (HLBS) was used. In conclusion, it was identified that some factors such as gender, age, class and school influence university students' healthy lifestyle behaviors positively. Based on these results, it was recommended that to protect and improve the health of university students; there should be creation of training programs related to healthy lifestyle behaviors and with the implementation of these programs, students level of realization of healthy lifestyle behaviours will increase.