

Prevalence and diversification of musculoskeletal disorders in university students in relation to their health-related behaviors

Project no. VEGA 1/0382/24

Anotation

Musculoskeletal health, according to the WHO (2022), refers to the performance of the musculoskeletal system, which has an intact skeletal structure, functional muscles, joints, and surrounding connective tissues. The project focuses on analysing health-related behaviours and identifying risk factors for musculoskeletal health among university students of various professional disciplines, in the context of physical activity. The aim and research objective of the project is to monitor and assess the movement regime and physical activity, diagnose selected indicators of the musculoskeletal system in university students, and subsequently verify the effectiveness of the implemented intervention programmes and physical activities throughout their university studies. The expected benefit of the project is to acquire lifelong professional competencies for university students that will positively influence their health-related behaviours, with the aim of maintaining musculoskeletal health.

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Duration period: 2024 - 2026