

UNIVERSITI TEKNOLOGI MARA

**RELATIONSHIP BETWEEN PHYSICAL ACTIVITY
PARTICIPATION AND HEALTH CONDITION AMONG
UITM SEREMBAN RESIDENT STUDENTS**

NURUL NURSYAFIDAH BINTI MAHRUP

2014405542

**Dissertations submitted in partial fulfillment of the
requirement for the degree of Bachelor of Sport
Management (Hons.)**

Faculty of Sports Science and Recreation

July 2016

DECLARATION OF ORIGINAL WORK
BACHELOR OF SPORT MANAGEMENT (Hons.)
FACULTY OF SPORTS SCIENCE AND RECREATION
UNIVERSITI TEKNOLOGI MARA

I am Nurul Nursyafidah Binti Mahrup , hereby, declare that:

This work has not previously been accepted in substance for any degree, local or overseas, and is not being concurrently submitted for this degree or any other degrees.

This research project was the best result of my independent work and investigation, except where otherwise stated. I absolved Universiti Teknologi MARA and its Faculty of Sports Science and Recreation from any blame as a result of my work.

All verbatim extracts have been distinguished by quotation marks and sources of my information have been specifically acknowledged.

Name of students : Nurul Nursyafidah Binti Mahrup

UiTM ID : 2014405542

Programme : Bachelor of Sports Management (Hons.)

Faculty : Faculty of Sports Science and Recreation

Thesis tittle : Relationship Between Physical Activity Participation
and Health Condition Among UiTM Seremban Resident
Students.

Signature : _____

Date : July 2016

ABSTRACT

This present study aimed to investigate four main purposes, which are: (1) to identify the level of physical activity participation among UiTM Seremban resident students; (2) to identify physical health condition among college residents students; (3) to compare the level of physical activity participation between gender; (4) to identify the relationship between physical activity participation and health condition among college residents students at UiTM Seremban. A sample of 270 students from both gender aged from 18 to 37 years old completed a set of physical activity questionnaire and their current health condition. The results showed that 48.1% of students were classified as inactive that indicated that majority were at low level of physical activity. Besides, the result also showed that fifty percent of students are at good condition for their health. Hence, students show that they still can have a good health condition even though they did not actively participate in physical activity. However, there were significant differences in physical activity participation between gender ($t=5.755, p=.000$). Male students showed clearly high participation in physical activity compared to female students. Through the identification of physical activity participation and health condition among the respondents, there is a relationship between physical activity and health. This study also provide useful base for further research in this area of interest.

TABLE OF CONTENT

	Page
AUTHOR'S DECLARATION	i
LETTER OF TRANSMITTAL	ii
ABSTRACT	iii
ACKNOWLEDGEMENT	iv
TABLE OF CONTENT	v
LIST OF FIGURES	viii
LIST OF TABLE	ix
LIST OF SYMBOLS AND ABBREVIATIONS	x
CHAPTER ONE: INTRODUCTION	
1.1 Introduction	1
1.2 Background of study	1
1.2.1 Physical activity	2
1.2.2 Health condition	3
1.3 Statement of problem	4
1.4 Research objectives	5
1.5 Research questions	5
1.6 Significance of study	6
1.7 Study limitations	6
1.8 Study delimitations	7
1.9 Definition of terms	8

CHAPTER TWO: LITERATURE REVIEW

2.1	Introduction	9
2.2	Physical activity	9
2.3	Health condition	10
2.4	Physical activity and health condition	11

CHAPTER THREE: METHODOLOGY

3.1	Introduction	13
3.2	Research design	13
3.3	Methodological rationale	14
3.4	Sampling	14
3.5	Instrumentation	15
	3.5.1 Pilot study	16
	3.5.2 International Physical Activity Questionnaire (IPAQ)	16
	3.5.3 SF-12 Health Survey	17
3.6	Data collection procedure	19
3.7	Data analysis	20

CHAPTER FOUR: RESULTS

4.1	Result and Interpretation	21
4.2	Socio demographic variables of the respondents	22
	4.2.1 Non-experimental group	22
	4.2.2 Summary of socio demographic analysis	23
4.3	Research question 1	24