

**WEST VISAYAS STATE UNIVERSITY**  
**COLLEGE OF EDUCATION**  
**GRADUATE SCHOOL**  
Iloilo City

**CO- CURRICULAR ACTIVITIES, PHYSICAL ACTIVITY MOTIVATION AND**  
**SPORTS PERFORMANCE OF HIGH SCHOOL ATHLETES**

A Thesis Presented to  
the Faculty of the Graduate School  
College of Education  
West Visayas State University  
La Paz, Iloilo City

In Partial Fulfillment  
of the Requirements for the Degree  
Master of Arts in Education  
(Physical Education)

by  
Angeline Abancio Subang

March 2017

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**Abstract**

This descriptive study determined the Co-curricular Activities, Physical Activity Motivation and Sports performance of High School Athletes in Mina National High School. A total of 40 purposively selected respondents who are the athletes in the Integrated Meet (Division Level). To gather data a researcher-made instrument for Co-curricular Activities, Sports Performance of the athletes and a Physical Activity Motivation Questionnaire Checklist based on the studies and Theory by Edward L. Deci and Richard Ryan (2000) were used. Frequency distribution, Mean, Standard Deviation were the descriptive statistics while the Mann-Whitney U Test, and Spearman Rho Correlation Coefficient Analysis, set at .05 level of significance, were the inferential statistics. Results revealed that the Physical Activity Motivation level of students as an entire group and classified according to age, and sex was very high. The student athletes were less involved in co-curricular activity as an entire group and when grouped according to age, and sex. The sports performance level of student athletes as an entire group; those of the females; and those below 16 years old were "average". On the contrary, the males and 16 years old and above were low in sports performance. No significant difference existed in the level of physical activity motivation of athletes when classified according to their age and sex. No significant difference existed in the level of co-curricular activity involvement of

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students when grouped according to their age and sex. No significant difference existed in the Sports Performance of the students when grouped according to age and sex. No significant relationship was existed between co-curricular activity and sports performance; and between co-curricular activity involvement and sports activity motivation. However, a significant relationship existed between physical activity motivation and the level of sports performance of students.

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