



Análisis de la actividad física en el desempeño laboral de ejecutivos organizacionales [

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text (article)

Analítica

The objective of this research is to analyze the incidence of physical activity on the work performance of organizational executives in Quito, Ecuador. An emerging systematic review of management literature was conducted to verify the relationship between physical activity and job performance. The methodology was composed of six stages where, among other things, a bibliometric analysis of the conceptual categories of the research was carried out with the use of the Vosviewer software, later the diagnosis of the research was carried out where the statistical software SPSS 28.0 was used and finally the establishment of the physical activity model for the job performance of organizational executives in Quito, Ecuador where structural equations and SPSS AMOS software were used. Finally, the research hypothesis is verified since physical activity has a positive effect on the work performance of the members of the sample. As a general conclusion, physical activity has an impact on the job performance of executives from Quito companies. In the specific case of the executives, thus contradicting the theoretical precepts that state that there is no relationship between these components. Physical activity is one of the elemental ways for the executive development of the region

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