APPENDICES
Personal Bio Data of the Subject

1. Name ___________________________________ Roll No. ______ Class ______
2. College/University ___________________________ 
3. State/Native Place __________________________ Rural/Urban
4. Are you SC/ST/Minority ______ Yes/No
5. Date of Birth ____________________________
6. Name of the Game _________________________ Playing position/Event
7. Sports Achievements: 
   i) Distt./Inter College
   ii) Inter Distt./Inter-University
   iii) State/National
   iv) International

Signature of the students

Score Card

1. Motor Fitness Tests:
   i) Standing Long Jump 1. ______ 2. ______ ft/in.
   ii) Shuttle Run 1. ______ 2. ______ sec.
   iii) 50 yards dash 1. ______ 2. ______ sec.
   iv) 600 yards run walk 1. ______ 2. ______ min./sec.

2. Height .................. (Inches) Weight ................. kgs.

3. Physiological Tests:
   1. Blood Pressure (mm. of Hg.)
      Lying. Sys. 1 ______ Inverted Sys. 1 ______
      Diast. 2 ______ Diast. 2 ______
   2. Sitting Pulse Rate (/min.)
      1. _________
      2. _________
   3. Haemoglobin (gms./100 ml of Blood.) 1. _________ gm/blood.

4. Anthropometric Measures (mm)
   1. Abdominal skinfold 1. _________ 2. _________ 3. _________ Aver.
   2. Scapula skinfold 1. _________ 2. _________
   3. Thigh skinfold 1. _________ 2. _________

5. Psychological Variables:
   1. Personality Score
      i. Extraversion (e) ______
      ii. Psychoticism (P) ______
      iii. Neuroticism (N) ______
      iv. Lie (Social desirability) (L) ______
   2. Attitude towards Physical Activity (ATPA) ______

Investigator
PERSONALITY QUESTIONNAIRE
(H.E./J.H./P.K.)

Name..........................Class........................Roll No.________
College/University......................

Instructions

Please answer each question by putting a circle around the 'YES' or the 'NO' following the question. Work quickly and do not think too long about the exact meaning of the question.

Please remember to answer each question:

1. Do you have many different hobbies? Yes No
2. Does your mood often go up and down? Yes No
3. Have you ever taken the praise for something you know someone else had really done? Yes No
4. Are you a talkative person? Yes No
5. Do you ever feel “just miserable” for no reason? Yes No
6. Were you ever greedy by helping yourself to more than your share of anything? Yes No
7. Do you look up your house carefully at night? Yes No
8. Are you rather lively? Yes No
9. Would it upset you a lot to see a child or an animal suffer? Yes No
10. Do you often worry about things you should not have done or said? Yes No
11. If you say you will do something, do you always keep your promise, no matter how inconvenient it might be? Yes No
12. Can you usually let yourself go and enjoy yourself at lively party? Yes No
13. Are you an irritable person? Yes No
14. Have you ever blamed someone for doing something you know was really your fault? Yes No
15. Do you enjoy meeting new people? Yes No
16. Do you believe insurance schemes are a good idea? Yes No
17. Are your feelings easily hurt? Yes No
18. Are all your habits good and desirable ones? Yes No
19. Do you tend to keep in the background on social occasions? Yes No
20. Would you take drugs which may have strange or dangerous effects? Yes No
21. Do you often feel “fed up”? Yes No
22. Have you ever taken anything (even a pin or button) that belonged to someone else? Yes No
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<tr>
<th>Question</th>
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<td>23. Do you like going out a lot?</td>
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<td>24. Do you enjoy hurting people you love?</td>
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<td>25. Are you often troubled about feelings of guilt?</td>
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<td>26. Do you sometimes talk about things you know nothing about?</td>
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<td>27. Do you prefer reading to meeting people?</td>
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<td>28. Do you have enemies who want to harm you?</td>
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<td>29. Would you call yourself a nervous person?</td>
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<td>30. Do you have many friends?</td>
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<td>31. Do you enjoy practical jokes that can sometimes really hurt people?</td>
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<td>32. Are you a worrier?</td>
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<td>33. As a child did you do as you were told immediately and without grumbling?</td>
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<td>34. Would you call yourself happy-go-lucky?</td>
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<td>35. Do good manners and cleanliness matter much to you?</td>
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<td>36. Do you worry about awful things that might happen?</td>
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<td>37. Have you ever broken or lost something belonging to someone else?</td>
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<td>38. Do you usually take the initiative in making new friends?</td>
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<td>39. Are you mostly quiet when you are with other people?</td>
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<td>40. Do you think marriage is old fashioned and should be done away with?</td>
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<td>41. Do you sometimes boast a little?</td>
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<td>42. Can you easily get some life into a rather dull party?</td>
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<td>43. Do you worry about your health?</td>
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<td>44. Do you like telling jokes and funny stories to your friends?</td>
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<td>45. Do most things taste the same to you?</td>
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<td>46. As a child were you ever cheeky to your parents?</td>
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<td>47. Do you like mixing with people?</td>
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<td>48. Does it worry you if you know there are mistakes in your work?</td>
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<td>49. Do you suffer from sleeplessness?</td>
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<td>50. Do you always wash before meal?</td>
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<td>51. Do you nearly always have a &quot;ready answer&quot;?</td>
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<td>52. Do you like to arrive at appointments plenty of time?</td>
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<td>53. Have you often felt listless and tired for no reason?</td>
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54. Have you ever cheated at a game?  Yes No
55. Do you like doing things in which you have to act quickly?  Yes No
56. Is (or was) your mother a good woman?  Yes No
57. Do you often feel life is very dull?  Yes No
58. Have you ever taken advantage of someone?  Yes No
59. Do you often take on more activities that you have time for?  Yes No
60. Are there several people who keep trying to avoid you?  Yes No
61. Do you worry a lot about your looks?  Yes No
62. Have you ever wished that you were dead?  Yes No
63. Would you dodge paying taxes if you were sure you could never be found out?  Yes No
64. Can you get a party go?  Yes No
65. Do you try not to be rude to people?  Yes No
66. When you catch a train do you often arrive at the last minute?  Yes No
67. Do you suffer from "nervousness"?  Yes No
68. Does your friendship break so easily without being your fault?  Yes No
69. Do you often feel lonely?  Yes No
70. Do you always practice what you preach?  Yes No
71. Are you easily hurt when people find faults with you?  Yes No
72. Have you ever been late for an appointment or work?  Yes No
73. Do you like plenty of bustle and excitement?  Yes No
74. Would you like other people to be afraid of you?  Yes No
75. Are you sometimes bubbling over with energy and sometimes very sluggish?  Yes No
76. Do you sometimes put off until tomorrow what you ought to do today?  Yes No
77. Do other people think of you as being very lively?  Yes No
78. Do people tell you a lot of lies?  Yes No
79. Are you touchy about something?  Yes No
80. Are you always willing to admit it?  Yes No
81. Would you feel very sorry for an animal caught in a trap?  Yes No
PHYSICAL ACTIVITY ATTITUDE SCALE
(PA - AS)

ease fill in:
Name.................. Roll No..................
College/University..............................
Class.................. Data..................

Instructions

In the following pages you will come across a list of statements picturing attitudes towards various aspects of physical activity. Agreement disagreement with the statement depends upon your own specific idea regarding the issue involved therein. You are requested to mark your position according to how the statement initially influenced you. Kindly indicate how you feel and not what it should be by encircling the response category which best suits your reaction to the statement. Each statement is accompanied by 6 response categories as below:

SD................ strongly disagree 4. MA................ Midly agree
D................... disagree 5. A...................... agree
MD.................. Midly disagree 6. SA................ strongly agree

A pattern of Scale is given below:

<table>
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<th>Statements</th>
<th>Response Categories</th>
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<td>A sportsman learns to respect his opponents in physical activity.</td>
<td>SD  D  MD  MA  A  SA</td>
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<tr>
<td>Physical activity is a wholesome safety valve for aggressions and other drives.</td>
<td>SD  D  MD  MA  (A)  SA</td>
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For complete education, physical education is necessary

If you look at the pattern of scale given above, you will see that SD, A and SA have been encircled which means that the respondent strongly disagrees, agrees and strongly agrees with statements 1, 2 and respectively.

After reading the specimen items carefully, you are requested to proceed with the items of the scale in the following pages.

No statement is right or wrong.

Supervised by:
Dr B.L. Gupta
Dr J.N. Joshi

by:
Jatinder Bhullar
Department of Physical Education
Panjab University, Chandigarh
Games and Sports help students to become appreciative spectators.

In the modern age of science and technology, physical education should have no place in University curriculum.

Participation even in one team game by University students fosters feelings of oneness among them.

Students keen on body building neglect their studies.

Leisure time can be utilised in a healthy way by participating in games and sports.

Participation in group games by the University students is responsible for rowdyism and unrest on campuses.

Studies first and studies last and no physical activity should be the motto of all students.

Compulsory physical education at the University level is an urgent need of the country.

Indoor games should be popularised more than outdoor games in the University.

Cultural activities have greater impact on University students than games and sports.

Section B

1. Physical activities indicate a sense of respect for human personality.
2. Activities like folk dances are a waste of time.
3. Games and sports develop a sense of social service among students.
4. The skills acquired in physical activities are of value in social life.
5. Sports and games develop rivalry among students.
6. By participating in physical activities, one learns to co-operate as a member of a group.
7. Physical activity promotes spirit of sportsmanship.
8. Those who participate in physical activities develop a tendency to show off and are not suitable for companionship.
Physical activities play an important role in the development of spirit of citizenship.

1. It is pleasing to be in the company of sports-minded people.

Section-C

- Students' abundant energy can be better utilised through strenuous physical activity rather than light physical activity.
- The main concern of physical education is muscle building at the cost of mental development.
- Toxins accumulated due to mental fatigue get reduced by participating in some kind of physical activity.

4. Vigorous exercise should be a part of our daily lives to keep us physically fit.

5. A healthy person lacks moral strength and hence physical activities should be discouraged.

6. Participation in Physical activity is helpful in maintaining proper blood circulation.

7. Physical activities are important for keeping the physiological systems in order.

8. Extra consciousness towards physical fitness encourages unhealthy mental attitude towards the other sex.

9. Through physical activity the importance of exercise for health can be appreciated.

10. Physical activity once or twice a week is not enough.

Section-D

31. Skiing and mountain climbing present a personal challenge.

32. Dangerous physical activities must be excluded from University programme.

33. To participate in activities like mountain climbing even at the risk of injury must be a thrilling experience to each and every youth.

34. Gymnastics do not develop a sense of daring and courage.

35. Thrilling sports are enjoyable to watch.

36. Physical activities do not provide opportunities to make snap decisions and responses.

37. It is enjoyable to watch horse-polo matches because of the elements of body control and agility involved in it.

38. Challenging activities should not be provided in physical education classes.
Gymnastics develop suppleness, elasticity, flexibility and body control.

Participation in physical activities provides challenging experiences.

Section-E

Neuro-muscular coordination is developed through physical activities.

Physical activities do not help in developing a better figure.

Participation in physical activity adds to the beauty of form of human movement.

For an unskilled individual physical activity has little to offer.

One gets an aesthetic thrill out of beautiful performance in physical activities.

Neuro-muscular co-ordination is not developed through gymnastics.

Personal appearance is improved by participation in physical activities.

Graceful human movement is displayed in a variety of ways in and through physical activities.

Participation in physical activities does not add to the beauty of form of human movement.

It is thrilling to watch the graceful movements of a figure skater.

Section-F

1. Physical activities have no cathartic value.
2. Watching a match gives mental relaxation.
3. Regular physical activity is not essential for a satisfying life.
4. Walking is one of the best means of releasing tension.
5. The pressures of modern living can be relieved by other means in a more healthy way than by engaging in or watching physical activities.
6. Competition in games makes a person tense.
7. Physical activity is a medium of self expression.
8. Physical activity does not help in relaxation.
9. Activities such as folk dances provide a channel through which the individual uses rhythmic movements for expression of feelings, desires, conflicts and fantasies.
10. Emotional strain is relieved by participation in physical activity.
Section—C

Physical activity is very strenuous for an average student.

Students need hard physical activity.

Competitive feelings cannot be developed through physical activity.

Games requiring long and careful preparation and involving stiff competition against a strong opposition give satisfaction.

Physical activities not demanding much time and energy are enjoyable.

Man cannot develop fully unless he takes part in vigorous physical activity.

Hard physical activity is not enjoyed by students.

University athletes should not be excused from compulsory physical education.

Vigorous physical activity is damaging for health.

Hard physical activity is a joyful, satisfying experience.
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<td>112.</td>
<td>70.</td>
<td>114.</td>
<td>72.</td>
<td>75.</td>
<td>14.0</td>
<td>59.0</td>
<td>50.3</td>
<td>9.74</td>
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