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THE ABSTRACT

Abstract

Sport is an activity that requires a degree of physical exertion and skill, which typically involve competition with others and a set of rules or physical activity undertaken to improve personal setting performance. The study examines the participation of sport activities among bachelor degree student in UiTM Sabah. The main objectives of this study are to determine the number of students' participation in sport activities, to identify the reason for lack of participation and giving suggestion on how to improve the participation on sport activities. Since there are less than 100 BASc students, all of the BASc students were asked to fill the questionnaire survey. The finding of this study showed students felt that sport activities are important for them. In addition, the students agreed that sport activities are importance to create a balance student development. The student involvement in sport activity is high (77.6%). The factors that lead to lack of participation were time, facilities, interest and event. Several suggestions are proposed to improve the participation on sport activities among students including improving facilities at gymnasium and organizing interesting events such as tournament.

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