

choose to participate in physical education class. The researchers found that most students agreed that they chose to participate because; "It makes me healthier" (70.7%), "I like participating because I have fun" (69.6%), "I like getting out of the classroom and moving" (68.8%), "I like playing competitive team sports" (65.7%), "I like learning new games and activities" (64.8%), and "I like participating in lots of different activities" (64.4%). When asked to rate the three most important reasons why students choose to participate in physical education, most students listed; "I like getting out of the classroom and moving" (43.2%), "I like playing competitive team sports" (36.1%), "It makes me healthier" (33.4%), and "I like participating because I have fun" (32.5%) as their top reasons. The items least often rated as the three most important reasons students chose to participate in physical education were "I like learning about my body" (16.5%) and "My friends think it is cool to participate" (4.7%).

In the second section of the survey, students were asked to respond to statements that described how students feel about physical education classes. When asked to describe their opinions about various curricular aspects of their experiences in physical education classes, most students agreed with; "I would like to be able to pick my own activities" (75.5%), "I would like to be able to tell the teacher the activities I would like to do" (73.6%), "I would like to choose what group of students I participate with" (61.0%), "I would like to be able to work at my own pace" (55.7%), and "I would like to do a greater variety of activities" (54.0%). When asked to describe their opinions about other aspects of their experiences in physical education classes, many students agreed with "I participate in Physical Education because I am getting better at physical activities" (46.2%) and "I think Physical Education is as important as English and Math" (43.1%). Only 26% of students agreed that they participate in physical education because they liked their teacher.

The third section of the survey asked students to identify why some students would choose not

to participate in physical education. The items in this section could be grouped as curricular, social, or environmental issues. Repetition in the curriculum was identified as an issue, as 45.1% of the students agreed with "[don't like doing the same activities every year". Twenty percent or less of the students agreed that any of the following were curricular barriers to participating in physical education classes; "I don't like the stretching and fitness activities" (20.0%), "I never learn anything in Physical Education" (18.7%), and "I don't like to compete" (17.6%).

When asked to identify some of the social reasons why students choose not to participate in physical education, most students agreed with "I don't like going to my next class all sweaty" (64.4%). Less than 20% of the students agreed that any of the following were social barriers to participating in physical education; "I don't feel like it" (19.7%), "I don't feel [am good at sports" (19.1%), "I don't feel that I am as good as my classmates" (16.9%), "I am afraid of breaking my nails during Physical Education class" (16.4%), "I am afraid other students will make fun of me" (15.6%), "My friends don't think it is cool to participate in Physical Education class" (11.4%), "I don't like playing in classes with boys and girls together" (10.7%), and "I don't participate because my religion says I shouldn't" (8.1%).

When asked to identify some of the environmental reasons why students choose not to participate in physical education, most students agreed with; "I don't feel I have enough time to change and shower" (52.9%), "I hate having to bring and carry my physical education clothes in school" (44.1%), and "I don't feel comfortable leaving my clothes in the locker" (40.3%). Interestingly, only 14% of the students agreed that they don't like to participate in physical education because the class is too big. When asked to rate the three most important reasons why students choose not to participate in physical education, 31.1% of students selected "I don't like going to my next class all sweaty", 22% selected "I hate having to bring and carry my physical education clothes in school", over 19% selected "I don't feel I have