

Research Paper :

The frequency of engagement on physical exercises by non-human kinetics female students of Rivers State college of education

ORUNABOKA AND T. TAMMY

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ABSTRACT

The study examined the types and frequency of physical exercises engaged by the non-human kinetics and health education female students of Rivers State College of Education (C.O.E) Rumuolumeni Campus, Port Harcourt. Attention was placed on such factors as health promotion benefits. The survey design was adopted with the questionnaire as the only instrument for data collection. One hundred and twenty five (125) female students served as subjects for the study and they represented all non-human kinetics and health education departments of the college. Based on the findings of the study, it was concluded that the non-human kinetics and health education students of C.O.E., Port Harcourt had developed limited culture of engaging in physical exercises. But the students' health promotion awareness level of physical exercise was very high. Recommendations were made, that there the need for mass enlightenment campaign on the health promotion of physical exercises.

See end of the article for authors' affiliations

Correspondence to:

ORUNABOKA
Faculty of Education,
University of Port Harcourt
East-West Road, MB5323,
Choba, Rivers State,
NIGERIA

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Physical exercise has been embraced by the world all over for its unique contributions on the general health and well being of those involved in it. The values of physical exercises have been well documented. These include improving joint motion, improving physical performance, stimulating circulation, strengthening muscles, minimizing risk of injuries, better control of, and more desirable body weight; and enhanced mental functioning (Howorth, 1980; Fetem *et al.*, 1988; Harris, 1989).

One of the popular assumptions among students, holds that physical exercises are the major requirements for athletes, physical and health education students or those involved in sports not for the students of other disciplines. These are trite misconceptions of physical exercises for health promotion of the students. These assumptions may have caused many students of other disciplines to neglect physical exercises, most particularly the female students. In realizing the unique contributions of physical exercises to the participants, the school policy makers, include physical exercises and sports in the instructional, intramural and inter-scholastic phases of the school programme. According to Harris (1989) apart from

the current provision of exercise in schools, the schools should consider formulating an exercise policy and also provide better opportunities for life involvement in physical activity.

The national awareness concerning risk factor, diseases and the role of physical exercise play as prophylactic and therapeutic measures in the management of such health conditions and have led to the appreciation of a physically active life. In other for those that finished from higher institutions to continue to be physically fit and look healthy, the Federal Government of Nigeria introduced in 1973 the National Youths Service Corp (NYSC). During this NYSC programme, corpers are expected to pass through a camp physical exercise regimen under the directorship of a military man. This camp physical exercises regimen makes corpers among other benefits to be physically fit and healthy as to face the major primary assignments.

In Nigeria today many undergraduates and graduates during their school programmes complain a lot of fatigue, unhealthy status, unfit and sickly. This is due to many reasons among which are unhygienic ways of life in the campus, increased mechanization, automation and lack