

Table 1 Frequency and patterns of physical education during school hours among boys and girls in Muscat, Oman

Physical education in school hours	Boys		Girls		Total	
	No.	%	No.	%	No.	%
Participation in physical education classes	(n = 214)		(n = 225)		(n = 439)	
No	103	48.1	104	46.2	207	47.1
Yes	111	51.9	121	53.8	232	52.9
Duration of exercise per week (min)	(n = 111)		(n = 121)		(n = 232)	
30	1	0.9	5	4.1	6	2.6
80	104	93.7	108	89.2	212	91.4
150	2	1.8	6	5.0	8	3.4
≥ 240	4	3.6	2	1.7	6	2.6
Type of exercise <sup>a</sup>						
Ball games <sup>b</sup>	102	91.9	111	91.7	213	91.8
Jogging	8	7.2	48	39.7	56	24.1
Aerobics	3	2.7	18	14.9	21	9.1
Rope jumping	0	0.0	11	9.1	11	4.7
Weight lifting	4	3.6	1	0.8	5	2.2
Martial arts	1	0.9	2	1.7	3	1.3
Frequency of participation						
Rarely	6	5.4	22	18.2	28	12.1
Sometimes	34	30.6	33	27.3	67	28.9
Always	71	64.0	66	54.5	137	59.0

<sup>a</sup>Categories are not mutually exclusive.

<sup>b</sup>Includes football, basketball and volleyball.