

**Table 3 Self-reported practice of physical exercise by male and female students in Al-Khobar area**

Self-reported practice of physical exercise	Males ( <i>n</i> = 1240)		Females ( <i>n</i> = 1331)		<i>P</i> -value ( $\chi^2$ -test)
	No.	%	No.	%	
Practise physical exercise	1129	91.0	1089	81.8	< 0.001
Practise physical exercise 3+ times/ week	565	45.6	448	33.7	< 0.001
Spend > 0.5 h in physical exercise per session	884	71	458	34	< 0.001

*n* = total number of respondents.