

Describing the Situation of Sport for all at the Universities of Khorasan Razavi

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Absrtact: The present study conducted to describes the situation of mass sport at the universities of Khorasan Razavi from the perspective of students of this universities. The population of the research is all of the students at the University of Khorasan. According to the Morgan table 386 students were selected as sample. The researches tool was a questionnaire that its validity by ten teachers elite sports management were approved and reliability by Cronbach's (82/0).To checking data normality the test of Kolmogorov - Smirnov was used and according to the non _normal distribution of data for ranking the variables Average ratings, Friedman and Mann-Whitney test was used. Finally, variables related to the different aspects of the mass sport priorities was ranking and Residential and non-residential students are also different views and different perspectives of men and women are also examined and Significant differences between the views of men and women and non-residential campus students were not observed.

Keywords: Mass Sport, Students, Khorasan Razavi

INTRODUCTION

Current world in recent decades, industrialization has progressed rapidly, so that human life is, in many communities converting to machines live, or doing this phenomenon. For this reason, life in today's world, the taken initiative quickly of a human being, and he take into moved poverty, and to follow the motion of poverty, problems of physical, mental and social well created for human (Eslami et al, 2012). In general it can be said that sports at all ages of life, been important, and makes people a good place to spend their leisure time there, and this would ensure physical and psychological health. Many of the adverse effects of social environment, economic, marital status, inheritance, and so on by using sport can be reduced or even eliminated in general (Nadri, 2008).

Physical Education and Sport, as the underlying supply and healthy training, is part of national development plans. And in this regard sport Development (universities and schools), play an important role in the development of other components of the sport like - recreational, athletic sports, and professional sports. In addition to meeting the needs of college sports college sports institutions in the development of sports and physical education supportive factors such as: public sport science programs, the development of research and the like are effective. Therefore, college sports institutions play an important role in the development of physical education and sports. As well as physical education and sport is a means to promote physical and mental health of the university community, thus to improving the scientific, health and culture is effective. Today, the majority of the world's universities, special emphase on the physical education and sport. On the one hand, to maintain and develop physical and mental health of students and staff, and on the other hand to improve the reputation and trends of university (Ghasemi et al, 2012). Today, Sports and Recreation activities that are possible on college campuses, are very diverse. In all universities in the world, with programming for students and those who are active on college campuses, a range of opportunities for leisure, fitness, health-conscious person and other activities related to sport and entertainment is provided (Ehsani, 2002). University sports planners and policy makers should be based on the priorities and interests of students as well as the facilities, set their own policies and their implementation. The students tend to sport and recreation, and their interests and needs, which in fact reflects public demand for addressing the exercise is an important factor in the formulation of policies and programs of Sport University. In general, the university, as the source of all developments, as students have revolutionized scientific and ethical skills, should also pay attention to the physical and mental of students, and seeks to provide sports services liking and taste students. However, one of the most efficient tool to fill leisure time of students, is mass sports activities on campus and off-campus that physical education universities departments is responsible for the development and implementation of sport activities in their universities. In the successful implementation of the program, recognizing the conditions and quality requirements and scoping, planning and implementation of activities, is of particular importance. And the program will be successful, that

will be designed according to the needs and tastes of students, and the so-called need-based and planned and implemented during participation and creativity students (Kiani, 2011). Safaniya (2000) in a study entitled How students of universities frequently spend leisure across the country, with an emphasis on exercise was reported that the average student exercise time was 127 minutes per week, as well as students, have highlighted that university sports authorities should more attention to the development of sport in universities. Ghafoori et al (2003) in examine the role of social demands, In the sport for all's strategies, and such reported that increasing equipment and sports facilities and public investment in the sport, should be taken into consideration, and due to easier access, as well as with global trends, have recreation and health aspects of sport that has more than championship sport, be attention and investment. Azarniya (2004) in a study in Tabriz University to examine trends in sport for all, and reported, although 95% of students aware of the positive effects of sport for all, very few of them participate in sports activities within the university. Bavarsad (2006) In a study entitled Effectiveness of extracurricular sports dormitories of Tehran University, as reported, that between satisfaction of students in different grades, extracurricular activities and sports dormitories of Tehran University students, there is a significant difference. Atghiya (2007) in one study, titled needs assessment of women's sport for women In the Al-Zahra University, as reported, that the needs of women attempting to exercise, include health and vitality, the presence of experienced mentors, access into useful information about Sport and ultimately achieve Fitness. Ghodrtnama et al (2010), Kiyani (2011) and Eslami et al (2011) were approved in separates study, the importance of developing facilities to increase student participation in sport for all universities. As well as Grix (2008), Wang (2008) and Wicker et al (2009) in separate study at universities in Germany, China and America reported correlation between the development of sport facilities and increase student participation In the sport for all activities. Kilpatrick and et al (2010), in a study entitled, reviews motivations of students of physical activity, came to the conclusion, that although part of the motivation to engage in physical activity due to intrinsic motivation, but provide more information and intelligence and improving students' recognition of exercise can be effective in increasing student participation In the physical activity. Seyyedasri et al (2013) in a study reported that, between motivations of men and women participating in sport for all activities at Islamic Azad University, there is a significant difference, and incentives for men to engage in sports activities motivated different whit women. As well as Tungjun (2010) in a study suggests that the development of sport in all countries considered in strategic planning and the role of volunteers in the field, have the most important and the most prominent role.

METHODOLOGY

This research functional studies, and to methods is a descriptive survey. The study population are university students in Khorasan Razavi province, according to Morgan table cluster sampling method, 376 students were selected as sample. The data collection tool, a questionnaire was designed to sport for all, and its validity by ten professors and elite of sport management have been approved, and its reliability by Cronbach's (0.82) were calculated. To analyze the data, descriptive statistics such as mean, standard deviation and frequency tables and to inferential analysis Kolmogorov-Smirnov test for data normalization and Mann-Whitney, and Friedman were used.

Finding

Sports record of research participants are as follows:

Table 1. sports records of attendees

	Number	Percent
Non Athlete	140	37.4
Public Athlete	64	17
School Athlete	102	27.2
Provincial Athlete	34	8.7
Club Athlete	29	7.8
National Athlete	7	1.9

To assess the normality of the data, Kolmogorov-Smirnov test was used, that results indicate non-normal distribution in all the variables and data normality hypothesis is rejected at the level of error (0.05 = α) and due to the results Friedman test was used to rank the variables.

Table 2. The status of attention of the students to sport for all

Variable	P_Value K_S	Mean Rank	P_Value Fridman
The belief in the the positive effects of sport for all	0.001	2.67	0.001
The knowledge and understanding of sport for all	0.001	1.86	
Dealing with the sport for all	0.001	1.47	

Results Table 2 reflects the fact that most students are familiar with the positive effects of sport for all, and enough awareness of the importance and benefits of it, and are in various dimensions, but the results show

that students in Khorasan Razavi Despite knowledge of various aspects of sport and the benefits of exercise do not spend their time to sport.

Table 3. Obstacles to the implementation of sport for all at the University

Variable	P_Value K_S	Mean Rank	P_Value Fridman
Lack of proper exercise spaces	0.001	5.25	0.001
The lack of attractiveness of sport for all	0.001	5.19	
The high volume of daily activities	0.001	4.97	
Lack of awareness of the benefits of sport for all	0.001	4.51	
University sports management	0.001	4.22	
Paying less attention to the proper time to hold public sport activities	0.001	4.16	
Shortages in skilled manpower	0.001	3.90	
Despite the economic problems	0.001	3.80	

According to Table 3, it can be seen, the lack of appropriate sports areas, and lack of attractiveness of the sport for all, in universities, is the most important obstacles to the development of sport for all.

Table 4. The charm of any sport for all programs implemented at the University of Khorasan Razavi province

Variable	P_Value K_S	Mean Rank	P_Value Fridman
Birding and nature guides programs	0.001	4.15	0.001
Inter-college competitions	0.001	3.64	
Within university festival	0.001	3.61	
Tournament dormitories	0.001	3.33	
Festival of sport for all	0.001	3.29	
Ramazan Cup	0.001	2.99	

According to Table 4, it can be concluded, birding and nature guides programs, is the most attractive from the perspective of students, and a Cup of Ramazan, compared to other programs, has the less the charm.

Table 5. Students access to sports spaces

Variable	P_Value K_S	Mean Rank	P_Value Fridman
Access to sport facilities in Educational hours	0.001	3.23	0.001
Access to sport facilities in Non-Educational -hour	0.001	2.89	

According to the findings, it can be stated, that access of university students of Khorasan Razavi province, to the facilities and gyms, in educational hours, is more, and take advantage of these places in educational hours for students, is more than non-educational hours.

Table 6. The current status of of sports facilities of University

Variable	P_Value K_S	Mean Rank	P_Value Fridman
Sports spaces	0.001	2.25	0.001
Sports equipment	0.001	2.32	
Expert personnel	0.001	2.05	
Volunteers	0.001	2.02	

According to Table 6, it can be stated that sport spaces and sport equipment, compared to the status of expert personnel, and sports volunteers, have been better situation, and from the perspective of students, space and sports equipment status is better than human resources.

Table 7. Students priorities for the implementation of sport for all

Variable	P_Value K_S	Mean Rank	P_Value Fridman
The development of sport facilities	0.001	4.06	0.001
Development of sports equipment	0.001	3.76	
experienced teachers of physical education	0.001	3.75	
Providing incentives Activity	0.001	3.66	
Holding of training actions	0.001	3.38	
Add the theory lessons of physical education	0.001	2.40	

According to Table 7, we can see that the most important priority for the development of sport in universities, from the perspective of students, development of facilities and sports equipment to benefit more students of sport facilities, and increase time dedicated to sport, from the students.

Table 8. Compare views of men and women in the status of sport for all

Variable	P_Value K_S	Mean Rank	Z	P_Value Fridman
The development of sport facilities	0.001	100.36	0.794	0.427
Development of sports equipment	0.001	106.96		

The findings indicated no significant difference between men and women in research. And reflects the fact that the views of men and women participating in this study have not significant differences.

Table 9. Compare and non-dormitory students insights in the field of sport for all

Variable	P_Value K_S	Mean Rank	Z	P_Value Fridman
Dormitory	0.001	118.57	-2.393	0.19
Non Dormitory	0.001	97.16		

According to Table 9, we can conclude that between views of Dormitory and non Dormitory students, there is no significant difference, and the views of these two groups of participants in the level of error (05/0) is not a significant difference.

CONCLUSION

This study aims to check the status of sport for all at the University of Khorasan Razavi province was conducted. Results showed that 37.4 percent of students, not spent any time to doing activities exercise, and this suggests the need to the develop a culture of sport, and increase promotional activities, in line with the increasing tendency of students to the sport for all, in universities. The findings suggest fact, that students with good faith and strong belief, about the impact and benefits of exercise. But doing exercise in them is very limited. And can be stated, that people are aware of the positive and useful impact of sport, but for various reasons, they has refused action, and doing exersice is very limited. This result indicates the need for more and more attractive, and more varied exercise plan is universal because students aware of the positive effects of sport for all, and can be charming university athletic programs, increase student sports participation levels. These findings, with results Safanya (2000) and Azarnia (2004) is consistent, and the researchers believe that, to engage in sport for all by students, not much attention. And this despite the fact that students have sufficient knowledge, to have the benefit of sport for all. But with research of Kilpatrick (2010) contrasts, and he believes that the need to raise awareness of the sport for all's most important priority and to increase participation in sport has a significant effect.

Students also believe that the most important obstacles to the development sport for all, in universities, lack of Sport appropriate space, and then, unattractive sport for all activities, and high volume of daily activity. This cases indicated, that the Universities of Khorasan Razavi province is required to develop sports facilities for men and women in the university, and also requires diversity and creativity in the field of organizing activities related to sport for all, and increase the attractiveness of these activities. Also, due to the high volume of daily activities of students need programs related to sport in the university, presented in hours, that accessible, increase using and presence of students in these activities.

The results also indicate better access to sports facilities of University in educational hours compared to non-educational hours. According to the views of of students, based on the lack of access to sports facilities, and the lack of sports facilities, need to sport managers of University of Khorasan Razavi province, to adopt measures to allow greater access for students, to sports facilities, in non-teaching hours. The results show that the spaces and sports equipment, has to be better than specialized staff and volunteers of sports. But spaces and sports facilities, was moderate, and considering the views of of students, the University of Khorasan Razavi province, are facing a shortage of sports facilities. And sport managers need to improve the spaces and sports equipment and skilled and experienced mentors and greater use of volunteers. The results indicate that the most important priority for the implementation of sport for all, from the perspective of students, is the development of sports facilities and equipment, and then greater use of educators and knowledgeable expert in university sports programs, and University of Khorasan Razavi province sports administrators need to take steps to develop sports facilities and manpower. These findings are consistent with findings of Ghafuri and colleagues (2003), Power Ghodratnama and colleagues (2010), Kiani (2011), Islami and colleagues (2012), Grix (2008), Wang (2008) and wickers (2009) were consistent, and all the researchers, reported that the development of sports facilities, in the development of sport for all, and implementing programs were useful. But with the findings of Atqya' (2007) Countercurrent, and in her research, experienced mentors was as first priority, which can be caused by a shortage of experienced coaches in the women sport. Also, with the results Tongiun (2010) is also inconsistent, because he said the most important factor in the implementation of sport, is utilizes more volunteers, and in this study, volunteers was the last priority in the implementation of Sports in universities.

In addition, the views of men and women in this study were evaluated, and the results showed no significant difference between men and women views on the situation of sport in the province of Khorasan Razavi.

These findings with results Kiani (2011) consistent and with Asry and et al research results (2013) are antithetic and Asry and colleagues believe the differences between the views of men and women them participating in sport activities.

The views of students in dormitories and non dormitories, were also studied by researchers, and the results showed no significant difference between the views of students living in dormitories, and students non dormitories, about the situation of sport in universities. These results, with results Kiani (2011) and Bavrsad (2006) is incompatible, and this researchers, reported significantly difference between the views of students living in dorms and non-dormitory students that these differences can be caused by differences of opinion in different universities and different people in different places at the Universities.

According to the findings, it can be stated, that the development of facilities and sports equipment, increase the attractiveness of the sport, increase productivity, and improve the use of sports facilities, greater use of specialists and volunteers, as well as developing and implement programs that are most appealing from the perspective of students should attentioned by university athletic directors and sports administrators, and according to this Items, try to the development of sport at the university, and the increasing tendency of students to exercise.

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