

Characterization of motivation and type of physical-sport practice in adults through COMPASS profiles

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ABSTRACT

Physical Activity and Sport Practice (PASP) have grown in popularity in last years given its positive effects at physiological, social, cognitive and emotional level. Several researches have studied the main motivations involved in PASP using the Self-Determination Theory, highlighting the importance of intrinsic and extrinsic reasons. This descriptive and cross sectional study aims to establish the main motivations involved in physical activity and to identify its association with the sport profiles proposed by COMPASS project (2000). The research was conducted with a sample of 1002 adults (a 53% is female and a 47% is male) from Sevilla (\bar{x} = 45.35 years old; SD = 17.96), using the C-PAFYD questionnaire with a reliability of $\alpha = .84$. The results show that profile 1 (competitive and intensive) comprises intrinsic and extrinsic motivations such as hedonism, desire of competition and to achieve a sport career, while profile 2 is oriented towards least self-

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determined motivations as health improving. In addition, these participants do physical activity alone or with co-workers. The profiles 3 and 4 (regular and non-organized physical activity) are related to motivations of social and ludic type. In fact, this sport practice is mainly done with friends and peers in public places. Finally, profiles 5 and 6, which are associated with an irregular and occasional PASP, manifested extrinsic motivations such as disease prevention. **Key words:** PHYSICAL ACTIVITY, SPORT, COMPASS PROFILES, ADULTHOOD, MOTIVATION.

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INTRODUCTION

Technological development aims to make easier human activities. It has a significant influence on a decrease of physical activity levels, generating high rates of inactivity and sedentary lifestyles (Hallal et al., 2012; Kondric, Sindik, Furjan-Mandic, & Schiefler, 2013). This problem is associated with the decline of sport practice that occurs in adolescence and that is accentuated in adulthood (Ortega et al., 2013). Moreover, it shows unhealthy lifestyles in adults that generate negative health consequences such as overweight and obesity, diabetes, cardiovascular or musculoskeletal problems (Bouchard, Blair, & Haskell, 2007; Estévez-López, Tercedor, & Delgado-Fernández, 2012).

Authors such as Khan et al., (2012) and Verburgh, Königs, Scherder, & Oosterlaan (2013) underscore the importance of Physical Activity and Sport Practice (PASP) as a solution of the problem of excessive weight and chronic non-communicable diseases. In fact, physical activity (PA), Physical Exercise (PE) and Sport Practice (SP) have currently increased in order to constitute a means of recreational occupation that are related to positive effects for physical, mental and psychosocial well-being (Ntoumanis, Taylor, & Thøgersen-Ntoumani, 2012). Some of its benefits are to decrease risk of cardiovascular diseases, the weight control, the stress management, self-esteem improvement or peer socialization (Fortier, Duda, Guerin, & Teixeira, 2012; Joseph, Royse, Benitez, & Pekmezi, 2014; Khan et al., 2012).

Highlighting the importance of PASP, several researches have attempted to define the types of physical-sport practice in adults (Arribas, Iaskun, Gil, & González, 2013; Chacón, 2011; COMPASS, 1999; COMPASS, 2000). COMPASS project (2000) recognised seven physical-sport profiles taking into account the frequency and competitiveness of physical activity and sport practice, as well as if participants are joined to some club or team. Consequently, these profiles are structured in intensive practice (profiles 1 and 2), regular practice (profiles 3 and 4), irregular practice (profiles 5 and 6) and non-participating (profile 7).

It is essential to know the main motivations involved in PASP and the adherence to a particular sporting profile (Kondric et al., 2013; Moreno-Murcia, Borges, Marcos, Sierra, & Huéscar, 2012). In this basis, Keegan, Spray, Harwood, & Lavalley (2010) established that motivation is an indispensable factor for sport practice that depends on individual aspects such as beliefs, cognitions and values. Besides this, social influences, family support, sporting habits of the immediate environment and cooperative and competitive interactions with peers can act as enhancers or distracters of physical activity and sport practice (Bouchard et al., 2007; Keegan et al., 2010).

The Self-Determination Theory (Deci & Ryan, 2000) has recently been used in order to explain the motivational factors that affect to PASP (Fortier et al., 2012; Sicilia et al., 2014; Teixeira, Carraça, Markland, Silva & Ryan, 2012). This theory states that motivation sets a continuum that varies according to the degree of self-determination of the subject. The most self-determined zone characterises intrinsic motivation, the middle zone represents extrinsic motivation and the least self-determined zone does not comprise motivation (Deci & Ryan, 2000). About these premises, Sicilia et al. (2014) highlight that PASP is associated with intrinsic and more self-determined motivation when physical activity is done by enjoyment and hedonism. In contrast, socialization, health improvement, to achieve attractiveness or desire of competition are extrinsic motivations and less self-determined reasons for doing PASP (Fortier et al., 2012; Moreno-Murcia et al., 2012).

Socioeconomic, environmental and cultural factors can influence on physical exercise and healthy activities in adulthood (Chacón-Cuberos, Chacón-Borrego, Zurita-Ortega, & Cachón-Zagalaz, 2016). In fact, Brechot, Nüesch, & Franck (2015) and Eime et al. (2015) determined that environmental aspects such as proximity of

facilities, price of lessons or ease of access perform a significant influence on PASP. Furthermore, interpersonal factors as the support of friends and family can show a strong influence (Ntoumanis et al., 2012).

Recent researches have focused on the motivations and factors that configure a healthy lifestyle doing physical activity and sport practice. Castro-Sánchez et al. (2015) discuss the importance of knowing the reasons which exert most influence on physical activity in adolescent, since it is a vital stage for shaping healthy habits into adulthood. In the same line, Marcos, Orquín, Beland, & Moreno-Murcia (2014) studied self-motivation in elderly people who do PASP. These authors establish that enjoyment, social practice and improvement of quality of life are the main reason for doing physical activity. Finally, Zurita et al. (2014) highlight the importance of turning physical exercise programs towards a more self-determined motivation in order to promote PASP and reduce abandonment in older adults.

The aims of this paper are: a) To establish physical-sport profiles, motivations, place and mode of PASP in a sample of Spanish adults b) To determine the differences between different COMPASS profiles according to motivations for PASP, place and type of sport practice.

METHOD

Design and participants

This research discusses an exploratory cross-sectional study conducted with 1002 adults from Sevilla. Of this sample, a 53% ($n = 531$) is female and 47% ($n = 471$) is male. The mean age was 45.35 years old (range: 18 to 90; $SD = 17.96$). The design was multivariate, constituting sporting profiles as an independent factor, whereas motivation, place and type of PASP were established as dependent variables. This study used a stratified random sampling by districts. The level of reliability was of 95.5%, with a maximum sampling error of 3.01% for items of dichotomous type.

Instruments

Physical Activity and Sport Practice Questionnaire (C-PAFYD). This instrument was developed by Arribas et al. (2013) through the IKERKI 05/30 research group. This instrument consists of 70 items of physical and sporting habits. The Cronbach's alpha reliability coefficient is $\alpha = .84$ in this research, with a minimum score of $\alpha = 0.63$ in 2 items.

Ad hoc questionnaire. This test take into account the following variables:

- Gender, reported as being male or female.
- Frequency of PASP, divided into five categories: 1 = Non-practicing; 2 = Less than once a month; 3 = Between 1-4 times per month; 4 = 8 times per month; 5 = More than 8 times per month.
- Federated, which establishes if participants have been joined to a team or federation in the last 12 months.
- Competition, which reports if participants have competed in the last year.
- Motivation, which determines the main reasons for PASP. This variable is divided into 1 = Amusement, 2 = Social, 3 = Health, 4 = Desire of competition, 5 = Attractiveness and 6 = Career. Each one is assessed through a Likert scale that scores from 1 to 9.
- Type of physical activity. This variable is divided in 1 = Alone, 2 = Family, 3 = Couple, 4 = Friends, 5 = Co-worker. This variable is assessed through a Likert scale that scores from 1 to 5.

- Place of practice, determined by the facilities in which participants perform physical activity and sport practice. It is categorized in 1 = Municipal facilities, 2 = Private facilities, 3 = Facilities of work/study centre, 4 = Public places and 5 = Home. Each category is scored on a dichotomous way, being 1 = No and 2 = Yes.
- COMPASS profiles, determined by Table 1.

Table 1. COMPASS profiles

Profile	Frequency (days/year)	Federated in the last year	Competed in the last year
1: Competitive, organized and intensive	≥ 120	Yes	Yes
	≥ 120	No	No
2: Intensive	≥ 120	Yes	No
	≥ 120	No	Yes
	≥ 60 y ≥ 120	No	Yes
3: Regular, competitive and organized	≥ 60 y ≥ 120	Yes	No
	≥ 60 y ≥ 120	Yes	Yes
4: Regular, recreational	≥ 60 y ≥ 120	No	No
5: Irregular	≥ 12 y ≥ 60	No	No
6: Occasional	≥ 1 y ≥ 12	No	No
7: Non-practitioner	Non-practicing	No	No

Table 1. Extracted from Arribas et al. (2013)

Procedure

The Company “Nexo S.COOP.AND”, following the guidelines outlined by researches, conducted fieldwork. First, the company selected and trained the interviewers, indicating the sampling points of the districts and guidelines for filling in the questionnaire. The requirements were to suppress school zones, to wait 30 minutes between interviews and that participants lived in the districts established.

The fieldwork was conducted through a random tour of the districts established. Coordinators and researchers monitored the task of pollsters, ensuring the realization of the roadmap. A 14.9% of the questionnaires were validated by telephone call and 19 questionnaires were eliminated because they were incorrectly filled. This research has followed the Helsinki Declaration of 1975 and the ethical standards of the Committee of Research of the University of Sevilla, ensuring the anonymity of the participants.

Data analysis

Data were analysed using IBM SPSS® Statistics 22.0. Descriptive analysis was performed using frequencies and averages, whilst the averages comparison was carried out with ANOVA. Statistical differences were examined using the chi-square test.

RESULTS

Table 2 shows the descriptive analysis of the physical activity and sport practice. It was observed that 49.2% of adults do not do any type of physical activity and sport, a 6.5% does it between once per month and once per week and that a 34.4% does it more than twice per week. Further, results reveal that 6.4% of participants are involved in some competition and that a 5.1% are federated in teams. The distribution of participants

according to COMPASS profiles associate a 32.6% with Profile 2 (intensive), a 8.5% with Profile 3 (regular, competitive and organized), a 5.6% with Profile 5 (irregular) and a 49.2% with Profile 7 (non-practitioners).

Table 2. Descriptive analysis of physical activity and sport practice

PHYSICAL ACTIVITY AND SPORT PRACTICE		
Frequency	Non-practicing	49.2% (n=493)
	Less than 1 time/month	1.4% (n=14)
	1-4 times/month	6.5% (n=65)
	8 times/month	8.5% (n=85)
	More than 8 times/month	34.4% (n=345)
Competition	Yes	6.4% (n=64)
	No	93.6% (n=938)
Federated	Yes	5.1% (n=51)
	No	94.9% (n=951)
COMPASS profiles	Profile 1	1.8% (n=18)
	Profile 2	32.6% (n=327)
	Profile 3	8.5% (n=85)
	Profile 4	0.9% (n=9)
	Profile 5	5.6% (n=56)
	Profile 6	1.4% (n=14)
	Profile 7	49.2% (n=493)

Table 3 shows reasons for physical activity and sport practice, type and place of practice. The main reason was to improve their health ($\bar{x}=7.52$, $SD=2.08$), followed by amusement ($\bar{x}=6.48$, $SD=2.39$) and socialization ($\bar{x}=5.72$, $SD=2.68$). In the same way, the PASP which is done with friends and peers got the highest average ($\bar{x}=3.12$, $SD=1.48$), followed by individual PASP ($\bar{x}=3.02$, $SD=1.49$). Public places ($\bar{x}=1.51$, $SD=0.23$) and private facilities ($\bar{x}=1.39$, $SD=0.29$) were the places where participants frequently do PASP, and facilities of work centre were the place with less average ($\bar{x}=1.10$, $SD=0.50$).

Table 3. Motivations, mode and place of PASP

CATEGORIES		\bar{x} (SD)
Motivation	Amusement	6.48 (2.39)
	Social	5.72 (2.68)
	Health	7.52 (2.08)
	Competition	3.11 (2.58)
	Physical attractiveness	5.41 (2.80)
	Career	2.09 (2.02)
	Mode	Alone
Family		1.86 (1.18)
Couple		1.91 (1.32)
Friends		3.12 (1.48)
Co-workers		1.70 (1.25)
Place	Municipal facilities	1.31 (0.46)
	Private facilities	1.39 (0.48)

Facilities of work centre	1.06 (0.23)
Public places	1.51 (0.50)
Home	1.10 (0.29)

Subsequently, it was conducted a comparative analysis of the COMPASS profiles according to the motivation of participants, type and place of PASP. For this analysis, the cases of those participants who adhered to profile 7 (non-practitioner) were excluded.

The distribution of COMPASS profiles by reasons for physical activity and sport practice (Table 4) reveals statistical differences in all categories ($p < .001$; $p < .001$; $p = .007$; $p < .001$; $p = .003$; $p < .000$). In this sense, the category “Amusement” gets the highest score for Profile 4 ($\bar{x}=8.33$, $SD=1.11$) and Profile 1 ($\bar{x}=8.17$, $SD=1.46$), whereas the lowest score is associated with Profile 2 ($\bar{x}=5.46$, $SD=2.66$). Health improvement is mainly related to Profile 2 ($\bar{x}=7.72$, $SD=1.92$), whilst the categories “Competition”, “Attractiveness” and “Career” obtain the highest score in Profile 1 ($\bar{x}=6.44$, $SD=2.54$; $\bar{x}=6.78$, $SD=2.29$; $\bar{x}=4.44$, $SD=2.75$).

Table 4. COMPASS profiles distribution by motivation for PASP

Motive	Profiles	N	\bar{x}	SD	F	P (X ²)
Amusement	Profile 1	18	8.17	1.46	4.311	.001
	Profile 2	327	6.22	2.44		
	Profile 3	85	6.55	2.28		
	Profile 4	9	8.33	1.11		
	Profile 5	56	7.00	2.17		
	Profile 6	14	6.43	2.70		
Social	Profile 1	18	7.72	1.48	4.061	.001
	Profile 2	327	5.46	2.66		
	Profile 3	85	5.65	2.74		
	Profile 4	9	6.89	2.52		
	Profile 5	56	6.39	2.61		
	Profile 6	14	6.50	2.68		
Health	Profile 1	18	6.89	2.49	3.222	.001
	Profile 2	327	7.72	1.92		
	Profile 3	85	7.41	2.31		
	Profile 4	9	6.89	1.53		
	Profile 5	56	7.23	2.10		
	Profile 6	14	5.86	3.15		
Competition	Profile 1	18	6.44	2.54	8.362	.001
	Profile 2	327	2.88	2.44		
	Profile 3	85	3.20	2.67		
	Profile 4	9	4.89	3.33		
	Profile 5	56	3.21	2.53		
	Profile 6	14	2.14	1.46		
Attractiveness	Profile 1	18	6.78	2.29	3.724	.003
	Profile 2	327	5.48	2.80		
	Profile 3	85	5.61	2.72		
	Profile 4	9	5.22	3.19		

	Profile 5	56	4.95	2.76		
	Profile 6	14	2.86	2.34		
Career	Profile 1	18	4.44	2.50	6.384	.001
	Profile 2	327	2.04	2.00		
	Profile 3	85	1.96	1.91		
	Profile 4	9	3.11	2.75		
	Profile 5	56	1.89	1.77		
	Profile 6	14	1.21	0.57		

Next, it shows the relation between type of PASP and COMPASS profiles (Table 5), revealing statistical associations for the categories “Alone” ($p = .002$), “Friends” ($p < .001$) and “Co-workers” ($p < .001$). The category “Alone” displays the greater average for Profile 2 ($\bar{x}=3.21$, $SD=1.51$), while the participants who preferred to do PASP with friends join to Profile 1 ($\bar{x}=4.50$, $SD=0.98$) and Profile 4 ($\bar{x}=4.00$, $SD=1.11$). Likewise, the Profile 4 gets the highest score for PASP that is done with co-workers and colleges.

Table 5. COMPASS profile distribution by mode of PASP

Mode	Profiles	N	\bar{x}	SD	F	P (X²)
Alone	Profile 1	18	2.17	1.42	3.910	.002
	Profile 2	327	3.21	1.51		
	Profile 3	85	2.81	1.43		
	Profile 4	9	2.78	1.48		
	Profile 5	56	2.55	1.30		
	Profile 6	14	2.86	1.16		
Family	Profile 1	18	1.72	1.07	0.620	.684
	Profile 2	327	1.84	1.20		
	Profile 3	85	1.88	1.12		
	Profile 4	9	1.33	0.70		
	Profile 5	56	2.02	1.24		
	Profile 6	14	1.86	1.23		
Couple	Profile 1	18	1.39	1.03	0.915	.471
	Profile 2	327	1.90	1.31		
	Profile 3	85	2.09	1.41		
	Profile 4	9	1.89	1.53		
	Profile 5	56	1.91	1.28		
	Profile 6	14	1.79	1.25		
Friends	Profile 1	18	4.50	0.98	6.354	.001
	Profile 2	327	2.91	1.46		
	Profile 3	85	3.42	1.46		
	Profile 4	9	4.00	1.11		
	Profile 5	56	3.32	1.50		
	Profile 6	14	3.07	1.20		
Co-workers	Profile 1	18	2.17	1.61	4.251	.001
	Profile 2	327	1.53	1.12		
	Profile 3	85	1.86	1.39		

Profile 4	9	2.56	1.87
Profile 5	56	2.09	1.35
Profile 6	14	2.07	1.38

Finally, the distribution of COMPASS profiles according to the place of practice of physical activity and sport (Table 6) shows statistical differences for the categories “Municipal Facilities” ($p < .001$) and “Public places” ($p = .043$). This establishes that participants who do more PASP in municipal facilities are people related to Profile 4 ($\bar{X}=1.78$, $SD=0.44$), followed by Profile 1 ($\bar{X}=1.50$, $SD=0.51$). In the same line, Profile 6 ($\bar{X}=1.79$, $SD=0.42$) and Profile 5 ($\bar{X}=1.63$, $SD=0.48$) are those that obtain the highest score for PASP performed in public places.

Table 6. COMPASS profiles distribution by place of PASP

Place	Profiles	N	\bar{X}	SD	F	P (X^2)
Municipal facilities	Profile 1	18	1.50	0.51	6.401	.001
	Profile 2	327	1.24	0.43		
	Profile 3	85	1.47	0.50		
	Profile 4	9	1.78	0.44		
	Profile 5	56	1.38	0.48		
	Profile 6	14	1.21	0.42		
Private facilities	Profile 1	18	1.61	0.50	1.923	.089
	Profile 2	327	1.41	0.49		
	Profile 3	85	1.34	0.47		
	Profile 4	9	1.33	0.50		
	Profile 5	56	1.27	0.44		
	Profile 6	14	1.29	0.46		
Facilities of work centre	Profile 1	18	1.17	0.38	1.783	.115
	Profile 2	327	1.05	0.21		
	Profile 3	85	1.11	0.31		
	Profile 4	9	1.11	0.33		
	Profile 5	56	1.04	0.18		
	Profile 6	14	1.07	0.26		
Public places	Profile 1	18	1.33	0.48	2.315	.043
	Profile 2	327	1.51	0.50		
	Profile 3	85	1.44	0.49		
	Profile 4	9	1.56	0.52		
	Profile 5	56	1.63	0.48		
	Profile 6	14	1.79	0.42		
Home	Profile 1	18	1.17	0.38	1.520	.182
	Profile 2	327	1.09	0.28		
	Profile 3	85	1.11	0.31		
	Profile 4	9	1.33	0.50		
	Profile 5	56	1.09	0.28		
	Profile 6	14	1.14	0.36		

DISCUSSION AND CONCLUSIONS

This study was carried out on 1002 participants. It allows to know their physical-sporting profiles, the main motivations associated with physical activity and sport practice, as well as the most common type and places of its practice. In addition, the COMPASS profiles are related to these variables in order to define the profiles better. Some studies of similar line are those carried out by Chacón-Cuberos et al. (2016), Moreno, Cervelló, & Martínez (2007), Moreno-Murcia et al. (2012) o Petelletier, Rocchi, Vallerand, Deci & Ryan (2013).

Health improvement was the main reason involved in PASP, followed by hedonism and socialization. Similarly, Marcos et al. (2014) obtained that amusement and the achievement of social relationships were the main reasons related to physical exercise in older adults, especially by the levels of intrinsic motivation involved and the development of perceived self-competence. At similar levels, the practice of physical activity and sport with therapeutic purposes and for disease prevention, reached important values in the research carried out by Moreno et al. (2007) and Khan et al. (2012). The reasons are that this sort of PASP is associated with muscle-skeletal and cardiovascular benefits, basing our results.

Physical activity and sport practice, which are done in an individual way or with friends, were the most common modes of practice, using mainly private facilities and public places. Justifying these results, Eime et al. (2015) determined that interpersonal aspects constitute a decisive factor for doing physical activity. The reason is that the influence exerted by friends and family is related to extrinsic motivations such as support, praise, monitoring or direct involvement. Nevertheless, individualized PASP is associated with those participants who do specific training routines in private facilities, aimed to improve sport performance and to train for competition (Côté, Salmela, & Russell, 2010; Zurita et al., 2014).

The characterization of COMPASS profiles revealed that Profile 1 (intensive, competitive and organized practice) is associated with extrinsic motivations such as desire of competition, to improve physical attractiveness and to develop a sport career. Moreover, the participants related to this profile usually do physical activity in private facilities with friends or co-workers because their aim is to achieve a high sport performance for competition (Claver, Jiménez, Del Villar, García-Más, & Perla, 2015; Murayama & Elliot, 2012). In contrast, Profile 2 (intensive practice but not competitive) is linked to health improvement and individual physical activity, being the profile with the largest number of subjects. Similar results have also been reported by Sicilia et al. (2014), who established that disease prevention is one of the main reasons for doing physical activity in the sample that they studied. In this case, PASP is individual because each person has specific objectives that are related to their particular health conditions (Kondric et al., 2013; Wadden, Webb, Moran, & Bailer, 2012).

Profile 3 refers to a regular PASP and it is associated with extrinsic motivations such as health and attractiveness improvement. This kind of participants do physical activity in an individual way or with their couples, without a specific place for PASP. However, when decreases the frequency of regular sport practice, it is observed more self-determined motivations as a recreational practice (Fortier et al., 2012; Gardner & Lally, 2013; Pulido et al., 2015). In this sense, the Profile 4 is related to intrinsic motivations such as the satisfaction that is generated when people do PASP and the enjoyment of social relations. These subjects also do physical activity with friends and co-workers, both in municipal facilities or at home. About this basis, Sicilia et al. (2014) showed a greater strength towards PASP in people who do it as a mean of satisfaction and amusement, although the percentages of active participants increase when intrinsic and extrinsic motivations are combined (Cerasoli, Nicklin, & Ford, 2014; Chacón et al., 2017; Owen, Astell-Burt, & Lonsdale, 2013).

Finally, the Profile 5 was only influenced by reasons of health care, doing physical activity with relatives (Brechot et al., 2015). Keegan et al. (2010) demonstrate that social environment exerted a strong influence in people who practice sport. In fact, people who had positive feedback from their relatives did PASP for reasons of health. Likewise, the Profile 6 (occasional) does not indicate any motivation or particular mode of sport practice, preferring home as the best place for doing PASP. In this sense, Brechot et al. (2015) and Kyoum & Trall (2010) establish the place of PASP as one of the factors that can reduce physical activity levels, affecting its availability, closeness or economic cost.

It is important to note the main limitations of this study, which are associated with the design and the variables employed. First, it is used a cross-sectional design to determine motivations related to physical activity and sport practice. However, a longitudinal study could determine the evolution of factors involved in the reasons for PASP with greater accuracy, establishing cause-effects relations. In addition, although this research considers motivations and mode of practice, these can linearly change with age. In this sense, it would be interesting to include age as a modulator factor of PASP.

The main conclusions from the present study are:

- COMPASS profiles associated with an intensive PASP show a high frequency of practice because of a summation of intrinsic and extrinsic motivations. The reasons for this practice include hedonism, desire of competition and the development of sport career. These adults practice sport in an individual way or with co-workers, mainly in private facilities or municipal facilities.
- The profiles related to a regular PASP are related to self-determined motivations such as amusement and enjoyment. This physical activity and sport practice is done in order to socialize with friends and peers, being public places the most common place.
- Occasional COMPASS profiles are associated with extrinsic motivations such as disease prevention and health improvement. These profiles are associated with the physical activity which is done with couples or relatives in public places.

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