

# CCWS - Spring - 2021 Physical Health/Health Behaviours

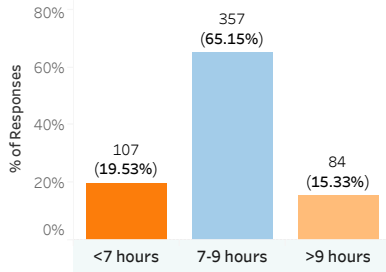


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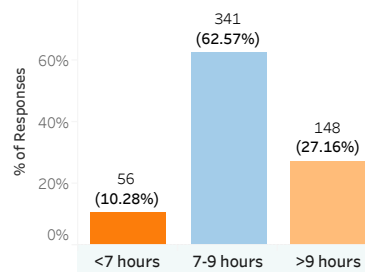
## Average sleep per day on Weekdays

Sample Size = 548



## Average sleep per day on Weekends

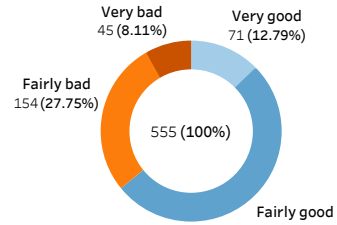
Sample Size = 545



## Sleep Quality

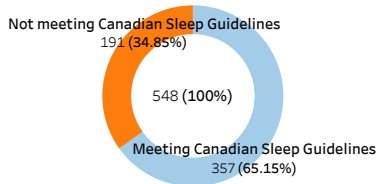
During the past week, how would you rate your sleep quality overall (how well you sleep)?

Sample Size = 555



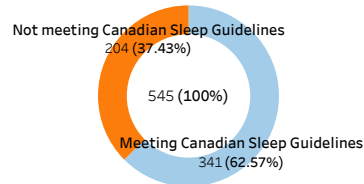
## Weekdays Sleep

Categorized based on hours spent per day during weekdays on sleep.  
Sample Size = 548



## Weekends Sleep

Categorized based on hours spent per day during weekends on sleep.  
Sample Size = 545



Hours spent on sleep per day during weekdays  
7-9 hours = Meeting Canadian Health 24 Hours Sleep Guidelines  
<7 hours or > 9 hours = Not meeting Canadian Health 24 Hours Sleep Guidelines

Hours spent on sleep per day during weekends  
7-9 hours = Meeting Canadian Health 24 Hours Sleep Guidelines  
<7 hours or > 9 hours = Not meeting Canadian Health 24 Hours Sleep Guidelines

Domestic/International	All
Credential Type	All
Indigenous	All
Full-Time/Part-Time	All
New to Institution	All
Year Standing	All
Age Group	All
Gender	All
Ethnicity	All
Average Grade	All
Finance Stress	All
Born in Canada	All
Parents Born Outside of Can..	All
Disability	All

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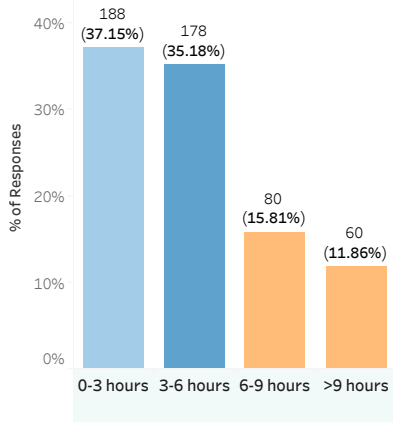


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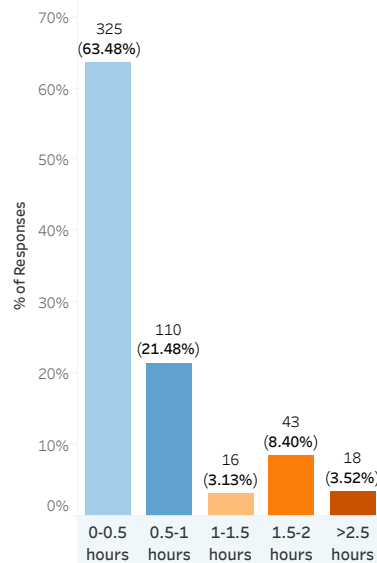
## Recreational Screen Time

Average time spent per day on watching TV or using a computer, tablet or smartphone during free time (Including time spent watching DVDs, videos, playing computer games, Xbox, PlayStation, iPod, YouTube, Facebook or other social networking tools, emailing and using the Internet. Not including time spent on a computer at work or at school).  
Sample Size = 506



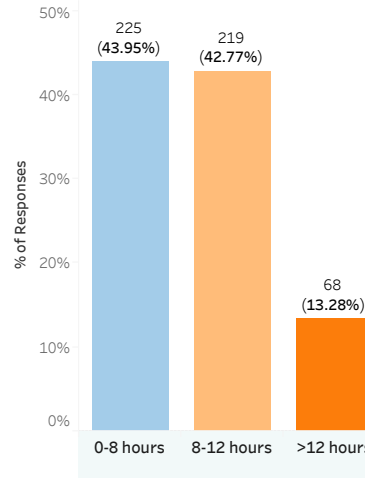
## Sedentary Transportation Time

Average time spent per day sitting and driving in a car, bus, or train  
Sample Size = 512



## Sit Time

Average time spent sitting during the full day? (Including time spent at school or work, at home, while doing course work, and during leisure time. This may include time spent sitting at a desk, visiting friends, reading or sitting or lying down to watch television).  
Sample Size = 512



Domestic/International	All
Credential Type	All
Indigenous	All
Full-Time/Part-Time	All
New to Institution	All
Year Standing	All
Age Group	All
Gender	All
Ethnicity	All
Average Grade	All
Finance Stress	All
Born in Canada	All
Parents Born Outside of Can..	All
Disability	All

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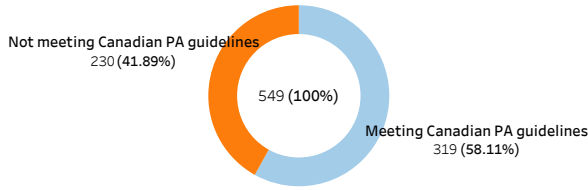


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## Physical Activity

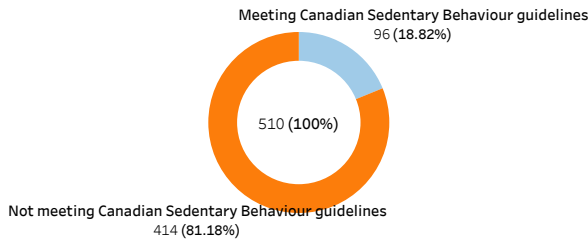
Categorized based on average time spent per week on vigorous and moderate physical activity  
Sample Size = 549



Time spent on vigorous and moderate physical activity  
>150 min/week = Meeting Canadian Health 24 Hours PA guidelines  
< 150 min/week = Not meeting Canadian Health 24 Hours Canadian PA guidelines

## Sedentary Behaviour

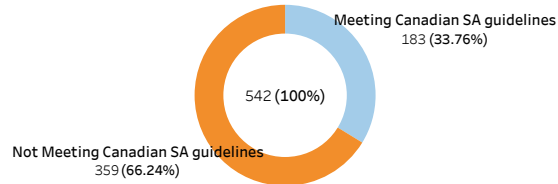
Categorized based on total Sit and Recreation Screen Time  
Sample Size = 510



Total Sit and Recreation Screen Time  
Total Sit Time <= 8 hours/day AND Recreation Screen time <= 3 hours/day = Meeting Canadian Health 24 hours Sedentary Behaviour guidelines  
Total Sit Time > 8 hours/day AND Recreation Screen time > 3 hours/day = Not Meeting Canadian Health 24 hours Sedentary Behaviour guidelines

## Muscle Strengthening Activities

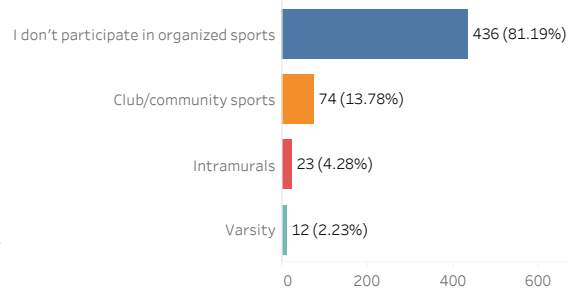
Categorized based on day(s) spent per week on muscle strengthening activity  
Sample Size = 542



Days spent on muscle strengthening activities using major muscle groups in a week  
>=2 days/week = Meeting Canadian Health 24 Hours SA guidelines  
<2 days/week = Not meeting Canadian Health 24 Hours SA guidelines

## Sports

Within the last 12 months, have you participated in organized sports at any of the following levels? Select all that apply.  
Sample Size = 537



As this is a 'Select all that apply' question, the percentages may not add up to 100%.

Domestic/International	All
Credential Type	All
Indigenous	All
Full-Time/Part-Time	All
New to Institution	All
Year Standing	All
Age Group	All
Gender	All
Ethnicity	All
Average Grade	All
Finance Stress	All
Born in Canada	All
Parents Born Outside of Can..	All
Disability	All