**Tables**

Table 1. Socio-demographic characteristics of college students (n = 255).

|  |  |
| --- | --- |
|  | **Total** |
| Sex, n (%) |  |
| Men | 112 (43.9) |
| Women | 141 (55.3) |
| Non-responses | 2 (0.8) |
| Age, mean ± standard deviation | 21.0±2.2 |
| Characteristics of educational institution, n (%) |  |
| Public | 118 (46.3) |
| Particular/Private | 137 (53.7) |
| Type of educational institution |  |
| Polytechnic | 89 (34.9) |
| University | 166 (65.1) |
| Locality of the educational institution, n (%) |  |
| Viseu | 43 (16.9) |
| Coimbra | 46 (18.0) |
| Lisboa | 137 (53.7) |
| Porto | 29 (11.4) |
| Fields of study, n (%) |  |
| Sport sciences | 119 (46.7) |
| Health sciences | 72 (28.2) |
| Other | 61 (23.9) |
| Non-responses | 3 (1.2) |

Table 2. College students’ self-perceived knowledge of physical activity recommendations for adults, by sex and field of study (n = 255).

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Sexa** | | |  | **Fields of studyb** | | | |  | **Total**  **n (%)**  **[95% CI]** |
| **Self-perceived knowledge of PA recommendations** | **Men**  **n (%)**  **[95% CI]** | **Women**  **n (%)**  **[95% CI]** | ***p*** |  | **Sport Sciences**  **n (%)**  **[95% CI]** | **Health Sciences**  **n (%)**  **[95% CI]** | **Others**  **n (%)**  **[95% CI]** | ***p*** |  |
| Assume not to know | 60 (53.6)  [44.4-62.5] | 68 (48.2)  [40.1-56.4] | 0.448 |  | 58 (48.7)  [35.1-52.6] | 28 (38.9)  [28.5-50.4] | 42 (68.9)  [56.4-79.1] | **0.002** |  | 130 (51.0)  [44.8-57.1] |
| Assume to know | 52 (46.4)  [37.5-55.6] | 73 (51.8)  [43.6-59.9] |  | 61 (51.3)  [42.4-60.0] | 44 (61.1)  [49.6-71.5] | 19 (31.1)  [20.9-43.6] |  | 125 (49.0)  [42.9-55.1] |
| Tested with Chi-Square test of independence; PA, physical activity; CI, confidence interval.  a n = 253, two missing cases; b n = 252, three missing cases. | | | | | | | | | | |

Table 3. Knowledge classification of college students’ that assumed to know the PA recommendations, by sex and fields of study (n = 112).

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Sex** | | |  | **Fields of study** | | | |  | **Totala**  **n (%)**  **[95% CI]** |
| **Knowledge of PA recommendations** | **Men**  **n (%)**  **[95% CI]** | **Women**  **n (%)**  **[95% CI]** | ***p*** |  | **Sports sciences**  **n (%)**  **[95% CI]** | **Health sciences**  **n (%)**  **[95% CI]** | **Others**  **n (%)**  **[95% CI]** | ***p*** |  |
| Knows | 4 (8.7)  [3.4-20.3] | 7 (10.4)  [5.2-20.0] | 0.758 |  | 9 (15.8)  [8.5-27.4] | 2 (4.5)  [1.3-15.1] | 0 (0)  [0-25.8] | 0.087 |  | 11 (9.8)  [5.6-16.7] |
| Does not know | 42 (91.3)  [79.7-96.7] | 60 (89.6)  [80.0-94.9] |  | 48 (84.2)  [72.6-91.5] | 42 (95.5)  [84.7-98.7] | 11 (100.0)  [74.1-100] |  | 101 (90.2)  [83.8-94.4] |
| Knows | 4 (8.7)  [3.4-20.3] | 7 (10.4)  [5.2-20.0] | 0.884 |  | 9 (15.8)  [8.5-27.4] | 2 (4.5)  [1.3-15.1] | 0 (0)  [0-25.8] | 0.331 |  | 11 (9.8)  [5.6-16.7] |
| Does not know - underestimate | 5(10.9)  [4.7-23.0] | 7 (10.4)  [5.2-20.0] |  | 7 (12.3)  [6.0-23.3] | 5 (11.4)  [5.0-24.0] | 0 (0)  [0-25.8] |  | 12 (10.7)  [6.3-17.8] |
| Does not know - overestimate | 18 (39.1)  [26.4-53.5] | 30 (44.8)  [33.5-56.7] |  | 22 (38.6)  [27.1-51.6] | 19 (43.2)  [29.7-57.8] | 6 (54.5)  [28.0-78.7] |  | 47 (42.0)  [33.2-51.2] |
| Does not know - other | 19 (41.3)  [28.3-55.7] | 23 (34.3)  [24.1-46.3] |  | 19 (33.3)  [22.5-46.3] | 18 (40.9)  [27.7-55.6] | 5 (45.5)  [21.3-71.2] |  | 42 (37.5)  [29.1-46.7] |
| Tested with Chi-Square test of independence; PA, physical activity; CI, confidence interval.  a n = 112 students instead of 125 due to 13 non-responses to the question ‘If yes, point out the PA recommendations’. | | | | | | | | | | |

Table 4. Perceptions of knowledge classification subgroups about PA recommendations (n = 112).

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Themes** |  | **Knows**  **(n=11)**  **n (%)** | **Does not know**  **underestimate**  **(n=12)**  **n (%)** | **Does not know**  **overestimate**  **(n=47)**  **n (%)** | **Does not know**  **other**  **(n=42)**  **n (%)** | **Total**  **(n=112)**  **n (%)** |
| Frequency – days/sessions per week |  |  |  |  |  |  |
| 1-2 |  | 0 | 2(16.7) | 0 | 1 (2.4) | 3 (2.7) |
| 3 |  | 1 (9.1) | 8 (66.7) | 5 (10.4) | 5 (11.9) | 19 (16.8) |
| 4-6 |  | 2 (18.2) | 0 | 1 (2.1) | 1 (2.4) | 4 (3.5) |
| 7 |  | 0 | 2 (16.7) | 41 (85.4) | 0 | 43 (38.1) |
| No references this dimension |  | 8 (72.7) | 0 | 1 (2.1) | 35 (83.3) | 44 (38.9) |
| Time – minutes per session |  |  |  |  |  |  |
| 15 |  | 0 | 1 (8.3) | 0 | 0 | 1 (0.9) |
| 30 |  | 3 (27.3) | 10 (83.3) | 26 (54.2) | 1 (2.4) | 40 (35.4) |
| 60 |  | 0 | 1 (8.3) | 14 (29.2) | 1 (2.4) | 16 (14.2) |
| 90 |  | 0 | 0 | 1 (2.1) | 0 | 1 (0.9) |
| No references to this dimension |  | 8 (72.7) | 0 | 7 (14.6) | 40 (95.2) | 55 (48.7) |
| Time – minutes per week |  |  |  |  |  |  |
| 150 |  | 5 (45.5) | 0 | 0 | 0 | 5 (4.4) |
| 150 and/or 75 |  | 4 (36.4) | 0 | 0 | 0 | 4 (3.6) |
| Other (e.g. 200 minutes) |  | 0 | 1 (8.3) | 1 (2.1) | 0 | 2 (1.8) |
| No references to this dimension |  | 2 (18.2) | 11 (91.7) | 47 (97.9) | 42 (100.0) | 102 (90.2) |
| Intensity |  |  |  |  |  |  |
| Moderate |  | 0 | 1 (8.3) | 0 | 2 (4.8) | 3 (2.7) |
| Moderate to vigorous |  | 7 (63.3) | 0 | 7 (14.6) | 1 (2.4) | 15 (13,3) |
| Vigorous |  | 0 | 0 | 2 (4.2) | 0 | 2 (1.8) |
| No references to this dimension |  | 4 (36.7) | 11 (91.7) | 39 (81.3) | 39 (92.9) | 93 (83.0) |
| Type of activity |  |  |  |  |  |  |
| Walking |  | 0 | 3 (25.0) | 14 (29.2) | 5 (11.9) | 22 (19.5) |
| Running |  | 0 | 0 | 2 (4.2) | 0 | 2 (1.8) |
| Health club (individual/group classes) |  | 0 | 0 | 1 (2.1) | 1 (2.4) | 2 (1.8) |
| Physical fitness |  | 0 | 0 | 1 (2.1) | 3 (7.1) | 4 (3.5) |
| Swimming |  | 0 | 0 | 0 | 1 (2.4) | 1 (0.9) |
| Combination of previous activities |  | 1 (9.1) | 0 | 1 (2.1) | 9 (47.4) | 11 (9.7) |
| No references to this dimension |  | 10 (90.9) | 9 (75.0) | 29 (60.4) | 23 (54.8) | 71 (62.8) |
| General PA aspects or other related areas |  |  |  |  |  |  |
| Benefits of PA |  | 0 | 0 | 0 | 6 (14.3) | 6 (5.3) |
| Nutrition |  | 0 | 0 | 1 (2.1) | 2 (4.8) | 3 (2.7) |
| Sedentariness/Sedentary behaviour |  | 0 | 0 | 1 (2.1) | 3 (7.1) | 4 (3.5) |
| Just “doing physical activity” |  | 0 | 0 | 1 (2.1) | 4 (9.5) | 5 (4.4) |
| Just “doing exercise” |  | 0 | 0 | 1 (2.1) | 2. (4.8) | 3 (2.7) |
| Combination of previous categories |  | 0 | 0 | 0 | 3 (7.1) | 4 (3.5) |
| No references to this dimension |  | 11 (100) | 12 (100) | 43 (89.6) | 22 (52.4) | 88 (77.9) |
| Number of mentioned themes |  |  |  |  |  |  |
| 1 |  | 3 (27.3) | 0 | 1 (2.1) | 19 (45.2) | 23 (20.4) |
| 2 |  | 6 (54.5) | 10 (83.3) | 22 (45.8) | 13 (31.0) | 51 (45.1) |
| 3 |  | 1 (9.1) | 2 (16.7) | 23 (47.9) | 10 (23.8) | 36 (31.9) |
| 4 or 5 |  | 1 (9.1) | 0 | 2 (4.2) | 0 | 3 (2.7) |
| PA, physical activity; MPA, moderate physical activity; VPA, vigorous physical activity | | | | | | |