Reviewer’s report

Title: Physical exercise and body-mass index in young adults a national survey of Norwegian university students

Version: 0 Date: 24 Feb 2019

Reviewer: Carla Moreira

Reviewer's report:

Thank you for the opportunity to review this paper describing the level of physical exercise and BMI in college and university students, as well as examining potential changes from 2010 to 2018. Topic of great interest to readers. Clear and concise writing of all sections of the manuscript. Discussion is clear and nicely places study findings in context with other studies. Nevertheless, I have some points below for authors to consider.

Page 6 line 21 - Given that the sample is composed of participants ≥ 18 years-old, it is not necessary to include the international recommendations of physical activity for participants < 18 years-old.

Page 6 line 17 - The authors stated ".. measure of physical inactivity…” I recommend that the authors change the sentence to "measure of physical activity" for a more comprehensive structure.

Page 6 line 32 and Figure 4 - The authors presented 2 physical activity recommendations, i.e., 150 min/week and 300min/week. Please clarify this option, since the sample only includes participants ≥ 18 years-old.

Page 6 line 43 - A reference is missing to support the BMI categories.

Figures
I suggest that "male" and "female" be used in the figures 1, 2 and 3 to describe the gender of the individuals rather than "men" and "women" for manuscript consistency.
The p-value is missing.

Are the methods appropriate and well described?
If not, please specify what is required in your comments to the authors.

Yes

Does the work include the necessary controls?
If not, please specify which controls are required in your comments to the authors.

Yes

Are the conclusions drawn adequately supported by the data shown?
If not, please explain in your comments to the authors.

Yes
Are you able to assess any statistics in the manuscript or would you recommend an additional statistical review?
If an additional statistical review is recommended, please specify what aspects require further assessment in your comments to the editors.

I am able to assess the statistics

Quality of written English
Please indicate the quality of language in the manuscript:

Acceptable

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