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ANALYSIS OF MOTIVATION OF MEXICANS TOWARDS SPORT

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Abstract

Purpose: The main purpose of the present study was to analyze the influence of motivation toward sport on physical activity levels among Mexican undergraduates that frequently practice sport. **Methods:** A sample of 650 Mexican university students (477 males and 174 females) from 18 to 36 years of age (20.79 ± 2.4 years) participated in the present study. All the participants practiced sport habitually, at least for four hours a week. The participants completed the Spanish version of the questionnaires *Sport Motivation Scale* (SMS) validated by Núñez, Martín-Albo, & Navarro (2007) and *International Physical Activity Questionnaire* (IPAQ, self-administrated short version: Craig et al., 2003). **Results:** The cluster analysis identified two motivational profiles: “High motivation toward sport” ($n = 376$) and “Moderate motivation toward sport” ($n = 274$). Subsequently, the results of the one-way multivariate analysis of variance, followed by the one-way univariate analyses of variance, showed that the “Moderate motivation toward sport” profile reported lower values of vigorous physical activity than the “High motivation toward sport” profile (Table 1). **Conclusions:** Due to the verified influence of the motivation toward sport between habitual sport undergraduates on the vigorous physical activity practiced, the motivation toward sport should be taken into account by coaches and Physical Education teachers in order to promote physical activity among undergraduates.

Table 1: Multivariate analysis about weekly physical activity levels in the two clusters obtained

	High motivation toward sport ($n = 376$)	Moderate motivation toward sport ($n = 274$)	<i>F</i>	<i>p</i>
			3.018	.018
Vigorous (min)	607.0 \pm 320.8	523.5 \pm 312.8	10.961	.001
Moderate (min)	430.8 \pm 339.6	407.2 \pm 338.1	.764	.383
Light (min)	526.5 \pm 402.1	497.2 \pm 387.9	.869	.352
Seated (min)	306.7 \pm 124.3	300.6 \pm 109.3	.424	.515

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