Abstract

The purpose of this study was to investigate attitudes toward physical activity and physical fitness of sixth and ninth grade school sports participant and non-participant students and attitude towards teaching physical activity and physical fitness of pre-service and in-service physical education teachers’ from English medium schools from Pune City. The researcher developed two different scales for assessing attitude of students and teachers namely Students’ Attitudes toward Physical Activity and Physical Fitness (SAPAPF) & Teachers’ Attitude towards Teaching Physical Activity and Physical Fitness (TATPAPF). The attitude measurement then was subjected to comparisons between groups of students. The researcher has examined attitude of pre-service and in-service teachers towards teaching physical activity as per gender, and length of teaching experience. The study has also investigated the relationship between the teachers’ attitude and its influence on students’ attitudes. For the descriptive survey, a large sample was selected in multiple phases. From 28 schools selected using convenience sampling technique, a total of 2911 students from one division each of Grade VI and Grade IX were selected using random sampling technique. Seventy two in-service P.E teachers from the selected schools offered to participate in the survey while 116 pre-service P.E. teachers participated in measurement of attitude toward teaching physical activity and physical fitness. On observing the descriptive statistics for groups of students it can be seen that the mean attitude scores (ranged from 25.25 to 32.20) of all the students in all the dimensions was positive. As the students progress from grade VI to grade IX, it is seen that students of grade IX possess more positive attitudes and sports participants showed more favorable attitudes in all the dimensions except aesthetic experience. It was concluded that gender and length of teaching experience do not influence teachers’ attitude towards teaching physical activity and physical fitness but the stage of service influences the attitudes, the pre-service teachers showed more positive attitude towards teaching PA & PF. It was also concluded that teachers’ attitude towards teaching physical activity and physical fitness has an impact on students’ attitudes toward physical activity and physical fitness.