**Attitude Components**

According to the Triadic model, attitudes have three components.

What we know and believe about the attitude object

How we feel about the attitude object

How we actually behave towards the attitude object

**Example:**

* Hockey player knows that training will improve their performance; they understand that doing interval training will improve their recovery during a match- Cognitive
* They enjoy the feelings of improved fitness and performance- Affective
* They plan their interval sessions, monitor and record their heart rate and alter their training load to reflect increased levels of fitness- Behavioural
* All three components here are positive and consistent with each other.

**TASK**

Think of your own attitudes toward PE, sport and Physical activity. Break them down into the three components.