
The aim of this study was to adapt the Children's Attitudes Toward Physical Activity' inventory for adult Greek women participants in physical fitness programs, since it is probable that a number of socio-cultural factors may restrict its use to other languages and cultures. The inventory consisted of nine sub-domains, namely 'Social Growth', 'Health and Fitness', 'Social Continuation', 'Vertigo', 'Aesthetic', 'Catharsis', 'Ascetic', 'Body Shaping', and 'Relief from boredom'. The sample consisted of 185 females, 18 to 50 years of age. The main group consisted of 120 females participants in physical fitness programs. 35 females participants in modern and classical dance, and 30 top athletes were also used as control groups. Internal consistency ranged from .72 to .90, item analysis from .44 to .91, and factor analysis yielded the structural validity of the inventory. Discriminant analysis among the three groups showed differences in a number of sub-domains which appear to discriminate the subjects according to the type of activity. Dancers were discriminated from the Fitness group within the 'Ascetic', 'Aesthetic', 'Vertigo', and 'Body Shaping' sub-domains and Top Athletes group was discriminated from the fitness group within the Vertigo and Aesthetic sub-domains. Based on these findings, the inventory was considered appropriate for measuring attitudes of adult females. The results are discussed in relation to the applicability of the inventory for measuring attitudes toward physical activity of adult populations.