

Title A study on physical fitness and exercise behaviors
Of Kasem Budit University staffs.

Advisor Assistant Professor. Chaleam Chaiwatcharaporn

Name Miss. Nutthaporn Awilai

Faculty Sports Science

Academic Year 2015

Abstract

Purpose: The purpose of this study was to study physical fitness level and exercise behaviors of the academic staffs of Kasem Bundit University.

Methods: Purposive sampling method was employed to sample 209 academic staffs, 51 males and 158 females, from all faculties of Kasem Bundit University to participate in physical fitness tests consisting of weighing, height measurement and corresponding resting heart rates, blood pressure, body fat, handgrip strength, flexibility and reaction time assessments. Exercising activities questionnaires were filled prior to fitness testing.

Results: It was found from physical fitness testing that body fat percentage of female academic staffs had tendency to be higher than norms except of those in over sixty group to be normal, hand muscle strength was low and moderate alternatively along age groups, flexibility of both male and female staffs in 25-40 age group were low and that reaction time against light stimulant of 30-59 age group was moderate. Questionnaire analysis revealed that most of the staffs exercised by walking to work and house cleaning for 60 minutes at a time, 5-6 times a week.

Conclusion: Above norms body fat percentage of female academic staffs from 25 to 59 years old and below norms hand muscle strength of male academic staff were from lack of exercise and reduced physical activities. Furthermore major reasons for not exercising were complexity of exercise and lack of time due to work.