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UNIVERSITI  
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**Involvement of Bachelor of Administrative Science &  
Policy Studies Students' UiTM Sarawak in Health and  
Fitness Activities**

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## **ABSTRACT**

This research study analyse the Involvement in Health and Fitness Activities among Bachelor of Administrative Science & Policy Studies Students' in UiTM Samarahan. Health and fitness are import aspects of a person's wellbeing. To enhance health and fitness adequately through physical movement or exercise, we have to see how this comes to fruition. For huge numbers of these progressions, the stimulus has been terribly characterized as far as sort, power, term, and recurrence of activity. Thus, in order to verify the active respondents towards health and fitness activities, this research will determine the level of motivating factors on the respondents which motivation factors are the most influence them to get involve in health and fitness activities and also it will identify the types of health and fitness activities joined by the respondents. In addition, the most importance is how frequent does the respondents involve in health and fitness activities in a week which activity ought to be performed day by day, 3 to 5 times a week, possibly every other day or ought to be supplemented with some overwhelming resistance and flexibility exercises. Besides, it also analyse the factors that inhibit respondents to involve in health and fitness activities. So, by having this research we can see the involvement in health and fitness activities among the respondents.

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# **CHAPTER 1**

## **INTRODUCTION**

### **1.0 Introduction**

This chapter focuses on the background of the study which is determining the Involvement of Bachelor of Administrative Science & Policy Studies Students' in UiTM Sarawak in Health and Fitness Activities among. The presentation of this chapter begins with the research background, followed by the problem statement, research questions, research objectives, scope of the study, significant of the study and lastly the definition of terms and concepts used in this study.

## **CHAPTER 2**

### **LITERATURE REVIEW**

#### **2.0 Introduction**

This chapter provides a review of literature of level of involvement in health and fitness activities. Section 2.1 explains towards frequencies of involvement in health and fitness activities. Section 2.2 is motivational factors of health and fitness activities. In addition, section 2.3 is discussing on inhibit factors to join health and fitness activities. Hence, section 2.4 is about types of activities. Finally, section 2.5 provides the conceptual framework of this study.