

# Barriers to Physical Activity for LGBTQ+ College Students

College students belonging to the lesbian, gay, bisexual, transgender, and queer (LGBTQ+) community experience disparities in health outcomes due to limited access to physical activity (PA) among other factors



What are the perceived benefits and barriers to PA among LGBTQ+ college students?



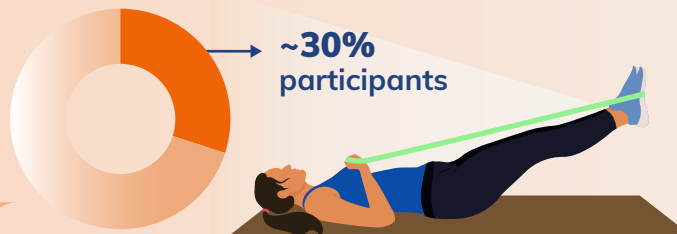
LGBTQ+ students (N = 47) put into 6 focus groups



Completed the Exercise Benefits and Barriers Scale (EBBS) survey



Had their PA assessed using accelerometry



Met aerobic and resistance training guidelines

EBBS barriers and benefits

Qualitative descriptions



Students' descriptions aligned with EBBS barriers and benefits subscales

## Barriers related to LGBTQ+ identity



General minority stress



Perceived stigma



Internalized homophobia



Discrimination



Violence



Deviance from social/gender norms



Same-sex relationships and body image



Importance of physically active LGBTQ+ role models

**LGBTQ+ college students' perception of minority status and identity are barriers to PA, necessitating tailored college health programs to address health disparities and enhance inclusivity**

## Perceived Benefits and Barriers to Physical Activity Among LGBTQ+ College Students

Frederick et al. (2022) | American College of Sports Medicine  
DOI: 10.1249/TJX.000000000000216

