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2013

Psychological Predictors of Children's Recess Physical Activity Motivation and Behavior [Abstract]

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Recommended Citation

Stellino, Megan Babkes and Sinclair, Christina, "Psychological Predictors of Children's Recess Physical Activity Motivation and Behavior [Abstract]" (2013). *Faculty Publications*. Paper 3.
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Psychological Predictors of Children's Recess Physical Activity Motivation and Behavior [Abstract]

Purpose: This study explored the relationship between children's basic psychological needs satisfaction at recess, level of recess physical activity motivation (RPAM), and recess physical activity (RPA). **Method:** Fifth-grade children ($N = 203$; 50.2% boys; 71.7% healthy-weight) completed measures of age, gender, basic psychological need satisfaction, and level of self-determined motivation for RPA. Children also wore pedometers during six consecutive 30-min mid-school-day recesses. **Results:** Multiple regression analyses indicated unique significant predictors of RPAM and RPA according to gender and weight status. RPAM was significantly predicted by all three basic psychological needs for boys and only competence need satisfaction for girls and healthy-weight children. RPA was predicted by RPAM for girls, competence need satisfaction for overweight children, and autonomy need satisfaction for boys and healthy-weight children. **Conclusions:** Findings support self-determination theory and provide important insight into the variations in psychological predictors of motivation for RPA and actual physical activity behavior based on gender and weight status.