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## Introduction:

Alcohol consumption and abuse is part of government's health agendas; it is a causal factor of over 200 diseases and injuries, and is estimated that each year 320,000 deaths worldwide occur in teenagers because due to it. Sports related physical activities may be a protective factor in alcohol consumption, and could be related to intrinsic and extrinsic motivations.

## Objective and Methodology:

Identify the relationship of days and minutes dedicated to sports physical activity with the motivations and alcohol consumption among high school students.

Design descriptive, correlational with stratified random sampling with proportional allocation stratum size. In each stratum, sampling was used for single stage conglomerates. The sample was composed of 415 adolescents, with a power of .90. The instruments utilized were: Motives for Physical Activity Measure-Rivesed (MPAM-R) of Ryan, et al.(1997) and *AUDIT The Alcohol Use Disorders Identification Test* (Babor et al., 2001).

## Results:

The 51.1% of the participants were female, 57.6% were 15 years old, 69.9% perform some sports physical activity, 32.3% practice 2-3 days a week, regarding the time that they dedicate in one day 25.1% practice physical sports activity 31 to 60 minutes, what is more practiced is walking/running 17.3% and soccer 12.0%.

70% IC 95% [66, 75], have consumed alcohol sometime in life, 47% IC 95% [42, 52] in the last year, 27% IC 95% [22, 31] in the last month, besides that 12% IC 95% [8, 15] in the last seven days, and 10% IC 95% [7, 13] have consumed alcohol excessively, meaning six to more alcohol beverages in less than four hours (binge).

The days ( $r_s = .254$ ,  $p < .001$ ) and minutes ( $r_s = .253$ ,  $p < .001$ ) dedicated by the adolescents to sports physical activity correlated positive and significantly with alcohol consumption (AUDIT). As well as the days ( $r_s = .253$ ,  $p < .001$ ,) and minutes ( $r_s = .270$ ,  $p < .001$ ) dedicated to sports physical activity correlated positive and significantly with motivations.

There may be common factors between sports physical activity and consumption of alcohol, because both behaviors are performed in free time devoted to having fun and socializing.

**Conclusions:** The days and minutes used for sports related physical activities are related to motivation for sports related physical activities and alcohol consumption.

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