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Physical Activity Preferences of Elementary Children

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THE UNIVERSITY OF TEXAS OF THE PERMAN BASIN

PHYSICAL ACTIVITY PREFERENCES

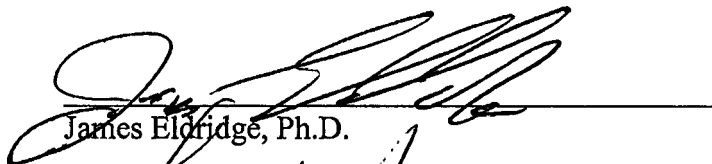
OF ELEMENTARY

CHILDREN

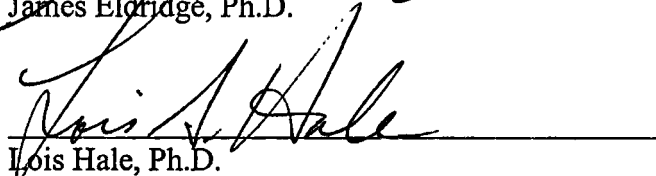
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PHYSICAL ACTIVITY PREFERENCES
OF ELEMENTARY
CHILDREN

by

MIKE GRIFFIS, B.S.

MASTER'S PROJECT

Presented to the Graduate Faculty of Kinesiology

The University of Texas of the Permian Basin

in partial Fulfillment

of Requirements

for the Degree of

MASTER OF SCIENCE

THE UNIVERSITY OF TEXAS OF THE PERMIAN BASIN

April 2005

Abstract

The current study investigated activity preferences of elementary-age students. It was hypothesized that gender differences would exist, with boys preferring competitive activities and girls preferring more cooperative activities. The results proved a significant relationship did exist between male students and activity type, as nearly 80 % of male students preferred competitive or elimination games over fitness and cooperative games. There was no significant relationship, however, between female students and activity type, as females didn't show a preference between the two activity types. The present study also provides practical information for those physical educators wishing to avoid being gender-biased when designing and implementing their physical education lessons and programs.