

Table 2 Self-reported knowledge of benefits of physical exercise by male and female students in Al-Khobar area

Knowledge of benefits	Males (n = 1240)		Females (n = 1331)		P-value (χ^2 -test)
	No.	%	No.	%	
Protects from disease	1152	92.9	1193	91.8	0.003
Prevents heart disease	533	43.0	558	41.1	NS
Prevents hypertension	357	28	313	23	0.002
Prevents diabetes mellitus	454	36.6	365	27.5	< 0.001
Prevents obesity	861	69	1040	7	< 0.001
Prevents smoking	657	53	354	26	< 0.001
Prevents psychological stress	352	28.4	381	29.4	NS
Prevents other diseases	30	2.4	26	2.0	NS

Data were missing for some questions.

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