

## **LIFE HABITS OF STUDENT POPULATION AS A FACTOR IN ORIENTATION TO THE UNIVERSITY SPORTS**

### **Abstract**

*Previous studies in our country which included the student population did not put significant emphasis to identification of young people habits that can be relevant to their engagement in physical exercise activities, especially within the universities. The research that has been realized on Educons University, as cross-sectional study applying Survey method, was specifically aimed to identify specific habits of students that may have impact on commitment to the exercise of physical activity and sport within the university. The sample in this research is consisted of 430 students from Educons University, Sremska Kamenica, Serbia, including both sexes.*

**Key words:** *life habits, students, university sports*

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