

# Teacher and Parents Knowledge, Attitude and Practice of Physical Activity Promotion of School Students

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## Abstract

*Introduction:* physical activity has been reduced in past few years among the school children along the age group of 10 -15 years (russell.r.pate,et.al2006).this study analyses the influences of parents and school teachers on school students pa.they are questioned about the importance of physical activity in school student.

*Methods:* two private schools were selected for this qualitative study for a duration of 8weeks with a sample size of 12 parents and 12 teachers from each school being questioned about the significance of pa for students. for this study, two private schools were selected.the study involved interviewing school teachers and parents based on a questionnaire and recording the interviews. the study used qualitative methods and in-depth interviews for analysis,aiming to understand the knowledge and importance of pa among teachers and parents and then thematic analysis was performed.12 teachers and 12 parents of each school and a total of 48 samples were included in the study.

*Results:* the knowledge of pa domain,includes the importance and knowledge about pa,food habits side of effects of physical activity and obesity.about the pa importance it was known by the teachers(83.4%) more compared to parents(66.8%),and the food habits was followed more by the parents(76.2%) like healthy food habits and diet was known.in domain attitude towards pa,parents(66.6%) encouraged the student in sports compared to teachers(45.8%) and in domain of promotion of pa,parents(80%) encourage the students to sports training in school and outside the school compared to teachers(75%).

*Conclusion:* this research study shows the knowledge,attitude and promotion of pa among the parents and teachers of school students.