

Comparison of cognitive, emotional and behavioral attitudes of sports and non-sports teachers to exercise and physical activities Bojnourd city

1. Samira Gholamian¹, Nahid Safari², Seyyed-Reza Attarzade Hosseini³, Sara Vahidi⁴

1,2. Faculty of Physical Education and Sport Sciences, Ferdowsi University of Mashhad, 3. Department of Exercise Physiology, Faculty of Physical Education and Sport Sciences, Ferdowsi University of Mashhad, 4. Master of physical education, Iran.

Abstract:

Objective: This study compared the attitudes of cognitive, emotional and behavioral of sports and non-sports teachers to exercise and physical activities. Thus, the questionnaire distributed randomly among sports and non-sports teachers of Bojnord city.

The results showed that 38% of non-sports teachers and 82% of sports teachers participate in physical activities respectively. The Motivation for non-sports teachers to participate in physical activities were: "as health and fitness", as "disease prevention" and for sports teachers were "as health and fitness", "as confidence and relaxation ". Most teachers in both groups who not participating in Exercise and Physical activities, pretext daily lag works, lack of sports facilities, laziness and impatience respectively.

In small-scale "social attitudes to exercise" the view of sports teachers had a higher rank compared to non-sports teachers and this difference was not significant ($p=0/825$)($825/0=p$). In the subscales "activities the sedative agent" sports teachers had a higher rating approach compared to non-sports teachers and the this difference was not significant ($p= 0/339$). The approach "activities, tough experience" had a higher rating among sports teachers compared to non-sports teachers and that showed this difference was significant ($P=0/21$). As a result, attitude of the teachers to exercise activity and plays an important role in educational and health and cultural decisions and in it can help the national authorities in providing facilities for the development of sports activities and a realistic planning.

Keywords: attitude, teachers, Exercise and Physical activities.