

**【Original Article】**

## Factors Associated with Children's Cognitive Appraisals of Exercise

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### Abstract

**Objective:** In order to examine the possible factors that influence preschool children's cognitive appraisal of exercise. We examined the relationship of children's cognitive appraisals of exercise with the number of friends and daily physical activity of children, and preschool teachers' and parents' appraisals of children.

**Methods:** 195 preschool children (106 boys and 89 girls) participated in this study. The following questions were asked to preschool children: whether they liked exercise, whether they considered themselves good at exercise, and how many friends they had in an interview. Preschool teachers and children's parents were asked to evaluate through a questionnaire, the number of friends each child had, whether they liked exercise, and whether they were good at exercise. Moderate-to-vigorous physical activity (MVPA) was assessed using a triaxial accelerometer for consecutive days including weekdays and weekends in.

**Results:** Results of logistic regression analyses indicated that children's appraisals of themselves as being good at exercise had positive relationship with preschool teacher's cognitive appraisals of children as the number of friends and their parents' cognitive appraisals of children as being good at exercise. Moreover children's cognitive appraisals of themselves as liking exercise and being good at exercise had negative relationship with preschool teacher's cognitive appraisals of children as active and their parents' cognitive appraisals as active and liking exercise.

**Conclusion:** It was shown that preschool teacher's cognitive appraisals and their parents' cognitive appraisals had relationship in both positive and negative directions with children's cognitive appraisals of exercise. These results suggest that we need teacher's and their parents' device of how to concern children in order to improve preschool children's cognitive appraisals of exercise.

**Key words:** intrinsic motivation, sport competence, logistic regression, teacher's appraisal, parents' appraisal

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