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LEVEL OF MOTIVATION AMONG STUDENTS ON PHYSICAL ACTIVITIES TOWARDS HEALTH AND FITNESS -1 (MOVEMENT COMPETENCY TRAINING): BASIS FOR COURSE EVALUATION

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The study aimed to determine the level of motivation among students on physical activities towards health and fitness -1 (Movement Competency Training): basis for course evaluation in Jose Rizal Memorial State University. The significant questions addressed in the study were based on the following hypothesis: (1) Is there a significant difference between the demographic profile of students and the level of motivation towards the PATHFIT 1 components as follows: 3.1. Breathing and Core bracing, 3.2 Locomotor Movements, 3.3 Non-Locomotor Movements. (2) Is there a significant difference between the level of motivation among students and the PATH- FIT-1 course components as follows: 4.1. Breathing and Core bracing, 4.2 Locomotor Movements, 4.3 Non-Locomotor Movements.

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