

**UNIVERSITI TEKNOLOGI MARA
NEGERI SEMBILAN BRANCH**

**RELATIONSHIP BETWEEN CARDIOVASCULAR
FITNESS AND LEVEL OF PHYSICAL ACTIVITY
PARTICIPATION AMONG UITM SEREMBAN
STUDENTS**

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degree of

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AUTHOR'S DECLARATION

I declare that the work in this thesis was carried out in accordance with the regulation of Universiti Teknologi MARA. It is original and is the result is fully on my own work, unless otherwise indicates or acknowledge as references work. This thesis has not been submitted to any other academic institution or non-academic institution for any degree of qualification.

I, hereby, acknowledge that have been supplied with Academic Rules and Regulation for Under Graduate, Universiti Teknologi MARA, regulating the conduct of my study and research.

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ABSTRACT

The purpose of this study is to identify is there any relationship between cardiovascular fitness and level of physical activity participation among UiTM Seremban students. This study was guided by the following research objectives: (i) to identify the cardiovascular fitness among FSPPP and FSKM students in UiTM Negeri Sembilan, (ii) to identify the level of physical activity participation among FSPPP and FSKM students in UiTM Negeri Sembilan and (iii) to determine the relationship between cardiovascular fitness and level of physical activity participation among FSPPP and FSKM students in UiTM Negeri Sembilan. 182 students from 2 faculties at UiTM Seremban were participated in this study. The Bleep Test is a test was used to identify the level of cardiovascular fitness and the International Physical Activity Questionnaire – Short Form (IPAQ-SF) was used to identify the level of physical activity participation. Analysis involved descriptive statistics to see the level of both cardiovascular fitness and physical activity participation. The result showed most of the subjects have fair level of cardiovascular fitness (70.9%, n=129). Whereas the level of physical activity participation among FSPPP and FSKM students in UiTM Seremban was at moderate with highest percentage (76.9%, n=140). This study shows that there is a significant relationship between the cardiovascular fitness and level of physical activity participation (p -value < 0.001 ($p < 0.05$)). This study concludes that cardiovascular fitness has highly positive relationship with level of physical activity participation where students who achieved better cardiovascular fitness level reported with highly participated in physical activity

Keywords: Cardiovascular fitness, Physical activity

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