

Title of Thesis	A Study On Physical Fitness Of College Students In Miri
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ABSTRACT

Overweight, obesity and chronic diseases are growing health problems both worldwide and in Malaysia due to such lifestyle changes as decreased physical activity, increased sedentary behaviour and unhealthy eating habits. According to many researches, lack of physical activity, intention and automaticity and health related fitness knowledge will significantly affect the physical fitness of human. It has been well documented that regular physical activity helps maintain a healthy body weight, reduces the risk of developing diabetes, hypertension, and cardiovascular diseases, and improves emotion and stress control. Likewise, improving health-related physical fitness, including cardiovascular endurance, muscular strength and endurance, flexibility, and body composition, is conducive to improving health.

This research aims to identify the physical fitness of college students in Miri. The researcher adopted quantitative research method and use of self-designed questionnaire for data collection. The results will be analysed and collected by using statistic method.

The study indicated that physical inactivity is found in females and the rate of physical inactivity in female is significantly higher than males. Most of the respondents spent most their leisure time on sitting down in their daily life. Both male and female college students show high intention and automaticity towards physical activity. Also, male respondents are knowledgeable in fitness knowledge levels, but female respondents show relatively lower in this part. Majority of male college students are considered healthy in health related fitness levels, and female respondents are poor in cardiovascular endurance and muscular endurance.

For the recommendations, college students can improve their physical activity habits through using stairs instead of escalator or lift, take a 10 minutes brisk walking and do activity

tracking in their daily life. Moreover, college students can improve an intention and automaticity in exercising through make a commitment, choose an exercise they love and find a partner to do same physical activity. The recommendation also includes visiting Instagram and Facebook and coordinate with fitness centre to offer college students to enjoy fitness classes. Furthermore, college can coordinate with local gym centre to offer discounted memberships for students, constantly organize activities for students and implement fitness trackers on every month.

The last part of this chapter before the conclusion is about the future research. The future research could target to other young adults such as university students or non-student to identify their physical fitness level. Also, the future research can be conducted in different places based on Malaysia rather than focusing in Miri. The comparison of the physical fitness level between any two colleges or universities of college students or university students. It also possible to conduct the comparison of different races in cross-cultural study also is another suggestion for the future study.

In the future, the research could target to other young adults. The research also can be conducted in whole Malaysia. The research also can be conducted in comparing the physical fitness level between two colleges of students. In addition, the future researcher can also conduct the research based on the comparison study of different races of college students in cross-cultural study.