
The aim of this study was to examine the ability of Reasoned Action theory to predict exercise behavior of 56 children 10 to 11 years of age. Analysis showed that the Reasoned Action model's efficacy to predict exercise behavior of young children increased when the subjects' past behavior was entered in the analysis as an external variable. The regression of intention and behavior over exercise yielded significant multiple correlation coefficients of .52 and .70 respectively. Also, two variables of the Reasoned Action model (Behavioral beliefs and attitudes toward the behavior) were strongly correlated with scores on the Children's Attitudes Toward Physical Activity Scale. Although this inventory is a more general attitude scale, it may, in conjunction with Reasoned Action theory, satisfactorily contribute to the explanation of the exercise behavior.