

Sports Development Program of Urdaneta City University

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Abstract — Sports for development is a program in which a sport is recognized as a legitimate means for promoting positive social change. Moreover, sport remains one of the foremost visible institutions for producing positive social change. Thus, the value of a sports development program is essential for a high standard of training for athletes, highly qualified coaches and trainers, and functional and practical training facilities. The study used a descriptive survey design. This method of investigation attempted to describe and interpret what exists at present in the form of condition practices, processes, trends, beliefs, and others. The focus of the study is the appraisal of the sports development program of Urdaneta City University during the S.Y. 2019-2020. The subjects of the study consisted of five (5) sports administrators, 16 physical education instructors, five (5) trainers, and 60 University Athletes under the sports development program of Urdaneta City University, with a total number of 86 respondents. This study provides a strongly agree results in the sports development program among the respondents. This states that the program has ample content to the need of the sports program and to the university as well. This is where the status of the existing development program was developed and improved to the need of the coaches, athletes and sports instructors in the university. Therefore, this study has produced an output from the consolidated results from the respondents entitle, Sports Development Program of Urdaneta City University (A Five-Year Program).

Keywords — *Sports Development Program, Sport, Athletes, Coaches, Sports Instructors*

Introduction

Sport for Development (SFD) is a program in which sport was recognized as a legitimate means for promoting positive social change. In practical terms, its social translation has operationally characterized sport as its solid relationship with physical effort and execution measures. They see "sport" may not be in another; sport takes on numerous structures and continually changes depending on cultural standards, patterns, and new bearings.

According to Croddy (2018), sport and Physical Education have an academic impact. Physical activity is significant to the holistic development of tykes, fostering their physical, social, and emotional health. These advantages of the game will reach beyond the impact on physical well-being. Therefore, not underestimate the value of the tutorial benefits of sport.

In every school sports program is essential. The significance of sports in school delivers more than the advantage of physical activity. Increases in confidence and mental sharpness make school sports and games necessary for each student (Coalter, 2015).

The most likely sports program is to specialize in the requirements of the scholar. Students participating in such sports clubs or organizations inside the campus could be an excellent opportunity to enhance and improve their abilities and skills. Crafting and molding such skills and physical skills of the scholars need appropriate training and competition to realize the possible goals of the program. Consistent with the study of Diop (2016), participation in sports clubs, like participation in many other structured extracurricular activities, conveys "managerial" skills like curiosity, effort, and perseverance, responsibility, self-assessment, also as a project, time, and stress management. More insights are into the behavioral patterns and preferences of users of various club-organized (i.e., sports clubs) and non-club organized (i.e., gyms, health centers, or swimming pools) or informal sports settings like public spaces to develop targeted policy strategies to extend sports participation (Deleen et al., 2018).

Diop (2016) research study indicates the importance of investigating employee interest before developing wellness and sports programming, facilitating participant engagement and adherence to the programs. One of the foremost vital factors in successful employee wellness and sports program includes strategic planning and assessment on the employer's part before initiating a program. Universities and colleges that wish to develop programs catering to the extensive selection of employee types, interests, and backgrounds within their establishment should have a needs analysis.

Due to poor management of the Philippine Sports program, especially on planning and training of athletes, the research indicated that no Filipino athlete has ever won a gold medal to date (Santos et al., 2017). The research report indicated that since the Philippines made its Olympic debut in Paris in 1924, the collection of medals so far lists two silver and seven bronze, with boxing accounting for five of the nine total medals. To ensure an orderly and successful sports competition, Deleen et al. (2018) suggests that there should be organized system management and stakeholder support.

Urdaneta City University is also alarm by these issues even though the University is aware of the existing Sports Development Program. There are problems observed from the current program. The number of active participations of the potential student in the recruitment activities gradually declined. Few athletes have benefits, dates, and training schedules are constantly interrupted, coaches lack service credit and others. It needs to determine if the program's components are still practical, functional, and implemented well. The rank level performance is unsteady because it sometimes goes on the top ten to the bottom ten out of 27 continents. The Urdaneta City University has never been on the top three ranking Universities and Colleges on the mentioned sports event.

Therefore, the researcher realized the value of a sports development program is essential for a high standard of training for athletes, highly qualified coaches and trainers, and functional and practical training facilities and materials. The researcher was motivated to assess the components of the sports development program intended for Urdaneta City University if it needs to update and enrich the program.

The study appraised the Sports Development of Program of the Urdaneta City University during A.Y. 2019-2020.

Specifically, it sought to answer the following questions:

- a. What is the status of the existing Development Program of Urdaneta City University?
- b. What sports development program can be proposed to enhanced the existing program of Urdaneta City University?

Literature Review

Campus recreational sports programs are designed to provide an on-campus leisure opportunity for college students, hopefully enhancing their quality of collegiate life (Young et al., 2003). Programs that seem to be meeting specific objectives have been identified as a resource for those who seek models of effectiveness. The most likely sports program is to specialize in the requirements of the scholar. Students participating in such sports clubs or organizations inside the campus could be an excellent opportunity to enhance and improve their abilities and skills. Crafting and molding such skills and physical skills of the scholars need appropriate training and competition to realize the possible goals of the program.

This is a theory that has evolved from the original work of Bandura who put forward a social learning theory. Bandura built on his earlier work with the help of a contemporary, Walter Mischel, who emphasized the cognitive and situational variables associated with human behavior. It was proposed that there was intraindividual cognition which encouraged Bandura to extend his own work on observational learning and self-regulation. Further, the theoretical frameworks have focused on observations and cognitive factors associated with the learner, another approach which may be particularly effective is one in which there is significantly increased interaction between the role model and the learner. There is a common perception that sports people are viewed as role models and that they have a correspondingly positive impact upon individuals and the broader community in general. This perception has resulted in a number of programs being instituted where prominent and successful sports people have been promoted to the community as role models in order to influence sports participation rates (Feltz, 2007). Moreover, confidence is an important factor that distinguishes successful athletes from unsuccessful ones in terms of both their mental states as well as their performances. However, the precise nature of self-confidence was quite unclear until the publication of Feltz's seminal chapter on this issue. The term self-confidence refers to one's belief that he or she can successfully execute a desired behavior.

Feltz (2007) presented three of the major theoretical approaches available at that time for studying these relationships: Bandura's self-efficacy theory, Harter's perceived competence model, and Vealey's concept of sport confidence. She not only described the theoretical approaches but also provided extensive research evidence in sport and reviewed some relevant criticisms. Added by Willardson (2007), traditional resistance exercises have been modified to emphasize core stability. Such modifications have included performing exercises on unstable rather than stable surfaces, performing exercises while standing rather than seated, performing exercises with free weights rather than machines, and performing exercises unilaterally rather than bilaterally. Despite the popularity of core stability training, relatively little scientific research has been conducted to demonstrate the benefits for healthy athletes. Therefore, the purpose of this review was to critically examine core stability training and other issues related to this topic to determine useful applications for sports conditioning programs.

Methodology

The study used a descriptive survey design. This method of investigation attempted to describe and interpret what exists at present in the form of condition practices, processes, trends, beliefs, and others. It is concerned which phenomena that are typical of the normal condition. They investigated the conditions of relationships that prevail, beliefs, points of view or attitudes held, processes that are going on, influences felt, and developing trends. It is an organized attempt that analyzed, interpreted, and reported the present status of a social institution group in an area.

It dealt with the cross-section of a duration enough for an examination that is the current time, not the present moment. The study appraised the Sports Development Program of Urdaneta City University during School Year 2019-2020 for the development and proposed enhancement of the program.

Validating a survey assessed the survey questions for their dependability. Multiple, tough-to-control factors can influence the dependability of a question. It is neither quick nor easy to Validate a survey. A descriptive survey attempted to establish the range and distribution of some social characteristics, such as education or training, occupation, and location, and discovered how these characteristics might be related to specific behavior patterns or attitudes. Survey checklists verified the number of particular lines of inquiry, steps, or actions are being taken, or have been taken, by a researcher. Various forms throughout data collection and analysis and after that are part of either writing or reviewing for the surface. The word "survey" suggests the two closely related aspects of this kind of study. The term "survey" indicates the gathering of the data regarding the current condition of the Sports Development Program. The word "normative" for frequent surveys ascertains which the normal state is or practices about the status of the Sports Development Program of the Urdaneta City University this School Year 2019-2020. The process of descriptive research went beyond more gathering and tabulation data. It involved all elements of interpretation of data, the meaning of described significance.

The description combined with comparison and contrast involves measurement, classification, and evaluation. This study used the descriptive method to picture the current Sports Development Program of Urdaneta City University.

Population and Locale of the Study

The focus of the study is the appraisal of the sports development program of Urdaneta City University during the S.Y. 2019-2020. It will delimit the existing component of the sports development program, assess the current components of the sports development program, and the proposed sports program of Urdaneta City University. The sources of data will be the observable five-point score ratings drawn from the five (5) Sports administrators, sixteen (16) physical education instructors/coaches, four (5) trainers, and sixty (60) student-athlete of Urdaneta City University this School Year 2019-2020.

Results and Discussion

This study presents the results and discussion based from the following objectives stated aforementioned. Table 1 shows the level of assessment of the existing development program of Urdaneta City University. The ten indicators determine the overall components of the existing program.

Table 1. Evaluation of the Components of the Existing Sports Development Program

	Mean	DE
1. It creates opportunities for athletes to participate in organized sports programs.	3.60	SA
2. Sports coordinators, sports assistants, coaches, and trainers have a degree related to sports.	3.60	SA
3. It raises public awareness of health and fitness and issues and promotes participation in sport, not only for athletes but also for other students and school personnel.	3.00	A
4. It supervises the athletes' training, ascertains qualifications, and determines the privileges and incentives of athletes.	3.00	A
5. It develops a positive spirit to achieve success and enhances the academic performance of the athletes through in-campus sports activities.	3.40	SA
6. It inspects athletic equipment to ensure the equipment meets regulation standards and is safe for athletes.	3.00	A
7. It improves the present sports facilities and erects new sports facilities at par with global standards.	2.80	A

8. It encourages the active involvement of higher educational institutions or collegiate athletic leagues in athletic talent sourcing and identification.	3.20	A
9. It strengthens the role of the commission in sports development to ensure they developed their talents.	2.80	A
10. It formulates and recommends policy pertinent to athletics, including the appointment of coaches and selection of athletes, subject to the approval of the Office of the President.	3.20	A
Overall Weighted Mean	3.18	A

Legend: Mean Scale	Descriptive Equivalent
3.25-4.00	Strongly Agree (SA)
2.50-3.24	Agree (A)
1.75-2.49	Disagree (D)
1.00-1.74	Strongly Disagree (SD)

It can be seen on the table that "It creates opportunities for athletes to participate in organized sports programs" and "Sports coordinators, sports assistants, coaches, and trainers have a degree related in sports" got the highest mean of 3.60. This implies that Urdaneta City University offers high participation of student-athletes inside the institution and great opportunities on intercollegiate, regional, or even national competitions. It has a sound and ideal sport development program comparable to different institutions. As the study of Ojeme (1985), institutions shall ensure that intercollegiate.

Sports development is the process of continuous improvement of a sports structure. Its constitutions and programs create a social condition that can ensure physical fitness for all, which will, in turn, bring about the effective functioning of the individual to ensure self-actualization.

Athletics competition is also an integral part of the total educational program offering, under the control of those responsible for the institution's administration. Also, there is a lack of uniform standards for coach's education, although the National Association has recommended a comprehensive set for Sport and Physical Education. Professional coach education programs analogous to teachers' systematic preparation and certification are not available in the United States (Stephen, 2018).

On the other hand, "It improves the present sports facilities and erects new sports facilities at par with global standards" and "It strengthens the role of the commission in sports development to ensure they developed their talents" got the lowest mean of 2.80. This means that the regular maintenance and enhancement of sports facilities used for sports development is one of the main considerations for any sport development program. Inspections of athletic equipment are necessary to avoid expensive and catastrophic losses. In conformance, Lindsey (2008) mentioned that the best time to inspect equipment is before the start of any sports season. Though the University does this, there are still factors that affect the activeness and performance of the athletes, especially if they lack sports equipment. The study of Malina (2010) talks about the effects of inadequate sports

equipment and facilities. It says that the availability of sports equipment and facilities is a crucial element in sports development. It concluded that sports activities improve through the use of new and quality sports equipment.

Also, sports development entails a continued improvement of a sports structure, its constitutions, and programs to create a social condition that would ensure physical fitness, accompanying effective functioning and self-actualization. At the same time, budgeting is developing a plan to spend money while estimating the judicious use of resources. Budgeting, which entails creating a plan to spend money, involves a planning process of human, material, and financial facets while estimating the judicious use of resources. It is, in fact, another crucial step in attaining success in any sports endeavor (Diop, 2016)

Table 2 presents the Level of the Assessment of the proposed Sports Development Program of Urdaneta City University. There are indicators provided to assess each area of the abovementioned program.

Table 2. Proposed Sports Development Program to Promote Positive Social Change

Areas in Promoting Positive Social Change	Weighted Mean	Descriptive Equivalent
1. Mission, Vision, Objective Statement, and Purpose of Sports Development Program	3.57	SA
2. Professional Qualifications	3.59	SA
3. Integration of Roles and Responsibilities of Sports Coordinator, Assistant, Coach, and Trainer	3.59	SA
4. University Athletes' Activities	3.57	SA
5. Out-Campus and In-campus Recruitment	3.57	SA
6. General Training Design and Schedule	3.48	SA
7. Scholarship	3.61	SA
8. Sports Association and Academic Performance	3.58	SA
9. Sports Equipment and Facilities	3.96	SA
10. Sports Program	3.55	SA
Average Weighted Mean	3.61	SA

Legend: Mean Scale	Descriptive Equivalent
3.25-4.00	Strongly Agree (SA)
2.50-3.24	Agree (A)
1.75-2.49	Disagree (D)
1.00-1.74	Strongly Disagree (SD)

It means that the VMGO of Urdaneta City University has a clear, informed vision, mission, and goals of what they want their school to become, to focus on the needs of the students, staff, and stakeholders. Vision and Mission statements summarizes an organizations' strategy in a form

that can be communicated and understood by the students, staff, and stakeholders. The core competencies are strategically essential in our educational institution, providing a sustainable advantage for our organization that advances exceptional educational delivery and experiences that shape the athletes' skills.

At the same time, bachelors in exercise and sports science, physiology, kinesiology, nutrition and fitness, and sports medicine is an interdisciplinary field designed to provide a broad and coherent understanding of applied exercise and sports sciences in terms of fitness and sports coaching. It implies that graduates of sports sciences are more qualified to be coaches. In this case, BSEd PEHM Majors will have training and seminars that could help them have more profound knowledge and enhance their skills in coaching athletes. Sports coordinators manage logistics for multiple sports teams that make up the athletic program. It means these sports coordinators should boost their leadership skills for them to manage their sports team effectively.

Moreover, according to Croddy (2018), tournaments of any size can be much fun, raise money for the group and provide opportunities to attract people from outside the areas of other competitions. However, we all know that this could take a lot of effort and time to organize, especially when we lack tools.

The coaches may have the knowledge and relevant skills in coaching their athletes. However, because of many workloads, not only as coaches but also as teaching personnel, they may lack monitoring and enhancing the performance of their athletes. Monitoring athletes helps coaches learn about their athletes' behavior and habits. Capturing these allow the coaches to evaluate and analyze it, which helps them get the best possible performance out of the athlete.

Developing or training physical abilities has existed, though in a basic format first, since ancient times in Olympic Games preparation or military purposes. The fundamental precondition of increasing and maintaining acquired sports performance is a systematic training activity. It is necessary to keep the optimum frequency of training units that follow the principle of super-compensation. The requirement, therefore, is to continuously alternate load and rest while respecting the individual specifics of athletes.

An involving sport brings togetherness and group efforts and helps students push their extreme and coordinate with others. It is why every institution must have physical sports facilities and areas. It is not new to us that the University was one of the hosts of intercollegiate sports contests since the University has a comprehensive and closed court. Courts are essential because it offers an economical and practical solution to any sporting needs providing the players with an ideal surface to play on and improve their sporting skill.

Moustakas (2020) said, an extension program is a set of clearly defined, consciously conceived educational objectives derived from an adequate analysis of the situation, achieved through extension teaching. In sports, we also have extension programs that aim to provide students' learning capacity and overall performance in their physical education. It develops

students' and athletes' abilities in sports and personnel's ability to compete from school to national sports competition.

In addition, according to Faubert (2013), one distinguishing feature explaining professional athletes' abilities is their capacity to learn how to absorb complicated dynamic visual sceneries. Therefore, professional athletes can play for a successful play for outstanding high performance and have mental abilities to express great prowess in action.

Conclusion

The University has not produced athletes that have been part of professional sports associations. Nevertheless, through training hard and developing not only the athlete's performance but also their attitude. In the recent intervention studies said that coaches integrally involve defining behaviors of athletes. These behaviors addressed proper techniques to prevent potential injuries and preparing athletes for successful gameplay and individual competitions. Just like what most professional athletes say, take action to increase the odds. In addition, according to Faubert (2013), one distinguishing feature explaining professional athletes' abilities is their capacity to learn how to absorb complicated dynamic visual sceneries. Therefore, professional athletes can play for a successful play for outstanding high performance and have mental abilities to express great prowess in action. Based on the findings of this study, the following conclusions were formulated such as the results from the respondents were described as Agree. However, most respondents have a degree related to sports and athletes who participated in different sports programs and the sports development program was assessed strongly agree, which means that the program has sufficient content in response to the need of the University.

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