Dear respondents :

This survey is to investigate exercising habit among UMP students. We need your cooperation to answer all the questions in this questionnaire.

Thank you.

**SECTION A**

1. Demographic

Age :

Gender : Male

Female

Faculty :

FKM

FKPPT

FKKSA

FKASA

FKKP

FIST

FKEE

Year :

**.......Hope You Enjoy Answering This Questionnaire.......**

**Please answer all the questions.**

**SECTION B**

1. This section is to find out whether UMP students exercise or not.

**Please put a tick ( √ ) in the box for your answer.**

1. Do you exercise?

Yes No

1. Exercise is very important.

Agree Disagree

**Answer the questions below with relevant information.**

1. What is **exercise**?
2. Who/What influences you to exercise?

1. How many hours per week do you exercise?

**(Please state the number for this question.)**

**Please put tick a (√ ) in ONLY one of the boxes below**

1. When do you exercise?

Morning

Evening

Night

Others

Please specify :

**.....Hope You Enjoy Answering This Questionnaire.......**

1. Where do you exercise?

Indoors

Outdoors

**SECTION C**

1. This section is to investigate the effects of exercise to the UMP students

**(Please choose your degree of agreement to the statements below.)**

1. Strongly agree (SA) 3- Strongly disagree (SD)
2. Agree (A) 4- Disagree (D)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | 1 | 2 | 3 | 4 |
| 1. I enjoy exercise |  |  |  |  |
| 1. Exercise reduces my stress |  |  |  |  |
| 1. Exercise makes me feel energetic |  |  |  |  |
| 1. I do exercise when I am stressed |  |  |  |  |

**Please choose one answer ONLY. Put a (√ ) for your choice.**

1. How do you exercise?

Individually

Group

1. Do you agree that exercise prevents you from any disease?

Agree Disagree

**.....Hope You Enjoy Answering This Questionnaire.......**

**Give your opinion for these questions**

1. Do you think exercise affects your daily activities?

1. Can you give some suggestions on how to increase UMP students’ awareness of the exercise habit?

**.....Hope You Enjoy Answering This Questionnaire.......**