Dental profession is known for high workload imposed on those who practice it, but it is necessary to clarify how the various factors involved interact and modulate this process. This study analyzed the impact of symptoms and complaints of pain and physical activity and sports in the quality of life of dental students. After approval by the Research Ethics Committee, 182 students from Bauru Dental School - FOB / USP were invited to participate in this study and, after obtaining the consent form, filled the Nordic Questionnaire Pain Symptoms and Problems, the WHOQOL-BREF questionnaire and a questionnaire of physical activity and sports. After gathering and recording of data, the analysis by multiple logistic regression (backward method, enter variable if $P<0.05$ and removes variable if $p<0.1$) showed that the physical domain is 54% less affected in students who attend the final year of graduation (odds ratio = 0.46, 95% CI 0.22 to 0.96), 57% less affected in students who practice aerobic physical activity (odds ratio = 0.43, 95% CI = 0.21 to 0.87) and 79% less affected in students who practice running (odds ratio = 0.21, 95% CI 0.04 to 0.99). The psychological domain is 7 times more affected in students who have pain in the arms (odds ratio = 6.94, 95% CI = 1.98 to 24.72) and 55% less affected in students who practice weight (odds ratio = 0.45, 95% CI 0.21 to 0.95). Regarding personal domain, we find that this is twice as likely affected in students on the 3rd year (odds ratio = 2.28, 95% CI = 1.07 to 4.88) and 53% less affected in students who practice weight (odds ratio = 0.47, 95% CI 0.24 to 0.92 =). Regarding the professional field, we found that students from 3rd year are twice as likely affected (odds ratio = 2.28, 95% CI 1.04 to 4.95). In general, avoid physical activities increases at twice the odds of having at least one of the affected areas (odds ratio = 2.13, 95% CI 1.08 to 4.22). We conclude that the practice of physical activity and sports has the potential to counteract the damage caused by ergonomic deficiencies imposed on students and improve their quality of life.