

LEVEL OF INVOLVEMENT TO PHYSICAL ACTIVITY
OF SENIOR CITIZEN

THESIS

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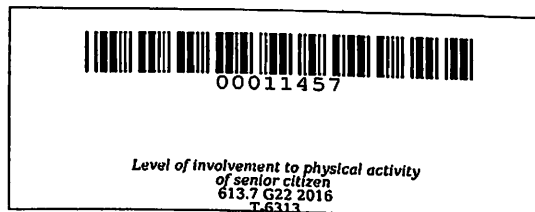
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**LEVEL OF INVOLVEMENT TO PHYSICAL
ACTIVITY OF SENIOR CITIZEN**

**Undergraduate Thesis
Submitted to the Faculty of
College of Physical Education and Recreational Management
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**In partial fulfillment
of the requirements for the degree of
Bachelor of Sports and Recreational Management**



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ABSTRACT

GATDULA, ARNEL Y JR., SAUR, EUNICE M. “LEVEL OF INVOLVEMENT TO PHYSICAL ACTIVITY OF SENIOR CITIZEN” Undergraduate Thesis. Bachelor of Sports in Recreational Management .Cavite State University Indang, Cavite. April 2016. Adviser:Mr. Victor F.Piores

The study was conducted to determine the level of involvement of senior citizen in Indang, Cavite. The respondents were 180 senior citizens from each barangay in Indang, Cavite.

All of the participants were married and employed. Light work such as gardening, walking, needle work and house work were the activity with a high level of involvement of senior citizen. All over senior citizen have a moderate level of involvement in physical activities

Most of the participants were active in doing physical activities especially light activities like walking and house work activity. Their reasons why they are active in doing physical activity for neither good health nor lifestyle, self- purposes and for better society. Looking to the level of involvement of senior citizen, most of the activity they were involved was self- sufficient.

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LEVEL OF INVOLVEMENT TO PHYSICAL ACTIVITY OF SENIOR CITIZEN

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An undergraduate thesis proposal submitted to the College of Sports, Physical Education and Recreation in Cavite State University Indang, Cavite in partial fulfillment of the requirements for the degree of Bachelor of Sports in Recreational Management with contribution No. _____. Prepared under the supervision of Mr. Victor F. Piores.

INTRODUCTION

Physical activity “exercise” is defined as any bodily movement produced by skeletal muscles that results in energy expenditure. Physical activity in daily life can be categorized into occupational, sports, conditioning, household, or other activities. Exercise is a subset of physical activity that is planned, structured, and repetitive and has a final or an intermediate objective the improvement or maintenance of physical fitness. (Caspersen, Powell and Christenson, 1985).

Physical inactivity identified as the fourth leading risk factor for global mortality causing as estimated 3.2 million deaths globally. As we age, our bodies begin to succumb to the forces of gravity, time and lifestyle behaviors that come home to roost in our golden years. But getting older does not have to lead frailty, disability and disease. An ever growing body of strong evidence exists supporting regular exercise as the ticket to improved physical and mental health and a better quality of life for senior citizens (Cabral, 2006).