

## Study of Sports Facility in Colleges of Uttar Pradesh

**Rekha Rajput and Shiv Kumar**

Institute of Education & Research, Mangalayatan University, Aligarh, UP

E-mail:shiv.physicaleducation@mangalayatan.edu.in

---

### INTRODUCTION

A sport is a critical practice. All of us have to engage in sports in one way or another. Students involve themselves in sports while in their college and by their parents who sometimes force them to take various forms of activities like outdoor and indoor games. The people who engage in sports regularly maintain Physical self, are usually enthusiastic and have higher energy level and confidence.

“Design sports and recreation and pass time especially one involving body exercise. Game contests or other positive requiring source still and usually a certain amount of Physical exercise football, basketball and cricket are sports.

Most of the Indian College gives less attention to sports facilities. In India, huge number of College are academic centric and doesn't give much importance to sports and related facilities. In today's world, sports activities and facilities are as much important as academic values because they can also be chosen as a career these days.

Sports activities are not just to make a student physically healthy but also to motivate them and improve their leadership and management skills that along with the fact that a student should not stay behind in academic performance, they should also get involved in their favorite sports activities to stay motivated and healthy.

Physical benefits from sports activities are that it keeps the kids muscular which develops the strength in the body by keeping the brain super active and in control. It also helps to maintain the health of the heart and other vital organs.

Being involved in sports brings a feeling of togetherness and good effort. It helps the students to put their extreme and to coordinate with others. It allows them to develop all the possible emotions existing in the human body which helps them to maintain all types of hormones. It is students right to face value moments as well as celebrate the winning moments in their life. Sports keep the brain active and start working on all the problems in it. It welcomes a better sense of understanding things and concepts in academics also. Sports teach everyone to be disciplined and have sufficient self control. Discipline also brings better management of time and other activities in our life. Sports lead to better mental growth.

Usually students start their sports career before the age of 15 and that's the reason College play a very important role by being the push power of their sports career. Supervision of coaches in College and facilities availability in College and sports authority can take students to the national and international level in sports. All they need is good guidance, care, diet and support to achieve their sports goal.

Sports facilities should be designed with one common purpose in view to serve particular students of education for physical education and sports facilities are the result of true well organized planning.

Facilities are necessary to attract the players and people and to build their moral. It is an objective to improve the physical education and sports programs image. Sports facilities are necessary to create a good image by their clean and well-designed physical appearance. If growth is an objective, facilities stimulate and increase the pulse attention and player participation improves the quality of life. Sports facilities helps you enjoy good life by watching for participating in a form of entertainment. From integral to emotional and physical well-being, their personalities have great importance to strengthen the physical education and sports in colleges of country.

The facilities available at various parts of India may also reflect the sports achievement in the present study also considering in view of the availability of the sports facilities and its utilization in achievement, the status of various games and sports.

Facilities are the basic requirement to make a program successful. Facilities include playground equipment, gymnasium hall, swimming pool etc.

Facilities should be designed to construct with one central purpose in view to serve particular student of education programs. Long range planning for physical education

facilities are a continuous process of anticipating and preparing to meet facilities are the result of thorough and well organized planning.

### Procedure and Methodology

The Study was based upon the sports facilities of College in Uttar Pradesh. Purposive sample of 15 physical education teachers in Bijnor District of Uttar Pradesh were selected to act as subjects for the present study.

For the purpose of the present study the questionnaire was developed by the research scholar under the guidance of advisor and a panel of experts. Guidelines for developing the questionnaire were obtained from selected books and already completed research studies available in Shodhganga and from library of Mangalayatan University Aligarh UP.

The questionnaire was prepared in consultation with the guide and other expert in the field and professional college guideline. Steps in developing the questionnaire were obtained from selected books. The questionnaire was also made to make questions simple clear and relevant.

The relevant data collected from the administration in the form of questionnaire, only dated by the help of the guide and reading expertise and knowledge act as the raw score for the study.

The responses collected in the questionnaire were subject to statistical analysis. The responses were analyzed in terms of percentage method

### Discussion and findings

Finding of the study was analyzed by computing percentage.

Sample	Findings (in	Sample	Findings (in
--------	--------------	--------	--------------

	percentage)		percentage)
Teachers had Master Degree in Physical Education	100%	Specialized coaching imparted	13.33%
College of Bijnor had less than 2 physical education teachers	47%	Table Tennis,	80%
College had more than 3 Physical education teachers.	53%	Volleyball, Basketball and Cricket,	60%
College had 0.1ac-1.ac open area,	20%	Badminton,	6.66%
College had 1.10ac -2.ac or 2.10ac-3.ac open area and	33%	hockey,	13.33%
College had 3.10ac-4.10ac-5.ac open area.	7%	Athletics,	0.00%
locker system,	60%	Gymnastics	0.00%
changing room facility	93%	Lawn Tennis Specialized coaching provided.	
Store room facility.	100%		
Indoor Gymnasium and of schools had Swimming pool.	13.33%	Volleyball courts, Kho-Kho courts, Basketball courts and Kabaddi courts,	73.33%
			6.66%
			93.33%
			26.66%
Physical education Period in their time table and Physical Education and sports as a selective subject,	93.33%	Cricket as a popular sport, Basketball and Athletics,	40%
Participation in Zonal tournaments, conducting regularly intermural and participated in Intercollegiate Tournament	86.66%	Table Tennis.	20 %
Participation in Interuniversity. All the College organized Extra curriculum activities regularly. encouraged students to take membership in any of the sports Complex/ Club	73.33%	Organizetraining programme for the player.	86.66 %
Display Mass / Drills	13.33%	College had Peon,	6.66%
Calisthenics to their students	80%	Gate Keeper	13.33%
		Care taker,	33.33%
		Professional expert for look after these Facilities.	46.66%

and had celebrate 29 Aug as the national importance			
--	--	--	--

### Conclusion

On the basis of research finding of present study in highlighting the status of the survey of sports facility in Colleges of Uttar Pradesh, the following conclusions were drawn.

Majority of teachers had master’s degree in physical education. The strength of students varies from 300 to 2000 in College of Uttar Pradesh.

All the schools are affiliated with MJP Ruhelkhand University Bareilly (UP). The playing field in the maximum College was not according to the norms laid by the UGC. The open area most of the College was between 1.1 to 3 acre, only few Colleges have the area between 0.1 acre to 1 acre or 5 acre. It means most of the public Colleges have sufficient open area for playground it indicates that using the simple ground in a multipurpose way. All the schools had Store room facility. The study indicates that most of the Colleges have locker room system and change room facility, Basketball, Handball, Kabaddi, Kho- Kho and Volleyball courts were available. Most of the schools did not have Indoor, gymnasium facilities and swimming pools.

Specialized coaching was provided in most of the College of UP. The present study concluded that most of the physical education teachers encourage their students to take extra coaching classes for better performance in competitions. The provision for physical education period in time table is all the schools. All the College's conduct

intramurals. Most of the College conduct sports meet, participated in Intercollegiate and zonal tournaments for selected Sports. Organized extra-curricular activities. Cricket, Basketball and athletics were found to be a popular sport.

### BIBLIOGRAPHY

#### BOOKS

- ❖ Good V. Carter and Scates C. Godayles “Method of Research” (Newyork Appleton century craft in 1954)
- ❖ Hubbvred W. Afread. “Research Method a Physical Education and Recreation“ (Washington Apper Publication 1949 )
- ❖ Mareia I. Walker and David K. Stolar “Sport Facility Management”(USA: JONES and Bartlett publishes 1997)
- ❖ Nexan and Jeweth”Sports Facility Managment”(USA: Jones and Bartpentt publication 1997)
- ❖ Panikkarv. K.”Sports Lexicon” (Madurai De Nohili press 1970)

#### JOURNALS AND PERIODICAL

- ❖ Attenburge J., West “A study of play Facilities of Seventy one Elementary School in Seventy one cities of over 20,000 poplulation”. Research Quartely: 11, (1939)
- ❖ Benett Jesse Cart, “An evaluation of Physical Education for Men is selected Universities of North

- Carolina.” Dissertation Abstracts International 32: September 1971
- ❖ Brosman James P., “A Survey of Physical Education in secondary for Boys in United States”, Complete Research in Health, Physical Education and Recreation : 4, 1962
  - ❖ Cannon James W., “Survey of Physical Education Programmes for Physically Handicapped pupils in Public Elementary Schools of the State of Washington” Completed Research in Health Physical Education and Recreation. “ 12 August, 1970
  - ❖ Coop De Rene, “A Survey of the Physical Education Programme for for Boys in Selected Private School of State of Hawaji”, Dissertation Abstracts International : 37, May 1972
  - ❖ Cormier Marie Waldine, “A Survey of Physical Education Programmes for Girls in Catholic High School in the State of Texas” 1960-61
  - ❖ DetelaSaurer Jose M. “To assets the physical education programme in selected higher secondary school in Puerto”,Dissertation abstracts international 35(March 1975) 5908A-5909A
  - ❖ Gayle, “A proposed Physical Education programme for Girls in selected Secondary Schools of Pilt Country, North Carolina”, Completed Research in Health, Physical Education and Recreation : 21 1979
  - ❖ Govidrajulu,K.L. “What the Indian Universities can do for Physical Education ”. Journal of Physical Education and Recreation: 7, October 1969
  - ❖ Harlacher,E. “Physical Education Facilities for a Junior for a College .”Jurnal of Health, Physical education and Research and Recreation: 39, February,1963
  - ❖ Jack, Harold K. “Analysis of the Physical Education programme of Minnesota Secondary School”, Research Quarterly: 17, March 1946
  - ❖ Kemison James, “Survey of Physical Education in Rural Public Elementary School in the Island of Empire Area of Washington for School Year 1958-59” . Completed Research in Health, Physical of Education and Recreation : 2, 1960
  - ❖ Kumar Tarun “Survey of facilities of physical education and sports in school of Delhi”(Dissertation submitted to Indira Gandhi institute of physical education and sports science Delhi university may 1996)
  - ❖ Lote Nawang “A survey facility for physical education and sports in senior secondary schools of lahourspitidist.”(Dissertation submitted to Indira Gandhi Institute of Physical Education and Sports Science Delhi University May 2007)
- MISCELLANEOUS**
- ❖ [http://www.newworldencyclopedia.org/entry/ Physical education](http://www.newworldencyclopedia.org/entry/Physical_education)

- ❖ <http://www.newworldencyclopedia.org/entry/Sport>
- ❖ National plan of physical education government of India ministry of education (New Delhi: government of India press 1956)
- ❖ Report of all India seminar on physical education for state inspector and university directory Delhi: Joies press 1959)
- ❖ “ Report of university education commission” , Manager of Publication(Delhi): government of India press, : 1959)
- ❖ Report of All India Seminar on Physical Education for state inspectors and University Directors (Delhi : Joise press, 1959)
- ❖ Report of the All India Survey of Colleges and institutes of Physical Education” (New Delhi : Education Survey Unit, NCERT, 1967)