

Attitude of Students of IXth Standard towards Physical Education

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Abstract: *It is well accepted that Physical education plays an important role in the overall educational process by helping students to develop a healthy lifestyle. Research has revealed that students' motivation to participate in PE at school declines as they grow older. On the other hand, for many students, Physical education is the only chance to be engaged in Physical activity. This recommends the importance of better understanding student's attitude toward Physical education and it relates to the development of involvements that could contribute to increasing levels of engagement in both Physical education and independent Physical activity*

Keywords: Attitude, Physical education

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