

THE IMPORTANCE OF PHYSICAL FITNESS TEST AMONG CRIMINOLOGY STUDENTS IN BESTLINK COLLEGE OF THE PHILIPPINES

ABSTRACT

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This study examined the importance of the Physical Fitness Test among criminology students of Bestlink College of the Philippines. Physical fitness is essential for criminology students because their future profession in law enforcement requires physical strength, endurance, discipline, and readiness to perform demanding tasks. Anchored on the need to enhance students' performance and personal development, the study assessed how the Physical Fitness Test contributes to duty performance, class performance, professional preparedness, and character formation, as well as the problems encountered and measures proposed to address these issues. Specifically, the study assessed the profile of the respondents in terms of age, sex, civil status, and highest educational attainment; determined the problems encountered in relation to the Physical Fitness Test; and proposed measures to address the identified problems. The respondents of the study consisted of forty-one (41) individuals, composed of thirty-three (33) fourth-year criminology students and eight (8) criminology professors of Bestlink College of the Philippines. Purposive sampling was used in selecting criminology professors to validate the research instrument, while convenience sampling was used for the pilot testing of the questionnaire prior to its final administration. The study employed a descriptive research design. Data were gathered using a self-made structured questionnaire that was administered to the respondents after securing approval from the Dean's Office of the College of Criminal Justice. The instrument was distributed in printed and online formats, and retrieval was done immediately after completion to ensure a high response rate. Findings revealed that respondents rated the Physical Fitness Test as very important across all variables. The highest-rated indicators were improved stamina for duty simulations and field exercises for performance of duty, better focus in class activities for class performance, enhanced ability to handle physically demanding situations for professional preparedness, and improved teamwork, cooperation, and positive attitude for character formation. Based on the findings, the study recommends the implementation of regular fitness training programs, motivational activities, adequate guidance, and improved facilities to further strengthen the role of the Physical Fitness Test in preparing criminology students for academic success and future professional demands.

RECOMMENDED CITATION

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