

Physical Activity Among Students During Covid-19 Pandemic

NUR HANI SYAZWANI, SHARIFAH MAIMUNAH SYED MUD PUAD,

NUR DALILAH DAHLAN & SITI AIDA LAMAT

Fakulti Sukan dan Rekreasi, UiTM Kampus Seremban



Physical activity (PA) refers to any bodily movement produced by the contraction of skeletal muscle that requires energy expenditure above the basal level. Participating in PA is beneficial for an individual's health and wellness. It is one of the ways to maintain your well being other than practicing good dietary habits. By participating in PA, the quality of life improves. According to Centers for Disease Control and Prevention (CDC) (2019), an individual aged between 18-64 years, needs to participate in PA at least about 150 minutes a week of -

moderate-intensity activities such as walking and hiking.

According to Norlena and Mohd Taib (2013), average hours spent by youth in Malaysia performing PA are 10 hours per week, and their common activities are jogging, skateboarding, bicycling, and walking. Unfortunately, structured PA such as exercise and sport activities currently need to be held especially those using facilities (Gymnasium, Recreational Park) due to pandemics. As for an alternative, it is recommended to keep exercising at-

home using a cycle ergometer, treadmill, or rowing machine. However, some students may have difficulties due to financial, social, environment and equipment constraints. To address these issues, students can alter their PA according to The State of Queensland (Department of Health), guidelines (2021), which include 69 activities that can be performed without use of any equipment.

It is important to ensure the students are living healthy lives because they are leaders of the future. Constructing a nation requires someone who is capable of knowledge, personality, humanity, physicality, and many other qualities. As it starts from the root, university students are quality prospects that have valuable potential to focus on. According to the US Department of Health and Human Services (USDHHS) (2018), PA would improve brain health and maturation, particularly for children and adolescents, as well as academic achievement and general quality of life.

There is no doubt that Covid-19 pandemic poses a unique problem when it comes to physical activity, exercise, and sports but that should not be an excuse for not staying active. Hence, PA offers numerous benefits regardless of age and it can contribute to individual health mentally, physically and overall well being.



References

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