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ATTITUDES. DO THEY REALLY MAKE A DIFFERENCE?

by

DEANNE C. KING

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MASTER'S PROJECT

Presented to the Faculty of Kinesiology

University of Texas of the Permian Basin

In partial Fulfillment

of the Requirements

For the Degree of

MASTER OF SCIENCE

THE UNIVERSITY OF TEXAS OF THE PERMIAN BASIN

May 2005

Abstract

The purpose of this study was to determine the relationship between maintenance of physical fitness, over a two-year period, and attitudes toward physical education and fitness testing among elementary students. Participants in this study consisted of 199 elementary school children. Differences in Fitnessgram scores between Hispanic and Caucasian boys and girls at various ages were compared. A 2 (gender) by 2 (ethnicity) by 5 (birth year) by 4 (testing session, repeated measure) analysis of variance (ANOVA) was computed for the Mile Run and BMI scores. The hypothesis that those students who had high positive attitudes toward physical education, or high positive attitudes toward fitness testing, would be more likely to maintain or improve their fitness levels was not supported.