

# Proceedings and Papers

## ANALYSIS OF INFLUENCES IN SOCCER: THE CASE OF KENYA SCIENCE TEACHERS COLLEGE

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### ABSTRACT

The purpose of this paper was to investigate the reasons why post-graduate students don't participate in structured sport and their leisure activities. Data was collected through questionnaires from 53 randomly selected post-graduate students of Kenyatta University. Data was manually analysed for frequencies and percentages. Findings indicated that the post-graduate students don't participate in sport due to lack of time, sport programs not catering for their needs and too much academic work and engage in passive leisure activities of watching T.V, spending time with the family and reading. It was recommended that sport programmes in the university need to be made post-graduate students friendly and they need to be educated on the benefits of active lifestyles and management.

**Key Words:** Sports, Leisure time activities, Post-graduate student