



TARTU ÜLIKOOL

Liikumise olulisus

Martin Mooses



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Millest räägime?

KUI PALJU LAPSED LIIGUVAD?

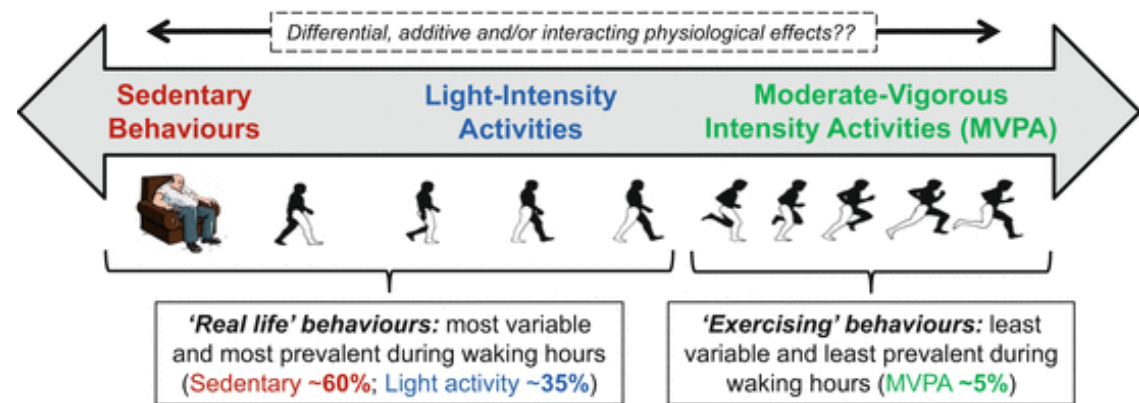
MIS ON KEHALINE KIRJAOSKUS?

Kehaline aktiivsus



TARTU ÜLIKOOL

- Istuv eluviis (Sedentary behaviour)
 - Magamine
 - Istumine
 - Lugemine
 - Arvuti
- Mõõdukas KA (Moderate PA)
 - Kiirkõnd
 - Rahulik ujumine
 - Rahulik rattasõit
 - Matkamine
- Tugev KA (Vigorous PA)
 - Jooksmine
 - Suusatamine
 - Hüppamine





Kui palju kehaliselt aktiivne?

- 5-17 a vähemalt 60 min MVPA päevas
- Iga täiendav minut avaldab positiivset efekti tervisele
- 16-64 vähemalt 150 min MVPA nädalas
- või 75 min VPA
- Ühe aktiivse tegevuse kestus vähemalt 10 min
- Täiendav efekt tervisele: MPA 300 min/nädalas või VPA 150 min/nädalas

Tabel I. Eesti laste kehalise aktiivsuse näitajad (Lätt et al., 2015)

	Baseline, mean (SD)	Follow-up, mean (SD)
Age (years)	11.9 (0.7)	13.9 (0.7) ^b
Height (cm)	153.7 (8.2)	168.2 (8.8) ^b
Weight (kg)	49.0 (16.0)	61.5 (19.1) ^b
BMI (kg/m ²)	20.4 (5.0)	21.5 (5.3) ^b
Obese (%)	16.9	14.7
Overweight (%) ^a	33.8	30.9
Sedentary behaviour (minutes per day)	542.2 (72.3)	579.3 (91.9) ^b
Moderate PA (minutes per day)	46.9 (16.0)	37.1 (15.0) ^b
Vigorous PA (minutes per day)	16.4 (13.2)	18.0 (15.1)
MVPA (minutes per day)	63.2 (25.4)	55.1 (25.4) ^b
Total PA (counts per minute)	444.7 (143.4)	387.6 (155.7) ^b
Tanner stage (1/2/3/4/5)	5/50/69/12/0	0/3/33/59/39 ^b

^aOverweight subjects include also obese subjects.

^bSignificantly different from baseline, $p < 0.05$.

BMI, body mass index; PA, physical activity; MVPA, moderate-to-vigorous physical activity.

Tabel 2. Kenya ~14 a laste üldised näitajad (Ojiambo et al., 2013)

	All	Females	Males
	Mean ± SD [Range]	Mean ± SD [Range]	Mean ± SD [Range]
<i>n</i>	30	15	15
Age (years)	14 ± 1 [10–17]	14 ± 1 [11–17]	14 ± 2 [10–16]
Weight (kg)	41 ± 9 [24.5–57]	43 ± 8 [28–57]	39 ± 10* [25–53]
Height (cm)	157 ± 11 [132–175]	157 ± 9 [135–173]	158 ± 13 [132–175]
BMI (kg/m ²)	16.4 ± 1.9 [14–22]	17 ± 2 [15–22]	16 ± 1* [14–18]
BMI z-score	−1.06 [−3.29–0.67]	−0.6 [−1.62–0.67]	−1.64* [−3.29–−0.5]
Distance to school (km)	7.5 ± 3.0 [0.8–13.4]	6 ± 3 [0.8–10]	8.9 ± 3* [3.2–13.4]
BMR (MJ/day)	5.3 ± 0.6 [4.3–6.5]	5.2 ± 0.4 [4.5–5.8]	5.4 ± 0.7 [4.3–6.5]
DEE (MJ/day)	12.2 ± 3.5 [7–20.7]	12.6 ± 3.6 [7.7–20.7]	11.8 ± 3.4 [7.0–18.4]
AEE (MJ/day)	5.7 ± 3.0 [1.5–13.1]	6.2 ± 3.1 [2.1–13.1]	5.2 ± 2.9 [1.5–10.3]
PAL	2.3 ± 0.6 [1.4–3.8]	2.4 ± 0.6 [1.6–3.8]	2.2 ± 0.5 [1.4–3.2]

*Significant differences across gender ($p < 0.05$)

BMI, Basal metabolic rate; DEE, Daily energy expenditure; BMR, Basal metabolic rate; AEE, Activity-induced energy expenditure; PAL, Physical activity level.

Tabel 3. Kenya ~14 a laste kehalise aktiivsuse näitajad (Ojiambo et al., 2013)

	All Mean ± SD [Range]	Females Mean ± SD [Range]	Males Mean ± SD [Range]
Count per minute	1148 ± 244 [809–1843]	1032 ± 152 [809–1304]	1264 ± 268* [883–1843]
Sedentary (min)	406 [328–561]	409 [339–538]	404 [328–561]
Light (min)	244 ± 56 [132–354]	271 ± 49 [169–354]	218 ± 50* [132–298]
Moderate (min)	82 ± 30 [32–153]	77 ± 11 [57–102]	100 ± 28 [67–153]
Vigorous (min)	75 [43–113]	63 [32–92]	73* [43–113]
MVPA (min)	156 ± 33 [109–234]	140 ± 25 [109–193]	173 ± 34* [131–234]
% time sedentary	51 [39–67]	50 [39–63]	51 [39–67]
% time light	30 [17–42]	33 [20–42]	27 [17–36]
% time moderate	10 [4–19]	9 [7–13]	12* [8–19]
% time vigorous	9 [5–17]	8 [4–11]	10 [5–17]
% time MVPA	19 [14–30]	17 [14–24]	22 [16–30]

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MVPA, Moderate-to-Vigorous Physical activity; min, Minutes.



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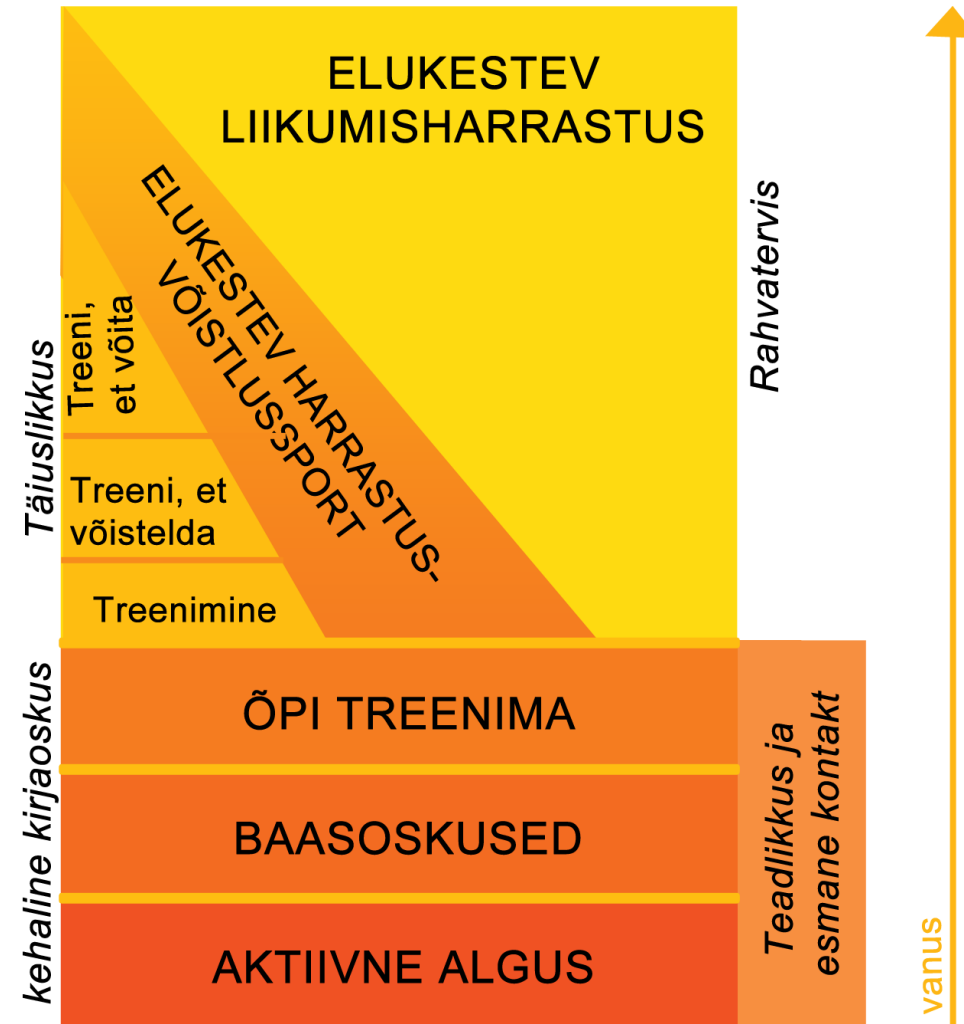
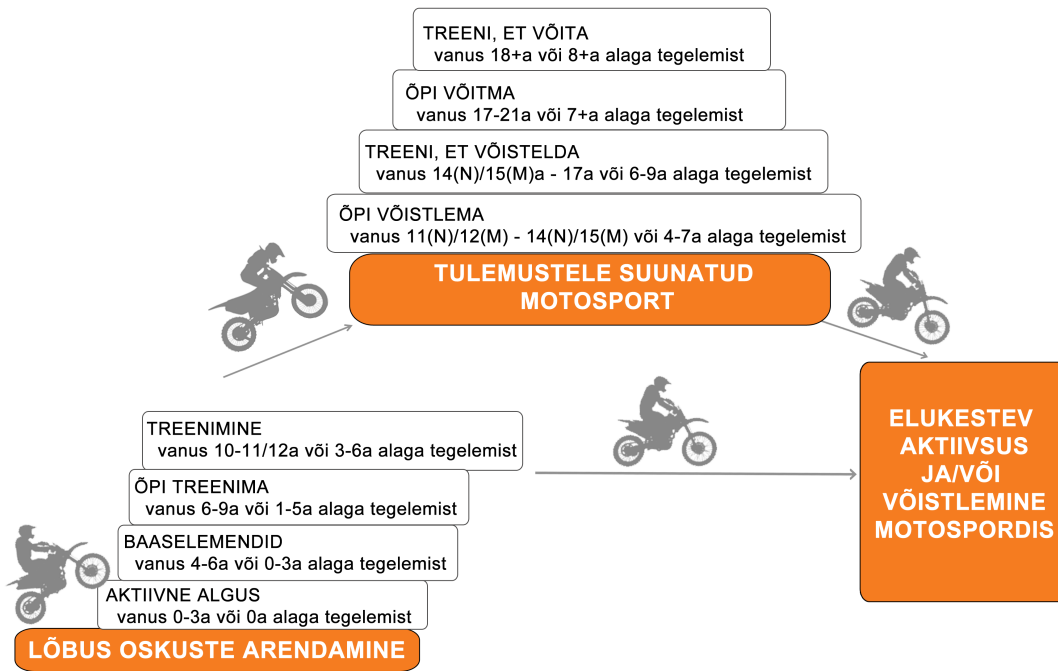


KEHALINE KIRJAOSKUS?



**KEHALINE KIRJAOSKUS on KÕIKIDE
spordialadega alustades võtmetähtsusega**

Sportlase pikaajalise arengu mudel



1. Kehaline kirjaoskus



Joonis 3. Neli kehalise kirjaoskuse arendamise keskkonda.

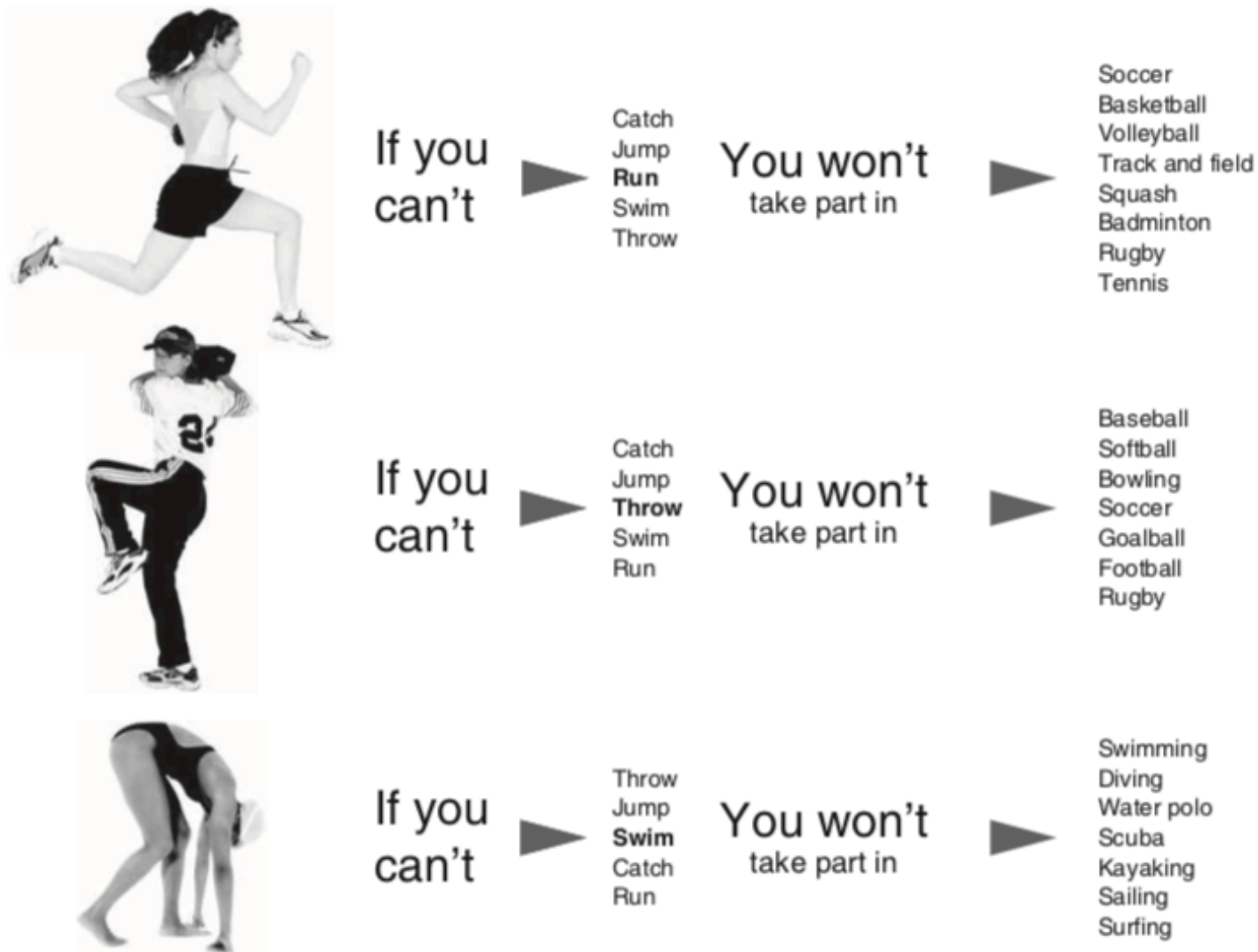


FIGURE 1.2 Consequences of the current developmental system: If you can't, you won't.

Reprinted, by permission, from C. Higgs, I. Balyi, and R. Way, 2008, *Developing physical literacy: A guide for parents of children ages 0 to 12* (Vancouver, BC: Canadian Sport Centres), 13.

Kehaline kirjaoskus on

1. Motivatsioon
2. Enesekindlus
3. Kompetentsus
4. Arusaamine
5. Teadmine

....kuidas säilitada kehalist aktiivsust vastavalt isiklikule sportlikule tasemele läbi elukaare





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TÄNAN!

ÄKSI 39 TEAM

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