

UNIVERSITI TEKNOLOGI MARA

**THE RELIABILITY AND VALIDITY
OF PHYSICAL ACTIVITY
KNOWLEDGE (FITT)
QUESTIONNAIRE**

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MSc

May 2019

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of the requirements for the degree of
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ABSTRACT

The purpose of this study aimed to identify the validity, reliability and the level of knowledge physical activity. Total participant involved were 276 participants who are student in the Widad University College, using convenient sampling. Adopted questionnaire from past researchers were used. Validity and reliability of the item were analyzed using Content Validity Index (CVI) and Kuder Richardson Formula. Results of the study indicated the CVI score was 0.81 and for reliability on the overall items was 0.505. Result for level of knowledge of physical activity principle was 67.5% which shows the moderate level. Then for Part I which the principle of Frequency, Intensity, Time items shows 46.33% category as poor level and Part II principle of Type items show 76.70% category as excellent level. These instrument need to be tested in other demographic to ensure that the findings are not specific to one demographic only. The questionnaire may need the improvement to be useful in future studies.

ACKNOWLEDGEMENT

Indeed, all praise is due to Allah, we praise Him, seek His Help, and seek forgiveness from Him. We seek protection in Allah from the evil of our own selves, and our evil deeds. Whomever Allah guides none can misguide him; whomever He misguides none can guide.

And we bear witness that there is none worthy of worship except Allah alone, He has no partner, and we bear witness that our master and Prophet Muhammad is His Slave and Messenger.

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TABLE OF CONTENTS

| | Page |
|---|-------------|
| CONFIRMATION BY PANEL OF EXAMINATION | ii |
| AUTHOR'S DECLARATION | iii |
| ABSTRACT | iv |
| ACKNOWLEDGEMENT | v |
| TABLES OF CONTENTS | vi |
| LIST OF TABLES | x |
| LIST OF FIGURES | xi |
| LIST OF ABBREVIATIONS | xii |
| | |
| CHAPTER ONE: INTRODUCTION | 1 |
| 1.1 Introduction | 1 |
| 1.2 Problem Statement | 3 |
| 1.3 Research Objectives | 4 |
| 1.4 Research Questions | 4 |
| 1.5 Significant of Study | 4 |
| 1.6 Delimitation | 5 |
| 1.7 Limitation | 5 |
| 1.8 Assumption of Study | 6 |
| 1.9 Operational Term | 6 |
| 1.9.1 Knowledge | 6 |
| 1.9.2 Physical Activity | 6 |
| 1.9.3 FITT | 7 |
| <i>1.9.3.1 Frequency</i> | 7 |
| <i>1.9.3.2 Intensity</i> | 7 |
| <i>1.9.3.3 Time</i> | 7 |
| <i>1.9.3.4 Type</i> | 7 |
| 1.9.4 Validity | 7 |
| 1.9.5 Reliability | 8 |
| 1.10 Summary | 8 |