PHYSICAL ACTIVITY PARTICIPATION OF PNU NORTH LUZON STUDENTS

Madonna Castro-Gonzales
Faculty, Teacher Development, Philippine Normal University
North Luzon Campus, Philippine.

Jesus D. Gonzales
Faculty, Teacher Development, Philippine Normal University
North Luzon Campus, Philippine.

ABSTRACT

The purpose of the study was to gather information on the participation to physical activity of the Philippine Normal University – North Luzon students. Data were gathered using a survey questionnaire and a follow-up interview to validate the respondent’s information given on the survey. Results revealed that the respondents are a bunch of active people for the past twelve months. They are engaged into walking as part of their physical activity for about 2-4 hours per week. Women favor walking more than the men respondents due to its simplicity and less vigorous in nature. It was also found out that they exercise mostly with their friends to improve their health status. For the inactive group, they are not into physical activity because of time constraints, busy doing other things, but given the chance, would like to engage in dance and sports activities. Based from the result of the study, it is recommended that a whole year physical activity program shall be offered to the students to maintain their level of physical activity. This will also encourage the inactive group of students to engage in an activity that will improve and maintain their healthy lifestyle. It is also recommended that the service Physical Education courses be enhanced in the tertiary level to meet their physical activity requirement to maintain an active and healthy lifestyle.

Keywords: physical education, health, lifestyle, physical activity