

KNOWLEDGE, ATTITUDE, AND PRACTICE OF PHYSICAL ACTIVITY IN COLLEGE GOING STUDENTS OF DAKSHIN KARNATAKA

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ABSTRACT

Background: World health organization outlines physical activity, “Any bodily movement created by skeletal muscles that needs energy expenditure” Physical activity is associated positively with physical fitness. Physical inactivity is the world's fourth highest risk of death, inflicting an estimated Two million deaths a year, The World Health Organization reports, Regular physical activity creates good bones and muscles, improves muscle power and endurance, and reduces the danger of chronic illness development. Due to reduced depression, anxiety, and improved quality of life, it could have a profoundly significant impact on one's psychological health.**Objective:** To evaluate the knowledge, attitude and practice of college students towards physical activity in Dakshin Karnataka.**Method:** The Structured Survey questionnaire had been developed as well as validated to evaluate KAP for physical activity. In this descriptive cross-sectional study, 400 participants were enrolled on the basis of study selection criteria, data were collected between colleges after participants signed the written consent form. The data were processed and analyzed.**Results:** Results of the study shows 47%students have fair knowledge, 41.25% have good knowledge and 11.75% have poor knowledge. 95.75% students have positive attitude and 4.25% have negative attitude. 23.75% perform favorable practice, 11.5% perform remarkable practice, and 7.5% perform unfavorable practice**Conclusion:** The study concluded that students have fair knowledge, positive attitude and favorable practice.

Keywords: *Physical Activity, Knowledge, Attitude, Practice, Non communicable disease, Health*

LIST OF ABBREVIATIONS

Abbreviations	Expansion
WHO	World Health Organization
KAP	Knowledge, attitude and practice
PE	Physical exercise

INTRODUCTION

World health organization outlines physical activity, "Any bodily movement created by skeletal muscles that needs energy expenditure"¹ Everyone performs physical exercise in order to maintain lives, but the amount is fundamentally subject to private choice and differs significantly from individual to individual. In addition to the overtime of a given person. Physical activity is associated positively with physical fitness.¹²Lack of exercise is the fourth largest mortality danger in the world, inflicting an estimated Two million deaths a year, according to the World Health Organization.²

More than 80% of adults are physically inadequately active in 2010, according to the World Health Organization. Adults aged eighteen and older were 23% insufficiently active. Men were found to be more active than women. High-income nations were more than double the predominance of insufficient activity in both men and women compared to low-income nations. 41% of males and 48% of females were insufficiently involved in high-income nations relative to 18% of males and 21% of females in low-income nations. There was the largest incidence of inadequate physical activity in the central Mediterranean area (31%) and the Americas area (32%). The smallest incidence was in African (21%) and South-East Asia (15%). In India, 54.4% were inactive while 31.9% were active in physical activity.³ICMR-INDIAB in 2014 shows that 10% of Indians are involved in recreational physical activity.⁴

The term "exercise" was used to adequately interchange to "physical

activity" and, in essence, each one has a variety of common parts, both physical activity and exercise, involving any body movement created by skeletal muscles expending energy.

Exercise, however, does not mean physical activity: it is a physical activity subcategory. Exercise is a proposed, organized, repetitive and purposeful physical activity in the context that one or more physical fitness elements need to be improved or maintained.¹

Physical exercise means the set of behaviors of physical activity involving purposeful and repetitive movements aimed at cardio-vascular or muscular fitness, delineated movement as an associated act of moving the body or a part of the body such as movement of the hand, movement of the legs, etc. Movement may be loco motor or non-loco motor movements.¹¹

Regular physical activity creates good bones and muscles, improves muscle power and endurance, and reduces the danger of chronic illness development ¹⁷ It may have a deeply positive effect on one's psychological health due to reduced depression, anxiety and improved quality of life.^{2,12,18} The expectations of positive health promotion outcomes can be particularly useful as there are clear links between physical activity and improved health. Improving health has to be rational reason to practice and helps encourage walking and physical activity behaviors of individuals.⁵

Some studies show that regular physical activity (30 minutes daily/3 times a week) may be appropriate for lowering cholesterol and enhanced high density lipoprotein and decrease low density

lipoprotein and improving overall health.^{6,8} Planned and regular physical activity promotes the immune system and the optimal performance of all major human body systems: musculoskeletal, cardiovascular, immunological, neurological, sensory and gastrointestinal.¹¹

A study has shown that students had a good knowledge of physical activity but results showed that students had no ideal practice of physical activity.^{2,19} Hence, the findings of previous studies, it is necessary to evaluate the knowledge, attitude as well as the practice of students regarding physical activity in particular region before implementing awareness program. The intent of the study is therefore to assess the knowledge attitudes and practices of college students towards physical activity. The study's objective is therefore to evaluate the knowledge, attitude as well as practice in college students towards physical activity.

OBJECTIVE

- To investigate the Knowledge, Attitude and Practice towards physical activity in college going students of Dakshin Karnataka.

METHOD

Study Design: Descriptive cross sectional study

VARIABLES AND ITS OPERATIONAL DEFINITIONS:

Knowledge: knowledge is the capacity to acquire, retain and use information; a mixture of comprehension, experience, discernment and skill.¹⁶

Attitude: attitude refers to inclinations to react in a certain way to certain situations; to see and interpret events

Study Setting: Students of various colleges and universities in and around Mangalore

Study sampling: Convenient Sampling

Sample size: $n = 400 [n = Z^2 * p (1-p) / d^2]$,
[Where, n = sample size, Z = Statistic for the level of confidence (1.96), p = expected proportion or prevalence (31.9%) and d = precision (0.05)]²⁷

Selection criteria

Inclusion criteria:

- Age: 18-25 years
- Both male & female
- Physically fit individuals
- Willingness to participate

Exclusion criteria:

- Individual with any metabolic syndromes like obesity, diabetes, dyslipidemia and hypertension.
- Individuals with any musculoskeletal disorders and injury
- Individual who are not known to English language

according to certain predispositions; or to organize opinions into coherent and interrelated structures.¹⁶

Practice: practice means the application of rules and knowledge that leads to action.¹⁶

Physical activity: Physical activity is outlined by world health organization, any bodily movement created by skeletal muscles that need energy expenditure.¹

Data Collection Tools:

- Structured questionnaire of knowledge, attitude and practice for physical activity

Procedure:

Appropriate containers were recognized and collected using literature to establish KAP questionnaires for physical activity to achieve the aim of the study. The physical activity of the KAP questionnaire question is analyzed, if panelists suggested that question to be essential that should be included in the analysis likewise every question analysis was done by 15 panelists.

Content validity indicated by content validity ratio. "Content validity ratio $CVR = (n_e - N/2) / (N/2)$ $CVR =$ content validity ratio, $n_e =$ number of panelists indicating "essential", $N =$ total number of panelists" The mean CVR was used as marker of the cumulative validity of the survey content across items. Validity of Knowledge domain was 0.77, attitude domain was 0.73, and practice domain was 0.81. Overall content validity of questionnaire was 0.77. Depending on the study's selection criteria, the students were taken from various colleges and universities in and around Mangalore.

Explaining the procedure to eligible participants before collecting participant data. Group instructions on the

had been pre-tested to validate the components of the questionnaire on a few population samples. The survey pilot had been conducted upon 20 students. Opinions and suggestions from respondents and experts were carried out and necessary changes were made until the questionnaire was finalized.

According to lawshe, 15 panelists to analysis content of the questionnaire each

questionnaire were given and the questionnaire was explained verbally. Study participants were enrolled and provided with the information sheet of the participant as well as requesting to sign the consent form. To collect the data, students were requested to fulfil the developed KAP questionnaire. 450 data were collected, of which 400 were analyzed, few were excluded because of incomplete information filled in the questionnaire. The procedure was the same for all participants and the Knowledge, Attitude and Practice of the physical activity was analyzed.

Data analysis:

Statistical analysis was undertaken using version 23.0 of the Social Science Statistical Package (SPSS). Descriptive analysis was used to evaluate respondents ' knowledge, attitudes and practice.

RESULT

Demographic data of participants

Variables	N = 400	%
Age (Years)	20.10±1.99	-
Gender Male Female		
	205	51.2%
	195	48.8%
BMI	22.11±4.34	-

A total of 400 students were eligible from 18 to 25 years of age, many of them 20.10±1.99 years of age and the youngest was 18 and the eldest was 25 years of age. Male was 51.2% and female was 48.8%. Male students were higher than female students. Mean BMI are

22.11±4.34. Undergraduate students were 83.3% and postgraduate students were 16.8%. School curriculum and individual interest are highest knowledge gain sources and social media is least knowledge gain source.

Knowledge about physical activity

No	Question	True	False	Don't Know	Corrected Ans
1	PE is “movements produced by muscles that increase heart rate and energy expenditure”	364 (90.3%)	15 (3.7%)	21 (5.2%)	364 (90.3%)
2	PE prevents heart disease	333 (82.6%)	42 (10.4%)	25 (6.2%)	333 (82.6%)

3	PE does not help in improving overall health status	80 (19.9%)	304 (75.4%)	16 (4.0%)	304 (75.4%)
4	PE prevents high blood pressure.	278 (69.0%)	45 (11.2%)	77 (19.1%)	27 (69.0%)
5	PE does not have any effect on strength of bone.	85 (21.1%)	271 (67.2%)	44 (10.9%)	271 (67.2%)
6	PE prevents diabetes.	253 (62.8%)	78 (19.4%)	69 (17.1%)	253 (62.8%)
7	PE helps to relieve stress.	349 (89.8%)	16 (5.2%)	17 (4.2%)	349 (89.8%)
8	PE improves strength of muscle.	362 (86.6%)	21 (4.0%)	35 (8.7%)	362 (86.6%)
9	PE cannot make any changes in body weight.	255 (63.3%)	130 (32.3%)	15 (3.7%)	130 (32.3%)
10	PE assures your own good physical health.	366 (90.8%)	19 (4.7%)	15 (3.7%)	366 (90.8%)
11	PE reduces risk of cancer.	165 (40.9%)	79 (19.6%)	156 (38.7%)	165 (40.9%)
12	PE increases chances of getting sick.	98 (24.3%)	175 (68.2%)	27 (6.7%)	175 (68.2%)

13	PE does not assure your own good mental health.	62 (15.4%)	281 (69.7%)	57 (14.1%)	281 (69.7%)
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As depicted in the table out of 400 participants, 90.3% knows about meaning of physical activity. In preventive aspect of heart disease, hypertension, diabetes and cancer due to physical activity 82.6%, 69.0%, 62.8%, 40.9% respectively. 75.4% students are knows about overall health status.67.2% and 86.6% students knows about bone strength and muscle

strength.69.7% and 89.8% students knows about mental health benefits by physical activity. Physical health benefits and body weight changes by physical activity are 90.8%, 32.3% respectively. Overall 47% Students have moderate knowledge, 41.25% have good knowledge and 11.75% have poor knowledge about physical activity.

Knowledge about physical activity

Knowledge	Frequency	Percentage
≥ 75% (Good)	165	41.25%
50-74% (Fair)	188	47%
≤ 49% (Poor)	47	11.75%

Attitude towards physical activity

No	Question	Strongly agree	Agree	Disagree	Strongly disagree
1	PE require on regular basis.	162 (40.5%)	217 (54.3%)	15 (3.8%)	6 (1.5%)
2	Frequent participation in PE makes one look healthy.	156 (39.0%)	217 (54.3%)	24 (6%)	3 (8%)

3	I like to increase time spend in PE.	103 (25.8%)	245 (61.3%)	45 (11.3%)	7 (1.8%)
4	People who do not practice any exercise, should start regular exercise.	204 (51.0%)	168 (42.0%)	23 (5.8%)	5 (1.3%)
5	A person who often participates in PE is always active in thinking.	147 (36.8%)	195 (48.8%)	49 (12.3%)	9 (2.3%)
6	I like reading materials on PE.	59 (14.8%)	137 (34.3%)	168 (42.0%)	36 (9.0%)
7	An individual who engages in PE will live longer	121 (30.3%)	235 (58.8%)	36 (9.0%)	8 (2.0%)
8	I feel happy participating in PE.	131 (32.8%)	243 (60.8%)	22 (5.5%)	4 (1.0%)
9	If we have healthy nutrition, wedo not need to do PE.	46 (11.5%)	66 (16.5%)	227 (56.8%)	61 (15.3%)
10	I think I do not have the knowledge necessary to doexercise.	45 (11.3%)	139 (34.8%)	159 (39.8%)	57 (14.2%)

Attitude of students

Attitude	Frequency	Percentage
Positive	383	95.75%
Negative	17	4.25%

As shown in attitude table, 95.75% students have positive attitude and 4.25% havenegative attitude.

Most of the students have positive attitude towards Physical activity.

Practice towards physical activity

Variables	Frequency	Percentage
Do you participate in PE regularly?		
Yes	171	42.8%
No	229	57.3%
On daily basis time spend in PE.		
Less than 15 mins/day	30	7.5%
15-30 mins/day	60	15.0%
30-45 mins/day	35	8.8%
More than 45 mins/day	46	11.5%
Participate in PE during free time		
Yes	249	62.3%
No	151	37.8%
Days spend in PE per week		
1 day/week	55	13.8%
2 days/week	58	14.5%
3 days/week	40	10.0%
More than 3 days/week	96	24.0%
Do you prefer team sports to individual sports		
Yes	185	46.3%
No	62	15.5%
Practicing with your friends & Family		
Yes	216	54.0%
No	32	8.0%

Practice of students

Practice	Frequency	Percentage
Unfavourable	30	7.5%
Favourable	95	23.75%
Remarkable	46	11.5%

In above table 42.8% students do regular physical activity. 62.3% students do physical activity on their free time. 46.3% students prefer team sport to individual sport. 54% perform physical activity with their friends and family. 23.75% perform favorable practice, 11.5% perform remarkable practice, and 7.5% perform unfavorable practice. Among different activities walking is the highest done and tennis is least done activity in students.

DISCUSSION

To find out KAP for different conditions, many studies were conducted. Tuberculosis was the focus of the very first global study of KAP. Subsequently, other conditions such as malaria, HIV, UTI, Dengue were conducted on KAP but less studies were found on physical activity globally.

The aim of this research is "to evaluate knowledge attitude and practice in college going students towards physical activity". There are 400 students included in this study according to selection criteria. Students mean age is 20.10 ± 1.99 . Among them 51.2% are male and 48.8% are female participants. Mean BMI of participants is 22.11 ± 4.34 . one study carried out in Iran (2014) and Nigeria (2013) students had good knowledge^{11,13}

Attitude domain is divided into

Undergraduate students are 83.3% and postgraduate students are 16.8%.

There are 13 questions evaluated in the Knowledge domain. Six questions are about disease prevention, whereas other questions are about the benefits of physical activity. In our study, knowledge about physical activity is found fair in students. Domain of knowledge is divided into three categories: good, fair and poor. Students with 75 or more percent of knowledge, classified as good. Students with 50-74 percent of knowledge, classified as fair knowledge. Students with 49 or less percent of knowledge, classified as poor knowledge. Overall 47% students have fair knowledge, 41.25% have good knowledge and 11.75% have poor knowledge about physical activity. Amongst various knowledge sources by which students gained knowledge of physical activity; school curriculum (49.5%), individual interest (25.8%) and friends (22.5%) are the highest knowledge gain sources, whereas short courses (2.8%) and social media (15.5%) are least sources to gain knowledge. A similar study was carried out in Iran (2017) and Saudi Arabia (2016) students had low knowledge^{2,6,14,15} Another positive and negative categories. Fifty percent or more is regarded as positive and less than fifty percent is regarded as negative. Attitude of students towards

physical activity is found positive in our study. 95.75% of students have a positive attitude and 4.25% have a negative attitude towards physical activity. Students' attitude towards physical activity differs from individual to individual. A similar study carried out in students of Iran had a low attitude 6,14A study carried out in Saudi Arabia (2016) and Nigeria (2014) students had favourable attitude towards physical activity^{2,11,15}

There are seven questions evaluated for practice of physical activity. Questions are related to regular physical activity, free time physical activity and its duration in minutes and weeks. Another question is about the types of activities that they carry out. Adults who perform ≥ 300 minutes per week considered as remarkable practice, 150- 300 minutes per week considered as Favourable practice, ≤ 150 minutes per students had high practice of physical activity.¹¹

Overall study concluded that students have fair knowledge, positive attitude, and good physical activity practice. This suggests various campaigns and awareness programs should be conducted in different colleges to educate students regarding the advantages of doing physical activity as well as disease burdens due to physical inactivity.

Although knowledge and attitude of students towards physical activity were good but practice was less. According to Louise Hubert there may be some factors like interpersonal time barriers such as work, homework, other scheduled activities, in Fun: perceived competence, social parental involvement, type of

week considered as Unfavourable practice. 23.75% perform favourable practice, 11.5% perform remarkable practice, and 7.5% perform unfavourable practice. 42.8% students do regular physical activity. 62.3% students do physical activity on their free time. 46.3% students prefer team sport to individual Sport. 54% perform physical activity with their friends and family. Different types of activities like Tennis, Hopping, Football, Swimming, Weight lifting, Body building, Skipping, Volleyball, Gym, Stretching, Dancing, Bicycling, Yoga Cricket, Badminton, Running and Walking, among them walking is the highest activity and tennis is the least activity done by students. A study carried out in Iran and Saudi Arabia in 2017, 2016, 2013 and 2005 had unfavourable or low practice. Males are more active than females.^{2,6,13,14,15} A study carried out in Nigeria in 2014

environmental activity: seasonal programming, various choices for less practice or physical inactivity.²⁵

CONCLUSION

Study concluded that students had fair knowledge, positive attitude, and good physical activity practice. This suggests various campaigns and awareness programs must be conducted in different colleges to educate students regarding the advantages of doing physical activity as well as disease burdens due to physical inactivity.

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The Questionnaire:

Questionnaire: Thank you for taking the time to fill in this questionnaire. The information you provide will be used to help in conducting a research project to assess the knowledge, attitude and practice in physical activity among college students. It will be highly

SECTION ONE

Demographic Data:	
Name:	
Age :	
Gender:	Male <input type="checkbox"/> Female <input type="checkbox"/>
Height:	‘ “ <input type="checkbox"/>
Weight:	Kg <input type="checkbox"/>
Name of institute:	
Semester:	

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appreciated if you answer the following questions completely.

Survey Objective: To explore knowledge, attitude and practice towards physical

activity among college going students.

1. What is your highest level of qualification?

- Undergraduate
- Postgraduate

2. From where have you gained your knowledge about physical exercise?

- School curriculum
- Individual interest
- Short course
- Social Media
- YouTube
- Friends
- Magazine
- Newspaper ArticleOther_____

SECTION TWO: Knowledge about physical activity
INSTRUCTIONS: Mark appropriate answer for the following questions.

1. Physical exercise is the movement produced by muscles that increase heartrate and energy expenditure.
 True False Don't know

2. Physical exercise prevents heart disease.
 True False Don't know

3. Physical exercise does not help in improving overall health status.
 True False Don't know

4. Physical exercise prevents high blood pressure.
 True False Don't know

5. Physical exercise reduces strength of bone.
 True False Don't know

6. Physical exercise prevents diabetes.
 True False Don't know

7. Physical exercise helps to relieve stress.
 True False Don't know

8. Physical exercise improves strength of muscle.
 True False Don't know

9. Physical exercise helps to reduce weight.
 True False Don't know

10. Physical exercise assures your own good physical health.
 True False Don't know

11. Physical exercise reduces risk of cancer.
 True False Don't know

12. Physical exercise increases chances of getting sick.
 True False Don't know

13. Physical exercise does not assure your own good mental health.
 True False Don't know

SECTION THREE: Attitude of physical activity.

INSTRUCTIONS: Kindly mark most appropriate option between ‘Strongly agree’ and ‘Strongly disagree’.

1. Physical exercises are required on regular basis.
 Strongly agree Agree Disagree Strongly disagree
2. Frequent participation in physical exercise makes one look healthy.
 Strongly agree Agree Disagree Strongly disagree
3. I like to increase time spent in physical exercise.
 Strongly agree Agree Disagree Strongly disagree
4. People who do not practice any exercise, should start regular exercise.
 Strongly agree Agree Disagree Strongly disagree
5. A person who often participates in physical exercise is always active in thinking.
 Strongly agree Agree Disagree Strongly disagree
6. I like reading materials on physical exercises.
 Strongly agree Agree Disagree Strongly disagree
7. An individual who engages in physical exercise will live longer than people who do not participate in physical activities.
 Strongly agree Agree Disagree Strongly disagree
8. I feel happy participating in physical exercise.
 Strongly agree Agree Disagree Strongly disagree
9. If we have healthy nutrition, we do not need to do physical exercise.
 Strongly agree Agree Disagree Strongly disagree
10. I think I do not have the skills and knowledge necessary to do exercise.
 Strongly agree Agree Disagree Strongly disagree

SECTION FOUR: Practice of physical activity.

1. Do you participate in physical exercise regularly? (If No jump to Question 3)
 Yes No
2. On daily basis how much time do you spend in physical exercise.
 Less than 15 mins /day

15-30 mins /day

More than 45 mins /day

3. Do you participate in exercise during your free time? (If No Jump to Question7)

Yes

No

4. How many days do you spend in physical exercise per week?

One day/week

Two days/ week

Three days/week

More than 3 days per week

5. Do you prefer team sports to individual sports?

Yes

No

6. Do you prefer practicing with your friends to your family members?

Yes

No

7. Mark following activity if you do.

Types of Activity	Mark(√)	Hours/Week
Walking		
Bicycling		
Swimming		
Running		
Stretching		
Volleyball		
Football		
Badminton		
Cricket		
Gym		
Tennis		
Weight lifting		
Body building		
Dancing		
Skipping		
Hopping		
Yoga		
Others:		