

# A Review Paper on Teacher Instructor of Physical Fitness on Physical Education

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**Abstract – In present day education, physical education and its preparation structures some portion of the educational plan and schools had been a significant mechanism for spreading the requirement for fitness to society through physical education programs. Physical education is rising as one of the significant stream of education framework. Physical education (PE) is the interdisciplinary investigation of all zones of science identifying with the transmission of physical learning and abilities to an individual or a gathering, the use of these aptitudes, and their outcomes. In most educational frameworks, physical education (PE), however has distinctive meaning, is a course in the educational program which uses learning in the psychological, emotional and psychomotor spaces in a play or development investigating the setting. The term physical education is most regularly utilized along these lines. Physical education assumes a significant job in the advancement of an individual similarly as a school room education does. Thus, it is significant that physical education be consolidated alongside an understudy's educational program.**

**Key Words – Educating Approach, Physical Education, Physical Fitness.**

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## INTRODUCTION

The historical backdrop of physical education as often as possible demonstrates an example of military, social, and political impact. In one high purpose of antiquated history, Athenian Greeks went to the cutting edge in the period 700 to 600 B.C. with their journey for physical and scholarly flawlessness. In various celebrations, Athenians praised the excellence of the human structure in move, workmanship, strict ceremonies, and sports. Athenians regarded the divine forces of Olympus, particularly Zeus, with the main Olympic Games. The Olympic Games offered a humanizing impact, with social class dismissed and all natives made a decision on athletic challenge. On the off chance that a war was being battled, it was stopped during the Olympic Games. Numerous students of history view Athenian culture as the stature of early physical education, yet like their Chinese ancestors, the Athenians felt the contending impact of intellectualism. The medieval times saw the fall of the Roman Empire and the ascent of Christianity, and the Christian impact realized a refusal of physical action for something besides difficult work. Christians considered games to be physical play as unethical, and in 394 they ended the Olympic Games. Researchers started to think about life structures and physiology in connection to work out. Denmark was among the first nations to require physical education

in quite a while. Physical education satisfied a political job in mid twentieth century Russia after the ascent of socialism. Physical fitness protected military quality, efficiency, and patriotism. Sports were seen as a method for accomplishing worldwide distinction. The United States pursued different nations in its way to deal with physical education. During the Colonial time frame, the sheer physical requests of endurance made physical education pointless. War required physical preparing as a piece of military planning[1].

## EDUCATING APPROACH

The improvement of inspirational mentalities toward physical movement requires a type of enthusiastic commitment in the process by the students themselves. This clearly won't be sufficient however it will surely improve the nature of educating. Educational procedures need to give the selection of substance, utilize a scope of assets, and an assortment of exercises and instructing approaches.

The customarily organized system of the exercise gives a student a suspicion that all is well and good and direction which furnishes them with physical and mental help. In any case, then again, it doesn't challenge the everyday practice, the routine is repetitive and when it harmonizes with low quality (for example ugly substance conveyed in a direction

showing style) this may bring about youngsters dropping out of after-school physical action along these lines, countering what physical education is about – building up a physically dynamic way of life. The conventional teacher-focused way to deal with educating in which the teacher transmits information to students and uses direct procedures doesn't give chances to innovative speculation as the teacher settles on the greater part of the choices. Besides, circuitous procedure can't be applied in all cases and undertakings. Research shows that PE teachers invest the greater part of their energy utilizing direct training styles with troublesome conduct of a huge bit of understudies as one of the main considerations impacting the teachers' styles of guidance, making it unreasonably dangerous for different styles to be utilized[2].

### THE WAY TOWARD INSTRUCTING

In any case, to transform anything in an exercise, one needs to re-consider the entire scope of variables affecting that procedure. To address the issues of present day social orders, instructing requirements to underline more inventiveness and self-self-sufficiency rather than redundancy or multiplication. Readiness of an exercise is a significant part of educating as it sets out an unmistakable, efficient and dynamic structure for which the teacher and the understudies can cooperate. The substance of the exercise plan should be dynamic – one assignment/action paves the way to and joins with another so that when they are moving toward the finish of the exercise, the students can exhibit the aptitudes that they have been attempting to learn (and ideally have learned). Notwithstanding, the teacher must know that a few aptitudes, particularly including scholarly ability like cross-subject undertakings will require additional time than only one exercise to be retained. An exercise plan is a teacher's definite portrayal of the course of guidance for the individual exercise. By utilizing exercise plans, teachers can precisely state what the targets of the exercise are, and the students ought to have the option to do (abilities), get (learning) before the finish of the exercise and how this will influence their demeanor towards their own wellbeing related statues over the life expectancy. The exercise has clear Intended Learning Outcomes (ILO) portrayed and separated into areas: the warm up, primary part and after that chill off part. Every movement ought to have an unmistakable depiction of how they satisfy the goals of the exercise. For the exercise to run easily the teacher needs to guarantee that the clarifications of exercises and desires, given in the exercise, are clear (the most ideal route is to furnish a clarification with an exhibition of a suitable type of the errand the students are to learn, acclimated to the engine and psychological capacities of the understudies) and that the language (its detail and intricacy) is fitting to the understudies' degree of comprehension[3].

This procedure, and further developed techniques for intuitive instructing, have been mixed together and introduced in a very reviving didactical methodology in some ongoing distributions for physical education understudies and teachers. It is significant additionally to design the precise measure of time spent on every particular assignment so that there is adequate time for understudies to rehearse and learn and meet the learning results of the class. Be that as it may, when considering the exercise plan, it is significant for the teacher to initially analyze the capacity and the degree of the gathering. The teacher must know whether a specific errand might be excessively simple or unreasonably complex for most of the gathering and assuming this is the case, it would be increasingly important if the teacher utilized a movement that was less troublesome and developed to the first assignment over some stretch of time. It is likewise significant for the teacher to guarantee that the assignment isn't unreasonably simple for the gathering as there must be space for the understudies to improve their aptitudes[4].

### PHYSICAL EDUCATION IN MODERN ERA

The Physical Education is made to be a progressing ceaseless procedure without a break with interest by the more noteworthy number. This is what is required in a Country. A mass fitness development, a spread of games culture. With all what is said and done, a sport the executives is fundamentally an inquiries of raising over youngsters by methods for suitable education and wise measures. For the advancement of Physical Education, following advances were taken by the Government and different Organizations during the Pre Independence Period. Just because, it was the Indian Education Organization that prescribed Physical Training be advanced in light of a legitimate concern for youth in each class of School in 1883. In 1884 the topic of making Physical Education as a necessary subject has considered. What even the Program of Physical Education existed in Pre Independence days, it was carried on by the ex-administration men – men utilized by school/school specialists. In 1914, in order to be the focus of physical education in India, Vidya Brothers established Sir Hanuman Vyayam Prasarak Mandal, Amaravathi. In Indian days of Pre Independence the remarkable improvement of logical physical education goes to the Y.M.C.A. Physiological Education school, Madras, founded by H. in 1920. C. Dollars. C. Nevertheless, the history reveals that in Kankurgachi in Calcutta and even now in Banipur (West Bengal)[5], the biggest attempt to formulate and promote physical education was initiated in India.

### TEACHER OF PHYSICAL EDUCATION

Similar to the case in numerous educationally bound procedures, much relies upon the authority of the individual in control. Be that as it may, this authority can't act naturally asserted, rather it must be

earned. Some PE teachers attempt to procure it by "flaunting" their physical capacities, by commanding kids in engine and athletic abilities, however this can't be a long-term methodology if a legitimate instructive procedure is to be kept up. Learning about the subject educated can generally help yet the best in accomplishing enduring inspirational dispositions is the "enchanted" capacity of being an educator, not only a unimportant game teacher or a game mentor. This infers teachers can manage a class in each sort of educational conditions and that their expert training abilities are not limited to one subject explicit region (so physical education teachers would need to have the option to manage controlling a math or science class, if there should be an occurrence of an unexpected crisis one-off substitution) [6].

## PHYSICAL EDUCATION PROGRAMS

Physical education programs today. Teacher applicants ought to be prepared how to manage this issue and they ought to be proactive. Physical education is being underestimated in USA and all through the world for various reasons. A portion of these reasons can be identified with the monetary issues numerous areas are looking in the weight of Common Core Standards. However there are additionally similarly the same number of contributing variables that PE teachers are not assuming liability for and are not finding a way to change. Insurances should be taken by physical education teachers if their projects will be esteemed as a significant subject for understudies to take an interest in during school. Guardians, teachers, executives, and understudies the same need to see the field as significant for their physical wellbeing which will lead understudies to all the more likely test scores. Schools are being compelled to make spending cuts and physical education teachers are feeling a lot of the repercussions that accompany those decisions. In the examination, teachers expressed an absence of office space and furthermore an absence of satisfactory hardware.

## PHYSICAL FITNESS

Physical fitness is a well known theme today and its prevalence has been a central point in inspiring undergrads to seek after professions in physical education, physiology of activity, wellbeing education, physical treatment and drug. In 1980, the general wellbeing administration recorded physical fitness and exercise as one of the fifteen territories of concern identified with improve the nations by and large wellbeing. Dr.Dudley Sargent in 1879 set up a physical preparing program with individual exercise solutions to improve an individual's structure and capacity to accomplish that prime physical condition called fitness. The historical backdrop of fitness begins from the early man, yet during the first thousand years B.C. the significance of physical exercise for fitness was comprehended. Herodicus teacher of Hippocrates additionally suggested

exercise for physical fitness and restoration. Olympics included information about fitness, work out, sports prescription in eighteenth and nineteenth Century. In twentieth century in America, a blast in exercise for physical fitness happened. May 1983 proclaimed as National Physical fitness month[7].

## LITERATURE REVIEW

Özyalvaç, N.T. (2010) Physical education is a significant part in youngster improvement (Maher, 2016; Darst, 2014; Balsevich, 2006). Physical movement straightforwardly influences the intellectual procedures – excitation and expanded discharge of neuropilins increment the kid's confidence and influence his/her psychological action at school (Trudeau and Shephard, 2010). The kid ought to have the option to sort out his/her autonomous physical action so as to assume liability for his/her own learning (Gavrilov, Komkov and Malinin, 2005). So as to actualize this methodology, the school should give an extensive adaptation of physical education (Atencio et al., 2014)[8].

Keskin, O. (2014) As of late, sports, fitness and diversion are ending up increasingly more prominent among optional school understudies. Physical education winds up cheapened since schoolchildren lose certainty and inspiration to go to these classes (Siedentop, 1992). The lion's share physical education educational plans in auxiliary schools are incapable and can't guarantee the accomplishment of educational objectives. An enormous number of understudies state that going to physical education classes cause solid negative emotions. Teachers report that the instructive conditions don't give the likelihood to accomplish the objective of physical education. This issue can't be understood by improving or overhauling the current school programs: this requires total substitution of the current physical education model in the auxiliary school (Locke, 1992). The subsequent emergency of physical education in the auxiliary school is showed in the loss of learning inspiration in schoolchildren. The educational program doesn't urge youths to go to physical education exercises, both inside the instructional courses, and during extracurricular exercises (Gavrilov, Komkov and Malinin, 2005). Planning the new educational program ought to be founded on the uncommon needs of postmodern understudies. This involves reexamining the idea of physical education in the optional school (Tinning and Fitzclarence, 1992). The conventional class-exercise type of physical education, in view of the standard, regulating approach, never again furnishes satisfactory consistence of instructive impacts with the regularities identified with physical advancement of understudies; PE teachers working inside the framework sufficiently sort out hypothetical and down to earth exercises of understudies, showing ineffectual showing exercises (Bogdanov, 2007)[9].

Stratton, G., & Mullan, E. (2005) Being a piece of the customary physical education framework, usage of educational destinations dependent on conventional class-exercise structures doesn't enable physical education teachers to furnish engine activity learning as per the advancement of understudy engine aptitudes and capacities. This is controlled by the way that usage of the physical education educational program gives just 25 minutes to take care of one educational issue. Thusly, this doesn't permit shaping coordination capacities and engine aptitudes, giving propelled culture of developments, their relaxedness and unwavering quality[10].

İmamoğlu, C. (2011) The customary physical education framework, in view of the class-exercise structure and standard-standardizing way to deal with the association of PE exercises, that each of objective and aims overlooks distinction of every understudy and doesn't give animated improvement of engine movement in schoolchildren. This methodology makes an unmistakable impact of good association, it is independent, yet it can't give viable instructive impact, with applicable educational and preparing impact of physical activities and, thusly, in can't execute the principle errand of physical education[11].

Şahin (2012) Consequently, there is another issue: if PE teachers can't or can't furnish a PE class as per the regularities of invigorated advancement of engine characteristics (two or even three compulsory physical education exercises seven days, alongside countless yearly get-away days don't give congruity of preparing impacts), they won't have the option to show the understudies to comprehend, and to keep utilizing the said examples in the association of autonomous extracurricular PE classes. This outcomes in the low degree of positive inspiration to customary physical activities, sports, and to solid way of life in optional school understudies (Sinelnikov, Hastie and Sychev, 2000)[12].

Küçük (2004) evaluated body synthesis in fifty-three expert ladies physical education understudies anthropometrically. Leg, back and grasp quality dynamometers were utilized to gauge quality files. Arm quality was determined from each subject's draw ups and push-ups and lung limit was estimated utilizing a spirometer. The somatotype evaluations and percent fat estimations show that the P.E. understudies are commonly increasingly solid and less fat for their age than non-P.E. understudies[13].

Hergüner (2004) depicted and looked at impacts from a physical movement program and a yoga program on prosperity, temperament, stress-adapting, self-perception and social ability in sound individuals[14].

Sallis et al., (1993) assessed a wellbeing related physical education program for fourth-and fifth-grade understudies intended to increment physical

movement during physical education classes and outside of school. Seven schools were allotted to three conditions in a semi test structure. Wellbeing related physical education was instructed by physical education authorities or prepared homeroom teachers. Understudies from these classes were contrasted and those in control classes[15].

Colquitt G (2012) describes the qualities of physical education and approaches to physical action at the state, school and study hall levels in the United States. The wellness screening and intervention centers administer a school health policies and programs report such as clockwork. In 2006, PC helped phone meetings or self-controlled mail polls were finished by state education office staff in each of the 50 states in addition to the District of Columbia and among a broadly agent test of locale (n=453)[16].

Chatterjee S et al., (2003) was to analyze whether extra school practice exercises would bring about improved pinnacle oxygen take-up (essential end point) and weight record standard deviation score, engine and coordinative capacities, flowing begetter cells, and high-thickness lipoprotein cholesterol[17].

Omolayo et al., (2013) study was to approve IPAQ-short against exercise limit in Greek youthful grown-ups. 100 and 13 men and 105 ladies, matured 20-29 years, were arbitrarily chosen from a bigger populace of youthful wellbeing science understudies. A Greek rendition of IPAQshort (IPAQ-Gr) was regulated to all members before their activity limit assessment with a maximal Bruce treadmill test. Different relapse and connection examinations were utilized to examine the association between all IPAQ-Gr results with exercise limit dependent on maximal treadmill time[18].

Zahner Ramezankhani et al., (2013) led an investigation to diagram the plan of a school based randomized, controlled preliminary (RCT) intending to expand generally speaking PA and to improve fitness and wellbeing in 6-to 13-year-old kids. 15 schools were randomized to the mediation (n=9) or the control (n=6) gathering, stratified by geographic area (urban versus provincial) and by age (first and fifth grade). Investment was given for all youngsters in the intercession bunch since in this gathering the mediation was a piece of the ordinary school educational program[19].

Nia BS (2012) Physical movement, physical fitness and engine ability are significant wellbeing related develops. Be that as it may, the relationship among them, especially for kids and youths, is as yet indistinct. In this examination, directed by Hands et al., (2009) engine ability (estimated by the McCarron Assessment of Neuromuscular Development), pedometer-decided physical action and physical fitness (oxygen consuming fitness, muscle quality,

muscle continuance, adaptability and body organization) were analyzed in an accomplice of 1585 teenagers (771 young ladies, 814 young men) of mean age 14.06 years[20].

Sjögren et al., (2012) contemplated the relationship of overweight (OW, BMI  $\geq$  85th percentile) and physical movement (PA) with physical fitness in teenagers. The broadly delegate test was 1120 young men and 1146 young ladies matured 15 – 16 years. Tallness and weight were self detailed. The degree of PA depended on self detailed recurrence and span of perspiring during composed and non-sorted out movement. Fitness was estimated by sit-ups, sit and reach, fivejump, to and fro hopping, balls aptitudes, co appointment and continuance transport run tests[21].

Trost (2002) led this investigation so as to look at the following of numerous wellbeing related fitness segments in kids from fourth to 6th grade. Techniques: A battery of fitness tests was utilized to gauge 414 kids (213 young men, 201 young ladies, mean = 9.48 yr,  $\pm$  0.41) from three primary schools in Southern California. Kids were evaluated throughout the fall and spring of each evaluation[22].

Daskapan et al., (2006) investigated wellbeing related fitness esteems during youth (from age 11 to 16 years) in connection to changes in physical movement level. One hundred and fifty eight youngsters were observed over a 4-year time span. Two times every year, they performed six physical fitness tests: standing wide hop, 10 x 5 meter transport run, sit and reach, handgrip, number of sit ups in 30 s, and 20 m transport run. Stature was estimated four times each year to access age at pinnacle tallness speed[23].

Donatus (2014)[17] assessed 1. One Mile Walk/Run Cardiovascular/Aerobic Endurance 2. Total of Skin Folds Body Fat Percentage 3. Sit and Reach Flexibility (Lower Back and Hamstrings) 4. Sit Up Abdominal Strength and Endurance 5. Draw Up Upper Body Strength and Endurance of a multi-year old female. In the wake of assessing this present understudy's test, it is evident that the understudy isn't actually physically fit, however unquestionably not overweight. The one-mile walk/run, demonstrates that the understudy has had almost no presentation to cardiovascular/oxygen consuming exercises[24].

Kristian et al., (2007)[18] examined connections between pre-adult physical fitness and grown-up wellbeing related fitness. Forty five subjects (20males, 25 females) took an interest in physical fitness tests in 1976 and again in 2001. The youthful physical fitness tests were separation running (2,000m young men or 1,500m for young ladies), 50 m run, pull ups (young men) or flexed arm hangs (young ladies) transport run, a 30 sec sit up test, standing expansive hop, hand grasp test, and sit and arrive at test[25].

Erturanllker et al., (1995) a companion of around 400 young men and young ladies (mean age 13 years) were pursued over a time of 20 years. During this time the body measurements, physical fitness (8 field tests for engine executes, plate pounding, bent head, 10 x 5 m sprint, arm drag, sitting and jumping, high standing jump, 10 leg lifts, twelve minutes of stability and one examination of research center for the quantification of full oxygen-intensive strength) and physical movement have been evaluated re-assessed. [26].

LenkaKulicova,(2005) researched the prescient quality of saw capability and happiness on understudies' physical action and cardio respiratory fitness in physical education classes. Members (n = 307; 101 in Grade 6, 96 in Grade 7, 110 in Grade 8; 149 young men, 158 young ladies) reacted to polls surveying apparent skill and satisfaction in physical education, at that point their cardio respiratory fitness was evaluated on the Progressive Aerobic Cardiovascular Endurance Run (PACER) test[27].

Huddleston et al., (2002) theorized that the presentation of youngsters in wellbeing related physical fitness tests would be adversely identified with increment BMIs, and along these lines fitness tests may be utilized as a criteria for building up an increasingly proper arrangement of BMI standards. The specialists assessed the current information from an across the nation fitness overview for understudies in to inspect the connection among BMI and fitness tests. The fitness tests included: a 800/1600-m run/walk; a standing long bounce; twisted leg twist ups; and a sit and arrive at test. The BMI percentiles created from the subgroup whose test scores were superior to anything the poor quartile in every one of the four tests were contrasted and those of the entire populace and connected to the grown-up criteria for overweight and stoutness[28].

## CONCLUSION

The essential point of physical training depends on the necessities of the time and spot. Frequently, a wide range of sorts of physical training happen at the same time, the greater part of current educational systems guarantee their expectation to furnish understudies with the learning, abilities, limits, and qualities alongside the energy to keep up a sound way of life into adulthood and even in mature age. A few schools additionally require physical instruction as an approach to advance aggressive games and sports. In any case, a physical instruction educator must be skilled enough to address the issues of the school. The principle point of physical instruction instructors' preparation program is to get ready qualified and potential and proficient physical training educators not exclusively to improve the games culture in the general public

yet in addition to elevate youth wellness and to get ready sound future residents.

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