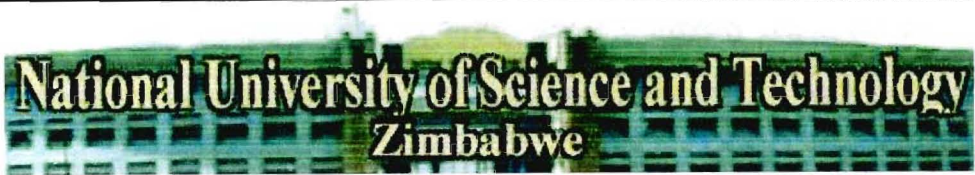


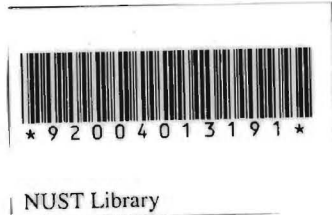
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**ATTITUDES OF UNIVERSITY EMPLOYEES TOWARDS PHYSICAL
ACTIVITY. A CASE STUDY OF THE NATIONAL UNIVERSITY OF SCIENCE
AND TECHNOLOGY.**

BY

IREEN MUNEKANI



**A Research Project submitted in Partial Fulfilment of the Requirements for the Bachelor
of Science (Honours) Degree in Sports Science and Coaching**

Department of Sports Science and Coaching

Faculty of Applied Sciences

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ABSTRACT

The rate of absenteeism and morbidity among University employees continues to increase, concerns regarding the quality of life for employees arise. A major concern is the need for evaluation of the attitudes of employees' knowledge on the benefits of physical activity in health and wellness, the positive and negative attitudes towards physical activity and the reasons why the employees do not participate in physical activity. A hundred employees from the academic and non-academic staff groups, both males and females participated in the study. The participants were guaranteed anonymity before they filled in the questionnaires. The participants were purposively selected and were stratified according to gender and working categories. The questionnaires were distributed conveniently to the available employees from the seven Faculties and in different departments. The majority of the participants had good knowledge about physical activity and they had excellent ratings of their balance of feelings scores which showed very positive attitudes towards physical activity.

How do you know this?