



## Active Campus: Improving Physical Literacy Among University Students

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**Background and Aim.** With technological advancement, sedentary behaviour has increased, particularly among younger populations. Concurrently, declining physical activity levels and insufficient physical literacy have become significant public health concerns. Therefore, this study aimed to increase physical activity levels and improve physical literacy and awareness among undergraduate students at Bolu Abant İzzet Baysal University.

**Methods.** A total of 50 participants were initially recruited on a voluntary basis. Of these, 23 participants (19 women and 4 men) completed the study by regularly attending the exercise sessions. Assessments were conducted before and after the intervention. Outcome measures included demographic data, the Adult Physical Literacy Scale (APLS), the International Physical Activity Questionnaire – Short Form (IPAQ-SF), the Six-Minute Walk Test (6MWT), average weekly screen time, and average weekly step count. Screen time and step count data were obtained from participants' smartphones and smartwatches. Following baseline assessment, participants attended an educational seminar aimed at improving physical literacy. Subsequently, they participated in a supervised exercise programme conducted three times per week for four weeks. Each 45-minute session consisted of a 5-minute warm-up, 20 minutes of aerobic exercise, 15 minutes of resistance training using elastic bands, and a 5-minute cool-down. All sessions were supervised by a qualified physiotherapist.

**Results.** Within-group comparisons showed statistically significant improvements in the APLS knowledge subscale and 6MWT performance ( $p < 0.05$ ). No significant changes were observed in overall APLS scores, IPAQ-SF results, average weekly screen time, or average weekly step count ( $p > 0.05$ ).

**Conclusions.** A four-week exercise programme improved aerobic capacity and physical activity-related knowledge but did not lead to significant behavioural or lifestyle changes. These findings suggest that additional strategies are required to promote long-term adherence and lifestyle modification.

**Keywords:** Exercise; physical activity; health and wellness

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**Informed Consent Statement:** This study was approved by the Ethics Committee of Bolu Abant İzzet Baysal University. All participants provided written informed consent prior to participation. The study was conducted in accordance with the Declaration of Helsinki.



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