

## **How Increased Motivation Levels Can Lead to Increased Cardiovascular Endurance and Muscular Strength**

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The purpose of physical education programs in schools across the nation is to make students who pass the class into “physically educated” students; hence, the name of the class. A physically educated student possesses a set of characteristics developed by repeated exposure to effective physical education environments. One of the most important qualities a physically educated student possesses is that they “value physical activity and its contributions to a healthy lifestyle.” However, when high school students on the brink of adulthood do not possess attitudes that value regular physical activity, the goal of the physical education class becomes harder to reach. Through differentiation of physical education curriculum, teachers can increase levels of student autonomy, therefore increasing their motivation to participate in regular physical activity. A NASPE questionnaire can be administered to the class in order to gather a baseline reading of their motivation levels before a strength and conditioning unit begins. After both the educator and the students have completed the differentiated curriculum and physical activities, the questionnaire can be administered again. By comparing the results of the post-instruction motivational questionnaire and the recorded progress of each student on individual fitness logs, the effectiveness of the differentiated curriculum may be assessed.

### *Information about the Author:*

Derrick Alvarez, a senior physical education-teacher education major at Valparaiso University, firmly believes that a sound body equals a sound mind. The healthier this nation’s students become, the more success they will experience in life. This research is very important to Derrick as a future physical education teacher and athletic trainer because it will help to develop different teaching strategies designed to increase and maintain student motivation levels.

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