

## Involvement in Sports Activities Among College Students in one Higher Education Institution in the Philippines

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*Date Received: November 5, 2014; Date Revised: April 10, 2015*

**Abstract** - *This study aimed to determine the involvement of the students in different sports activities in Lyceum of the Philippines University (LPU)-Batangas. Specifically it is intended to identify the sports activities participated by the students, to know the level of students' involvement in different sports activities, and to proposed an action plan to strengthen students' involvement in Sports competition. The study used the descriptive method of research as it aims to describe the status of sports activities participated by the LPU-Batangas students with respect to the personal qualities and instructional competencies as assessed by the physical education students. The sports activities which the respondents moderately involved or participated are jumping, walking, hopping and running. There is a highly significant relationship between the student and the involvement/participation in sports activities.*

**Keyword:** *Involvement, Sports Activities, College Students*

### INTRODUCTION

Sports is a competitive physical activity, utilizing specialized equipment and facilities; with unique dimensions of time and space, at which a quest for records is of high significance (Bayless, Mull & Ross, 1983).

Most of what we know about sports is that they are specific activities that contribute to the whole enterprise. We are able to identify sports – baseball, golf, tennis football, and bowling – the kind of activities we need about it a weekly periodical such as sports intellectual they also included by covered by radio and television. This even though we may not give much thought to the parameter of sports as a collective enterprise, we have a little difficulty identifying most of the parts.

The comprehensive secondary school physical education is composed of many components: the

instructional program, the adapted physical education program, the intramural, and club sports program, and the interscholastic program. The instructional program is perceived by the most physical education teachers as the foundation for the other program that comprises the total secondary school physical education program. The instructional program focuses on the teaching of motor skills, fitness, knowledge and attitudes to all students (Burton, 2008).

The adapted physical education program designer for the individual whose developmental needs cannot softly or successfully be met though the regular instructional program. This program offers to students with unique needs that is those students who are differently able because of a permanent disability, such as a broken leg, opportunities to participate softly and to experience success while attaining desired physical education outcomes. Adapted physical education emphasizes individualized instruction to meet the unique needs of each student in the program.

The role of physical education and sports activities in society in every individual provides the foundational all information needed to understand the nature and the scope of sports activities. The role of sports in today's world, and the contribution that students involved in physical education and sports activity can make to society. Sports activities are a growing and expanding field. The growth is reflected in the enlargement of the knowledge based on the development of the specialized of study. The expansions of sports activity have created this field (Wuest, 2009).

The study has been conceived in view of researcher's desire to identify the sports activities participated in by the student which will develop their physical aspect. The researcher feels the need to study the level of involvement of students in school today to determine what particular sports results of this study will serve as basis in strengthening the sports activities done by the school.

## OBJECTIVES OF THE STUDY

This study aimed to determine the involvement of students in different sports activities in Lyceum of the Philippines University-Batangas. Specifically, it is intended to identify the sports activities participated in by LPU students; to determine the level of involvement of LPU students in different sports activities; and to propose on action plan to strengthen involvement of LPU students in sports competition.

## METHODS

### Research Design

The study made use of the descriptive method research of statistics. It is logical and primarily focuses on numeric data. However, it is not analytical because it does not look at why certain trends within statistics occur. As aimed to describe the status of Involvement of students in sports activities at Lyceum of the Philippines University – Batangas as assesses by the freshman and sophomore students. It is concerned on how these students involve in sports activities initiated by the school.

### Participants

The study involved 100 students. It is composed of 50 freshmen and 50 sophomores who are currently enrolled in this university, first semester, SY 2013-2014. They are taking up different subjects from PE1 to PE 4 by the time the study is conducted.

### Instrument

Based from the specific objectives' created, the researcher read books, other printed materials which aided to constructing survey questionnaire has two parts, Part I deals in with the sports activities in which he respondents are involved. Part II deals with the level of involvement in the said sport activities.

### Procedures

The researcher visited the library to get the necessary materials to come up with the needed frame of preference for the study. He consulted with the knowledgeable person that guided him in their study.

For the actual gathering data from the respondents, the researcher asked permission from proper authorities to administer the questionnaire. He guided the respondent in answering the questionnaire and immediately collected after the respondent done answering.

The questionnaire distributed and retrieved and the data was immediately tallied and group the results

accordingly. The group data presented to the statistician for computation using the necessary statistical tools, and then the researcher analysed and interpreted the result then generated conclusion and recommendation.

### Data Analysis

The researcher collected and tabulated the gathered data from the respondents which was analysed using the frequency and percentage to illustrate the profile variables of respondents in terms of year level. Weighted mean and ranking was used to determine the level of involvement in different sports activities.

## RESULTS AND DISCUSSION

**Table 1. Frequency Distribution of the Sport Activities in LPU (N=100)**

Sports Activity	F	Rank	
1	Core conditioning	23	24
2	Flexibility/Stretching	70	6
3	Group Stretch Training	40	18.5
4	Yoga	10	27
5	Mind Body Modalities	30	21
6	Group Personal Training	28	22
7	Sports Specific Training	40	18.5
8	Stability Fall Training	22	25
9	Indoor Cycling	21	26
10	Water Cycling	25	23
11	Wellness/Lifestyle	48	15
12	Outdoor Activities	59	11
13	Boxing Based	1	30
14	Kick Boxing	5	29
15	Martial Arts Based	8	28
16	Walking	95	1
17	Running	87	3
18	Jumping	90	2
19	Hopping	75	4
20	Leaping	60	10
21	Skipping	58	12
22	Sliding	66	7
23	Pushing and Pulling	61	9
24	Throwing	74	5
25	Catching	64	8
26	Striking	34	20
27	Kicking	50	14
28	Dribbling	54	13
29	Spiking	42	17
30	Smashing	46	16

Table 1 presents the frequency distribution of the different sport activities at LPU. It can be observed from the table that the most common sport activity is walking having a frequency of 95 equivalents to 58

percent. It is followed by jumping (90), running (87), hopping (75), throwing (74), flexibility/stretching (70) and sliding (66). However the last five sports activity on which the respondents participate in are stability indoor cycling (21), yoga (10), martial arts based (8); kick boxing (5) and boxing based (1).

From this data one may presume that most of respondents are the freshmen and sophomore who undertake the PE 1 and PE 2 subject. Most of the students are participated in any form of sports activity that the sports management conducted.

According to Wankel and Kreisel (2010) that sport major type of activity in which children and youth are involved because, it promotes good health. Early childhood participation in sports makes an individual become sports minded. Evidence indicates that different sports appear to different social stratification in the society and may reinforce cultural difference.

Table 2 shows the mean score of level of involvement or participation in different sports competition. It can be gleaned from the table that most of the respondents involved to a moderate extent in different sport activities having a composite mean of 2.64. All the items yield low to average score ranging from 1.84-3.23 and interpreted as “Involved to a Less Extent” and ‘Involved to a Moderate Extent.’”

As indicated from the results, the sport from which the respondents are moderately involved or participated in are jumping (3.23), walking (3.15), hopping (3.08), running (3.07) and group stretch training (3.06). However, the last five sports that were less involved by the respondents are kick boxing (2.29), spiking (2.29), wellness/lifestyle (2.12), indoor cycling (2.07), boxing based (1.96) and yoga (1.84).

**Table 2. Mean Score on the Level of Involvement or Participation in Different Sports Competition**

	<b>Sports activity</b>	<b>WM</b>	<b>VI</b>	<b>Rank</b>
1	Core Conditioning	2.40	Involved to a Less Extent	22
2	Flexibility / stretching	2.38	Involved to a Less Extent	23.5
3	Group Stretch Training	3.06	Involved to a Moderate Extent	5
4	Yoga	1.84	Involved to a Less Extent	30
5	Mind Body Modalities	2.38	Involved to a Less Extent	23.5
6	Group Personal Training	2.43	Involved to a Less Extent	21
7	Sports Specific Training	2.74	Involved to a Moderate Extent	13
8	Stability Fall Training	2.54	Involved to a Moderate Extent	16.5
9	Indoor Cycling	2.07	Involved to a Less Extent	28
10	Water Cycling	2.45	Involved to a Less Extent	20
11	Wellness/Lifestyle	2.12	Involved to a Less Extent	27
12	Outdoor Activities	2.54	Involved to a Moderate Extent	16.5
13	Boxing Based	1.96	Involved to a Less Extent	29
14	Kick Boxing	2.29	Involved to a Less Extent	25.5
15	Martial Arts Based	3.03	Involved to a Moderate Extent	7
16	Walking	3.15	Involved to a Moderate Extent	2
17	Running	3.07	Involved to a Moderate Extent	4
18	Jumping	3.23	Involved to a Moderate Extent	1
19	Hopping	3.08	Involved to a Moderate Extent	3
20	Leaping	2.98	Involved to a Moderate Extent	9
21	Skipping	2.96	Involved to a Moderate Extent	10
22	Sliding	3.02	Involved to a Moderate Extent	8
23	Pushing and Pulling	3.05	Involved to a Moderate Extent	6
24	Throwing	2.87	Involved to a Moderate Extent	12
25	Catching	2.88	Involved to a Moderate Extent	11
26	Striking	2.57	Involved to a Moderate Extent	15
27	Kicking	2.63	Involved to a Moderate Extent	14
28	Dribbling	2.51	Involved to a Moderate Extent	19
29	Spiking	2.29	Involved to a Less Extent	25.5
30	Smashing	2.53	Involved to a Moderate Extent	18
	<b>Composite Mean</b>	<b>2.64</b>	<b>Involved to a Moderate Extent</b>	

This implies that the students adapt the curriculum that will give by the university. The comprehensive physical education is composed of many components that include the involvement of the students in sports activity.

As supported by the study of Burton, (2008), the instructional program that the teacher focuses on teaching of motor skills through participation in sports activities that can contribute the development of whole students.

Strategic sports marketing is the process of designing and implementing activities for the promotion and distribution of a sports service to the consumer, the result of which satisfies the consumers desires and the organization objectives (“Sports Marketing”, 2014), this results in an on-going strategic fit between the goals and resources of the organization and constantly changing opportunities (Stolar, 2008).

Sports are an advanced form of play. Although play may be restricted in some ways as it conceptualized as sport, it must retain many of the characteristics, (it is a voluntary and has time boundaries). Sport is an important parts our culture. Many people are involved in sport in an educational, recreational, or professional capacity. Sports are also important indicator of the health and vitality of our culture. An indication of the stabilizing and socializing functions of sport in culture is seeing when individuals are involved in sport in positive and rewarding ways.

Because sport is an integral part of our culture, students should learn as the subject matter of physical education should be development of skills and strategies necessary to participate in sport. Participation in sport should be modifying to contribute to the students understanding and ability to play sports successfully.

A physically educated person is one who has learned to play and appreciate sports more completely, to coordinate and manage their own sports more completely, to coordinate and manage their own sport experience, and to (accept) individual responsibility and (demonstrate) group membership skills. Getting men involved in sports may make them more likely to stay rather than drop out of college completely; however, it may also make them more likely to go elsewhere. Getting women involved in sports may not only make them more likely to stay, it may make them less likely to go elsewhere (Leppel, 2005).

The NCAA defines its basic purpose (Bylaw 1.31), the competitive athletics programs of member institution designed to be vital part of the educational system. A basic purpose of this association is to maintain athletics as an integral part of the educational

program and the athlete as an integral part of the student body and by doing so retain a clear line of demarcation between intercollegiate athletics and professional sports.

### **Proposed Action Plan to Strengthen the Involvement of LPU students in Sports Competition**

In order to familiarize in different sports activities, it recommended to conduct a seminar or symposium where invited speakers will discuss the importance of sports activity to implement solidarity completion; conduct information dissemination regarding sports activities. In terms of enhancing the level of involvement of students in sports activities, giving of brochures and posting of advertisement regarding various sports events and activities within and outside the university may be considered; conduct friendly competitions and increased the incentives to the deserving students.

### **CONCLUSIONS AND RECOMMENDATIONS**

LPU students are highly involved in walking, jumping, running, hopping and throwing; the Based-boxing, kickboxing, martial arts, however are the least three sports activity which are the moderately involved participate. Majority of LPU students are moderately involved in different sports activity.

LPU Physical Education teachers may include all the sports activities as part of their curriculum. Physical education teachers’ may focus on the trends that the student wants to develop. LPU physical education teachers may organize different sports organization that will develop student’s interest and skills to become more competitive. An important source of physical activity is leisure time sports activity (Keresztes et al., 2008). LPU physical education teachers may adopt the proposed action to strengthen the involvement of LPU students in sports activities. Future researchers may conduct similar study containing variable.

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