

ATTITUDES OF UNDERGRADUATE STUDENTS TOWARDS THE SUBJECT OF EXERCISE PHYSIOLOGY IN NIGERIA UNIVERSITIES

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ABSTRACT

This study examines factors influencing attitude of undergraduate students towards the subject of Exercise Physiology in Nigeria universities. The population comprised all students of Departments of Physical and Health Education in Nigeria universities. Four universities were sampled through a cluster sampling method, and a total of 400 respondents were randomly selected to participate in the study. The descriptive and inferential statistics were employed to analyse the personal data and the hypotheses formulated at $\alpha=0.05$ level of significance. The findings revealed that factors such as, inadequate qualified personnel, inadequate facilities and equipment, as well as lack of scholarship/financial aid influence the attitude of undergraduate students towards the subject of Exercise Physiology in Nigeria universities. It was recommended among others that financial aid/scholarship grant be given to the students who performed well in the subject of Exercise Physiology as a motivation to encourage them develop positive attitude towards the subject.

KEYWORDS: Attitude, Undergraduate Students, Exercise Physiology