APPENDIX-A

PARTICIPATION IN PHYSICAL ACTIVITY QUESTIONNAIRE

Name......................................................... Age.............. Sex- Male/Female
Profession..................................................

1point           2point          3point         4point         5point

Strongly disagree  Disagree  undecided  Agree  Strongly agree

1  The importance of physical activities in the present set up is high
2  Physical education must be made a compulsory subject in the curriculum
3  The prime goal of physical education is all round development of one’s personality
4  The physical education has equal importance with other subjects
5  The physical education curriculum is satisfactory at present
6  Physical education and games keeps one healthy and fit
7  Physical activities control or prevent childhood obesity
8  The academic excellence could be fostered through physical activities
9  The stress could be released faster while engaging in games and other physical activities
10 Students who are active in physical activities can create a social impact on others
11 Physical activity helps to promote a healthy and hygienic lifestyle
12 Physical education supports positive cognitive, psycho social as well as physical development
13 Quality physical education facilitates development of skills for lifelong physical activity
14 Physical activity guides youngsters in the process of leading a physically fit lifestyle
15 Physically fit children are mentally and emotionally strong
Physically active students have more social commitment and social responsibility

Neuro muscular coordination can be developed while engaging in physical activities

Students who engage in physical activities are highly cooperative and generous to others

60 minutes per week is sufficient for physical education

We must encourage students to play games

We have enough PE teachers who are qualified and able

We have good facilities and equipments for physical education

Healthy young children are the asset of a Nation

Parents and teachers have a dominant role in the moulding of healthy young children

We are in urgent need of a modified PE manual for School children

Other subject teachers can also handle physical activity at elementary level

Short term training for other subject teachers can also be a part of

Physical Education activity manual can help the teacher to understand and impart Knowledge

Physical Education activity manual can help other subject teachers to handle the activity

The activity manual bring a new way of teaching sport and PE that creates better human beings
## APPENDIX-B

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<tr>
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<td>undecided</td>
<td>Agree</td>
<td>Strongly agree</td>
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1. Healthy young children are the asset of a Nation
2. Parents and teachers have a dominant role in the moulding of a healthy young children
3. Physical activity guides youngsters in the process of leading a physically fit lifestyle
4. Quality physical education facilitates development of skills for lifelong physical activity
5. Physically active students have more social commitment and social responsibility
6. Physically fit children are mentally and emotionally strong
7. The Physical Education Curriculum is satisfactory at present
8. 60 minutes per week is sufficient for Physical Education
9. The stress could be released faster while engaging in games and other physical activities
10. Students who engage in physical activities are highly cooperative and generous to others
11. We have enough PE teachers who are qualified and able
12. Physical Education activity Manual can help the teachers to understand and impart knowledge
13. Quality physical education facilitates development of skills for lifelong physical activity
14. Neuro muscular coordination can be developed while engaging in physical activities
15. Physical Education activity Can help other subject teachers to handle the activity
16. The activity manual bring a new way of teaching sport and PE that creates better human beings
17. The importance of Physical activities in the present set up is high