

# **A Study of Physical Activity Level of University Teachers**

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## **Abstract**

The main aim of this research is to study the physical activity level of university teachers. The specific objectives are 1) to study body mass index (BMI) of university teachers, 2) to study the performance levels of physical activities among university teachers, 3) to investigate the variation of university teachers' performance level in engaging physical activities according to personal factors. The quantitative research method was used to collect the required data for this study. The International Physical Activity Questionnaires (IPAQ, 2002) was used in this study. Three hundred and thirty university teachers participated in this study. Data analysis included descriptive statistics and independent samples *t* test, and One-way (ANOVA) analysis of variance. According to BMI, it was found that most of the university teachers had normal weight. The majority of the participants had a low level in all dimensions of physical activities. Moreover, it was found that teachers within the age range (21-30) were significantly different from those within the age range (51-60) in performing physical activities.

**Keywords:** Physical activity, University teachers

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