**Physical Self-Description & Performance in Physical and sport Education.**

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**Introduction**

The main issue of this study is to determine and elaborate the appropriate strategies that allow us master, control and adjust the performance skills of high school students. This is being done through the description, the explanation and the measuring of their physical self-descriptionin its socio-economic context as an external factor in the relationship between Performance and Physical Self-Description.

**Method**

***Participants:*** A group of 120 young male high school students between the ages of 13 to 17.

***Procedure and Task:*** Participants were submitted individually to a series of soccer skills tests (Wanderhof test). They were also required to fill in a Physical Self-Description test and a socio-economic questionnaire.

**Results**

Main results indicate the existence of; (a) correlation between Physical Self-Descriptionand performance; and (b) correlation between Physical Self-Descriptionand socio-economic level; and (c) a multilateral correlation between the three variables.

**Discussions and Conclusions**

Findings prove the existence of a reciprocal effect between performance and Physical Self-Descriptionand the significant role of socio-economic factors in determining the relationship between these two variables of high school students. Findings also suggest the necessity for teachers to give importance to the psychological factors, particularly Physical Self-Description, in their learning process and the need to raise self-esteem level of this category of students.

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