

A Comparison of Different Middle School Physical Education Programs

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Abstract – This paper investigates the logical proof that has been accumulated on the commitments and advantages of actual training and game (PES) in schools for the two kids and for instructive frameworks. Exploration proof is introduced as far as kids' advancement in various spaces: physical, way of life, full of feeling, social, and psychological. The survey proposes that PES can possibly make critical and particular commitments to improvement in every one of these spaces. It is proposed that PES can possibly make particular commitments to the advancement of kids' crucial development aptitudes and actual capabilities, which are vital forerunners of investment in later way of life and donning proactive tasks. They additionally, when properly introduced, can uphold the advancement of social abilities and social practices, confidence and preschool perspectives, and, in specific conditions, scholastic and intellectual turn of events. The survey additionally focuses on that large numbers of these advantages won't really result from investment, fundamentally; the impacts are probably going to be intervened by the idea of the connections among understudies and their educators, guardians, and mentors who work with them. Settings that accentuate positive encounters, portrayed by pleasure, variety, and the commitment of all, and that are overseen by submitted and prepared educators and mentors, and steady and educated guardians, altogether impact the personality of these proactive tasks and improve the probability of understanding the expected advantages of interest.

Keywords: Middle School, Physical Education

INTRODUCTION

The potential for [physical activity] practices, learned in youth, to be brought through to adulthood and effect on wellbeing, combined with the age-related decreases in actual work from adolescence to pre-adulthood, makes for a basic need to comprehend the indicators, predecessors and determinants of such practices".

The advantages of actual work are grounded. Active work seems to advance psychological well-being in grown-ups and improves confidence in youngsters. It has a defensive impact against coronary illness and a few diseases and furthermore has been recognized as significant corresponding to weight support and counteraction of corpulence. Actual latency has been related with a wide scope of ongoing sicknesses including coronary illness, stroke, bosom malignant growth, colorectal disease and diabetes. Cardiovascular sicknesses (CVD) represent around 37% of absolute passings on the planet every year and diseases represent a further 27%. It is assessed that inactive ways of life

represent 33% of all passings from major constant sicknesses, for example, coronary illness, disease and diabetes. Among youngsters, the wellbeing related advantages of being dynamic include: solid development and advancement of them musculoskeletal and cardiorespiratory frameworks; support of energy balance; evasion of early danger factors for CVD; openings for social communication; and positive mental prosperity. Current rules suggest that all youngsters ought to partake in active work of at any rate moderate force for one hour out of each day (HEA, 1998). A critical reason for the examination is to advise the advancement regarding proper, age-explicit active work projects and mediations. Under the umbrella of the wellbeing improvement plan, there is likewise expanding interest in life changes. For youngsters, these include: common advances, for example, the physical and passionate changes happening during pubescence and the progress from youth to youthfulness and from immaturity to adulthood; social advances, for example, changes in family structure and companion gatherings; and institutional change, explicitly the change from essential to auxiliary and center school and from

optional school on to additional training or work. Exploration has distinguished the essential to optional and center school change as of key significance. The current examination means to investigate the effect of these changes on actual work in youngsters and consequently add to the creating assemblage of exploration in this significant territory. The general wellbeing effect of actual dormancy features the need to more readily get examples and determinants of active work support in school-matured youngsters. Past investigations have reliably archived age-related decreases altogether actual work during puberty, with additional abatements happening in early adulthood. Nonetheless, less data is accessible with respect to what establishes these progressions and examples of determinants for populace sub gatherings. For sure, understanding the variables which add to the decrease in active work among youths is basic for the advancement of compelling projects to advance actual work in youngsters. The current examination investigates active work conduct across a scope of settings and explores a wide assortment of elements which may effect on actual work cooperation. These elements are investigated according to age and class/norms.

Quality, every day actual training in the country's schools is a significant piece of an understudy's thorough, balanced instruction program and a methods for decidedly affecting deep rooted wellbeing and prosperity. The ideal actual schooling project will encourage a lifetime obligation to active work as a feature of a sound way of life. At last, improved composed school wellbeing programs, of which actual training is a focal part, will expand other avoidance endeavors and help to turn around the developing plague of youth corpulence which takes steps to fix many years of progress in the battle against cardiovascular infection. Compelling endeavors made currently will assist kids with evading a long period of persistent sickness and inability. Normal active work is related with a better, longer life and with a lower danger of coronary illness, hypertension, diabetes, weight, and a few malignant growths. Current suggestions are for youngsters to participate in at any rate an hour of active work every day. Youngsters go through over a large portion of their day in school, so it is sensible to necessitate that they ought to get in any event 30 minutes of that time in school. Actual schooling ought to be a significant piece of that prerequisite and accomplishes more than give a few minutes of moderate-incredible action. It additionally opens understudies to lifetime exercises and a show understudies how to incorporate exercise into their lives. Since youth stoutness rates keep on increasing the nation over, there is public help for more actual training in schools. An examination led by Opinion Research Corporation International for the National Association for Sport and Physical Education (NASPE) in 2003 demonstrated that 81 % of grown-ups accept that day by day actual

instruction ought to be compulsory in schools. In a methodical audit of actual schooling programs that expanded the measure of time that understudies were genuinely dynamic, understudies' oxygen consuming and actual wellness expanded. Furthermore, changing the school actual instruction educational plan was powerful across different racial, ethnic, and financial gatherings, among young men and young ladies, rudimentary and center school understudies, and in metropolitan and rustic settings.

Ongoing examination shows that customary exercise can reestablish vein work and improve cardiovascular danger factors in fat youngsters. A six-month practice program diminished weight file, diabetes hazard factors and lowdegree aggravation. Proof from the Early Childhood Longitudinal Study distributed in 2004 demonstrated that actual training programs do have an effect in battling youth stoutness, particularly in youthful juvenile young ladies. Simply an additional hour of activity seven days reduced stoutness in youthful over weight young ladies. Advantages reach out past progress in wellbeing status. Studies in California propose that youngsters who are all the more actually fit perform better on normalized math and perusing test scores. Sallis et al demonstrated that youngsters who partook in school actual training programs didn't encounter a destructive impact on their state sanctioned grades. despite the fact that less time was accessible for other scholarly subjects. an imminent report with 6th graders that albeit scholastic accomplishment was not essentially identified with actual schooling enlistment, higher evaluations were related with energetic movement, especially action meeting suggested Healthy People 2010 levels.

As indicated by NASPE, excellent actual schooling program upgrades the physical, mental, and social/enthusiastic advancement of each kid and fuses wellness training and evaluation to help youngsters comprehend, improve or potentially keep up their actual prosperity. To battle the diminishing degrees of actual work in numerous youngsters, wellbeing experts are calling upon center and secondary school actual training to furnish understudies with the aptitudes and information important to turn out to be genuinely dynamic for a lifetime. To achieve this objective in actual training, it is basic that understudy mentalities be viewed as when settling on curricular and program choices. Because of the set number and moderately limited extent of past examinations done about perspectives towards actual work in the Indian setting, this examination plans to research the center school understudies' disposition toward actual training and sports program in the three southern locale of India. The Government of India has presented actual instruction and sports program for the understudies concentrating in the state directly from 6th standard onwards. Further, appropriate

schedule for actual schooling and sports programs were outlined for each class from VI to VIII and estimations for actual wellness levels, sports interest were likewise recommended by specialists. Whatever be the guidelines spread out by specialists, it is the disposition of the understudies which decide the achievement or disappointment of an instructive program. In this setting the scientist was intrigued to discover for what are the preferences of the center school understudies in the actual training and sports program being actualized in their schools.

Physical Education Program

Like some other subject, actual training is instructed as a center subject. The understudies are tried intermittently for functional and hypothetical information. It is relied upon of an understudy to accomplish a base degree of capability. Hence, for the operational motivation behind this exploration, the projects executed, that is, showing actual instruction with indicated schedule during school hours and after school hours is considered as actual training program.

Sports Program

For the operational purposes of this research, sports programs are teaching fundamental skiUs in various sports and games and making students to participate in such games during school hours and after school hours.

Middle School Students

Students studying in standards VI, VII and VIII were considered as middle school students for this study.

REVIEW OF LITERATURE

It is in every case better to know the assessments and proposals of specialists and past analysts on the side of the examination attempted. An all-encompassing perspective on the connected writing gets vital to have an obvious comprehension toward this path. It is by and large recognized that the scientist should be discerning of the writing in his general vicinity of interest prior to leaving upon an exploration project. It is important to discover the cutting edge which figures out what is known regarding the matter, what questions have ascended from past work, which are needed for the examination and advantages can be acquired from the experience of different examinations. The current clarification of writing anyway makes it very hard for the researchers to stay aware of the most recent data in this field. A genuine and insightful endeavor has been made by the agent to experience the important writing. A concise audit of the investigations identified with the issue is portrayed to get a full image of how has been managed respect to the issue under examination.

Reference of exploration materials from the books, periodicals, diaries, etceteras was gathered to achieve a profound and away from of the field of study, some of which are introduced in the accompanying heads:

1. Appraisal of Attitudes
2. Mentalities of Students towards Physical Education
3. Mentalities of Students towards Sports
4. Perspectives of Middle School Students towards Physical Education and Sports Programs

Evaluation of Attitude

Pull and Aguayo (2010) analyzed strategies that have been utilized to survey different parts of self-perception discernment and bodyimage perspectives in weight. It sums up discoveries from past audit articles and reports on new exploration discoveries that have been distributed between August 2007 and August 2010. Self-perception insight and perspectives in stoutness have been evaluated utilizing polls, figural drawing scales and PC transforming or change programs. The majority of these methods have been created to survey self-perception in dietary issues and as such are not explicit to the evaluation of self-perception in weight. Self-perception insight and self-perception mentalities are ordinarily surveyed in examination concentrates on heftiness. Notwithstanding, presently accessible appraisal instruments have not been grown explicitly for use in hefty populaces and not all have been approved in these populaces. Analysts ought to be cautious in choosing evaluation instruments that are proper for use in corpulence.

Erdemir F, Kav S, Citak EA, Hanoglu Z and Karahan A (2010) announced that approved instruments are required to consider perspectives toward elderly individuals. Point of this investigation was to survey the dependability and legitimacy of a Turkish adaptation of KAOP among personnel of wellbeing sciences (wellbeing the board, nourishment and dietetics, nursing, active recuperation, social laborers and sports) understudies (n=594) at a college. The scale was interpreted utilizing the backtranslation method. A two-stage information assortment configuration was utilized. A month following the primary finish, another KAOP structure was given. Content legitimacy, build legitimacy, interior consistency, and security dependability were evaluated. Scores were somewhere in the range of 86 and 175. The examination test revealed somewhat uplifting mentalities (132.9+14.74). The entirety of the 34 things were found to have critical thing to-add up to relationships. The substance legitimacy file was 0.94. The Cronbach's alpha was 0.84 for the

complete scale. The Turkish adaptation of the KAOP can be viewed as dependable and substantial scale for surveying the mentalities toward more seasoned individuals.

Baptista MN, Magna LA, McKay D and Del-Porto JA (2010) looked at scores from the subscales of the Obsessive Beliefs Questionnaire (OBQ-87), created by the Obsessive-Compulsive Cognitions Working Group (OCCWG, 2001), in 24 patients from an OCD center (OCD) and 24 patients from a Medical Clinic (MC) for walking and persistent illnesses. All OCD patients were analyzed utilizing the SCID, and the OCD part of the SCID was utilized to preclude patients with OCD from the MC gathering. The Yale-Brown Obsessive-Compulsive Scale (YBOCS) and Dysfunctional Attitudes Scale (DAS) were likewise directed. The outcomes showed that, as opposed to forecasts, in the areas of Tolerance for Uncertainty, Threat assessment. Obligation and Perfectionism, the MC bunch introduced higher scores than the OCD gathering. Similar discoveries happened with DAS, which was altogether connected with the OBQ. Potential clarifications for these discoveries are examined, just as proposals for future exploration with the two gatherings.

Jensen-Doss and Hawley (2010) inspected clinician perspectives toward normalized appraisal devices. There were 1,442 youngster clinicians who gave suppositions about the psychometric characteristics of these apparatuses, their advantage over clinical judgment alone, and their common sense. Doctoral-level clinicians and therapists communicated more certain appraisals in each of the three spaces than master's-level clinicians and non-analysts, individually, albeit just the disciplinary contrasts stayed huge when indicators were inspected all the while. Every one of the three mentality scales were prescient of normalized evaluation device use, albeit functional concerns were the most grounded and just free indicator of utilization.

Helene L. Lipton, Cindy J. Lai, Timothy W. Cutler, Amanda R. Smith, and Marilyn R. Stebbins (2010) decided if a peer-to-peer schooling program was a practical and viable way to deal with improve information and advance between proficient correspondence and coordinated effort. Prepared drug store understudies showed nursing understudies, clinical understudies, and clinical inhabitants about the Medicare Part D doctor prescribed medication advantage (Part D), in 1-to 2-hour addresses. Students finished a review instrument to survey the adequacy of the introduction and their mentalities toward the distributed instructional arrangement. Students emphatically or fairly concurred that the shared organization was powerful in giving Part D schooling (99%) and advanced between proficient joint effort (100%). Subjective information featured the program's clinical significance, esteem in advancing between proficient cooperation, and effect on

changing perspectives about the jobs and commitments of drug specialists. The Part D companion instructor program is an inventive method to scatter contemporary wellbeing strategy data quickly, while encouraging between proficient cooperation.

Mohler MJ, D'Huyvetter K, Tomasa L, O'Neill L and Fain MJ (2010) revealed that clinical understudies belittle the wellbeing and practical status of local area staying more established grown-ups and have little involvement with wellbeing advancement meeting or endorsing active work. The objective was to give third-year University of Arizona clinical understudies with a chance to acquire a more extensive and proof based comprehension of solid maturing, with explicit spotlight on actual work and social commitment. Understudies occupied with one-on-one discussions with solid more seasoned grown-up coaches and rehearsed evaluation, talking and remedy guiding for actual work and social help. This 2-hour required intelligent instructive contribution improved understudy perspectives and information about solid maturing and gave active wellbeing advancement advising experience.

'Shah P, Misra A, Gupta N, Hazra DK, Gupta R, and Seth. P., (2010) archived that expanding predominance of youth heftiness calls for extensive and practical educative measures in non-industrial nations, for example, India. School-based educative projects extraordinarily impact youngsters' conduct towards solid living. They expected to assess the effect of a school-based wellbeing and nourishing instruction program on information and conduct of metropolitan Asian Indian younger students. Benchmark appraisal of guardians and instructors was additionally done. They taught 40 196 kids (matured 8-18 years), 25 000 guardians and 1500 instructors about wellbeing, nourishment, active work, non-transferable sicknesses and solid cooking rehearses in three urban areas of North India. A pre-tried poll was utilized to evaluate arbitrarily chosen 3128 youngsters, 2241 guardians and 841 instructors before mediation and 2329 kids after intercession. Low gauge information and conduct scores were accounted for in 75-94 % government and 48-78 % non-public school youngsters, across all age gatherings. A little extent of government younger students offered right responses about protein (14-17 %), starches (25-27 %) and immersed fats (18-32 %). Non-public school youngsters, guardians and educators performed essentially in a way that is better than government school subjects ($P < 0.05$). Following the intercession, scores improved in all youngsters independent of the sort of school ($P < 0.001$). A fundamentally higher improvement was seen in more youthful youngsters (matured 8-11 years) as contrasted and those matured 12-18 years, in females contrasted and guys and in government schools contrasted and tuition based schools ($P <$

0.05 for all). Significant holes exist in wellbeing and sustenance related information and conduct of metropolitan Asian Indian kids, guardians and instructors. This fruitful and thorough educative intercession could be fused in future school-based wellbeing and dietary training programs.

Vijayapushpam T, Antony GM, Rao GM and Rao DR (2010) surveyed the effect of a homeroom based nourishment and wellbeing instruction mediation among understudy local area volunteers in improving their insight on individual points. Theme savvy information change among understudy volunteers on individual subjects (21 inquiries identified with sustenance and wellbeing, eight inquiries identified with irresistible illnesses and two inquiries identified with weight and hypertension) relating to nourishment and wellbeing was assessed at pattern and after mediation, utilizing the McNemar test. Six unique schools subsidiary to Osmania University, Andhra Pradesh, India. 600 and 87 understudy volunteers under the National Service Scheme, of the two sexual orientations, normal age 19 years. A critical mean improvement of 11.36 (sd 8.49, $P < 0.001$) was seen in the general nourishment and wellbeing information scores of the understudy volunteers after the schooling mediation. The McNemar test demonstrated that information on individual subjects identified with energy, proteins, fats, young adult stage, corpulence, some way of life illnesses and irresistible sicknesses improved altogether ($P < 0.01$). No critical ($P > 0.05$) improvement was seen in information on the nourishing substance of milk and grew grams, hypertension, HIV/AIDS, ELISA and intestinal sickness. Subjects on which our instructive intercession couldn't achieve huge information improvement have been recognized and appropriate adjustments can be completed to fortify them.

OBJECTIVE

1. The study is significant in assessing the attitudes of middle school students towards physical education programs.
2. The study is significant in assessing the attitude of middle school students towards sports and games participation in the schools.

RESEARCH METHODOLOGY

The reason for this investigation is to quantify the disposition of center school understudies towards actual training and sports program. In this part the choice of subjects, factors, strategy for pooling proclamations to evaluate mentalities towards actual schooling and sports program, pilot study, measurable procedure utilized are portrayed.

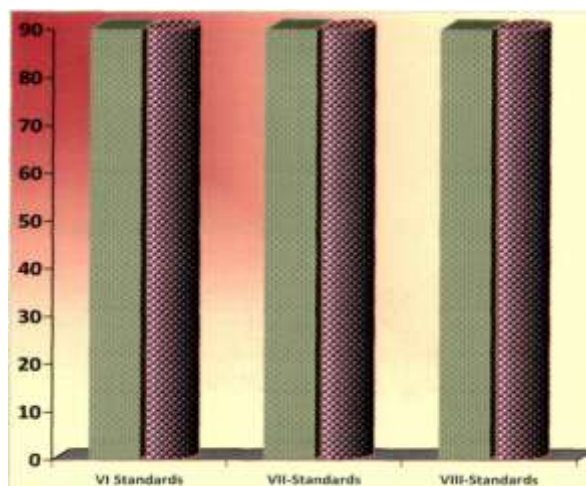
ANALYSIS OF DATA

The research utilised the 'analytical methodology,' which is one of the approaches of comparative education. Techniques such as exposure, definition, examining were often used, on the other side. In terms of the similarities and discrepancies between the content, subject, achievement, weekly course hours, and the comparison of the hours with other courses, physical education and sports curricula are contrasted in each by utilising these strategies and methods. This research investigated the programme for physical activity and athletics and the weekly timetable of courses in both India and India. Under this framework, the data were collected with the assistance of relevant theses, legislation and web pages of the Ministries' relative units. The mentality of center school understudies are gathered through an all-around arranged survey from among 540 subjects. The class astute circulation of the respondents is introduced in table-4.1.

Table 1 Class Wise Distribution of Respondents

S.No.	Class	Boys	Girls	Total
		No.	No.	No.
1	VI	90	90	180
2	VII	90	90	180
3	VIII	90	90	180
	Total	270	270	540

The population distributions of the subjects were presented through diagram in figure-I for better understanding of the results. Figure II Graphical Representation of the Population Distribution of the Subjects - Class Wise



The Analysis of the Physical Education and Sports Course in India

Please notice, the school year 2015-2016 comprises of 36 weeks. Calculations are done accordingly. It can be shown that the Indian class is in first place when Table 1 is investigated, followed by Mathematics in second place, Physical Education in 3rd place and English lessons in 4th place. In the other side, up to 2 (4) hours may be

chosen as elective classes in middle and high schools. A total of 33 compulsory courses are elective in India from 1st to 12th grade and 21 hours in 5-8th grade, 40 hours in 9th-12th grade (religious courses and principles courses are the same in middle and high school) are elective. With the rise in field selection, the number and hours of elective courses are changing, particularly in high schools. On the basis of training hours and weekly class hours, all these elective and compulsory courses can vary and some of them may remain the same. The syllabuses for physical education compose of the Academic Realms, the Sub Learning Domains and the related accomplishments. From 1st class through 12th grade, there are also parallels and variations. The lesson on physical activity and athletics comprises of the following three parts. Sports and Physical Activity Lesson for Primary School (1-4th Grades). Physical Fitness and Leisure Lesson at Middle School (5-8th Grades)[14]. Physical Activity and Sports Lesson in High School (9-12th Grades). Moreover, the elective Sport and Physical Activity course also occurs in the 5-8th grades.

Table 2. The comparison of the Physical Education and Sports course hours (4+4+4) with certain courses within the curriculum (4+4+4)

Courses	Annual class hours in compliance with grades (4+4+4)												Annual Totals		
	1	2	3	4	5	6	7	8	9	10	11	12	Total class hours	Primary school total class hours	Middle school total class hours
1 India	360	360	288	288	216	216	180	180	180	180	180	180	2808	1296	792
2 Mathematics	380	380	380	180	180	180	180	180	216	216	-	-	3872	720	720
Physical education and sport / Game and physical activities	380	380	380	72	72	72	72	72	72	72	72	72	1188	612	288
4 English	-	72	72	72	108	108	144	144	108	72	72	72	1044	216	504

Table 3. The Comparison of the Weekly Course Hours (5+4+3(4)) of Physical Education and Sports Lessons with certain Courses within the Curriculum

Courses	Annual class hours in compliance with grades (5+4+3(4))													Annual Totals		
	1	2	3	4	5	6	7	8	9	10	11	12	13	Total class hours	Primary school total class hours	Middle school total class hours
1 India	259	259	259	222	185	185	185	185	140	148	148	148	128	2431	1184	695
2 Mathematics	185	185	185	185	185	148	148	148	105	99	99	64	64	3921	925	549
Physical education and sport	74	74	74	74	74	74	74	74	70	74	74	66	64	940	370	292
4 English	-	37	37	37	37	74	74	70	111	99	99	96	771	111	255	405

ANALYSES OF THE PHYSICAL EDUCATION AND SPORTS LESSONS

There seems to be a total of 26 courses in the India curriculum between the 1st and 13th grades when Table 2, 3 is investigated. Over the years, the

density of the courses may differ, but certain classes may remain the same. It requires two hours a week for physical activity and athletic lessons and does not adjust over the duration of grades 1 to 13. (Due to the required processes for graduation, the classes in the last grades in middle and high schools in India end sooner. This is the explanation behind the discrepancy shown in Table 3). Percentage of containment of sports divisions of physical education and sports lessons in India Physical education and sports in India comprises of a wide variety of sports events and games. As part of the quality of the Physical Education course, anthropometric assessments take place at the beginning of the year (height, weight, diameter and peripheral measurements) and bio motor tests (capriole, driving, balance, etc.) are tested. The material of primary school courses typically comprises of 50% of games, 50% of sports and gymnastics. However, in middle school, the number of games is limited and the content is geared into sports strategies. Sport theory is learned in high school as an addition to strategies inside the material. Emphasized points: In the curriculum between 1st and 13th grades, anthropometric (height, weight, etc.) bio motoric (durability, speed, strength, balance, etc.) assessments, athletics, gymnastics, diving, picnics and sports events take place. The material of the India physical education and sports course comprises of 20% athletics, 20% gymnastics, 26% collective sports and 13% human sports. In the other side, 21 per cent of lessons are used in the programme in line with current opportunities, analytical lessons and natural motions. Outside of the courses, picnics, diving and athletic events are planned.

LIMITATIONS

This study was limited in respect of the following and these limitations will be taken into consideration while interpreting the results.

1. Mentalities are affected by numerous elements like financial status, managerial variables, climate etcetera no was made in this investigation to relate the impact of any such factor in the arrangement of one's demeanor.
2. The demeanor of instructors, guardians and school specialists might have affected the subjects' mentality and no endeavor was made in this investigation to relate this viewpoint, which would be taken as a constraint to this examination.
3. This examination was restricted to those understudies who give composed consent and parental assent structures. Moreover, this examination was restricted by the

reactions given by the center school understudies inspected.

4. In spite of the fact that subjects were urged to react sincerely and truly to review questions, reaction earnestness may change.
5. Scholarly accomplishments, sports accomplishments and actual wellness status of the subjects were not considered in this investigation.

CONCLUSION

In this Paper, the investigation is summed up by including the reason for request, and ends dependent on the discoveries of this examination. Future examination examinations are additionally suggested in this outline. The great point of training is the aggregate and agreeable advancement of individuals. Advancement of wellbeing and wellness is acknowledged as one of the primary goals of schooling. Actual Education fills in as a vehicle for person's absolute training, that is, physical, mental, enthusiastic, and scholarly turn of events. A demeanor is a psychological condition of preparation, coordinated through experience, applying an immediate powerful impact upon the person's reaction to all the articles and circumstances with which it is connected.

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