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

~30% participants

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.0000000000000216

Barriers to Physical Activity for LGBTQ+ College Students

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