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FITNESS STATUS OF FACULTY AND EMPLOYEES: BASIS FOR PROPOSED FITPRO

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Abstract

This study aimed to assess the Health-related Fitness Status of PUP administrative employees and faculty members and come up with an appropriate Physical Fitness Program (FitPro). The study utilized the descriptive method of research with researcher-made questionnaire and physical fitness tests as the main instruments in data gathering. There were 120 PUP employees who participated in the study and were drawn through convenience sampling, and responses were treated using frequency distribution, percentage, and weighted mean. Results revealed that most of the respondents had poor physical profile which made them uncomfortable to undergo fitness tests. This health case of faculty members and employees must prod the administration to create a program that would aggressively address the need for a more health-conscious academic community to be able to keep up with the demand of servicing more students.

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