

LEVEL OF PHYSICAL ACTIVITY OF ELEMENTARY STUDENT IN
MENDEZ, CAVITE, BASIS FOR THE DEVELOPMENT OF
EXTENSION PROGRAM ACTIVITY

THESIS

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January 2020

**LEVEL OF PHYSICAL ACTIVITY OF ELEMENTARY STUDENT IN MENDEZ,
CAVITE; BASIS FOR THE DEVELOPMENT OF EXTENSION PROGRAM
ACTIVITY**

Undergraduate Thesis
Submitted to the Faculty of the
College of Sports, Physical Education and Recreation
Cavite State University
Indang, Cavite

In partial fulfillment
of the requirements for the degree
Bachelor of Sports and Recreational Management



00081336

*Level of physical activity of elementary
student in Mendez, Cavite :*
372.86 P19 2020
T-8765

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JANUARY 2020**

ABSTRACT

PANALIGAN, ANGELICA B., DE ASIS JEZZEE MAE F., Level of Physical activity of Elementary Students in Mendez, Cavite; Basis for the Development Extension Program Activity. Undergraduate Thesis. Bachelor of Sports and Recreational Management. Cavite State University, Indang, Cavite. January 2020
Adviser: Jazmin P. Cubillo.

The study was conducted to determine the demographic characteristics of the respondents according to the age, sex, grade level. Determined the level of physical activity of elementary students; and identify the difference in the level of physical activity of the students according to their demographic characteristics.

Descriptive type of research was used in the study in which the survey questionnaire was the means to collect the data needed for the study. The sample size of the participants was 319 which was obtained from the population size using slovin's formula.

The study found out that majority of the respondents age ranged from 10 to 12 years of age; majority of them are female student and in Grade 6. The results also showed that majority of the respondents were spending time doing leisure time activities than sport activities.

Finally the study showed that the level of physical activity of respondents is much more active in leisure time activities than sport activities. But both got the same result, which is extremely low involvement and also the study recommended that Extension program may be or should be develop catering the children and focusing on the physical activity.

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An undergraduate thesis submitted to the faculty of the College of Sports Physical Education and Recreation, Cavite State University, Indang, Cavite in partial fulfillment of the requirements for the degree of Bachelor in Sports and Recreational Management with Contribution No. 1018. Prepared under the supervision of Mrs. Jazmin P. Cubillo RM 2019-2020 1018

INTRODUCTION

Nowadays, children have less interest of playing outside. Instead of playing outside they like to use gadgets to play games. The involvement of children, especially the students in elementary is not very much attached to physical activity. Most children get no actual physical exercise and are most unlikely physically active during the day. Some kids are sitting around a lot more than they used to. They spend hours every day in front of a screen like TV shows, videos, movies and games. Too much screen time and not enough physical activity add to the problem of childhood obesity. Some children have eating disorder because of eating junk foods that cause them being overweight.

Because they do not eat the right meal that they need and being hyper causes them of losing their appetite. One of the best ways to get kids to be more active is to limit the amount of time spent in activities, such as watching TV, etc. Parents should make sure that their kids get enough physical exercise. Kids should get 60 minutes or more physical activity daily.