ABSTRACT

The aim of the study was to evaluate school children’s attitudes towards Physical Education in selected Mutare city schools. In order for the children to benefit from the Physical Education program, the study hypothesized that children must develop the right attitudes towards Physical Education. This observation has also been emphasized in other studies that children, who possess the right attitude towards Physical Education, develop positive attitudes towards physical activities. This suggestion has also been reported by Portman, (2003) and McKenzie (2003) that one of the benefits of Physical Education is sustained participation in physical activities outside the school.

This study involved 400 children from Mutare Junior, Chancellor, Zamba, Dangamvura, Sakubva, Chikanga, Mutanda and Murahwa Primary Schools in Mutare city. The children’s age ranged between 12 - 14 years old. The primary data were collected from questionnaires, interviews and focus group discussions, while secondary data were based on related literature review.

The results indicated that the teacher, curriculum content and delivery, the learning environment, siblings, type of school, location of residences, proximity of facilities and support from parents were some of the factors associated with children’s attitudes towards Physical Education and Physical Activity at school and home respectively. In many ways, these factors affected children’s sustainable participation in physical activities after school.
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DEDICATION

This project is dedicated to my wife Rumbidzai and my sons David and Tadiwanashe for their sympathy, respect and tolerance during the study.
DECLARATION

I, GOMWE HOWARD, herein declare that this study is my original work, and has not been submitted for degree purposes at any other University. This study derived from published work of other studies has been acknowledged in the text and a list of references is provided.

Mr Howard Gomwe

Signature

Date

Supervisor: Dr. Philemon A. Lyoka

Signature

Date