

PHYSICAL ACTIVITY ATTITUDE SCALE
(PA — AS)

Please fill in :

Name..... Department.....

Sex-Male/Female.....

Class..... Date.....

Instructions

In the following pages you will come across a list of statements depicting attitudes towards various aspects of physical activity. Agreement or 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 :

1. SD.....strongly disagree 4. MA.....mildly agree
2. D disagree 5. A.....agree
3. MD.....mildly disagree 6. SA.....strongly agree

A pattern of Scale is given below :

S. No.	Statements	Response Categories					
		1	2	3	4	5	6
1.	A sportsman learns to respect his opponents in physical activity.	(SD)	D	MD	MA	A	SA
2.	Physical activity is a wholesome safety valve for aggressions and other drives.	SD	D	MD	MA	(A)	SA
3.	For complete education, physical education is necessary.	SD	D	MD	MA	A	(SA)

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 3 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

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By :

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PHYSICAL ACTIVITY ATTITUDE SCALE (PA-AS)

LEGEND :

- | | |
|-----------------------------|--------------------------|
| 1. SD.....strongly disagree | 4. MA.....mildly agree |
| 2. D.....disagree | 5. A.....agree |
| 3. MD.....mildly disagree | 6. SA.....strongly agree |

	1	2	3	4	5	6
Section-A						
1. Games and Sports help students to become appreciative spectators.	SD	D	MD	MA	A	SA
2. In the modern age of science and technology physical education should have no place in University curriculum.	SD	D	MD	MA	A	SA
3. Participation even in one team game by University students fosters feelings of oneness among them.	SD	D	MD	MA	A	SA
4. Students keen on body building neglect their studies.	SD	D	MD	MA	A	SA
5. Leisure time can be utilised in a healthy way by participating in games and sports.	SD	D	MD	MA	A	SA
6. Participation in group games by the University students is responsible for rowdiness and unrest on campuses.	SD	D	MD	MA	A	SA
7. Studies first and studies last and no physical activity should be the motto of all students.	SD	D	MD	MA	A	SA
8. Compulsory physical education at the University level is an urgent need of the country.	SD	D	MD	MA	A	SA
9. Indoor games should be popularised more than outdoor games in the University.	SD	D	MD	MA	A	SA
10. Cultural activities have greater impact on University Students than games and sports.	SD	D	MD	MA	A	SA
Section-B						
11. Physical activities inculcate a sense of respect for human personality.	SD	D	MD	MA	A	SA
12. Activities like folk dances are a waste of time.	SD	D	MD	MA	A	SA
13. Games and sports develop a sense of social service among students.	SD	D	MD	MA	A	SA
14. The skills acquired in physical activities are of value in social life.	SD	D	MD	MA	A	SA
15. Sports and games develop rivalry among students.	SD	D	MD	MA	A	SA
16. By participating in physical activities one learns to co-operate as a member of a group.	SD	D	MD	MA	A	SA
17. Physical activity promotes spirit of sportsmanship.	SD	D	MD	MA	A	SA

LEGEND :

- | | |
|-----------------------------|--------------------------|
| 1. SD.....strongly disagree | 4. MA.....mildly agree |
| 2. D.....disagree | 5. A.....agree |
| 3. MD.....mildly disagree | 6. SA.....strongly agree |

	1	2	3	4	5	6
18. Those who participate in physical activities develop a tendency to show off and are not suitable for companionship.	SD	D	MD	MA	A	SA
19. Physical activities play an important role in the development of spirit of citizenship.	SD	D	MD	MA	A	SA
20. It is pleasing to be in the company of sports-minded people.	SD	D	MD	MA	A	SA
Section-C						
21. Students' abundant energy can be better utilised through strenuous physical activity rather than light physical activity.	SD	D	MD	MA	A	SA
22. The main concern of physical education is muscle building at the cost of mental development.	SD	D	MD	MA	A	SA
23. Vigorous exercise should be a part of our daily lives to keep us physically fit.	SD	D	MD	MA	A	SA
24. Toxins accumulated due to mental fatigue get reduced by participating in some kind of physical activity.	SD	D	MD	MA	A	SA
25. A healthy person lacks moral strength and hence physical activities should be discouraged.	SD	D	MD	MA	A	SA
26. Participation in physical activity is helpful in maintaining proper blood circulation.	SD	D	MD	MA	A	SA
27. Physical activities are important for keeping the physiological systems in order.	SD	D	MD	MA	A	SA
28. Extra consciousness towards physical fitness encourages unhealthy mental attitude towards the other sex.	SD	D	MD	MA	A	SA
29. Through physical activity the importance of exercise for health can be appreciated.	SD	D	MD	MA	A	SA
30. Physical activity once or twice a week is not enough.	SD	D	MD	MA	A	SA
Section-D						
31. Skiing and mountain climbing present a personal challenge.	SD	D	MD	MA	A	SA
32. Dangerous physical activities must be excluded from University programme.	SD	D	MD	MA	A	SA
33. To participate in activities like mountain climbing even at the risk of injury must be a thrilling experience to each and every youth.	SD	D	MD	MA	A	SA

Appendix-B

LEGEND :

- | | |
|-----------------------------|--------------------------|
| 1. SD.....strongly disagree | 4. MA.....mildly agree |
| 2. D.....disagree | 5. A.....agree |
| 3. MD.....mildly disagree | 6. SA.....strongly agree |

	1	2	3	4	5	6
✓34. Gymnastics do not develop a sense of daring and courage.	SD	D	MD	MA	A	SA
35. Thrilling sports are enjoyable to watch.	SD	D	MD	MA	A	SA
✓36. Physical activities do not provide opportunities to make snap decisions and responses.	SD	D	MD	MA	A	SA
37. It is enjoyable to watch horse-polo matches because of the elements of body control and agility involved in it.	SD	D	MD	MA	A	SA
✓38. Challenging activities should not be provided in physical education classes.	SD	D	MD	MA	A	SA
39. Gymnastics develop suppleness, elasticity, flexibility and body control.	SD	D	MD	MA	A	SA
40. Participation in physical activities provides challenging experiences.	SD	D	MD	MA	A	SA
Section-E						
41. Neuro-muscular coordination is developed through physical activities.	SD	D	MD	MA	A	SA
✓42. Physical activities do not help in developing a better figure.	SD	D	MD	MA	A	SA
43. Participation in physical activity adds to the beauty of form of human movement.	SD	D	MD	MA	A	SA
✓44. For an unskilled individual physical activity has little to offer.	SD	D	MD	MA	A	SA
45. One gets an aesthetic thrill out of beautiful performance in physical activities.	SD	D	MD	MA	A	SA
✓46. Neuro-muscular co-ordination is not developed through gymnastics.	SD	D	MD	MA	A	SA
47. Personal appearance is improved by participation in physical activities.	SD	D	MD	MA	A	SA
48. Graceful human movement is displayed in a variety of ways in and through physical activities.	SD	D	MD	MA	A	SA
✓49. Participation in physical activities does not add to the beauty of form of human movement.	SD	D	MD	MA	A	SA
50. It is thrilling to watch the graceful movements of a figure skater.	SD	D	MD	MA	A	SA

LEGEND :

- | | |
|-----------------------------|--------------------------|
| 1. SD.....strongly disagree | 4. MA.....mildly agree |
| 2. D.....disagree | 5. A.....agree |
| 3. MD.....mildly disagree | 6. SA.....strongly agree |

	1	2	3	4	5	6
Section - F						
51. Physical activities have no cathartic value.	SD	D	MD	MA	A	SA
52. Watching a match gives mental relaxation.	SD	D	MD	MA	A	SA
53. Regular physical activity is not essential for a satisfying life.	SD	D	MD	MA	A	SA
54. Walking is one of the best means of releasing tension.	SD	D	MD	MA	A	SA
55. The pressures of modern living can be relieved by other means in a more healthy way than by engaging in or watching physical activities.	SD	D	MD	MA	A	SA
56. Competition in games makes a person tense.	SD	D	MD	MA	A	SA
57. Physical activity is a medium of self expression.	SD	D	MD	MA	A	SA
58. Physical activity does not help in relaxation.	SD	D	MD	MA	A	SA
59. Activities such as folk dances provide a channel through which the individual uses rhythmic movements for expression of feelings, desires, conflicts and fantasies.	SD	D	MD	MA	A	SA
60. Emotional strain is relieved by participation in physical activity.	SD	D	MD	MA	A	SA
Section - G						
61. Physical activity is very strenuous for an average student.	SD	D	MD	MA	A	SA
62. Students need hard physical activity.	SD	D	MD	MA	A	SA
63. Competitive feelings cannot be developed through physical activity.	SD	D	MD	MA	A	SA
64. Games requiring long and careful preparation and involving stiff competition against a strong opposition give satisfaction.	SD	D	MD	MA	A	SA
65. Physical activities not demanding much time and energy are enjoyable.	SD	D	MD	MA	A	SA
66. Man cannot develop fully unless he takes part in vigorous physical activity.	SD	D	MD	MA	A	SA
67. Hard physical activity is not enjoyed by students.	SD	D	MD	MA	A	SA
68. University athletes should not be excused from compulsory physical education.	SD	D	MD	MA	A	SA
69. Vigorous physical activity is damaging for health.	SD	D	MD	MA	A	SA
70. Hard physical activity is a joyful, satisfying experience.	SD	D	MD	MA	A	SA