

# Comparison of the attitudes of adolescents according to sex and school level towards physical education

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## Physical Education

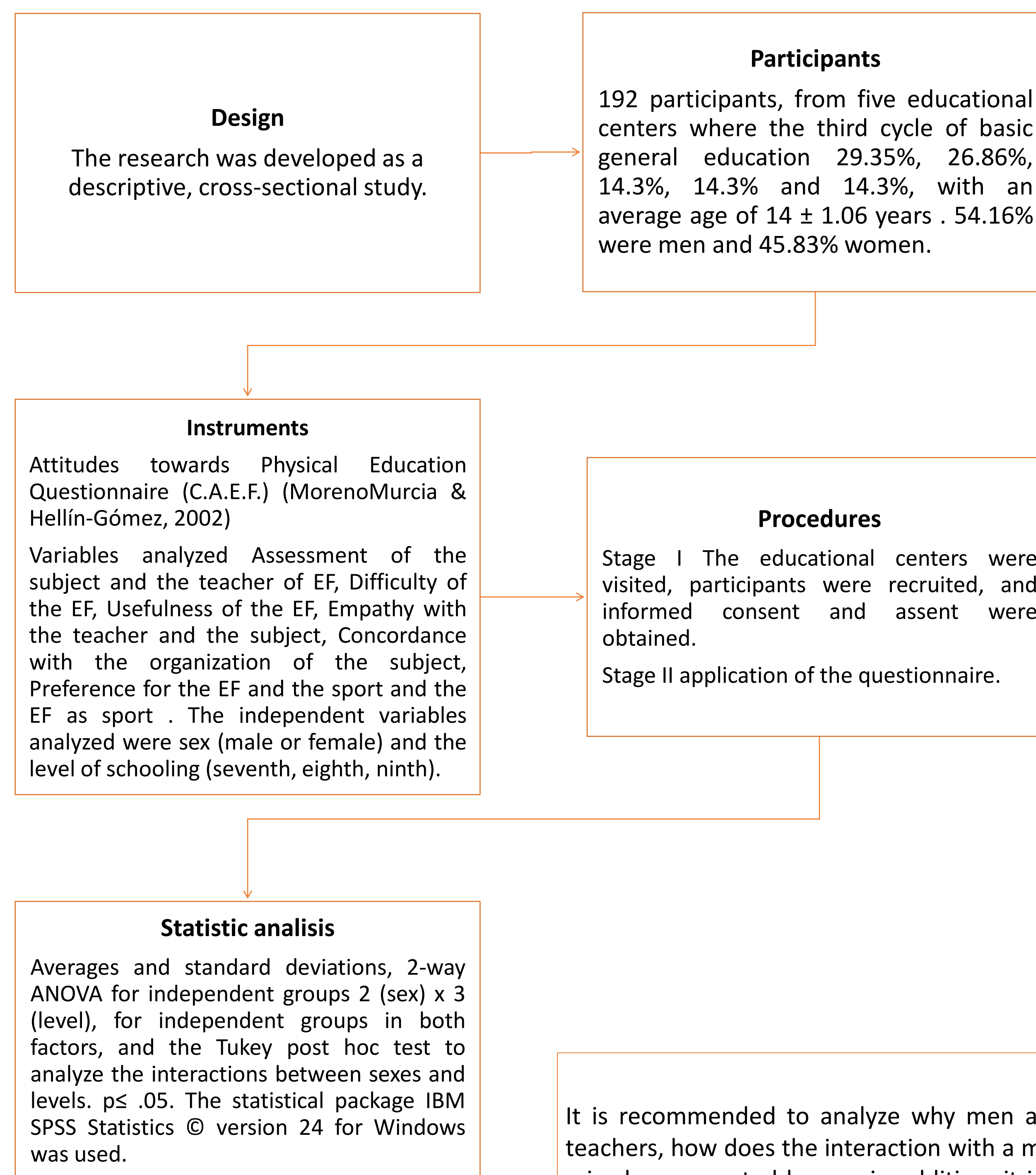
The assessment made by the student on the teacher of physical education (PE) and the subject, provides elements to know what marks the taste or not for physical-sports activities during the PE class in high school, different studies agree that the perception of quality EF classes and teachers are positive (Cárcamo-Oyarzún, 2012; García-Vélez, 2018).

## Sex differences

The scientific evidence shows that, between sexes, PE seems to be more attractive to men than to women (García-Vélez, 2018; Moreno et al., 2003; Sánchez-Alcaraz et al., 2018). Differences were also presented in aspects such as classroom teaching styles and climate (Cárcamo-Oyarzún, 2012; García et al., 2015; Moreno-Murcia & Hellín-Gómez, 2007).

## Purpose

The purpose of the study was to analyze the attitudes that the adolescent has towards PE, according to their level of education and sex, based on the components analyzed with the C.A.E.F questionnaire.



## Results

Table 1  
Analysis of variance of the factors related to attitudes towards PE classes according to sex, level of education

Variable	Sex	
	F	p
Empathy with the teacher and the subject	5.040	.026*
Preference for Physical Education and Sports	5.198	.024*

## Discussion

- The differences between sexes in aspects associated with empathy for the subject and the teacher of EF, as well as the preference for classes in this subject and for sport, men revealed higher values with respect to women and these results agree with studies previous (Moreno-Murcia & Hellín-Gómez, 2007; Sánchez-Alcaraz, Bejerano-Urrea, Valero-Valenzuela, Gómez-Mármol & Courel-Ibáñez, 2018).
- This situation would be associated with the fact that men prefer sports activities rather than different ones, and, on the contrary, women would be interested in other types of activities, which could be associated with differences in the social roles they relate to. to women with activities of greater delicacy and beauty (Coterón, Álvarez, Pérez-Tejero & Sampedro, 2013 and Lonsdale et al., 2015).

## Conclusions

It is recommended to analyze why men are more willing to participate in the PE class, what is the methodology used by teachers, how does the interaction with a male or female teacher influence the student, what is the difference between classes mixed or separated by sex, in addition, it is proposed to investigate the lack of interest in the participation of the PE class in adolescence when it is at higher levels and how the physical educator can promote the human movement in a student population that declines Do physical activity as you grow in age.

## References

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