

Physical Activity Participation Levels as Correlates of Cardiorespiratory Fitness of Senior High School Teachers in the Dormaa East District

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Abstract : Physical activity (PA) is considered the best preventative tool for maintaining physical health and extending lifespan because it offers a range of benefits. However, for people to benefit from physical activity, it must be done at a level that can enhance fitness, health, and overall well-being. Therefore, this study aimed to determine the link between physical activity participation levels and cardiorespiratory fitness (CRF). The study employed the descriptive correlational design. The census sampling technique included all 190-teaching staff from the two senior high schools in the Dormaa East District. An adapted International Physical Activity Questionnaire (IPAQ) and standardized physical fitness tests were used for data collection. Descriptive statistics of frequency counts and percentages were used to answer the research questions while inferential statistics of Pearson Product Moment Correlation and the independent sample t-test were used to test hypotheses one and two respectively. A moderately negative ($r = -.156$) relationship existed between physical activity participation levels and CRF. Female teachers demonstrated a statistically significant value ($p = .045$) than males. The study concluded that the reported physical activity levels of the teachers did not reflect their CRF. The implication is that either the participants overestimated their physical activity participation levels, or the intensity of the activities was not high enough to affect physiological changes. For the teachers' CRF to improve, it was suggested, among other things, that regular physical activity sessions of the appropriate mixes of FITT be organized.

Keywords : physical activity, participation levels, cardiorespiratory fitness, sedentary lifestyle, teachers

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