

Evaluating Effects of Health and Physical Maintenance on Academic Competencies of University Teachers in Pakistan

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Abstract : Purpose of the research is to examine the university teachers' health and physical activities regarding their academic competencies. Major objectives of this piece research were (a) to identify health problems of teachers at university level that affects academic competencies of university teachers and (b) to evaluate educational betterment through physical balance. This research is descriptive in nature and questionnaire was used as source of collecting data. Population of the present research comprises teachers, professors and professionals teaching in the universities of Pakistan. 580 university teachers were selected as a population of the study. Random sampling technique was used to identify recipients. Data was feed and filter in Ms-Excel. In the light of the analysis of the study following findings were drawn out. This study found that the university teachers in Pakistan do not adopt proper physical exercise program. They were less interested to burn their extra calories and face diseases such as cramping, contraction of the muscles, diabetics and stomach diseases. This study recommends that seminars/workshops may be held by University establishment; to develop overall awareness among the teachers.

Keywords : evaluating effects of health and physical maintenance, academic competencies, university teachers, Pakistan

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