The purpose of this study was to investigate the associations among individual (PA self-efficacy and enjoyment), social environmental (support from parents and friends), and physical environmental outcomes (equipment, accessibility, and neighborhood safety) and PA behaviors in Chinese college students.

METHODS

A total of 887 college students (365 males; Mage= 20.51 years old, SD = ± 1.67) from 4 universities in south and south-center China were recruited for this study. The physical activity levels were assessed by a 6-item self-reported Chinese version of International Physical Activity Questionnaire (IPAQ-SF) (Macfarlane et al., 2007). To assess students’ PA barriers to self-efficacy, an 6-item scale that pertained to confidence in students’ ability to be physically active under various conflicting situations was used in this study (Motl et al., 2000). The students’ perceived support from parents and friends were assessed by a 10-item scale questionnaire (Prochaska et al., 2002). The physical environment scale developed by Motl et al. (2005) was used to assess students’ perceived equipment accessibility and perceived neighborhood safety. All data were collected by the primary researchers during regular college physical education classes. All data were collected by the primary researchers during regular college physical education classes.

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