

Physical Activity Participation for College Students with Learning Disabilities and ADHD

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PURPOSE: To examine the differences in physical activity participation rates for college students with Learning Disabilities (LD) and ADHD through the Fall 2011 National College Health Assessment (NCHA). **METHODS:** Several independent samples t tests and a multiple regression were utilized to analyze the sample of 27,774 college students' responses to six questions relating to disability, gender, view of weight, and weight management goals. **RESULTS:** For the first two research questions there were no significant results found, indicating that college students with ADHD and/or LD did not participate in less physical activity than peers without disabilities and college students with LD did not participate in less physical activity than peers with ADHD. Through a multiple regression analysis, view of weight and weight management goals were found to be statistically significant; $F(1,895) = 16.04, p < .05$. Additionally, gender was found as another factor influencing physical activity for the population ($t(1987) = 2.95, p = .00$). **CONCLUSION:** Multiple factors influence the participation in physical activity of college students with ADHD and LD, however significant disparities related to physical activity rates for this population do not exist.

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