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RCMOS - Multidisciplinary Scientific Journal The Knowledge.
ISSN: 2675-9128. São Paulo-SP.

Year VII, v.1 2026 | Submission: April 9, 2026 | Accepted: April 13, 2026 | Publication: April 16, 2026

Physical activity as a crucial factor for improving quality of life1

Physical activity is a crucial point for improving the quality of life

Physical activity as a crucial point to improve the quality of life

Gianni Leandro Goicoa da Costa2

[1] **Scientific article submitted to the IBRA Educational Group as a requirement for passing the Final Course Project (TCC) course.**

[2] **Student enrolled in the Teacher Training course in Physical Education.**

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SUMMARY

Physical activity, in all its breadth, has beneficial effects on health, in addition to delaying aging and preventing the development of chronic degenerative diseases derived from sedentary lifestyles, one of the biggest problems and expenses in public health in modern societies in recent years. The objective of this work is to present the concepts of physical activity, health, and quality of life, and also to establish, based on existing literature, a parallel between these terms. The study adopts as its methodology a bibliographic review, of an exploratory and descriptive nature, based on studies and articles already published in the literature. Currently, the results related to the improvement of the quality of life of society are evidenced by several studies that point to regular physical activity as an important ally in the fight against sedentary lifestyles and their harmful effects. Sedentary lifestyles are a consequence of physical inactivity and one of the main factors for the development or aggravation of diseases related to the body and mind, such as hypertension, diabetes, anxiety, and depression. The regular practice of physical activity will promote several health benefits, both in the short and long term. In addition to the beneficial health effects, it is known that healthy habits acquired in childhood or adolescence are more likely to be maintained into adulthood. Recently, the relationship between physical activity and health has been gradually replaced by the discussion about quality of life, which has been incorporated into the discourse of Physical Education and Sports Sciences. A life considered healthy requires several secondary attitudes, such as the adoption of healthy habits, mainly the regular practice of physical activities, which will undoubtedly provide better quality of life and health for those who practice them.

Keywords: Physical activity. Quality of life. Health. Physical education.

ABSTRACT

Physical activity, in all its forms, has beneficial effects on health and helps delay aging and prevent chronic degenerative diseases resulting from physical inactivity, which are among the biggest problems and the greatest public health expenditures in modern societies. The objective of this work is to present the concepts of physical activity, health, and quality of life, and, through already

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existing literature, to draw a parallel between these terms. The study uses a bibliographic review as an exploratory and descriptive methodology, drawing on studies and articles already present in the literature. Currently, results related to improvements in society's quality of life are evident in several studies that point to regulating physical activity as an important ally in combating a sedentary lifestyle and its harms. Sedentary lifestyle is a consequence of physical inactivity and one of the main factors for the development or worsening of diseases related to the body and mind, including hypertension, diabetes, anxiety, and depression. Regular physical activity will promote several health benefits both in the short and long term. In addition to the beneficial health effects, you know that with healthy habits acquired even in childhood/ adolescence, you are more likely to reach adulthood. Recently, the relationship between physical activity and health has gradually been replaced by discussions of quality of life, which have been incorporated into the discourse of Physical Education and Sport Sciences today. A healthy life requires several secondary attitudes compatible with healthy habits, mainly the regular practice of physical activity, whatever it may be, which will undoubtedly improve the quality of life and health for those who practice it.

Keywords: Physical activity. Health. Quality of life. PhysicalEducation.

1. INTRODUCTION

Physical activity, in all its forms, has beneficial effects on health, in addition to... to slow down aging and prevent the development of chronic degenerative diseases, derived from sedentary lifestyles, one of the biggest problems and expenses in public health in societies. Modern trends in recent years. All of this has been caused primarily by physical inactivity and, consequently, due to technological innovations and inadequate eating habits (GUEDES, 2012).

In recent decades, physical inactivity has contributed to an increase in sedentary lifestyles and for its harmful effects on the health and well-being of individuals. All of this is a consequence of a new standard of living in modern society (SAMULSKI, 2000). According to this new standard of Through life and changes in habits, society has become sedentary, that is, The environment has become conducive to physical inactivity; in addition, overeating and other habits Inadequate measures exacerbate an already ailing society with many postponed complications. From this, The regular practice of physical activity and all its benefits for health and quality of life. They become important, contributing to the fight against the multiple consequences of a sedentary lifestyle. In addition, chronic degenerative diseases, pathological diseases, overweight/obesity, Diabetes, among other recurring complications of the aforementioned process. These results are These topics are frequently debated among healthcare professionals and widely documented in current literature (FARIA JÚNIOR, 2009). In this sense, several studies on the subject are... These initiatives were undertaken to educate and inform modern society about the harms of physical inactivity.

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The aim of this work is to present the concepts of physical activity, health and quality of life. life and, furthermore, to establish, based on existing literature, a parallel between these terms.

This study is justified by the importance of the proposed subject, considering that society as a whole, she is inactive or overweight, which leads to inevitable consequences and degrading for the population. The intention is for society to practice physical activity to improve improve health-related quality of life and reduce the rate of diseases resulting from lack of Physical activity. Regular physical activity is extremely important for a longer life and healthy.

The study adopts the methodology of bibliographic review, of an exploratory and descriptive nature. based on studies and articles already published in the literature. The searches were carried out in the databases of PubMed, LILACS, and SCIELO data, as well as journals such as the Brazilian Journal of Physical Activity. Physics and Health, the Brazilian Journal of Physical Education and Sport, and the Brazilian Journal of Human Growth and Development.

2. PHYSICAL ACTIVITY: GENERAL CONCEPTS

Currently, the results related to improving the quality of life in society are evidenced by several studies that point to regular physical activity as an important ally. in the fight against sedentary lifestyles and their harmful effects. A sedentary lifestyle is a consequence of inactivity. Physical fitness is one of the main factors in the development or worsening of related diseases. to the body and mind, such as hypertension, diabetes, anxiety, and depression. Studies (Mota, 2010; Silva et al., 2010) indicate that, in order to have a better quality of life, it is necessary to recognize the The importance of regular physical activity and its health benefits.

Physical activity is understood as any and all bodily movement that results in Energy expenditure above resting levels. Therefore, physical activity, whether at work or at home, is a way to increase physical activity. During leisure time or other daily activities, it is considered an important ally in maintaining health. Body fitness and in the prevention of chronic degenerative diseases (GLANER, 2002). While fitness Physical characteristics, of little necessity in this study, are defined as a biological attribute related to The ability to perform a specific movement requires proper guidance and planning. to obtain significant results. However, both will promote significant results in both. prevention as well as maintenance of health (FLAUSINO et al., 2012).

To have a good quality of life, health, and greater longevity, one of the fundamental factors It is the regular practice of physical activity, which, in addition to acting in the prevention and maintenance of diseases Metabolic disorders also improve well-being and self-esteem, factors that contribute to combating depression.

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In this sense, sedentary lifestyles are increasingly affecting modern society, especially... young and adult population. Furthermore, the practice of physical activities and sports is fundamental. to maintain a healthy and active lifestyle. The problem is that several studies indicate that On the contrary: the decrease in physical activity levels among adolescents has been increasing. Gradually. This reduction is due to several factors, such as biological, psychosocial and... Environmental factors, in addition to technological realities that hinder the practice of physical activity, also contribute to this situation. This has worried many scholars in the field. It is known that regular physical activity contributes positively for a healthy and active lifestyle in this population. Although much is known about Despite the health benefits of physical activity, a large portion of the population does not know them. practice with the recommended frequency (SILVA et al., 2012).

Given the current scenario and the recurring points about the benefits of physical activity, Studies on this topic are multiplying, especially in the areas of health and quality of life. life. Such studies allow us to understand factors that can be aggravating factors in the modern population, the which relates to public health policies to be developed by responsible, that is, policies that provide health programs involving the practice of Regular physical activity, including professionals and locations, should be developed with concern. with the indices presented by the studies, contributing to a gradual improvement and to Maintaining quality of life focused on health. In this sense, studies focused on the practice of Physical activity is occupying a prominent place in health assessments, due to its importance in relation to health events and the quality of life of young people, adults and the elderly. (KNUTH et al., 2011).

2.1 Physical Activity and Health

Regular physical activity during adolescence promotes numerous health benefits. both in the short and long term. In addition to the beneficial health effects, it is known that, with Healthy habits acquired in childhood or adolescence make one more likely to... to remain alive into adulthood. Despite the accumulated knowledge on the subject, several Studies indicate low levels of physical activity among young people. This becomes even more... It is concerning when studies show that, especially in developed countries, the practice Regular physical activity during adolescence has been declining in recent decades. It is known, therefore, that one of the contributing factors to the increase in sedentary lifestyles, and consequently, of overweight/obesity and decreased physical activity, including in physical education classes. school (HALLAL et al., 2010).

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There is a predominance in the field of Physical Education that establishes a relationship between the The practice of physical activity and healthy behavior. Along these lines, Matsudo & Matsudo (2000) state that the main health benefits resulting from physical activity relate to Anthropometric, neuromuscular, metabolic, and psychological aspects. Metabolic effects. The effects highlighted by the authors include: increased stroke volume; increased aerobic power; increased pulmonary ventilation; improved lipid profile; decreased blood pressure; improvement decreased insulin sensitivity; and decreased heart rate at rest and during work. submaximal. Regarding anthropometric and neuromuscular effects, there is a decrease in fat. Body and increased strength and muscle mass, bone density and flexibility. (MATSUDO & MATSUDO, 2000).

In the psychological dimension, Guedes & Guedes (1995) state that physical activity acts on improvement in self-esteem, self-concept, body image, cognitive functions and socialization, in reducing stress and anxiety, and in reducing medication use. Furthermore, the authors state that the regular practice of physical exercise, in addition to promoting health, it also influences the rehabilitation of certain pathologies, associated with the increase of morbidity and mortality rates. They also advocate for the interrelationship between physical activity, Physical fitness and health are mutually influential. The practice of physical activity influences and is influenced by physical fitness indices, which determine and are determined by the state of health (GUEDES & GUEDES, 1995).

For a better understanding of the terms, it is necessary to establish a distinction between the Variables. Physical activity is defined, according to Caspersen (1985), as any movement. Body energy produced by skeletal muscles that results in greater energy expenditure than that of rest. Health, according to Bouchard (1990), is defined as a human condition with physical, social, and psychological dimensions, each characterized by a continuum with poles Positive and negative aspects. Positive health would be associated with the ability to appreciate life and to resist. to the challenges of daily life, and negative health would be associated with morbidity and, in extreme cases, mortality. Physical activity related to health encompasses aspects responsible for promoting health, which They have priority in the study.

Neto (1999) refers to a new concept of healthy exercise, in which the benefit to This would result from the increased metabolism (greater daily energy production) promoted by the organism. through the practice of moderate and enjoyable activities. In addition, a 15% increase in production. Your daily calorie intake — about 30 minutes of moderate physical activity — can help you achieve... sedentary individuals become part of the group of people considered active, decreasing, Thus, their chances of developing diseases associated with a sedentary lifestyle increase. (NETO, 1999)

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Entities linked to Physical Education and Sports Sciences such as the World Organization Health (WHO), the International Council for Sport Science and Physical Education (ICSSPE), the Centers for Disease Control and Prevention - USA (CDC), the American College of Physicians Sports Medicine Association (ACSM), the International Federation of Sports Medicine (FIMS), the Association American Cardiology Association and the Center for Studies of the Physical Fitness Laboratory of São Caetano The Southern Cone for Physical Activity and Sports (CELAFISCS) recommends thirty-minute sessions of physical activity per day, in most days of the week, developed continuously or even in cumulative periods Ten to fifteen minutes of moderate intensity exercise is sufficient for promoting health. (Matsudo, 1999). Along the same lines of thought, numerous works can be found that approach this line of thought. Epidemiological data show that low levels of physical activity play a decisive role in... processes of development of degenerative diseases (POWELL et al., 1985).

Experimental studies suggest that the practice of moderate-intensity activities acts on reduction in mortality rates and the risk of developing degenerative diseases, such as cardiovascular diseases, hypertension, osteoporosis, diabetes, and respiratory diseases. among others (MATSUDO, 1999).

The study by Powell & Paffenbarger (1985), well known for following the same line of reasoning as The previously cited research analyzes former students of Harvard University and observes that the practice Physical activity is associated with lower mortality rates. When comparing individuals In a study comparing active and moderately active individuals with less active individuals, it was found that life expectancy increased. The risk is higher among individuals with higher levels of physical activity. Regarding the risk of death... Regarding cardiovascular, respiratory, and cancer diseases, the study suggests an inverse relationship between this risk and level of physical activity.

And there are also reports about the positive effects of physical activity in the process of aging, increasing longevity, controlling obesity, and some types of cancer. (Powell et al., 1985; Matsudo & Matsudo, 2000). Based on the information and studies on the When it comes to physical activity, the importance of regularity becomes clear.

2.2 QUALITY OF LIFE AND AUTHORS

Recently, the relationship between physical activity and health has been gradually being replaced. through discussions about quality of life, which have been incorporated into the discourse of Physical Education. and Sports Science. It has greater significance in the positive relationship established between the Physical activity and improved quality of life standards. Several authors and entities linked to Physical education confirms this understanding.

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The Brazilian Society of Sports Medicine (1999), in an official statement, maintains that men's health and quality of life can be preserved and improved through practice. Regular physical activity.

Katch & McArdle (1996) advocate the regular practice of physical exercise as a factor crucial for increasing life expectancy.

Lima (1999) states that Physical Activity has increasingly represented a factor of Quality of life for human beings, enabling them to have greater productivity and better well-being.

Matsudo & Matsudo (1999, 2000) reiterate the prescription of physical activity as a factor in disease prevention and improved quality of life. Nahas (1997) acknowledges the relationship between the Physical activity and quality of life. Citing Blair (1993) and Pate (1995), the author identifies, in In industrialized societies, physical activity is a factor in quality of life, both in terms of... general issues as well as health-related ones.

Guedes & Guedes (1995) acknowledge the advantages of regular physical activity. for the improvement of quality of life. Dantas (1999), in seeking to answer to what extent the activity Physical education would provide a desirable quality of life, suggesting that well-organized programs of Physical activity can fulfill diverse individual needs, multiplying opportunities. to obtain pleasure and, consequently, optimize quality of life.

Silva (1999), when distinguishing quality of life in a general sense (applied to the individual) healthy) of health-related quality of life (applied to an individual known to be ill), It links the practice of physical activity to achieving and maintaining quality of life.

The “São Paulo Manifesto for the Promotion of Physical Activities in the Americas” — Published in the Brazilian Journal of Science and Movement (Jan/2000) — highlights the need to include The practice of physical activity in people's daily lives, in order to promote healthy lifestyles. Towards an improved quality of life.

Lopes & Altertjum (1999) write that the practice of walking contributes to the promotion They promote health in a preventative and conscious way. They see physical activity as an important tool. in the pursuit of a better quality of life.

The media, outside the academic world, constantly disseminates information. about the need for modern society to improve its quality of life through A commitment to adopting healthier habits in your daily life, precisely to improve the quality of life and health of this individual.

In this context, the International Federation of Physical Education - FIEP drafted the “Manifesto World Physical Education Championship - 2000”, which represents an important event in the history of Physical Education, as it aims to bring together, in a single document, the proposals and discussions carried out.

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within this entity during the 20th century. This document promotes the ideals
contemporary views that value an active lifestyle, reinforcing the relationship between physical activity, health, and...
Quality of life and prioritizing the fight against sedentary lifestyles as an objective of Physical Education.
(formal and non-formal), through health education and active leisure, on an ongoing basis.

2.3 Physical Education and Quality of Life

Quality of life is a term that encompasses many definitions; therefore, it is difficult to assign it a single definition.
a single meaning. Often, it's not obvious. However, most people understand it.
Intuitively, people understand what quality of life is. Most people associate quality of life with...
to feel good. In fact, this notion of quality of life aligns with the main factors that...
They influence: health, work, and the environment.

Quality of life, understood as a phenomenon that is interrelated with various factors.
The dimensions of the human being have been the subject of numerous studies in the scientific community.
(MINAYO, 2000).

The lack of consensus surrounding its definition has led many scholars to employ the...
The term “quality of life” is used in a reduced and indiscriminate way (Minayo, 2000; Pires et al., 1998).
disregarding its richness and complexity. It is generally associated with the restricted concept of
Health, understood as the absence of disease and physical well-being (Fleck et al., 1999).

Quality of life and health are almost inseparable terms. Quality of life arises, therefore, from...
form, associated with health, which many authors do not distinguish. For them, health and quality of life
They have the same characteristics. In fact, health is not the only factor that influences our quality of life.
of life; however, it has paramount importance.

Pires et al. (1998) warn of this fact when observing the hegemony of the definition of
Quality of life is associated with morphophysiological factors resulting from physical activity. They state
that it is used in a diffuse way, resulting from the set of benefits attributed to the exercise
Physical activity, stress management, and lifestyle. By placing this problem within the context of Education
In physics, the authors argue that the lack of conceptual rigor supports the objectives of reducing
Artificially creating complexity makes it difficult to understand and interpret.

Concern about the concept of "quality of life" contributes to the fact that, within the scope of
In the Humanities and Biological Sciences, broader parameters should be established than the mere absence of
diseases, decreased mortality, or increased life expectancy in determining
quality of life levels. (Fleck et al., 1999; Assumpção et al., 2000) In the search for a conception
More comprehensively, the objective and/or subjective and multidimensional nature of these has been highlighted.

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definitions (FLECK et al., 1999; ASSUMPÇÃO et al., 2000; MINAYO et al., 2000).

In this sense, the World Health Organization defined quality of life as...
An individual's perception of their position in life, within the context of culture and value systems.
in which one lives, considering one's goals, expectations, standards, and concerns (FLECK et al., 1999).

Assunção Jr. et al. (1999) state that quality of life represents an attempt to
to name some characteristics of human experience, with the central factor determining the
A subjective feeling of well-being.

According to Shin & Johnson, cited by Assunção et al. (1999) and Assunção et al. (2000),
Quality of life is a fundamentally human concept that is closely related to the degree of satisfaction.
found in family, romantic, social, and environmental life. It presupposes a cultural synthesis of all.
The elements that a given society considers its standard of comfort and well-being. The authors
They identify polysemous usage, in which the way of life and living conditions are interrelated with the
Ideals of sustainable development, human ecology, and democracy.

The concept of quality of life is directly associated with self-esteem and well-being.
personal and encompasses various aspects, namely, functional capacity, level
socioeconomic status, emotional state, social interaction, intellectual activity, self-care,
family support, health status, cultural, ethical and religious values, lifestyle,
satisfaction with the job and/or with daily activities and the environment in which one lives (MINAYO, 2000).

The concepts relate to cultural relativity, precisely because it is a construct.
socially and historically determined, conceived in terms of the degree of development of a
society.

2.4 BENEFITS OF PHYSICAL ACTIVITY

It is extremely important that the population knows and understands the benefits of the activity.
physical therapy, especially in the prevention and delay of the onset of chronic diseases, such as
Hypertension, diabetes, depression, overweight/obesity, among others. These are increasingly common.
present in today's world and can cause death. However, levels of physical activity in
Jobs have been declining in recent decades due to technological innovations and their practicality.
which could be prioritized in various sectors of modern society is still very low (KNUTH, 2011).

Physical activity is understood as any and all movement of the body, while fitness...

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Physical fitness is defined as a biological attribute related to the ability to perform physical exertion and specific movements. However, the practice of physical activity is seen as a component. multidimensional, which includes intensity, duration, and frequency of body movement; while fitness Physics encompasses different components that are identified and improved through more effective practice. movement, that is, a practice focused on the sports field. In this way, studies show and They suggest that both physical activity and exercise bring health benefits. (GUEDES et al., 2012).

Regular physical activity during adolescence will promote several health benefits. both in the short and long term. In addition to the beneficial health effects, it is known that, with Healthy habits acquired in childhood or adolescence make one more likely to... to maintain good health into adulthood. Despite the accumulated knowledge on the subject, many Studies indicate low levels of physical activity among young people. This becomes even more... It is concerning when studies show, especially in developed countries, that the practice Regular physical activity during adolescence has been declining in recent decades. It is known, therefore, that one of the contributing factors to the increase in sedentary lifestyles, and consequently, of overweight/obesity and decreased physical activity, including in physical education classes. school (HALLAL et al., 2010).

In this sense, the aging process is accompanied by several changes. both morphological and functional, resulting from the decrease in the functional reserve of the organs and devices. This process is complex, as it involves several factors, such as biological ones, Behavioral and environmental factors, among others, will influence how it will be achieved. a certain age. However, physical activity is understood by health professionals as Body movement that involves energy expenditure greater than that at rest, thus playing a role, Physical activity plays a very important role in the aging process. Therefore, it is seen as... of paramount importance for the prevention, maintenance and restoration of biological balance, psychological and social factors are constantly threatened by the abrupt changes of modern society. (OLIVEIRA, 2011).

When we come to the conclusion that, today, modern society has a less... While being active, both physically and mentally, is notable for the increase in overweight and obesity among these groups. people, which exacerbates health problems for both women and men throughout their lives. In recent times, studies have been presenting evidence about the role of Exercises in promoting psychological and social health, as well as individual well-being.

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CONCLUSION

The social aspect is present in matters related to health. If we don't give it importance, The responsibility for promoting health becomes a personal problem that falls on the individual. The individual, as a unique being, would become responsible for combating the evils of the world. modern life (sedentary lifestyle, stress, hypokinetic diseases, among others), that is, the very The individual would become responsible for all changes related to the considered living standards. healthy.

Health cannot be treated solely as a biological issue; social elements, Political, cultural, and economic factors are all involved in the discussion on this topic and, yes, they should be. These factors should be considered, especially if the goal is to understand it in a deeper and more relevant way.

Through this study, it becomes clear that the practice of physical activity is fundamental. Its importance to the quality of life of society as a whole is immense, and the benefits are numerous. that physical activity provides, especially in the control of chronic diseases, including depression.

It is also noticeable that the lifestyle habits acquired by modern society were without There is no doubt about the practicality resulting from technological advances that have provided convenience with the The use of resources that were previously unavailable now falls to healthcare professionals. to change this situation, which is causing a lot of concern, through raising awareness of society aiming to change acquired habits, since clarification regarding this lifestyle is necessary. Life can indeed be reversed, making people realize the importance of physical activity. as a whole.

A life considered healthy requires several other secondary attitudes, which are compromising the choice of healthy habits, especially the regular practice of physical activity. Physical activities, which will undoubtedly provide a better quality of life and health for those who practice them.

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Year VII, v.1 2026 | Submission: April 9, 2026 | Accepted: April 13, 2026 | Publication: April 16, 2026

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