

***Explaining the challenges of educational sports in the country with emphasis on orienting students' lifestyles***

S.A. Sarlak<sup>1</sup>

F. Kaveh<sup>2</sup>

**Abstract**

The purpose of this study was to Explaining the challenges of educational sports in the country with emphasis on orienting students' lifestyles. The method of the present study was mixed research. The statistical population of this study consisted of the qualitative section of physical education directors of education and professors of sports management in universities and the statistical sample was selected from among the identified specialists and available and continued until the theoretical saturation of the interviews with a total of 16 open interviews. The statistical population was also in a small part of school principals and sports teachers in Boroujerd city. The statistical sample was 55 according to the researcher's access. The results of the interviews showed that the lack of sports facilities and equipment, Educational weakness, management weakness, lack of human resources and lack of financial resources are the main challenges and obstacles to the development of sports. The results of the quantitative part of the research also showed that the lack of human resources and lack of sports facilities and equipment are the most important obstacles to the development of educational sports. According to the research results, comprehensive

---

<sup>1</sup>. PhD Student in Sports Management, Boroujerd Azad University, Boroujerd, Iran  
sarlak.saeed@gmail.com

<sup>2</sup>. PhD Student in Sports Management, Boroujerd Azad University, Boroujerd, Iran  
farkaveh2@gmail.com



planning should be done in order to solve the existing problems for the development of educational sports in the country, Because the development of educational sports has an important role in directing the lifestyle of students.

**Keywords:** Sport, education, challenges, barriers, lifestyles.

### **Introduction**

Physical education is an integral part of the country's school curriculum and has a place in the students' curriculum every year; But this lesson has not gained its main place in education (Ramezani Nejad, 2009). The physical education curriculum, in line with other courses, is the national curriculum as an integral part of the formal education system, which plays a role in achieving its goals in various ways, and as a fundamental and effective factor in personal, social, cultural, educational and economic development. It is necessary for the growth and development of healthy and capable human beings in order to achieve dimensions of good life (Ghanbari et al., 2018). Due to the importance of educational sports, there are limitations and obstacles in its implementation. Educational sports in the country have harms and limitations in various dimensions. These limitations and damages must be scientifically and accurately identified by experts and planning must be done to eliminate them. Contradictory domestic research has examined the injuries and limitations of educational sports and identified barriers and injuries from different dimensions. Due to the dispersion in research in the field of educational sports and that there is no comprehensive view of the injuries and weaknesses in this area, so the researcher in this study felt the need to pay attention to this issue and by examining the research background and Internal research has tried to provide a comprehensive view of the current state of educational sports in



the country.

### **Methodology**

The method of the present study was a mixed research that was conducted in the field. The statistical population of this study consisted of the qualitative part of physical education managers of education and professors of sports management of universities and the statistical sample was selected from among the identified specialists and available and continued until the theoretical saturation of the interviews with a total of 16 open interviews The statistical population was also a small number of school principals and sports teachers in Boroujerd, which was 55 according to the researcher's access. Also, the statistical population was a small number of school principals and sports teachers in Boroujerd, which was 55 according to the researcher's access. The results of the interviews were provided to the research samples as a closed questionnaire. The face and content validity of the questionnaire was confirmed by 10 professors of sports management. Descriptive statistics including mean, standard deviation and inferential statistics including one-sample t-test and Friedman rank training were used to analyze the data. The software used in this study was spss22.

### **Analysis of findings**

**Table 1: Coding of research data**

<b>Logical proposition</b>	<b>concepts</b>	<b>Category</b>
Lack of proper use of modern technologies, lack of importance of physical education lessons in books, lack of common understanding of the goals of	Educational weakness	Challenges of educational sports in

physical education, lack of sufficient media attention to educational sports		the country
Low attention of principals to the importance of physical education lessons in schools, poor planning in the implementation of physical education lessons in schools, traditional view of educational sports,	Management weakness	
Lack of sports space, lack of hard facilities and software, lack of sports equipment and lack of adequate sports infrastructure in sports facilities	Lack of sports facilities and equipment	
The low role of sports teachers in the classroom, the lack of human resources, the lack of specialized trainers, the scientific weakness of some sports teachers	human resources	
Lack of financial resources allocated to educational sports, economic weakness in the country, lack of dedicated funds	Funds	

The results showed that the average of all components of the research is higher than 3, which indicates that the identified challenges and barriers are highly valid and the research samples consider these barriers to be valid in the lack of proper development of educational sports.

Friedman rank test was used to rank the challenges and obstacles to the development of educational sports in the country. The results showed that the lack of specialized human resources, lack of sports facilities and equipment, lack of financial resources, poor management and educational weakness have the highest rank, respectively.

### **Conclusion**

The purpose of this study was to explain the challenges of



educational sports in the country by emphasizing the orientation of students' lifestyles. The results of semi-structured interviews with experts in the field of educational sports showed that the lack of sports facilities and equipment, weak educational system, weak management, weak human resources and lack of financial resources are the most important challenges and obstacles to the development of educational sports. The results of the research show that the situation of educational sports in the country has shortcomings and limitations that must be addressed to address new and codified plans. Therefore, in order to develop educational sports in the country, there must be appropriate and comprehensive planning, because if children are interested in sports from school, they will have a positive view of it in the future. Today, inactivity is one of the main and important factors in the increase of various diseases and physical disorders, which has made it absolutely necessary to pay attention to it. A healthy lifestyle is the most important factor that can ensure the development of health and physical activity in society.

### **References**

- Ramazani Nejjhad R., Mohebbi H., Hemmati Nejjad M., Niazz S, M., AmirTash A, M. (2010). Comparison of Specific Objectives of Physical Education and Exercise Courses from the Perspectives of Teachers, Teachers, Students and Parents of Iran. *Movement and Sport Sciences*, 8(16), 1-14. (in Persian).
- Ghanbari H, Shetabbushehri N, Shafiniya P, Mehralizadeh Y. (2019). Pathology of Physical Education and School Sports by Applying Three Dimensional Model. *Research on Educational Sport*; 6(15): 149-60. Doi: 10.22089/RES.2017.4786.1359 (in persian).