



**DIGITAL FITNESS TRACKING AND GAMIFIED PEER SUPPORT SYSTEMS IN
PATHFIT 1: AN ACTION RESEARCH ON COURSE COMPLIANCE AND
PHYSICAL ACTIVITY OUTCOMES AMONG FRESHMEN AT
THE UNIVERSITY OF BATANGAS LIPA CAMPUS**

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ABSTRACT

This action research investigated the impact of integrating digital fitness tracking technologies and gamified peer support frameworks within the Physical Activity Towards Health and Fitness 1 (PATHFit 1) course at the University of Batangas Lipa Campus. Addressing the persistent problem of classroom-only compliance and sedentary relapse during asynchronous hours, this study implemented Project FIT-Sync (Fitness Integration & Tracking Synchronization) across a total population of enrolled first-year students. Using a mixed-methods explanatory sequential design, baseline health-related physical fitness tests (PFT) and activity tracking logs were compared against post-intervention measures following a rigorous 6-week trial.

Quantitative data derived from digital app synchronization (Strava and Google Fit) alongside pre- and post-tests revealed a statistically significant increase in asynchronous physical activity compliance () and measurable improvements in cardiovascular endurance (- Minute Step Test) and muscular endurance (Plank and Push-ups). Qualitative feedback

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highlighted structural behavioral shifts, driven primarily by peer accountability within gamified "Fitness Pods." The paper establishes a scalable template for hybrid physical education delivery in higher education institutions within the CALABARZON region.

Keywords: *PATHFit 1, Digital Fitness Tracking, Gamified Peer Support, University of Batangas, Action Research, Physical Education Compliance*



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