Athletic Training Students are taught about the benefits of physical activity and how to create specific exercise programs to maintain overall wellness.

Although Athletic Training students have knowledge about the positive effects of physical activity, they continually score lower on activity level scales when compared with the average college student.

There are many factors that play into the poor health habits of Athletic Training students such as, a rigorous course schedule and long clinical hours.

Therefore, the purpose of this study is to determine the variables that negatively affect the health habits of Athletic Training students and other students in the College of Health Sciences at Eastern Kentucky University.

**METHODS**

- Student volunteers from the College of Health Sciences at Eastern Kentucky University will be asked to complete a survey modeled after the BAEKE Questionnaire that discusses their health habits.
- There are a total of 25 questions on the questionnaire.
- Questions are in categories of: physical activity during school and leisure time, nutritional habits, and sleep schedule.
- Participants will mark under the categories of “never”, “seldom”, “sometimes”, “often”, and “always”.
- Students will then be asked to participate in a BodPod Assessment and a Tanita Scan in order to calculate body fat percentage.
- Vertical jump performance and hand grip dynamometer performance will be recorded also.
- Data will be analyzed utilizing ANOVAs for significant differences between each of the groups.
- Data obtained from the BodPod will then be compared to the answers that are given on the questionnaire to determine the overall health status of the student.

**REFERENCES**


**ACKNOWLEDGEMENTS**

The author would like to acknowledge the following in making this research possible:

- Dr. Michael Lane
- Dr. Matthew Sabin
- Dr. Aaron Sciascia
- College of Health Sciences at Eastern Kentucky University