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 : 1 V1

Gender : V2

1

Male Female

2

Faculty : V3

1

FKM

2

FKPPT

3

FKKSA

4

FKASA

5

FSKKP

6

FIST

7

FKEE

Year : V4

1

**1**

**2**

2

**3**

3

**4**

4

**.......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? V5

Yes No

2

1

1. Exercise is very important. V6

1

2

Agree Disagree

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

1. What is **exercise**? V7

1

1. Who/What influences you to exercise? V8

1

1. How many hours per week do you exercise? V9

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

1

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

1. When do you exercise? V10

1

Morning

2

Evening

3

Night

4

Others

Please specify :

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

1. Where do you exercise? V11

1

Indoors

2

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 | 2 | 3 | 4 |
| 1. I enjoy exercise V12 |  |  |  |  |
| 1. Exercise reduces my stress V13 |  |  |  |  |
| 1. Exercise makes me feel energetic V14 |  |  |  |  |
| 1. I do exercise when I am stressed V15 |  |  |  |  |

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

1. How do you exercise? V16

1

Individually 11

2

Group

1. Do you agree that exercise prevents you from any disease? V17

2

1

Agree Disagree

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

**Give your opinion for these questions**

1. Do you think exercise affects your daily activities? V18

1

1. Can you give some suggestions on how to increase UMP students’ awareness of the exercise habit? V19

1

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