

The Importance of Intramural Activities in College Sports Status

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Abstract

The purpose of this exercise in leisure time student status by country It was necessary to subject facilities and installations, facilities, budget plans as well as the intramural activities of the university are the 8 countries studied. The study population $n = 272,763$ students (girls and boys) University Associate Degree and Bachelor's Degree in Region 8, which were among these students, 700 students were randomly chosen. This study was a descriptive research data was collected by questionnaire. The results showed that students were favorite sports of swimming, football, cycling, hiking, volleyball, badminton, fitness (gym), martial arts, horse riding and basketball, the, 1/57 percent of the students are unaware of intramural sports programs, About 32 percent of students believe they have enough human resources to implement exercise programs for the university there. They have more dental units, 6/47 percent of the students lack the necessary sports facilities and extra-curricular sports activities reported.

Keywords: Sport, Physical Education, Recreation, efficacy, exercise programs, facilities, area 8 universities.

Introduction

Students as one of the most important segments of society In the course of their lives, many are faced with stress One way to reduce the psychological stress of the exercise is, this important intramural activities that prepare for university sport, the department of physical education programs. This can make the proper context, Providing the necessary facilities, Motivation among the students and their crucial role in attracting students to fill leisure activities can cause to achieve higher goals.

Methodology

This study is a descriptive research among, the information is gathered through questionnaires and field procedures. The study population included all students of Islamic Azad Universities in Region 8 consists of skill and expertise. The sample consisted of 700 male and female students of Islamic Azad Universities in District 8, which is determined according to Morgan.

Finding

About 51 percent of boys and almost 49 percent of female students have Of students 2/16 percent were married, and 9/83 percent un married, About 26 percent and about 74 percent of workers were without jobs, About 60 percent of the total students are studying native place, The highest percentage of students (45 percent) had the lowest percentage of humanities students (approximately 3%) of the students have art, Students' grade point average of 59/15 had higher average scores than students of Tehran university students and other academic units have More information on the department of exercise science and research programs has been the lowest in North Tehran Branch, They have about 28 percent lower than average proportion of about 34 percent on average, have been described.

Discussion and Conclusion

As research shows, Most students are interested to participate in intramural activities, sports, But the lack of sports facilities such as gym and sports equipment to prevent their participation in the activity. The success of students participating in intramural activities also participate sports that will motivate them to learn better. In relation to the efficacy of exercise programs at different universities throughout the chi-square test showed The effects of intramural sports programs each academic unit of the university, there are significant differences in zone 8. Intramural activities and sports medicine department in Qom, Qazvin most effective and has the least effect. . These results with results Bruce (2004) Effectiveness of different intramural sports programs each academic unit is consistent. Improve health and fitness levels of the subjects the direct impact of these activities on students in different units, their satisfaction with intramural sports programs, Amount of information about the program, the existing sports facilities and programs are the experts. Associated with success in academic and extra-curricular participation in sports activities Chi-square test results showed that the success rate of students participating in extra-curricular sports activities of university, there are significant differences. The results with the results of Armstrong (1995) and John Byl(2002) is consistent. The results will be felt because of the significant positive effects on mental and physical health is Sports activities, especially in the university environment to avoid stress and stress has been studied.

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