

# A Proposed Strategy for the Sports Activity in Some Iraqi Universities

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## **Abstract**

*This study aims to identify the obstacles to the development of sports activity in some Iraqi universities through studying and knowing the objectives of the sports activity and sports program used, as well as the material and human resources available in some Iraqi universities. The two researchers used the descriptive methodology through the survey method as it suits the nature of the study. The sample, reaching 300 students, was selected randomly from among the students of some Iraqi universities. The two researchers used the questionnaire as a tool for data collection, it contained three axes under which (48) phrases were listed, with the most important results being the lack of clarity regarding the objectives of the sports activity, the weak program used by some universities and the scarcity of material and human resources. The two researchers proposed a three-year strategy to promote the sports activity in some Iraqi universities, along three stages from 2020 - 2023.*

**Keywords:** Strategy, physical education, Activity

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## **Introduction:**

All societies of various civilizational levels care about physical education as a base of the integrated education of citizens at different age levels. Physical education works as one of the public education branches in society in order to achieve the country purposes of preparing and qualifying the individual to promote the civilizational level with respect to all its social, economic and political aspects. (3: 15) Great importance is attached to the university education sector in the field of student and sports work for it includes the elite youth; the categories to which the distinctive sports services should be offered as an element of human preparation, formation and equipping to the fullest. Thus, the sports activity plans and programs shall be reliable, purposeful and based on the latest scientific methods for this category of youth. (3:20)

The mission of the Iraqi universities is employing their educational role in improving student's personality, providing him with the skills and capabilities which enable him to go through life. This role also requires, besides the researching function of the university, providing concern to the cultural, intellectual and sports activities and enhancing the actual capabilities of the youth, so as to prepare a generation able to bear responsibility with understanding and awareness of the next phases requirements and of the future life all over Iraq.

Sports activity is one of the fundamental basics of the students care programs, for such sports activities are important in achieving the individual pleasure, in addition to this activity's importance in achieving inclusive personal development on the physical, health, mental and social levels. (2: 14, 15)

Caring about the sports activity in the university is considered the cornerstone in constructing productive sports society as it has a positive role in supporting the social and health life among the university students, and it can be a source of discovering sports talents which have not found an opportunity to be discovered yet, and taking full advantage of these great capabilities, which can benefit them and the society. Hence, the scientific research in the field of the university students has become an urgent necessity for finding out their needs and identifying their problems. All this aims to establish the rules of work with them, so as to achieve the highest potential investment of their energy in various fields. (1: 53, 54)

Thus, it is shown important to set a proposed strategy to develop the sports activity through evaluating the sports activity and consequently identifying various strength and weakness points in the sports activities programs, this can be achieved by studying the aspects which affect the students' practicing of sports activity, expanding the practitioners' base and raising its sports level, and reviving the sports activity through reaching solutions for the obstacles and problems hindering the students practicing the sports activity, that's why the proposed strategy can be set to develop the sports activity in some Iraqi universities.

## **The Research Problem:**

Throughout the work of the two researchers and their participation in making and implementing the plans and programs of the sports activity at university; whether on the level of faculties or the entire university. It has been noticed that some

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obstacles hinder the achievement of the sports activity objectives to the fullest, and hence, the two researchers decided to do this research necessarily in order to study the current situation of the sports activity in some Iraqi universities, through carrying on a process of evaluation to the different sides affecting the sports activity, comparing it to what it is supposed to be. Consequently, a strategy can be proposed to develop and revive the sports activity so that it would be able to keep up with the development, progress and advancement witnessed by the society in the sports field generally and in the sports activity in universities in particular, this led the two researchers to conduct this research which suggests “a proposed strategy for the sports activity in some Iraqi universities”. Subsequently, this will help to expand the students’ base of sports practicing.

#### **The Research Importance:**

The importance of the research lies in identifying the obstacles and difficulties encountered by the students practicing the sports activity. This research is needed to determine the nature and type of these obstacles in order to suggest the appropriate solutions to overcome them and thus, a conception of the proposed strategy for sports activity can be reached.

#### **The Research Objectives:**

- 1- The extent of achieving the objectives set for the sports activity.
- 2- The extent of implementing the sports activity program.
- 3- The (material and human) resources available to implement the sports activity program.
- 4- Proposing a strategy for developing the sports activity.

#### **The Research Questions:**

- 1- Does the sports activity program in some Iraqi universities achieve the desired goals and objectives?
- 2- What is the extent of implementing the sports activity program?
- 3- Are the available (material and human) resources sufficient to implement the sports activity program?
- 4- What is the strategy proposed to develop the sports activity practicing?

#### **The Previous and Related Studies:**

##### **1- Safaa Hassan Farag: (2003) (A proposed strategy for the sports activity at Cairo University, Al Fayoum Branch)**

The study aimed to evaluate the sports activity program at Cairo University, Al Fayoum Branch, then to set out a proposed strategy for it in the light of the evaluation. The researcher used the descriptive methodology through the survey method over a sample of (30) sports specialists who practice sports activity, as well as over (290) male and female students who either practice or do not practice the sports activity at Cairo University, Al Fayoum Branch. **The most important results** were discovering obstacles to the implementation of the sports activity program, related to the objectives, content, potential resources, sponsorship and advertisement of its vocabulary and imposing new regulations and legislations. A proposed strategy was reached to overcome these obstacles and to recommend promoting the specialists’ capabilities through the sports training programs at Cairo University, Al Fayoum Branch, focusing on achieving its objectives.

**2- Omar Abdul Fattah Ahmed Khalil (2008): a study titled: “Planning for the development of the human resources by running sports activity for youth care at Tanta University”** The study aimed to identify the obstacles for the students to practice sports activity at Tanta University, and to work on further attracting them towards it. The researcher used the descriptive methodology over (400) students practicing the activity in the university. **The most important result** is discovering positive attitudes of Tanta University students towards practicing the sports activity, besides a massive lack of the material and human resources needed to implement the programs of sports activity at Tanta University.

**3- Sahar Mohamed al Sawi (2008): A study titled “Evaluation of Sports and Artistic Activities in Some Faculties of Helwan University in Alexandria”.** The study aimed to: recognize the objectives of sports and artistic activity in the physical education and fine arts faculties, recognize the content of these activities’ programs and the extent of material and human resources availability, recognize the obstacles to the implementation of practicing sports and artistic activities’ programs in the identified faculties.

The researcher used the descriptive methodology through the survey method, with a research sample of (34) officials, (22) of whom are sports officials at the Faculty of Physical Education, and (21) officials at the Faculty of Fine Arts. As well as a sample of (398) male and female students, (210) of which are practitioners of artistic activity. The researcher used two questionnaire forms for those responsible for sports and artistic activity. **The researcher reached the following main results:** The current objectives of the list are not formulated in a procedural and behavioral manner. There are different viewpoints which belong to the students and the officials about the sports activity, most of the sample individuals agreed that the content of sports and artistic activity does not consider the individual differences among the students, the officials and students agreed that the plan does not match the material and human resources, all officials of sports and artistic activity agreed on the lack of training study for preparing and improving the sports supervisors, which negatively affects the performance.

**4- Esmat Arafah Ahmed Mannaa (2011), a study titled: “Evaluation of Sports Activity Program at Alexandria University”**, the study aimed to identify the objectives achieved by the sports activity program, according to the viewpoint of the practitioners and the ones responsible for planning and implementation. The researcher used the descriptive methodology through the survey method, a sample was chosen randomly of (1148) male and female students of Alexandria University as follows:

55 female practitioner students, 916 female non-practitioner students, 300 male practitioner students, 624 male non-practitioner students, in addition to 52 male and female sports specialists, 11 pioneers of the sports committee in different faculties at Alexandria University. The researcher used the questionnaire as a research tool, and has reached **the following main results**: The objectives of the program are unclear and unspecific to the students, the pioneers and the specialists. The program does not satisfy the needs of the students. The current program does not match the tendencies, desires and abilities of students. The content of the current program at Alexandria University is not organized as based on scientific standards and basics. The material and human resources are insufficient to implement the current program in a perfect way.

**5- Kawthar Al Saeed Mahmoud Al Mougy (1986): Her subject of study is evaluation of the sports activity programs in the Egyptian universities.** This study aimed to recognize the objectives and programs of sports activity in the Egyptian universities and to what extent do they satisfy the students' needs, as well as the available material and human resources and the appropriateness of the sports specialist preparation and refinement for the work requirements in universities.

The researcher chose the research sample from the Egyptian universities affiliated to the Supreme Council of Universities according to the geographic location, in order to represent (the middle, north, west, east, south of the Arab Republic of Egypt; Cairo, Alexandria, Suez Canal, Assiut). (10) members of the teaching staff were chosen from each faculty, summing up a total of (440) students.

**The most important results were:** the resources are insufficient for the students, the sports activity programs in the universities do not satisfy the students' needs, the research sample has asserted the importance of choosing the physical education subject to be included in the academic methodology of the students, and the available material and human resources are insufficient to implement the sports activity programs in the Egyptian universities.

**6- Chapel Hill (1994) (125) a research titled "Evaluation of the compatibility of sports activities programs with the interests of students at the University of Boston Kluwer"** The research aims to recognize how compatible are the sports activities programs with the interests of students at the University of Boston Kluwer. The researcher used the descriptive methodology through the survey method, the researcher sample included (1900) male and female students, while **the most important results** were: The programs and methodologies of physical education do fit the desires and interests of the university students, there is a limit for modification, development and adding new methodologies and programs to replace the ones of less interest.

**7- Mcelvery (1990) (131), a research titled: "A Survey Study of the Administrative Problems of Sports Activities Done For Fun at the Youth Centers"** The research aims to identify the significant administrative problems of sports activities done for fun at the youth centers, the research sample included 1250 members of the youth centers, with their age varying from 15 to 25 years, with **the most important results** being: insufficient resources for practicing, few number of the leaders scientifically and educationally qualified.

**The Research Procedures:**

- The two researchers used the descriptive methodology "the field survey method", as it is the methodology proper for the research nature.

**The Research Sample:**

The research sample is selected through the multi-phase layered random method, from the students practicing sports activities in some Iraqi universities, reaching (300) students.

**Data Collecting Tools:**

- A questionnaire form for the students practicing sports activities.

This is the most appropriate scientific tool to collect data related to the research so as to achieve the desired objective.

The questionnaire consists of three axes as follows:

The first axis: The objectives of sports activity program: (20) phrases

The second axis: The sports activity program: (14) phrases

The third axis: The material and human resources: (14) phrases

**The Scientific Coefficients of the Scale**

**The Content Validity**

It aims to correlate the measured side with other aspects of the scale by proposing the scale to a number of experts to identify the most valid components deemed by the arbiters as a special importance added to the scale and to identify the terms that measure these components. The researcher proposed the scale to 10 expert arbiters and the percentages of agreement on the terms ranged between (80% - 100%), after making all the amendments to the terms as requested by the experts.

**The Internal Consistency Validity:**

The correlation coefficient between the degree of each phrase and the total score of the axis to which the phrase belongs, and then calculating the correlation coefficient between the degree of each axis and the total score of the scale, the following table shows the correlation coefficients.

**Table (1)**

**The Correlation Coefficients between the degree of each phrase and the total score of the axis to which the phrase belongs**

The First Axis				The Second Axis		The Third Axis	
Phrase no.	Correlation Coefficient	Phrase no.	Correlation Coefficient	Phrase no.	Correlation Coefficient	Phrase no.	Correlation Coefficient
1	0,911	15	0,495	21	0,495	35	0,549
2	0,804	16	0,443	22	0,385	36	0,541
3	0,460	17	0,592	23	0,409	37	0,515
4	0,475	18	0,418	24	0,366	38	0,508
5	0,733	19	0,515	25	0,338	39	0,482
6	0,409	20	0,481	26	0,592	40	0,496
7	0,608			27	0,466	41	0,495
8	0,781			28	0,379	42	0,502
9	0,533			29	0,399	43	0,514
10	0,758			30	0,427	44	0,408
11	0,621			31	0,333	45	0,481
12	0,636			32	0,389	46	0,511
13	0,475			33	0,405	47	0,531
14	0,533			34	0,418	48	0,499

Tabular correlation coefficient value at significance level (0,01) = 0,270

Tabular correlation coefficient value at significance level (0,05) = 0,208

Table (1) shows that the values of correlation coefficients between the score of each phrase and the total score of the axis to which the phrase belongs are greater than the tabular value at the level of (0.01) and (0.05), which indicates the internal consistency between the degree of the phrases of each axis and the total score for the axis.

**Table (2)**

**Correlation coefficients between the score of each axis and the total score of the form**

Axis	Stability Coefficient	Correlation Coefficient
First	Sports Activities Objectives	0,739
Second	Sports Activity Program	0,694
Third	Material and Human Resources	0,724

Tabular correlation coefficient value at significance level (0,01) = 0,270

Tabular correlation coefficient value at significance level (0,05) = 0,208

Table (2) shows that the correlation coefficient between the degree of each axis and the total score of the form is greater than the tabular value at the significance level (0.05) and (0.01), which indicates the internal consistency of the axes

**Stability of Scale**

**The consistency of the form was calculated by Cronbach's Alpha:**

The Cronbach's Alpha coefficient was calculated for each phrase within each axis in case of omitting any phrase and coefficient of stability of the axis and the results were the following:

**Table (3)**

**Stability Coefficient of the Questionnaire Axes by Cronbach's Alpha**

The First Axis				The Second Axis		The Third Axis	
Phrase no.	Stability Coefficient	Phrase no.	Stability Coefficient	Phrase no.	Stability Coefficient	Phrase no.	Stability Coefficient
1	0,827	15	0,860	21	0,863	35	0,816
2	0,834	16	0,863	22	0,862	36	0,817
3	0,861	17	0,863	23	0,863	37	0,819
4	0,859	18	0,863	24	0,863	38	0,819
5	0,838	19	0,864	26	0,863	39	0,821
6	0,869	20	0,858	26	0,861	40	0,819
7	0,848			27	0,856	41	0,819

8	0,836			28	0,864	42	0,819
9	0,855			29	0,860	43	0,818
10	0,837			30	0,862	44	0,826
11	0,848			31	0,864	45	0,821
12	0,846			32	0,863	46	0,819
13	0,860			33	0,861	47	0,818
14	0,863			34	0,862	48	0,819

Significance level (0,05) = (0,08)

Table (3) shows that the values of the calculated stability coefficients are greater than (0.8), which indicates the stability of the phrases and that the values of each axis stability are less than or equal to the coefficient of stability of the axis in the case of omitting a term, which indicates that omitting anyphrasenegatively affects the axis and the scale.

The following table shows the axial stability coefficients

**Table (4)**  
**The Axial Stability Coefficients**

Axis	Stability Coefficient	Stability Coefficient by Cronbach's Alpha
First	Sports Activity Objectives	0,852
Second	Sports Activity Program	0,865
Third	Material and Human Resources	0,827

**The First Axis: The Objectives of Sports Activity**

Table (5): the arithmetic mean, standard deviation, repetitions, percentage and relative importance of the opinions of the sports activity practitioners on the first axis (objectives of sports activity)

N = 300

No.	Phrases	X	Y	Yes		No		Weighting	Relative Importance
				ك	%	ك	%		
1	The objectives of sports activity program are clear and specific	1.13	0.82	124	41.3	176	58.7	476	%79.3
2	The current sports activity objectives are being achieved to the fullest	1.07	0.80	133	44.3	167	55.7	467	%77.8
3	The current sports activity program aims to fill your free time to the fullest	1.84	0.65	115	38.3	185	61.7	485	%80.8
4	Practicing sports activity comforts you psychologically	1.79	0.81	250	83.3	50	16.7	550	%91.7
5	You feel better in your behavior after exercising sports activity	1.68	0.69	196	65.3	104	34.7	496	%82.7
6	You feel that your physical activity affects your physical health well	1.67	0.63	190	63.3	110	36.7	490	%81.7
7	Practicing sports activity increases your sense of belonging to your faculty	1.87	0.69	185	61.7	115	38.3	485	%80.8
8	Sports activity program allows fair competition among the students	1.85	0.69	170	56.7	130	43.3	470	%78.3
9	Sports activity program gives you the chance to get acquainted to others	1.84	0.66	193	64.3	107	35.7	493	%82.2
10	Sports activity program gives you access to the	1.79	0.80	102	34	198	66	498	%83

	highest sports levels								
11	Practicing sports activity helps to develop good relationships with your colleagues	1.75	0.69	195	65	105	35	495	%82.5
12	Sports activity positively affects your academic achievement	1.76	0.71	198	34.3	102	65.7	497	%82.8
13	Innovative methods are used in attracting students to engage in sports activity	1.66	0.70	97	32.3	203	67.7	503	%83.8
14	Sports activity program satisfies your playing defense	1.53	0.74	113	37.7	187	62.3	487	%81.2
15	Sports activity program gives you the chance to prove yourself	1.52	0.66	87	29	213	71	513	%85.5
16	Sports activity attracts new practitioners along the year	1.33	0.66	103	34.3	197	65.7	497	%82.8
17	Some students gave up smoking after practicing sports activity	1.30	0.59	89	29.7	211	70.3	511	%85.2
18	Practicing sports activity makes you maintain cooperation with others	1.67	0.62	195	65	105	35	495	%82.5
19	You feel that exercising sports activity enhances your self-confidence	1.68	0.79	196	65.3	104	34.7	496	%82.6
20	Sports activity program works on expanding the students base of practicing sports activity regularly	1.79	0.80	70	23.3	230	76.7	530	%88.3

Table (5) shows that the highest arithmetic mean reached (1.87) with standard deviation (0.69) for phrase (7), while it is found that the lowest arithmetic mean has reached (1.13) with standard deviation (0.82) for phrase (1)

#### The Second Axis: Sports Activity Program

Table (6): the arithmetic mean, standard deviation, repetitions, percentage and relative importance of the opinions of students practicing sports activity on the second axis (sports activity program)  
N=300

No.	Phrases	X	Y	Yes		No		Weighting	Relative Importance
				ك	%	ك	%		
21	The current sports activity program is consistent with your needs and desires	1.87	0.69	97	32.3	203	67.7	503	%83.8
22	The current program planning is considered optimal	1.85	0.68	113	37.3	187	62.3	487	%81.2
23	Sports activity program is concerned with team games as football, basketball and handball	1.84	0.66	213	71	78	29	497	%85.5
24	Sports activity program is concerned with individual games as fitness, athletics and table tennis	1.79	0.80	197	65.7	103	34.3	497	%82.9
25	Sports activity program gives sufficient opportunity	1.75	0.69	125	41.7	175	58.3	475	%79.2

	<b>to interact with other teams</b>								
26	There are integration and coherence between sports activity program at the university branch and the faculty program	1.68	0.79	196	65.3	104	34.7	496	%82.7
27	Matches times are consistent with your academic schedule at the faculty	1.68	0.67	70	23.3	230	76.7	530	%88.3
28	Participate in the planning of sports activity program in the faculty	1.66	0.70	75	25	225	75	525	%87.5
29	Contribute in implementing sports activity program in the faculty	1.63	0.72	83	27.7	217	72.3	517	%86.5
30	Sports activities included in the program are diversified and thrilling	1.53	0.74	136	45	164	55	464	%77.3
31	Training for sports activities takes place before the competitions	1.52	0.66	123	41	177	59	477	%79.5
32	The current sports activity program is fitting for males and females	1.84	0.66	104	34.7	196	65.3	496	%82.7
33	There is a constant development for the sports activity program in an appropriate and objective-consistent manner	1.79	0.80	87	29	213	71	513	%85.5
34	Sports activity program takes into account the individual differences among the students	1.75	0.69	105	35	195	65	495	%82.5

Table (6) shows that the highest arithmetic mean reached (1.87) with standard deviation (0.69) for phrase (21), while it is found that the lowest arithmetic mean has reached (1.18) with standard deviation (0.47) for phrase (35).

The Third Axis: Material and Human Resources

Table (7): The arithmetic mean, standard deviation, repetitions, percentage, and the relative importance of the opinions of students practicing sports activity about the third axis (material and human resources)

N=300

No.	Phrases	X	Y	Yes		No		Weighting	Relative Importance
				ك	%	ك	%		
35	Sufficient playgrounds are available for optimal sports activity practicing	1.41	0.69	114	38	186	62	486	%81
36	Playgrounds are in a good condition for practicing different sports activity throughout the year	1.40	0.68	153	51	147	49	447	%74.5
37	There Is a special playground for the athletics (field and track competitions) on which competitions are held	1.79	0.79	20	6.7	280	93.3	580	%96.7
38	The neighboring bodies' facilities and establishments could be used if required	1.68	0.72	190	63.3	110	36.7	490	%81.7

39	There is a closed hall with machines to increase your fitness	1.67	0.74	185	61.7	115	38.3	480	%80.8
40	The hall space is suitable for the number of students practicing the sports activity	1.66	0.66	113	37.7	187	62.3	487	%81.2
41	Necessary tools and machines are available at the faculty for practicing sports activity	1.65	0.73	174	58	126	42	474	%79
42	Periodical medical examinations are performed to you before practicing sports activity	1.87	0.81	195	65	105	35	495	%87.5
43	Security and safety factors are secured at practicing sports activity in the playgrounds	1.86	0.78	174	58	126	42	474	%79
44	A prize is allocated for the best sports ethics throughout the academic year	1.70	0.76	73	24.3	237	75.5	527	%87.8
45	Prizes are awarded to the winners of sports competitions on the level of the university faculties	1.52	0.89	93	31	207	69	507	%84.5
46	Sports specialists number is matching the number of students practicing sports activity	1.68	0.73	131	43.7	196	56.3	469	%78.4
47	Teaching staff members encourage the students to practice sports activity	1.56	0.74	126	42	174	58	474	%79
48	A physical therapist is available to accompany the students at the sports competitions of the faculties	1.52	0.81	182	60.7	118	39.3	482	%80.3

Table (7) shows that the highest arithmetic mean reached (1.89) with standard deviation (0.71) for phrase (48), while it is found that the lowest arithmetic mean has reached (1.40) with standard deviation (0.68) for phrase (40).

**The Results and Their Discussion:**

**The First Axis: Sports Activity Objectives**

Studying table (5) of the opinions of the students practicing sports activity about the objectives achieved by sports activity program in some universities, the results of phrases (1, 2, 3, 8, 13, 14, 15, 16, 17) were negative, with a percentage ranging between (29.7 % - 44.3 %). Through these results, the two researchers concluded that the current program does not achieve the objectives, the thing which hinders attracting the largest number possible of students to practice sports activity, and does not fulfill the desires of the students, nor does it satisfy their needs.

These results are consistent with the results of the studies conducted by each of Kamal Darwish, Mohamed Al Hamahemi, Soheir al Muhandis (1991), that the objectives shall be in line with the students' needs, by taking into account that the determination of the level that students should reach is in line with their needs, preparations, maturity level and capabilities. Hence, motivation of students will increase to promote themselves and to resume training seriously according to the stages of the plan and the achievement of interim objectives until the strategic objectives are achieved. The students' needs at universities and their objectives achieved from sports activity are in line with the study of Chela Durai (1981), which tackles the practical sports objectives among the faculties, that meet students' needs. The objectives of the administrators, which represent the needs of students from practicing sports activity are "entertainment, culture transfer, personal growth, social relations and social appearance". These objectives, as well as the students' purpose from practicing sports activity in European society are, although may differ in terms and expression, consistent, in content and meaning,

with the objectives and purposes of students in all universities. As practicing sports activity in free time contributes in acquiring the skills that prepare them to counter the requirements of life.

Table (5) shows that sports activity practicing does not fill in students' free time, which represents one of the problems faced by university students. Mohamed Al Hamahemi (1983) indicates that the free time problem has emerged increasingly to the students, so it became necessary that sports activity program addresses this problem of free time.

Mohamed Ali Mohamed (2016) asserts that concerning about sports activity through trainings and physical activities suitable for the individuals' abilities and age stages, is becoming a life necessity and a means of filling their free time which reaps medical benefits for them as well as for the society. Caring about the physical education, and securing opportunities for practicing sports activity widely are a positive contribution to raising the healthy, psychological, social and moral levels of students, and thus, including multiple aspects of individuals.

From the above, the two researchers concluded that the ones in charge of planning sports activity program shall prepare programs that support the positive aspects of the objectives achieved by the current sports activity, and shall work on scientifically addressing them to turn the negative points into positive ones, in order to promote sports activity at universities and to have these objectives formulated in behavioral objectives pursued by the students, so the ones in charge of implementing sports activity could realize its content, touch its effects and determine the extent of its success or influence on the personality of the practicing students. So, the objectives of sports activity will be linked to the educational objectives of the philosophy of university education in the community, which objectives include adapting the learner with the human society generally in an intact manner.

From the previous analytical study, it is clear that there is a deficiency and weakness in achieving the objectives of sports activity program. This answers the first question of this research; "Is sports activity program in some Iraqi universities achieve its desired objectives?"

### **The Second Axis: Sports Activity Program**

By studying table (6) regarding the opinions of students practicing sports activity about the extent of implementing sports activity program, it was found that the majority of phrases came with negative results ranged between (23.3% - 45%). The two researchers consider the negative results of sports activity program unsatisfying for the needs of the broad base of students to practice sports, because it is not based on field studies or on attempts to identify the interests of the university youth and their needs and to know their tendencies and desires. This is consistent with the results reached by Omniya Hamza Mahmoud (2013), that there are no scientific studies of the real life of youth in the university to determine their desires and needs, and that sports activity programs in the university are extended and repeated with no development.

This research results are also consistent with the studies of Ekhlal Mohamed Abdul Hafiz (2012), Maha Hassan al Saghir (2014), Amira Ahmed Abdul Mawla (2005), and Esmat Arafah Ahmed Mannaa (2011), who all agreed that the current programs are not working on satisfying the needs of the students, or on solving their problems, and that a re-planning shall be made to satisfy the students' needs and to solve their problems. Here appears the importance of making changes and modifications to the sports activities and programs at universities according to the conditions of the environment, the society, and each era and its requirements. Soheir Bedair (1980) asserts that the program shall work on satisfying the students' needs in each of their growth stages to enable them to succeed in their practical life.

From the above, it is clear that implementing sports activity program is deficient, which presents an answer to the second question of this research; what is the extent to implementing sports activity program?

### **The Third Axis: Material and Human Resources**

#### **The Material and Human Resources**

By studying table (7) regarding the opinions of the students practicing sports activity about the availability of the material and human resources necessary for implementing sports activity program and which achieve the objectives, it is found that the current material and human resources do not satisfy the full needs of achieving the objectives, as the weak percentages ranged between (21% - 43.7%).

The two researchers believe it is necessary to secure material and human resources, as they contribute to the success and implementation of the sports activity program and to achieve its objectives, also they help to attract the largest number of students towards practicing sports activity. This is consistent with what Mohammed Al-Hamahemi (2007) has asserted, that in order for sport to achieve educational objectives, it must overcome some barriers and obstacles that hinder its progress as well as overcome many of the problems associated with its growth and spread, one of these most important problems is the lack of material and human resources for practicing sports.

This research results are also consistent with the results reached by: Ekhlal Mohamed Abdul Hafiz (2012), Maha Hassan Al Saghir (2014), Amira Ahmed Abdul Mawla (2005), Mohsen Ismail Ibrahim (2015), Kawthar Al Saeed al Mougay (1986), Esmat Arafah Ahmed Mannaa (2011) and Evelyn Nassif Mekkawi (2014), who all agreed that the budget allocated for implementing sports activity at the university shall be sufficient, and they agreed too on the unavailability of sports equipment, the lack of playgrounds and their invalidity, and that the universities face a lack of human resources represented in the sports specialists. The two researchers believe that the current results reached do give an answer to the third question of this research: Are the available (material and human) resources sufficient to implement the sports activity program?

### **Conclusions and Recommendations:**

**First: The Research Conclusions:**

- 1- The current program does not achieve the objectives which satisfy the ambitions of sports students.
- 2- The current program does not satisfy the ambitions and desires of sports students.
- 3- There is a deficiency in planning and organizing the sports activity program.
- 4- There is no future vision to achieve the objectives of sports activity.
- 5- The current program contents do not match the global evolution.
- 6- There are deficient material resources, which are represented in the following:
  - Lack of playgrounds and sports facilities
  - Lack of adequate tools
  - Lack of incentives for top athletes
- 7- There is deficiency in the human resources, represented in the fewness of sports specialists, and in the need for training courses for the present ones.

**Second: The Research Recommendations:**

- The objectives should be comprehensive to include all aspects of personality; the physical, skills, social, psychological, mental and recreational aspects.
- The objectives shall be clarified and identified procedurally, so they can be translated into behavioral situations that can be utilized, and that can be close to mind, especially for those who are in charge of implementation, as well as the beneficiaries.
- Planning for the program should be in broad outlines that allow flexibility, growth and development so that the objectives of the sports activity program can be developed and modified in the light of new trends in society.
- The sports activity program should include a variety of sports activities that suit the needs and tendencies of the broad base of students to create suitable conditions for practicing, to take in the largest number possible of practitioners, to solve their problems and to enable them to succeed in their practical lives.
- The program should take into account the individual differences among students: Although the undergraduate phase includes a limited category of youth, yet the members of this category are different from one another regarding the abilities, tendencies, attitudes and needs, so the individual differences must be taken into account permanently and continuously.
- Students shall participate in the planning and implementation of sports activity program so that the activities that are commensurate with their own preferences, needs and motivations are selected to increase the demand for practice and expand the base of practitioners.
- The necessity of developing sports activity programs and introducing of new activities within the program, keeping away from extension and repetition as well as the importance of changing and developing these programs according to the conditions of the environment, the society and the circumstances of each era and its requirements.
- Working on increasing the number of sports specialists so that their number is commensurate with the students' number of each faculty.
- Caring about establishing playgrounds and sports facilities, providing sports equipment used in proportion to the numbers of students.
- Developing a plan to provide the university with the necessary capabilities gradually as commensurate with the resources of the state.
- Increasing the financial incentives spent to the students in the form of (clothes - gifts) to be a factor attracting students to participate in sports activity.
- Raising the awareness of faculty members regarding the importance of practicing sports activity to encourage students to continue practicing various sports activities throughout the year.
- The need to motivate sports specialists, whether physically or morally at the end of the sports season, especially those whose teams achieve advanced results or who are exerting an effort to expand the base of students practicing sports activity at the university faculties.
- The researchers recommend applying the proposed strategy.

**A Proposed Strategy Draft to Develop Practicing Sports Activity in Some Iraqi Universities**

In light of the above data, results and recommendations, we propose a strategy to develop sports activity practicing. This proposed strategy is to be implemented through a three-year plan from 2020 to 2023, with the first year devoted to the steps of preparation, and to implement the steps of strategy development. While the following years shall be devoted to the implementing of what the evaluation and follow-up process had reached in the light of the results of this research and reached under discussion, the table shows the proposed time distribution of the implementation of the strategy elements.

**The Executive Steps of the Timetable of the Strategy Proposed for Sports Activity**

**The First Phase: 2020 – 2021**

- Evaluating and qualifying the available sports facilities, machines and equipment.

- Excluding the invalid sports facilities, machines and equipment.
- Conducting a comprehensive survey of the sports machines and equipment in terms of the adequacy of the number in relation to the number of practitioners of sports activity.
- Securing the budget of the sports activity in the following phase and the other phases.
- Developing an annual plan for periodic maintenance of various sports facilities and tools to maintain their validity and to keep them intact for as long as possible.

**The Second Phase: 2021 – 2022**

- Caring to prepare those responsible for the implementation of sports activity and training them on the basis of working with students in the field of sports activity in universities.
- Developing a courses program for the development of specialists in order to raise their level and increase their expertise.
- Choosing various sports activities to suit the needs of the broad base of students.
- The program should include comprehensive and integrated activities, in order to achieve a comprehensive and balanced integrated growth of students practicing aspects of various sports activities.
- Identifying the appropriate means used in the program to achieve its objectives.
- Setting timelines

**The Third Phase: 2022 – 2023**

- In this phase, the students practice sports activity and implement the set program after applying the preceding phases.
- Evaluating the sports activity program after its application at the end of the strategy period to identify its pros and cons.

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