

**THE BENEFITS OF PHYSICAL EDUCATION FOR DAILY PHYSICAL  
ACTIVITY AND SEDENTARY BEHAVIOR IN YOUNG PEOPLE.  
A REVIEW OF LITERATURE\***

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**Abstract**

School physical education (PE) is seen as an effective way for youth to accumulate moderate to intense physical activity and reduce sedentary life. The purpose of this article was to determine the contribution of PE to daily activity and sedentary life of young people. The review of literature has shown that PE contributes significantly to intensive physical activity. It appears that the daily amount of time for physical activity is higher when young people receive PE lessons than they do not. The daily amount of sedentary time does not differ between PE and non-PE days. Boys are also more physically active than females. These studies show that PE is very important for public health and a healthy way of life for young people.

**Key words:** Physical activity, school, public healthy, quality of life, exercise

\*An extended Summary Plus English version is freely available at [www.hellenicjsport.com](http://www.hellenicjsport.com)