### Appendix-A

Format for the children’s Attitude Toward Activity Inventory*

How do you feel about the idea in the box?

<table>
<thead>
<tr>
<th>Physical Activity for Health and Fitness</th>
</tr>
</thead>
<tbody>
<tr>
<td>Taking part in physical activities to make your health</td>
</tr>
<tr>
<td>Better and to get your body in better condition</td>
</tr>
</tbody>
</table>

Always think about the idea in the box.

1. **Good**
   - 1 2 3 4 5 6 7

2. **Of no use**
   - 1 2 3 4 5 6 7

3. **Not Pleasant**
   - 1 2 3 4 5 6 7

4. **Bitter**
   - 1 2 3 4 5 6 7

5. **Nice**
   - 1 2 3 4 5 6 7

6. **Happy**
   - 1 2 3 4 5 6 7

7. **Dirty**
   - 1 2 3 4 5 6 7

8. **Steady**
   - 1 2 3 4 5 6 7

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1. Physical activity as a social experience: Physical activities that give you a chance to meet new people and be with your friends.
2. Physical activity for health and fitness: Taking part in physical activities to make your health better and to get your body in better condition.

3. Physical activities as a thrill but involving some risk: Physical activities are dangerous. They also can be Exciting because you move very fast and must change directions quickly.

4. Physical activity as the beauty in human movement: Physical activities that have beautiful Movements. Examples are ballet dancing, gymnastics-tumbling, and figure skating on ice.

5. Physical activity for the release of tension: Taking part in physical activities to get away from problems you might have. You can also get away from problems by watching other people in physical activities.

6. Physical activity as long as long and hard training: Physical activity that have long and hard practices.

To spend time in practice you need to give up other things you like to do.

Each dimension is rated on the basis of eight pairs of bipolar adjectives, which are separated by a 7 point continuum. Figure 19.6 illustrates one dimension with the bipolar adjectives.

*Scoring.* Each of the six scales is scored separately. The maximum score for each dimension is 56.
Appendix - B

SPORT ORIENTATION QUESTIONNAIRE

Competitiveness sub scale: The competitive questions asked in the SOQ were
1. I am a determined competitor
2. I am a competitive person
3. I try my hardest to win
4. I look forward to competing
5. I enjoy competing against others
6. I thrive on competition
7. My goal is to be the best athlete possible
8. I want to be successful in sports
9. Work hard to be successful in sports
10. The best test of my ability is competing against others
11. I look forward to the opportunity to test my skills in competition
12. I perform my best when competing against an opponent
13. I want to be the best every time I compete

Win orientation sub scale: The win orientation questions asked in the SOQ were

1. Winning is important
2. Scoring more points than my opponent is very important to me
3. I hate to lose
4. The only time I am satisfied is when I win
5. Losing upsets me
6. I have the most fun when I win

Goal orientation sub scale: The goal orientation questions asked in the SOQ were

1. I set goals for myself when I compete
2. I am most competitive when I try to achieve personal goals
3. I try hardest when I have a specific goal
4. Performing to the best of my ability is very important to me
5. Reaching personal performance goals is very important to me
6. The best way to determine my ability is to set a goal and try to reach it

APPENDIX-C
Rotter's Locus of Control Scale

1. a. Children get into trouble because their parents punish them too much.
   b. The trouble with most children nowadays is that their parents are too easy with them.

2. a. Many of the unhappy things in people's lives are partly due to bad luck.
   b. People's misfortunes result from the mistakes they make.

3. a. One of the major reasons why we have wars is because people don't take enough interest in politics.
   b. There will always be wars, no matter how hard people try to prevent them.

4. a. In the long run people get the respect they deserve in this world
   b. Unfortunately, an individual's worth often passes unrecognized no matter how hard he tries

5. a. The idea that teachers are unfair to students is nonsense.
   b. Most students don't realize the extent to which their grades are influenced by accidental happenings.

6. a. Without the right breaks one cannot be an effective leader.
   b. Capable people who fail to become leaders have not taken advantage of their opportunities.

7. a. No matter how hard you try some people just don't like you.
   b. People who can't get others to like them don't understand how to get along with others.

8. a. Heredity plays the major role in determining one's personality
   b. It is one's experiences in life which determine what they're like.

9. a. I have often found that what is going to happen will happen.
b. Trusting to fate has never turned out as well for me as making a decision to take a
definite course of action.

10. a. In the case of the well prepared student there is rarely if ever such a thing as an
unfair test.

b. Many times exam questions tend to be so unrelated to course work that studying in
really useless.

11. a. Becoming a success is a matter of hard work, hick has little or nothing to do with it.

b. Getting a good job depends mainly on being in the right place at the. right time.

12. a. The average citizen can have an influence in government decisions.

b. This world is run by the few people in power, and there is not much the little guy can
do about it.

13. a. When I make plans, I am almost certain that I can make them work.

b. It is not always wise to plan too far ahead because many things turn out to- be a matter
of good or bad fortune anyhow.

14. a. There are certain people who are just no good.

b. There is some good in everybody.

15. a. In my case getting what I want has little or nothing to do with luck.

b. Many times we might just as well decide what to do by flipping a coin.

16. a. Who gets to be the boss often depends on who was lucky enough to be in the right
place first.

b. Getting people to do the right thing depends upon ability, luck has little or nothing to
do with it.

17. a. As far as world affairs are concerned, most of us are the victims of forces we can
neither understand, nor control.

b. By taking an active part in political and social affairs the people can control world
events.
18. a. Most people don't realize the extent to which their lives are controlled by accidental happenings.
b. There really is no such thing as "luck."

19. a. One should always be willing to admit mistakes.
b. It is usually best to cover up one's mistakes.

20. a. It is hard to know whether or not a person really likes you.
b. How many friends you have depends upon how nice a person you are.

21. a. In the long run the bad things that happen to us are balanced by the good ones.
b. Most misfortunes are the result of lack of ability, ignorance, laziness, or all three.

22. a. With enough effort we can wipe out political corruption.
b. It is difficult for people to have much control over the things politicians do in office.

23. a. Sometimes I can't understand how teachers arrive at the grades they give.
b. There is a direct connection between how hard I study and the grades I get.

24. a. A good leader expects people to decide for themselves what they should do.
b. A good leader makes it clear to everybody what their jobs are.

25. a. Many times I feel that I have little influence over the things that happen to me.
b. It is impossible for me to believe that chance or luck plays an important role in my life.

26. a. People are lonely because they don't try to be friendly.
b. There's not much use in trying too hard to please people, if they like you, they like you.

27. a. There is too much emphasis on athletics in high school.
b. Team sports are an excellent way to build character.

28. a. What happens to me is my own doing.
b. Sometimes I feel that I don't have enough control over the direction my life is taking.

29. a. Most of the time I can't understand why politicians behave the way they do.

b. In the long run the people are responsible for bad government on a national as well as on a local level.

http://itech.fgcu.edu/cgi-bin/lchallenges/survey/surveys.html