1. Section A : Demographic

Aim : To collect personal information of the participants.

1. Section B : Do UMP students exercise?

Aim : To find out whether UMP students exercise or not.

1. Section C : Why UMP students exercise?

Aim : To investigate the effects of exercise to the UMP students.

**SECTION A**

Age :

Gender :

Male

Female

Faculty :

FKM

FKPPT

FKKSA

FKASA

FKKP

FIST

FKEE

**SECTION B**

1. Do you exercise?

Yes No

1. What do you understand about **exercise**?
2. Exercise is very important.

Agree / TRUE Disagree / FALSE

1. Who/What influence you to do exercise?
2. How many hours per week do you exercise?

1. When do you exercise?

Morning

Evening

Night

1. What types of exercise do you do?

Indoors

Outdoors

**SECTION C**

Scale questions

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 make me feel energetic |  |  |  |  |
| 1. I do exercise when I am stress |  |  |  |  |

1. How do you exercise?

Individually

Group

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

Agree Disagree

1. Do you think exercise affect your daily activities?

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