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The Relationship Between Physical Activity Level and Academic Performance Level Among FSR Students at UiTM Seremban 3

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I. Introduction

Physical activity (PA) has always been synonymous with well-being and health [1]. To their well-known health consequences, it is broadly recognized that physical activity is favorably related to cognitive development, brain health and, consequently, academic achievement among children and adolescents [1]. There were several health advantages to being physically active, whether at a moderate or vigorous level. Other than that, 81% of teenagers aged 11 to 17 and 28% of adults aged to 18 to 64 years had been reported that they do not engage in enough physical activity [2]. Furthermore, students who exercised at least three times a week had considerably higher Cumulative Grade Point Average (CGPA), average CGPA 3.2 than those who were physically inactive average CGPA is 2.7 [3]. Therefore, this study aimed to examine the relationship between physical activity level and academic performance level among FSR at UiTM Seremban 3.

II. Methods

This study implied quantitative correlational research design to identify relationship between physical activity levels and academic performance level. The International Physical Activity Questionnaire (IPAQ) can be used to assess student's physical activity level, while the Academic Performance Scale (APS) can be used to assess their academic performance level based on 5 points of likert scale that consist of 8 items. Data were analysed using JAMOVI software, while the Chi-square tests was applied to examine the relationship between the two variables.

III. Results and Discussion

A. Physical Activity Level

Majority of respondents demonstrated a high level of physical activity (78.1%), while 11.4% reported moderate and 10.5% reported low physical activity levels.

B. Academic Performance Level

For academic performance, 68.1% of the students achieved an excellent level, 24.9% achieved good performance, and 6.9% demonstrated moderate academic performance.

C. Relationship Between Physical Activity Level and Academic Performance Level

The Chi-square analysis revealed a statistically significant relationship between physical activity level and academic performance level ($\chi^2 = 34.6$, $p < 0.001$). Students with higher levels of physical activity were more likely to demonstrate excellent academic performance compared to those with moderate or low physical activity levels. According to [4], the researcher confirm that the amount of physical activity is related to academic performance that is consonant. The researcher has recently been noted to have strong positive correlations within medical students and other college students and elementary school students in various region of the world. They found that the likelihood of good GPA scores (3.00 – 4.00) was two times more in HEPA active students than in non-HEPA active students. This implies that the threshold level of physical activity to attain improved grades is HEPA active.

TABLE I
CHI-SQUARE TEST

Physical Activity Level	Score Academic Performance			Total	p
	Excellent	Good	Moderate		
High	207	66	9	282	0.001
Moderate	23	11	7	41	
Low	16	13	9	38	
Total	246	90	25	361	

IV. Conclusions

In conclusion, this study demonstrated a significant relationship between physical activity level and academic performance among FSR students at UiTM Seremban 3. Higher levels of physical activity were associated with better academic performance. The findings highlighted the importance of promoting active lifestyles within university settings as part of strategies to support students' academic success and overall well-being. Future research is recommended to include students

from other faculties and to utilise objective measures of physical activity for more comprehensive analysis.

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