

Sports Participation of Post-Graduate Students at Kenyatta University

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ABSTRACT

The purpose of this paper was to investigate the reasons why postgraduate students do not participate in structured sports and their leisure activities. Data was collected through questionnaires from 53 randomly selected postgraduate students of Kenyatta University. Data was manually analyzed for frequencies and percentages. Findings indicated that the postgraduate students do not participate in sports due to lack of time, sports programmes not catering for their needs and too much academic work and engage in passive leisure o watching television, spending time with the family and reading. It was recommended that sport programmes in the University need to be made postgraduate students friendly and the students to be educated on the benefits of active lifestyles

Key Words: Leisure Activities, Postgraduate Students, Structured Sport, Recreation, undergraduate students