

# Sport Development Programs of Sorsogon City Division

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**Abstract:** *This study employed the descriptive method of research. Quantitative data were collected that served as basis to come up with a proposed action plan to enhance the Sport Development Programs of Sorsogon City Division. The respondents were 60 athletes and 30 coaches. The sampling method used was a total enumeration of the population. Survey, unstructured interview and document analysis were the data gathering procedures done using survey questionnaire, interview guide and documents showing results of Palarong Bicol 2017 - 2019 as instruments. The statistical tools employed were frequency count, rank and mean percentage. The training of athletes was mainly concentrated in a school and division based level. Most of the coaches had one to two years of coaching experience and generally attended up to Division Training and Accreditation for coaching only. Funds and Facilities and Equipment were perceived to be inadequate by athletes and coaches. The Sorsogon City delegation ended at bottom rank in the Palarong Bicol 2019 and in the past two consecutive years. There are varied problems encountered by the Sorsogon City athletes and coaches in the Sport Development Program and one noted problem is the inadequate funding. The plan of action was designed for the intensification of the implementation of Sport Development Program for the City Division of Sorsogon. It was recommended that Sorsogon City Division may improve continuously the implementation of Sport Development Program by increasing the number of training and tournament exposure of the athletes specifically in the events in which their participation is minimal. The Sorsogon City Division may continually improve the training and accreditation attended by the coaches through engagement in national and international training available as the funds warrant. The Sorsogon City Division may allocate sufficient funds for allowances of coaches and sports officials and prioritize the provision of appropriate facilities and equipment by establishing linkages with private institutions, NGOs and GOs.*

**Keywords:** Sport Development Programs, Sorsogon

## 1. Introduction

Sports have been seen to have significant contributions to the total development and welfare of a child. This statement has been supported by different researches through the years, and consequently, many schools around the world include sports and physical activities as part of their school curriculum. There are researchers claiming school sports is contributing to educational attainment because they are integral part of childhood that promotes an array of benefits for the improvement of childhood health, cognitive development, motor skills and social behavior. Schools on the other hand should offer quality system delivery through different programs for sports to maximize the benefits of sports to learners.

There are many reasons young athletes give their decision to participate in sports. One of the most common motives is to improve skills (Weiss & Petlichkoff, 1989). Sport is a socially significant activity for many people of all ages. It can be a vehicle to promote values, foster assumptions about how social order and social lives do and should operate (Coakley, 2011). It can also be a source of employment or can improve the quality of life of the sports person (Myers, 1999).

In this note, the United Nations Educational, Scientific and Cultural Organization (UNESCO) introduced the International Charter of Physical Education and Sport in 1978 (UNESCO, 2015). It declared that every human being has a fundamental right of access to physical education and sport, which are essential for the full development of his personality. Thus, schools crafted their curriculum where sports is one of the significant features and domains.

Different sports development programs that help people become more progressive in their field are implemented

globally. These programs produce people who are not only physically and mentally healthy, but also sports enthusiasts and are competitive. They have the great chance of representing their community and their identity which will later on bring about success and glory.

Sports taught individuals different life skills that enable students to succeed in the different environments in which they live (Danish et al., 2018). If the sports development programs are well - established with the aid of a strong support system, it is certain that people may live a healthy lifestyle. This may result in uplifting the athletes' morale that will motivate them to excel in sports. In this regard, appropriate training preparations must be conducted to meet the goal of athletes' improvement in their performance as sports enthusiasts.

In the Philippines, "The Schools Physical Education and Sports Development Act of 1969" or Republic Act No.5708 is the backbone of the integrated physical education and sports development program in all schools. This is undertaken by the Department of Education with set of guiding principles. It includes proper appreciation of the importance of physical and mental development with social activities. It gives also opportunities for the athletic development of children and youth through a well - rounded physical education program. Finally, it requires effective organizational planning and administration to provide adequate training facilities and sustained stable program funding and sustainability.

In spite of sports development programs exerted by sports officials in the Philippines, there is still a dire need of world - class athletes, the kind who may bring the country Olympic glory (Papa, 2018). Moreover, Papa claimed that all stakeholders should intensify the search and development of

the athletes with the potential of representing the country in international competitions.

During the Palarong Bicol 2019 being the last athletic meet before the pandemic, Sorsogon City ranked last among the 13 divisions in the region with four silver medals and twelve bronze medals without bagging any gold medal. This implies that the over - all preparation of coaches and athletes was not enough to consider the Sorsogon City Contingent as a strong contender in regional athletic competitions. Different factors may have affected their performance that ended up with dismaying results while other divisions in the region have notable performance during this athletic meet.

Being one of the coaches of this division, the researcher considered this study very essential, timely and highly needed considering the above - mentioned instances of poor athletic performance. This instance has led different challenging moments and realizations for the delegation to improve its selection, planning, training, preparation and assessment in its sports - related activities. It greatly affects the morale of all the members of the delegation and that same fate may be repeated if no appropriate set of actions would be done. The researcher believes that necessary attention be given in evaluating the details of the sports development programs of the division so that appropriate interventions may be provided.

This study is also found to be a necessity for Sorsogon City Division since whatever inputs and insights it may gain, the Division may have empirical basis for its development program and initiative for its athletes. This inquiry may lead to the discovery of present status of Sorsogon City Division Sport Development Programs along relevant demographic profiles, and some selected contributory factors to improve the coaching and training abilities of coaches. The final output of this study may be of great help to the Division since it may organize actions and initiative to improve handling of athletes for the purpose of region - wide athletic meet such as the Palarong Bicol and beyond. For this reason, the researcher attempts to undertake the study.

## 2. Statement of the Problem

This study aimed to determine the status Sport Development Programs of Sorsogon City Division for S. Y.2018 - 2019.

Specifically, it sought answers the following questions:

- 1) What is the status of Sorsogon City Division Sport Development Programs for the athletes along:
  - a) Trainings
  - b) Tournament exposures
  - c) Number of Competitive athletes
- 2) What is the status of Sorsogon City Division Sport Development Programs for the coaches along:
  - a) Number of Years of Coaching
  - b) Level of Coach's Training
  - c) Level of Coach's Accreditation
- 3) What is the status of Sorsogon City Sport Development Programs in terms of management along:
  - a) Availability of funds
  - b) Facilities and equipment?

- 4) What is the performance of the athletes in Palarong Bicol 2019 as compared to the past two preceding years?
- 5) What are the problems encountered by the Sorsogon City athletes and coaches in the Sport Development Programs of Sorsogon City Division?
- 6) What action plan may be proposed based on the results of the study?

## 3. Methodology

### Research Methods

This study aimed to determine the status of Sport Development Programs of Sorsogon City Division for S. Y.2018 - 2019. This study employed the descriptive method of research. Quantitative data were collected that served as basis to come up with a proposed action plan to enhance the Sport Development Programs of Sorsogon City Division.

The respondents were 60 athletes and 30 coaches. The sampling method used was a total enumeration of the population. Survey, unstructured interview and document analysis were the data gathering procedures done using survey questionnaire, interview guide and documents showing results of Palarong Bicol 2017 - 2019 as instruments. The statistical tools employed were frequency count, rank and mean percentage.

### The Samples

There were two groups of respondents in this present study: the 60 athletes and 30 coaches. The student - athletes were purposively chosen because they were already identified as athletes who participated in the Palarong Bicol 2019. Coaches were purposively chosen, too because they were initially identified by the researcher through their school designation and were noted as coaches in the different meetings and gatherings for coaches of Sorsogon City Division in their respective sports events. They were considered through total enumeration since the number was small and manageable especially at this time of pandemic and with limited mobility for the researcher.

**Table 1:** The Respondents

Sporting Events	f	%
Athletes	60	66.67
Coaches	30	33.33
Total	90	100

Table 1 shows the distribution of the two groups of respondents. The athlete - respondents were 66.67% while coaches are 33.33% of the total number of respondents.

### The Research Instrument

The researcher utilized two main instruments for data gathering, namely: a researcher - made questionnaire and interview guide. The researcher - made questionnaire was made into two sets: one was intended to be answered by the student - athletes (Appendix E); the other was intended to be answered by the coaches (Appendix D).

The first part of the survey questionnaire for the athletes - respondent was provided for the training attended related to sports events on the various possible level. The second part

was a checklist on the tournament exposures they attended, and the problems encountered as an athlete.

On the other hand, the survey questionnaire for coach - respondents is composed of questions regarding their training and accreditation they acquire at various level, number of years in coaching, checklist of the level of tournaments participated by their athletes, number of their competitive players and the problems they encountered as a coach. Part II was a designed to determine the status of Sorsogon City Sports Development Program in terms of managements along availability of funds and facilities and equipment. The performance of Sorsogon City during the Palarong Bicol 2019 was compared to two previous years was gathered through documentary analysis from the records kept in the said Division.

The researcher sought assistance from experts through a request form for the content validation of the survey questionnaires. The experts who checked and validated the instrument were composed of one school head and three master teachers. They commented on some items with confusing options and suggested some revisions. The researcher consulted his adviser and some revisions were made.

#### Data Collection Procedures

The researcher asked permission from the Superintendent of City Schools Division since the study involved student - athletes and teachers of the division. A letter of request was also given to the Division Sports Officer (DSO) considering that the study involved the athletes and coaches/trainers of the Sorsogon City Division undergoing the concentration training in preparation for Palarong Bicol. Upon approval, the researcher coordinated with the athletes' division coaches for the implementation of the necessary processes related to the study including a short orientation with the respondents about the purpose and benefits of the study. The questionnaires were distributed personally by the researcher on February 24, 2020 and retrieved the said questionnaires on March 13, 2020 with retrieval rate of 100 percent of the questionnaires issued.

After the retrieval, the researcher informed the thesis adviser that the questionnaires be tallied and computed for the tabulation process. The researcher reported the things that transpired before, during and after the process of the conduct of the data gathering.

#### Data Analysis Procedures

The data gathered from this study were analyzed and interpreted using appropriate statistical tools. The frequency count and rank were used to determine status of Sorsogon City Division Sport Development Programs for the athletes along trainings, tournament exposures and number of competitive athletes; the status of Sorsogon City Division Sport Development Program for the coaches and trainers along number of years in coaching, level of coach's training and accreditation. Document analysis on some relevant papers showing results of Palarong Bicol 2017 - 2019 were also done to compare performances of the Sorsogon City athletes for each competing year.

Weighted mean was used to the status of Sorsogon City Sport Development Programs in terms of Management along availability of funds and facilities and equipment and he following scale is used to determine the status were:

- 1.00 – 1.49 Strongly Disagree
- 1.50 – 2.49 Disagree
- 2.50 – 3.49 Agree
- 3.50 – 4.00 Strongly Agree

To determine the performance of the athletes in Palarong Bicol in the two preceding years and problems encountered by the Sorsogon City athletes and coaches in the Sport Development programs of Sorsogon City Division was frequency count.

## 4. Results and Discussions

### 4.1 Findings

Based on the data collected, the following are the findings of the study:

- 1) All the respondents composed of 60 athletes from different sport events were able to attend school and division - based training. However, none of them qualified for a regional - based training. All the 60 respondent athletes were exposed to School Intramurals, Zonal meet, District meet, Cluster meet, City meet and Bicol meet but no one reaches the Palarong Pambansa. In terms of number of competitive athletes, the city division has 35 competitive athletes for athletics, 24 for baseball, and 16 athletes each for arnis and taekwondo. There are also 13 for tennis, twelve athletes each for volleyball, table tennis and softball. Minimal numbers of competitive athletes were identified for badminton, basketball, billiards, boxing, chess, gymnastics and sepaktakraw. It was revealed that the division has no competitive athletes for archery, football, futsal, wrestling and wushu. It was also noted that some events were not completely filled with competitive athletes.
- 2) As to the status of the Sport Development Program for the coaches, 25 of 30 coach - respondents have two and below number of years in coaching with only one coach having a coaching experience of more than six years As for training and accreditation, all the 30 coaches have attended the Division training and accreditation in coaching. However, only 14 of them attended regional training and accreditation and no one was able to attend in the national level.
- 3) For management, specifically in terms of the availability of funds, the data reveals the disagreement of the respondents in all indicators primarily with regards to allotted fund for food and allowance. As for facilities and equipment, the respondents do agree about the regular supervision and management of facilities in determining the areas for repair but they recognize the inadequacy of sport facilities and equipment. They consider the sport kits and equipment not readily available for use.
- 4) For the performance of the athletes in the different events participated in Palarong Bicol 2019 as compared in the two preceding years, the Sorsogon City delegation emerged as rank 10 of 13 competing teams in Palarong Bicol 2017 with six gold medals, four silver

medals, and 8 bronze medals. It ranked 10<sup>th</sup> again during the 2018 Palarong Bicol with four gold medals, two silver medals and ten bronze medals. Unfortunately, in Palarong Bicol 2019, the Sorsogon City delegation came out as ranked 13<sup>th</sup> of 13 competing teams with four silver medals and twelve bronze medals without bagging any gold medals.

- 5) The three most critical problems encountered by the coaches and athletes include the inadequate funding for equipment, facilities, allowances and incentives for both the sports officials, coaches and athletes. The respondents consider also the unorganized and not well implemented training program as another severe problem they have experienced. The data shows that exposing players and coaches just few weeks before the actual competition and the inefficient preparation in sports competition is a disadvantage for the delegation
- 6) A plan of action may be designed in order to intensify the implementation of Sport Development Program of Sorsogon City Division.

#### 4.2 Conclusions

Based on the findings of the study, the researcher arrived at the following conclusions:

- 1) The training of athletes was mainly concentrated in a school and division based level.
- 2) Most of the coaches had one to two years of coaching experience and generally attended up to Division Training and Accreditation for coaching only.
- 3) Funds and Facilities and Equipment were perceived to be inadequate by athletes and coaches.
- 4) The Sorsogon City delegation ended at bottom rank in the Palarong Bicol 2019 and in the past two consecutive years.
- 5) There are varied problems encountered by the Sorsogon City athletes and coaches in the Sport Development Program and one noted problem is the inadequate funding.
- 6) The plan of action was designed for the intensification of the implementation of Sport Development Program for the City Division of Sorsogon.

#### 4.3 Recommendations

In the light of foregoing conclusions, the following recommendations were offered:

- 1) The Sorsogon City Division may improve continuously the implementation of Sport Development Program by increasing the number of training and tournament exposure of the athletes specifically in the events in which their participation is minimal.
- 2) The Sorsogon City Division may continually improve the training and accreditation attended by the coaches through engagement in national and international training available as the funds warrant.
- 3) The Sorsogon City Division may allocate sufficient funds for allowances of coaches and sports officials and prioritize the provision of appropriate facilities and equipment by establishing linkages with private institutions, NGOs and GOs.

- 4) The possibility of crafting a rigid year - round training program which covers all the necessary sport preparation may be implemented so as to improve the performance of the athletes in various sports competition, and may provide training for coaches to handle and recruit more athletes to fill other sport events which the Division has no representations in the past years.
- 5) Fund sourcing may be given due attention and consideration officials of the Division through proper and adequate fund allocation and maximized efforts for fund sourcing.
- 6) An action plan may be submitted to the City Division of Sorsogon for further review and evaluation prior to adoption and implementation.
- 7) Further study may be conducted which may include other schools in the province and other variables not covered in this research work.

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