

## Abstract

Motivation is an important psychological variable in Physical Activity(PA) as it determines both entry and continued adherence to PA. Understanding motivating factors is an antecedent to the understanding of behaviour change and programming of PA. The study was carried out to determine gender differences in participation motives to PA of sport science students of a university. Data was collected through questionnaires from 60(30 males and 20 females) sport science students. Results showed that sport science students perceive their physical health status as fair and they are involved in diverse PA with no significant gender differences. The main motives for participation in PA were Weight management; enjoyment and revitalization while the least motivators for both males and females were stress management and competition. Reported constraints to PA were lack of motivation, and lack of time and injuries. It is recommended that Sport science students need pursue their studies with visionary ideas on how to navigate motivation into PA and the constraints to PA.