

**Table 4 Practice of different types of physical exercise by male and female students in Al-Khobar area**

| Type of physical exercise | Males<br>( <i>n</i> = 1240) |      | Females<br>( <i>n</i> = 1331) |      | <i>P</i> -value<br>( $\chi^2$ -test) |
|---------------------------|-----------------------------|------|-------------------------------|------|--------------------------------------|
|                           | No.                         | %    | No.                           | %    |                                      |
| Football                  |                             | 69.8 | 242                           | 18.2 | < 0.001                              |
| Swimming                  |                             | 39.6 | 453                           | 34.0 | 0.003                                |
| Walking                   |                             | 32.7 | 802                           | 60.3 | < 0.001                              |
| Jogging                   | 343                         | 27.7 | 389                           | 29.2 | NS                                   |
| Volleyball                | 204                         | 16.5 | 52                            | 3.9  | < 0.001                              |
| Basketball                | 156                         | 12.6 |                               | 9.2  | 0.005                                |
| Gymnasium                 | 88                          | 7.1  | 74                            | 5.6  | NS                                   |
| Other                     | 169                         | 13.6 | 86                            | 6.5  | < 0.001                              |

*n* = total number of respondents; NS = not significant.