

CARDIOVASCULAR DISEASE RISK, PHYSICAL ACTIVITY LEVELS AND NUTRITION KNOWLEDGE OF POSTGRADUATE SPORT STUDENTS

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Introduction: Physical inactivity and unhealthy dietary habits play a critical role in the risks of cardiovascular disease (CVD), which has been seen as the leading cause of death around the world. The aim of this study was to analyse university students' nutrition knowledge, physical activity levels and risk of cardiovascular disease (CVD).

Methods: Each participant completed a Physical Activity, Nutrition Knowledge and Heart Disease Risk Questionnaire was used to determine exercise participation, knowledge of nutrition and the risk for developing cardiovascular disease.

Results: Results showed that males scored a 56.58% and females scored a 55.51% in the nutrition questionnaire. 56.67% of participants scored an average on the heart disease risk factor scale and 43.33% scored low. For physical activity participation, participants yielded an average of 391.17 min/week of exercise.

Conclusion: The findings of this study has indicated that postgraduate sport students should be performing additional exercise, and increase their knowledge of nutrition.

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