JIMMA UNIVERSITY

SPORT ACADEMY

DEPARTMENT OF SPORT SCIENCE

SYSTEM OF TRAINING AND PROSPECTS OF SHORT DISTANCE RUNNER ATHLETES OF ATHLETICS CLUBS IN SHEGER CITY, OROMIA REGIONAL STATE

BY: REBUMA MIDEKSA

A THESIS REPORT SUBMITTED TO JIMMA UNIVERSITY SPORT ACADEMY DEPARTMENT OF SPORT SCIENCE FOR PARTIAL FULFILLMENT OF THE REQUIREMENTS FOR THE MASTER'S DEGREE IN ATHLETICS SCIENCE OF COACHING

JULY, 2023

JIMMA, ETHIOPIA

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APPROVAL SHEET

JIMMA UNIVERSITY SPORT ACADEMY

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DECLARATION

This research thesis is my original work and has not been presented for any degree in any university all the resource of materials used for the thesis was duly acknowledged.

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LIST OF ACRONYMS

ACSM: American College of Sports Medicine

AOG: Ancient Olympic Game

E.C: Ethiopian Calendar

FITT: Frequency, Intensity, Time and Type

IAAF: International Association of Athletics Federation

JUSA: Jimma University Sport Academy

OG: Olympic Game

SPSS: Statistical Package for the Social Sciences

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ABSTRACT

In Athletics sport, running a small distance in a short amount of time is called sprinting. Currently, different clubs were established throughout the world by developing system of training as an athlete can took part in the competition. However, this development was over looked by many countries. From that, the system of training and prospects short distance runner athletes' of athletics clubs in Sheger City, Oromia regional state were less known. The purpose of this study was to investigate the system of training and prospects of short distance runner athletes of athletics clubs in Sheger City. To achieve the intended objective of this study, quantitative method with cross sectional design was employed. The participants in this research consisted of 64 clubs athletes and 4 coaches. Those were selected by a non-probability (purposive) sampling technique (for both athletes and coach). The questionnaire was a data collection instrument employed, which administered to both athletics club athletes and coaches. The data was analyzed quantitatively by using descriptive statistics (frequency, percentage, mean and standard deviation) through SPSS 26 v. The major finding of the study revealed level of training system or training method used by the coach was very low. Among the detailed indicators: less follow up of the training principles, un exciting of training, less application of strength training that improves sprint performance within systems of training were under mind. In addition, barriers like: absence of GYM center and equipment used to develop sprint performance of athlete such as: strength, resistance and power, lack of enough human resource with in a clubs, lack of highly qualified and null share of experience with foreign coaches that were success full in short distance runner, inability to select athletes based on scientific way and inability to develop well designed different prospective plan that can change the challenges on sprinting. To forward identified problem: the coach should avoid inappropriate Coaching methods and systems used in the training process and come up with various systematic of coaching depend on scientific way and apply training principles scientifically, clubs should access adequate and appropriate training facilities (GYM room) and equipment, the clubs need to highly qualified coaches both modern science and experience, clubs should be facilitate and adjust the way of sharing experience with a broad country coaches that were successful in short distance runner, the selection of athletes should be referenced with science and make a judge or predict futurity of athlete and scale up.

Keywords: *Athletics club, Barrier, Club athletes, System of training, sprinting.*

CHAPTER ONE

1. INTRODUCTION

1.1. Background of the Study

The sport of athletics (track and field) encompasses a wide range of events involving running, walking, jumping, and throwing, in which success is underpinned by a diversity of physiological, psychological, and biomechanical attributes(1).

Its governing body, the International Association of Athletics Federations (IAAF), recognizes a number of distinct disciplines: sprints, middle/long distance, hurdles, and relays on the track; throws and jumps on the field; the combined events of heptathlon and decathlon, road running, race walks, cross-country, and mountain running and ultra-running (2).

According to Williams & Thompson, 2013 running is among most popular physical activities, which may be attributed to its accessibility, inexpensiveness and numerous positive effects (3).

Running a small distance in a short amount of time is called sprinting. It is frequently employed to fast reach a destination or goal, evade an opponent, or catch them in various sports that include running. A runner's near-top speed cannot be sustained for longer than 30 to 35 seconds because to the depletion of phosphor-creating reserves in muscles, and possibly secondly due to an excessive amount of metabolic acidosis brought on by anaerobic glycolysis (4).

The system of training called ‘‘Speed Dynamics” was designed with this in view. The traditional view, that sprinting is a simple, natural and non-technical event is mistaken. It should be regarded as skill, which has to be learnt and developed through training system (5).

Athletic operates on the basis of a particular system of knowledge that has in its content the theoretical and methodological foundations of sport training system (6). It is known that the sports training system in athletics, respectively short-distance running consists of the training or preparation system, competition system and complementary factor system. The athletic training process has many tasks which are solved through physical preparation, technical preparation, tactical preparation, psychological preparation and theoretical preparation (7).

Training means exercising regularly to improve skills and fitness. The training that an athlete does must be appropriate for that person and their sport in order to get the most out of their training. So a coach should utilize the principles of periodization to design a training program with cycling progression. Furthermore, there should be a balanced strength training program to supplement the running performance of any short-distance athlete (8).

In the history of Ethiopian sport, the Athletics Federation has been established since June 4, 1961. Through the past 56 years the federation had many great achievements in the athletics sport fields. Globally, the Ethiopian Athletics Federation is one of the leading member federations of IAAF especially in long and middle distances. In Continent level, in recent times the Ethiopian athletes are appearing in short distances and field events with medals (9). Furthermore, within the track activities, the sprint races (from 100m to 800m) are not especially favored (10).

The first coach for athletic running in Ethiopia was the Swede, Onni Niskanen, who became famous by training Abebe Bikila for the 1960 Olympic Games. As in many countries, coach training system is one of the key issues for the future of athletics in Ethiopia. However, the number of qualified coaches is still below the needs of the federation. Some acting coaches are only former-competitors, while others received a formation in the Kotebe teachers college of Addis Ababa; some few others hold a proper training license from the International Association of Athletics Federations (IAAF) (10).

Fortunately, Ethiopia has enjoyed a rich tradition of producing some of the world's fastest distance runners over past decades. The country has had a healthy rivalry with East African neighbors Kenya and this has spurred each nation on to achieve quicker times on both and track and road. Abebe Bikila was the star of marathon running during the 1960s, winning gold at the 1960 and 1964 Olympics and setting a World Record at the latter Games (2:12:11) (11).

Today in Ethiopia athletics, particularly long distance games became one of the best competition areas in which many world renowned athletes appeared, participating and producing indispensible results for their country and themselves. Comparing with the other events, short distance running is the one in which many male and female athletes are included in Ethiopia but unfortunately short-distance athletics has not become as popular and successful nationally and did not so far contribute to Ethiopia's image in the Olympic Games (OG) or internationally (12).

In light of that, athletics is among the type of sport which was already over looked by the Oromia Regional State Athletics Federation for year's especially short distance running/sprinting unless having increased quantities of athletics clubs sites without analytically valuing their athletes development (quality). Additionally, not seeing how to exploit the geographical gains with the higher altitude Arsi zone especially Bokoji which is known as a "*source athletes or preferred for athletics commercial"* and provided many athletes whom made it to the national level and become an Olympic medalist, but not realized for short distance runner still now. So with this in mind, the system of training and prospects short distance runner athletes of Athletics Clubs in Oromia Regional State Sheger City case has interested the researcher to come up and forward rational and scientific solutions.

1.2. Statement of the Problem

Over different world countries, there is a coaching or training systems variation in the fashion of sprint training programming according to differences in background, gender, age, level, assets, constrains and other inter-individual variables. Still, the principles of annual training plan are very much the same in different countries. In Finland, the emphasis seems to be on small training groups and individualized training /coaching/ that is organized by athletic clubs. Furthermore, in the United States the college and university-based programs are partially more developed with their grant systems (13).

Different study results show that, Short-distance athletics is essentially unheard of in Ethiopia and is eclipsed by long-distance athletics. It is challenging to claim that short-distance athletic aptitude and capacity are lacking in a nation of more than 1.2 million people (12). There have been no reports of Ethiopians competing in the minimum number of championships held outside of their own country so far by short distance. In the competition it is simple no need of expensive equipment makes athletics popular all over the world. Therefore, the fundamental issue of this thesis was what might be the obstacles in Ethiopia that prevented the growth and eventual success of short-distance sports to make it as well-liked as long-distance athletics in the nation (12).

The vast majority of scientific studies investigating sprint training methods are performed on young team sport athletes where brief sprints with short recoveries are the norm (17, 18). Therefore, sprint training recommendations from the research literature have limited

relevance to competitive sprinting, where elite 100-m athletes perform sprint-specific training over various distances (16).

Unlike other sports, athletics does not need expensive equipment to starting which makes simple and one of the most commonly competed sports in the world. Moreover, athletics is one of the purest of all sports, relying solely on the strengths of the human machine or human body rather than sophisticated technological implements to improve performance (17). Even though athletics training facilities are cheap, these facilities are scarce in Ethiopia (10).

The primary objective of athletics training clubs is to help athletes improve their athletic performance by developing components of physical fitness such as endurance, strength, speed, sport specific power, agility, balance, coordination, flexibility, injury prevention strategies, Athlete nutrition and confidence. In relation to this (18) stated, "*world class athlete have a chance to generate income and share to the world their countries' culture*." The same is true for Ethiopian distance runners, if and only if, they could be world class athlete (19).

In view of that, Ethiopian athletics federation has the mission in general to work on all athletics disciplines in particular focusing on the events which the country has not been well known, that is, short to represent Ethiopia in international competition and to share the culture of Ethiopia over the world.

According to (20), the problem of grass-roots training in Ethiopian athletics, presenting the different institutions involved in athletics (short distance) and their respective reasons for the lack of interest and involvement in grass-root training activities. The overall picture provided by this description reflects the poor conditions of Ethiopian athletics and the prevalence of a predatory system of selection instead of a comprehensive institutional organization for the promotion of the sport (19).

As a result, realizing the imminent role of these system of training and prospects of coaching short distance athletics clubs in producing high performing athletes in near future, which are capable of registering outshining achievement in both domestic and international competitions has become essential for the sports sector of the country in general and that of the clubs training system of the Sheger city, Oromia Region, Ethiopia. To this end, identifying the hither to shortcomings of these athletics clubs are among the tools that regional sports bureau can make use of, in order to monitor the effectiveness of the clubs, and if any gaps, help in devising ways for improvement. More emphatically, to maximize ways to

expand athletics clubs into other inaccessible areas of the Oromia region. It is therefore with this understanding that the researchers have taken the initiative to conduct this study.

Up-to-date, there is a paucity of research on Ethiopian athletic sports in general, and there is no single study on system of training and prospects coaching short distance runner in particular, as there are no documented reports aimed at the aforementioned topic. Thereby, this research may answer many questions that need further investigation about the region's clubs system of training and prospects of coaching short distance runner, progress, and achievement. Moreover, it assists to adopt appropriate measures in order to bring about a holistic development of short distance/sprint/running throughout the athletics clubs Sheger city, Oromia region of Ethiopia.

1.2.1. Research Question

This study was attempted to investigate the system of training and prospects of short distance runners' athletes of Sheger City athletics club. The research would try to answer the following questions**:**

1. What is the level of training system or training method offering for short distance runner athletes of athletics clubs in Sheger City?

2. What are the barriers that hindering the utilization of system of training/training method for short distance runner athletes of athletics clubs in Sheger City?

3. What should be done to enhance the training of short distance runners of athletics clubs in Sheger City?

1.3. Objectives of the study

1.3.1. General Objective

This study aimed to investigate the system of training and prospects of short distance runner athletes of athletics clubs in sheger city, Oromia Regional State.

1.3.2. Specific Objectives

The Specific Objectives of the study was to:

1. To reveal the level of system of training offering for short distance runner athletes of athletics clubs in Sheger City.

2. To identify the barriers that hindering the utilization of system of training for short distance runner athletes of athletics clubs in Sheger City.

3. To establish and find possible solutions systematically can solve the current problem of short distance runner athletes in clubs of Oromia regional state Sheger City.

1.4. Significance of the Study

This research would be believed significantly contribute give to athlete's reliable information about the system of training and coaching prospects of the club and was forward the level of the existing issues and conditions. For the coaches it was inform them and the regional sport bureau the magnitude of the system of training and prospects of the clubs' center in the city or region. For the clubs center, sport bureau, their experts and for the community at large; it would guide what should be due to reduce the problem and change the prospects of coaching that do not repeat the same mistakes in the future, to popularize short-distance runner athletes among Ethiopian youth, Africa and the world; like middle and long distance running, and also to give clue for other researchers on this topic, to offer valuable lesson for other newly established clubs and to indicate the barriers that affects the performance of short distance runners in general.

1.5. Delimitation of the Study

This study would be conducted in Oromia Region which is one of the twelve (12) regional states and two (2) city administration of country that was found or located in the central part. From the selected region, four Sheger City athletics clubs namely: Burayu, Lega Tafo Lega Dadi, Sebeta and Sululta athletics club would be particularly included. In addition to this, it focuses on the system of training and prospects of short distance athletes in Oromia regional state Sheger City athletics clubs with the major variables: system of training/scientific training method and facilities and equipment. Although, even if the same case study might arose in the other, the researcher was restricted to the variables mentioned above in Oromia and the only because of time, resource and budget.

1.6. Limitations of the Study

In conducting the study researcher has been challenged by the following limiting factors:-

- The small sample size and the result might be slightly generalized large number of athletics club in other regions and countries.

1.7. Definitions of Terms

Athlete:-a person who devotes his time for either of athletics events or who competes in one or more sport that involves physical strength, speed, or endurance (21).

Athletics: it is oldest form of organized sport which includes running jumping throwing its track and field sport (2).

Athletics club: - Is an athletic organization that provides training and other benefits for the athlete or a facility constructed to provide athletic or physical conditioning for its member, guests and/or patrons (22)**.**

Challenges: - Is associated with your enjoying the process of your sport regardless of whether you succeed or fail (22)**.**

Prospect: - in this research it is to mean something that is awaited or expected.

Sprint/Dash/: In athletics and track and field, races over short distances that ranging from 60m to 400m (21).

Sprinter: Is someone who runs short distance every fast, especially someone who complete in race such as the 100 m, (up 400m) (22).

The system of training: It is known that the sports training system in athletics, respectively short-distance running consists of the training or preparation system, competition system and complementary factor system (7). The many different components of the training programme are then detailed, with practical suggestions for the most effective methods of executing an athlete(23) (23) (5).

Training: Is a special process of preparation of sports persons/sprinter/ based on scientific principles aimed at improving and maintaining higher performance capacity in different sports activities/running/. It is a particular type of training designed to improve fitness and abilities to perform in a given sport (24).

CHAPTER TWO

2. REVIEW OF RELATED LITERATURE

2.1. Short Distance Running

In athletics track and field, sprints (or dashes) are races over short distances. They are among the oldest running competitions, being recorded at the Ancient Olympic Game (AOG). Three sprints are currently held at the modern Summer Olympic and world champions: the 100 meters, 200 metre and 400meters (21). Sprint, also called dash in athletics (track and field), a footrace over a short distance with an all-out or nearly all-out burst of speed, the chief distances being 100, 200, and 400 metres and 100, 220, and 440 yards (25).

The crowning of the 100-m sprint champion remains a hallmark of each Olympic Games, and the winners are "*the world's fastest humans*" (26). A word often associated with short distance running is sprinting. Both are essentially the same, with short distance running generally consisting of running shorter distances with quick bursts of speed as opposed to long distance or endurance running (27).

2.2. Running Event in Ethiopia

Some of the country's most popular athletes are runners. In fact, Ethiopia has been known as the running mecca because of the success it has achieved in both middle- and long-distance running. One of the major successes in the field of running is the fifth rank the country achieved during the Beijing Olympics in 2008. Three Ethiopians also rule the long-distance running scene as of March 2006. The country started to take part in the Olympics in 1956. Since then, it continuously sends athletes to various sports in the Summer Olympics. The passion of Ethiopians for various sports is also evidenced by the fact that it is one of just a few countries in Africa that have taken part in Winter Olympics games. Overall, Ethiopia has already garnered 45 Olympic medals (as of 2012). Most of the country's wins came from running competitions (28).

2.3. System of training for short distance runners

The modern sprinter training system includes numerous means and methods of directed influence on the growth of the speed abilities, organized within the framework of individual structural units of the annual training cycle. The literature concerning the training of young

sprinters presents various aspects of increasing the level of development of motor qualities at the stages of long- term improvement of athletes, but at the same time there are very few works in which the construction of the educational and training process of young sprinters would be united by a common methodological line (V, 2020).

The choice of sprint training methods and means depends on whether athletes can be applied according to their aptitude and different people. In addition, according to the understanding of the technical characteristics of sprint events and the understanding of athletes' personality, some methods and means suitable for modern sprint training are selected and designed(30).

At different stages of training, sprinters must not only perform a large amount of work of various physiological directions, but also perform loads that correspond to their preparedness and individual characteristic. Determining the level of effectiveness of training lessons, as well as the dynamics of competitive activity of highly qualified sprinters is an urgent problem in track and field athletics. To achieve high sports results at this distance, it is necessary to have a well-functioning system of training for athletes, including systematic monitoring and analysis of the results of running technique and the level of development of speed qualities, speed and special endurance in the practice of training sprint masters(31).

2.3.1 Training

Training is a systematic process with the objectives of improving an athlete`s fitness in a selected activity. It is a long term process that is progressive and recognizes the individual athlete’s needs and capabilities. Training programs use exercise or practice to develop the qualities required for an event. The process of training can be planned because training follows certain principles. This principle of training need to be fully understood before the coach can produce effective long term programs. Training a high sprint velocity over a short distance is vital for successful performance in team and field sports (32).

2.3.2 Fitness

Fitness is how well a person is adapted to and capable of certain lifestyle. The fitness of an athlete is generally greater than that of the non-athlete. The athlete needs to be fit for the demand of his chosen athletic event in addition to being fit for the demand of day to day living and it is defined as the quality or state of being fit and healthy (25)**.**

2.3.3. Training program

Training program or Periodization is an organized approach to training which involves progressive cycling of various aspects of a training program during a specific period of time. Scientific based and systematic training program is a fundamental to the athlete fitness. Training provides the athlete with the basic means to adapt to these particular stressors through controlled exercise the principles of training which apply in designing fitness program apply equally to elite performance. It can be defined as the purposeful variation of a training program over time, so that the competitor gets closer his or her optimum adaptive potential just before an important event (34).

2.3.4. Effects of training

Sprint running is a core capacity that underlies performance in many sports, there is a voluminous body of scientific literature devoted to sprint training. The vast majority of sprint related training interventions have reported positive effects on sprinting capabilities leading to the assumption that sprinting performance is easily improved with a variety of methods. The cumulative effect of training is the body`s progressive adaptation through the preparation response. This is what is measured in fitness monitoring tests are over period of month or even years (35).

2.3.5. Development of an effective training program

The process of creating a training program help to develop an individual's level of fitness comprises six stages: Gather details about the individual, identify the fitness component to develop, identify appropriate tests to monitor fitness status, conduct a gap analysis, compile the program and monitor progress and adjust program (36).

Stage1: The first is to gather details about the individuals age, reasons for wanting to get into the training, current or recent injuries, Health problems, the sports they play and how often, their dislikes and likes with regards training, and sports facilities they have access to gym, sports center.

Stage2: The second stage is to determine which components of fitness they need to improve this could depend up on what the individuals want to get fit for.

Stage3: The Next stage is to identify appropriate tests that can be used to initially determine the individuals' level of fitness and then to monitor progress during the training. Identified test should be conducted and the results recorded.

Stage4: we now know the individual's background, objectives and current level of fitness. We now need to conduct a gap analysis of the individual's current fitness (from test results at stage 3) and target fitness levels (identified at stage2) the results of this proves will assist in the design of the training so that desired level.

Stage5: The next stage is to prepare a training program using the results of the gap analysis and "FITT" (Frequency, intensity, time and type) principles.

Stage 6) the program has now been agreed and the individuals can undertake the program. Every 4 weeks meet and discuss with the individuals how the training has gone, the test results, progress towards target fitness levels, and adjustments to the training program.

2.3.6. Athletes selection criterion

Talent identification and selection are critical components of competitive sport success. Despite the time, effort, and resources invested, the accuracy of selection decisions remains generally poor. While much of the scholars in this area have focused on the factors discriminating skilled and less-skilled individuals, limited research exists on what information is used in the decision-making process for athlete selection. The current study seeks to gain a better understanding of the information used by elite short distance running coaches when forming judgments for athlete selection (37)

The selection of athletes is often performed by scouts or coaches. For example, they observe athletes in training sessions or games and decide whether or not to include the athlete in their youth talent-development programme, or in the line-up for an upcoming tournament, match, or race (38).

2.3.7. Principles of training

A systematic use of training means must be based on the following concepts. These are important principles of training.

I. Principles of Overload

Overload entails providing an appropriate stimulus for attaining a desired level of physical, physiological, psychological, and performance adaptations. Overload can be conceptualized as a training stimulus that forces the athlete beyond normal levels of physical performance. Thus, the application of an appropriate overload stimulus can include range of motion, absolute and relative intensity (RI) levels, frequency, and time factors. There is no guarantee that an athlete who tolerates heavy training loads is going to be the best performer in competitions.in specific sports (39).

Indeed, the capacity to perform and absorb large training loads is seen as both an adaptation over time and a talent in itself. Training load in sprint running is determined by a series of components such as training modality (e.g., sprinting/running, strength training, plyometric training), duration, intensity, resting periods, session rate, running surface, and footwear (40–44).

II. Principles of Specificity

Training adaptations are specific to the stimulus applied, encompassing movement patterns and force-velocity characteristics such as muscle actions and muscle groups used, speed of movement, range of motion, training load, and energy systems involved (45)**.** For example, sprint running can be performed under assisted or resisted conditions. Other "less specific" training forms such as strength, power, and plyometric training are commonly performed to target the underlying components of sprint performance. Exercise training specificity refers to adaptations in metabolic physiological functions that depend upon the type of overload imposed. Specific anaerobic exercise stress (such as: strength power training) induces specific strength power adaptations, while specific endurance exercise stress elicits specific aerobic system adaptations with only limited interchange of benefits derived between strength- Power and aerobic training (46–48).

The principle of specificity states that for an exercise to be effective, it must contain similar characteristics to the sport (49).

III. Principles Variation and Periodization

The principle of variation builds on the notion that systematic variation in specific training variables is most effective for long-term adaptations. According to the American College of

Sports Medicine (ACSM), advanced athletes should perform training with higher relative loading in a periodized fashion. The higher the performance level, the more systematic variation is recommended (50)**.** The most commonly investigated training theory involving planned training variation is periodization, an often misused term that today refers to any form of training plan, regardless of structure. The usefulness of block training has also been questioned by acknowledged sprint coaches, as the model prohibits developed skills to be maintained throughout the varying monocycles (51).

VI. Individualization

Individualization is a general training principle and refers to the idea that training must be prescribed according to individual performance capacity and predispositions such as anthropometric factors, training status/age, sex, recovery/injury status, and force-velocity profiles. with age-related changes in anabolic hormone concentration that play a crucial role in the body's metabolic, tissue repair, and anabolic capabilities in response to training. For example, testosterone is positive for sprint performance (52,53).

V. The Principles of Reversibility

The performance capacity of an athlete depends on an optimal balance between training and recovery. While sleep and nutrition are fundamental for the restoration of daily life and the recovery process following physical exercise, several recovery strategies have been explored to improve recovery in athletes for training to be effective the coach must be understand the relationship between adaptation, the principle of overload and the principles of reversibility (54).

VI. Tapering

Tapering refers to the marked reduction of total training load in the final days before an important competition. Tapering strategies consist of a short-term balancing act, reducing the cumulative effects of fatigue, but maintaining fitness (35, 36).

2.3.8. Sprint Training

I. Resisted Sprinting

Resisted sprinting is a commonly used method to overload specific capacities for sprinting acceleration performance, including uphill sprinting, sled sprints, or using motorized devices. It has been suggested that resisted sprint training may be a more effective tool to improve

horizontal force and power production during sprinting compared with, e.g., traditional strength and power training performed in the gym(55).

II. Assisted Sprinting

Assisted sprinting (e.g., downhill running, being pulled by an elastic cord or motorized devices) has occasionally been used by scientists and practitioners as a tool for maximal velocity improvement. Athletes are typically advised to focus on high step rate when approaching their maximal velocity during assisted sprints (56)(57).

Potentially negative training effects may arise (e.g., increased foot touchdown distance relative to center of mass), and towing force should be individualized to avoid poorer sprint mechanics. Some athletes include assisted sprinting as a part of the warm-up routines prior to competitions. Athletes may be able to perform higher volumes of submaximal sprinting (e.g. ~ 95% intensity) during assisted conditions as each sprint is performed with less perceived effort compared to sprinting under normal conditions(26).

III. Technical Training

Although research literature has emphasized the importance of technique on sprint running performance; very few sprint-related studies are devoted to how optimal mechanics can be achieved. The concept of competency-based progression is particularly emphasized in motor learning literature. That is, athletes should not progress to more challenging aspects of training until they master the underpinning principles. Improving a sprinter's mechanics can be considered a career-long pursuit (26).

Although sprint training "always" involves technical aspects, sprint drills are commonly used by practitioners to reinforce the technical work, for proprioception, and to isolate specific movement features (58). These include hurdle drills, walking high knees, running high knees, skips, and straight leg bounding, with focus on posture, high hips, front-foot landing, configuration at touchdown and lift-off, etc. Drills are low-speed exercises that are easier to control than high-speed running, typically performed as a part of warm-up routine. Motor learning research tells us that for positive reinforcement of the technique to occur, the biomechanics used in practice must closely resemble those used in competition (59).

IV. Strength and Power Training

Strength and power training has received considerable research attention over the years, and training recommendations for hypertrophy, maximal strength, and power are outlined for novice, intermediate, and advanced athletes. Ballistic exercises with loading up to ~ 60% of one repetition maximum appear to be a highly potent loading stimulus for improving maximal power (60).

2.4. Facility and Equipment of Athletics Clubs

2.4.1 Facility

It is important to pay close attention to needs of athletes' and coaches. This may sound self-evident, but it is surprising how often sport administrators don't find out exactly what athletes and coaches needed and want. Listed below are some of the typical needs of coaches and athletes. Facilities needs by athletes are: Track and field, housing, foods and gym to training site. Facilities are very significant in enhancing sporting activities among adolescents and encourage them toward sports participation. Adequate provision of good facilities will not only ensure happy environment but enhance good development of better performance in sports participation. The lack of basic sports facilities hinder sports participation in many schools (61)**.**

2.4.2. Materials or Equipment Needed by Athletics clubs

The many events of athletes requires numerous sporting equipment, it is important for athletes to be able to recognize and understanding how equipment for the specific events works and impacts their performance. Have you athletes named each place and equipment as you show it and give the use for each (Example; clothes, gym equipment needs). To rein force this ability within them has, and then select the equipment used for their event as well (62)**.**

The gap in resources between wealthy and poorer countries is growing. Even once powerful nation states who strongly promoted sport have seen success erode with decade. Safe well designed equipment is important in prevention and although it is clearly event specific. Take time to ensure that any equipment is safe and fit for use every time you come to use it. Many different surfaces are encountered in athletics, some natural and other synthetic. Clothing is very much as matter of personal choice, but most is chosen carefully (63).

2.4.3. Human resources

Every organization, mainly athletics clubs, depends on people to fill the roles of organizers, administrators, fundraisers, planners, officials, coaches, athletes, and sports medicine specialists. In line with this human resources since the early 1970s have become increasingly important in organizational success as panted out (64).

2.5. Philosophy and Coaching In Athletics

Philosophy is simply the way you see situations and experiences in your life. It is the way you view people and develop relationships with them. In the past the often accepted role of the coach was to be a dominant, authoritarian leader with the athlete as a disciplined follower. In the modern world the athlete is exposed to wider views and his vocabulary has expanded to include the word "*why*?" This should not be seen as a challenge of the coach or his position, but a healthy curiosity and involvement with their learning on the part of the athlete. Most coaches, who were athletes, tend to coach in the style that they were coached themselves. To become a better coach, you should look carefully at the coaching or leadership style you use most of the time. A good leadership style comes from your coaching philosophy and your personality and allows you to communicate more effectively with your athletes. In simple terms we can identify three distinct leadership styles, authoritarian, cooperative and casual (65).

Coaching in athletics has been described as the organized provision of assistance to an individual athlete or group of athletes in order to help them develop and improve. Coaching involves teaching, training, instructing and more. It is not simply about helping people to learn sports skills, improve performance and reach their potential. It is also about recognizing, understanding, respecting and providing for the other needs of athletes. These needs are many and cover a wide range such as social and emotional needs, as well as the more obvious needs related to athletics and competition (66).

The coaches' approach to planning was similar. All coaches adopted a modified periodized model, which started with a strength focus and moved towards a more dynamic sport-specific approach as competition approached. All of the coaches monitored their athletes' progress and used a variety of different testing methods to track performance. Coaches demonstrated a varied approach to the use of primary research to support their exercise prescription (65).

2.5.1. Coach-Club or Institutions

Many coaches acquire their early experience and education through a club or similar institution. There should be some relationship between coach and club in those areas where clubs operate. It may be that this relationship should be formalized in some way, especially if the club has financed the coach's education. For these and other reasons there is at least the basis for a loyalty (65)**.**

2.5.2. Coaching process

The coaching process comprises three elements;

1. **Planning:** -developing short and long-term training programs to help your athletes to achieve their goals.
2. **Conducting**: - delivery of training program.
3. Evaluating: Programs for athlete development and coaching are evaluated. This statement may result in an adjustment of your athletes' training program and coaching.

2.6. Conceptual framework

To make use of descriptive analysis to address some of the objectives of the study the research utilizes two-variable cohorts; dependent and independent variables show the relationship between dependent and independent variables' epigrammatic definitions.

2.6.1. Dependent variable

In this study athlete current condition is an outcome variable of the model would be used for the study of short distance athletes' or the level of the country. Thus, the researcher makes use of the athletes of short distance to compare it with the Ethiopia or national level**.**

2.6.2. Independent variable

In this study, the researcher focused on system of training/scientific training, barriers that hindering utilization of training system in scientific way and prospects of coaching method as independent variables. In fact, it is possible to mention so many independent variables that are supposed to have challenges on the performance of athletes and development of short distance athletes in our country in general, and that of the Oromia Regional State athletics club was in particular. This study was spotlight on the most important and common independent variables, especially analyzed in most prior works.

Independent variable

Dependent variable

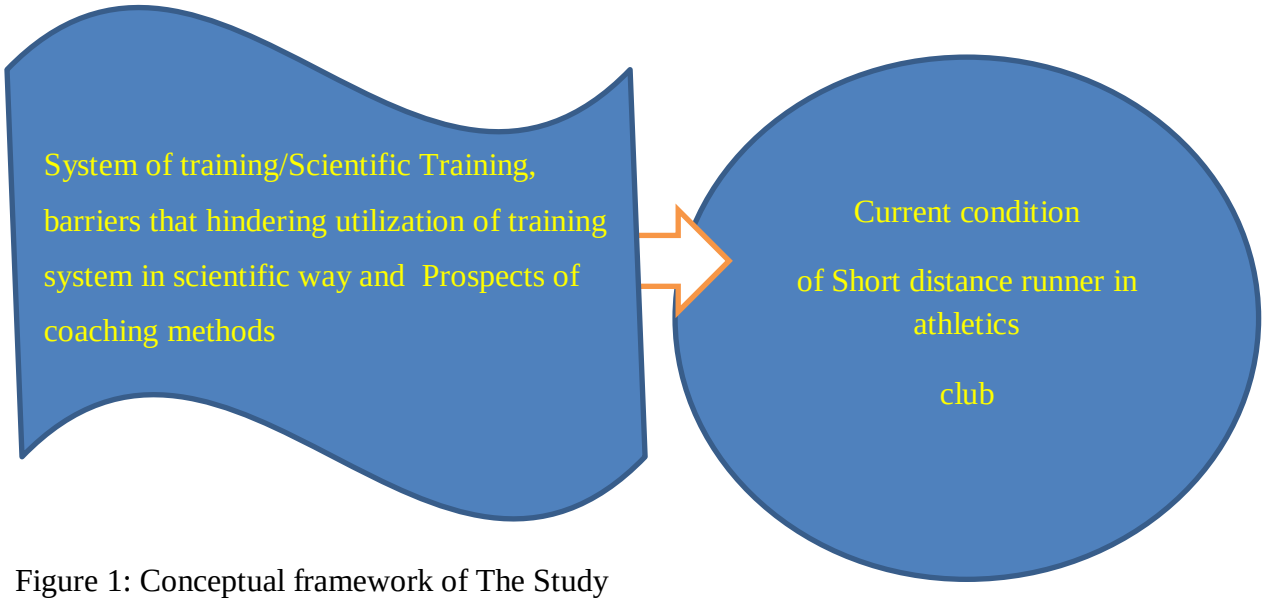


Figure 1: Conceptual framework of The Study

CHAPTER THREE

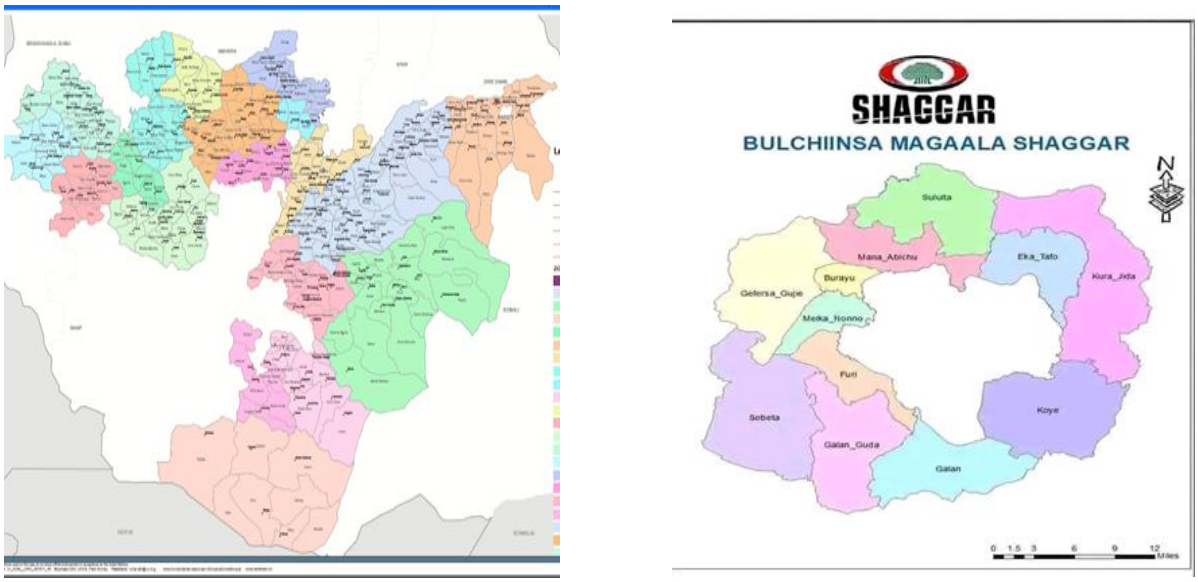
3. RESEARCH METHODOLOGY

3.1. Research Design

For this study, a quantitative research method with cross-sectional research design would be employed from March to May 2023 among selected athletics clubs in Sheger City. The purpose of this study was to describe system of training and prospects of short distance runner athletes in selected Athletics clubs of Sheger City, Oromia Regional State. Hence, allowing to the specific objectives, the researcher was took the quantitative method. The goal of quantitative research is a method of research that relies on measuring variables using a numerical system analyzing these measurements using any of a variety of statistical models.

3.2. Study area

Oromia Regional State was one of the twelve (12) Ethiopian regional states and two (2) city administrators. From Oromia Region, Sheger City was selected for this study. Thus, Sheger City was newly organized; by comprising five cities: Burayu, Lega Tafo Legedadi, Sebeta, Sululta, and Gelan and 12 townships, 36 districts and 40 rural Keble's over an area of one hundred sixty thousand hectare (160,000 hec.) with a population of over 2.5 million; which surround Addis Ababa from all direction (Translated from Afaan Oromoo)(67). This study has been conducted in selected athletics clubs Sheger of City Oromia Regional State.



Ethiopia: Oromia region administrative map (as of 15 Aug 2017 Figure 2 : The Map of Study Area (68)

3.3. Source of Data

Data can be defending has the quantitative values of a variable. Data was plurals of datum which literally means to give or something given. So that it, was thought to be the lowest unit of information from which other measurements and analysis could be done. Data in itself cannot be understood and to get information from it must interpret in to meaningful formation. To attain the objective of this study the researcher would be used primary source of data.

3.3.1. Primary Source

The primary source of data would be used to collect data through questionnaires from the officially registered clubs, current coaches and athletes in the clubs site.

3.4. The population of the Study

The target population of the study was, whole short distance athletes who were found in Sheger City athletics club and short distance runners' coaches at the clubs site. Thus, the whole short distance runner found in four (4) clubs (male 34, female 30 total 64) and coaches of four clubs (male 4, no female total 4) in general 68 participants were the population of the study(N=68).

Table 1: The population of the study

No	Club	Coach		Athlete		Total		
		Male	Female	Male	Female	Male	Female	Total
1	Burayu Athletics Club	1	-	8	7	9	7	16
2	Lega Tafo Lega Dadi Athletics Club	1	-	13	9	14	9	23
3	Sebata Athletics Club	1	-	13	10	14	10	24
4	Sululta Athletics Club	1	-	0	4	1	4	5
Total		4	-	40	22	44	24	68

3.5. Sample and Sampling Technique

For this study, the researcher has been used non-probability (purposive) sampling technique. In this case, non-probability (purposive) sampling technique was employed to select four clubs: Burayu Athletics Club, Lega Tafo Lega Dadi Athletics club, Sebeta Athletics Club and Sululta Athletics Club) and the whole target population, (the clubs' coaches and the whole entire athletes of short distance runner in the clubs). Therefore, due to less target population number of the study; purposively all population (n=68) has been taken as a sample**.**

Table 2: Sample Size and Sampling Technique

No	Club	Coach		Athlete		Total			Sampling Technique
		Male	Female	Male	Female	Male	Female	Total	
1	Burayu Athletics Club	1	-	8	7	9	7	16	Purposive Sampling
2	Lega Tafo Lega Dadi Athletics Club	1	-	13	9	14	9	23	
3	Sebata Athletics Club	1	-	13	10	14	10	24	
4	Sululta Athletics Club	1	-	0	4	1	4	5	
Total		4	-	40	22	44	24	68	

3.6. Data Collection Instrument

To get reliable information from the participants; questionnaire have been used as a tool for data collection instruments from the sample population.

3.6.1 Questionnaires

The researcher would be used questionnaires adopted from different research close-ended questions. Thus, were prepared on 5- a point Likert scale, ranging from 5(strongly agree) to 1(strongly disagree): (5= strongly agree, 4= agree, 3= neutral, 2= disagree and 1= strongly disagree).

3.7. Procedure of Data Collection

The researcher prepared the questionnaires in English; then it was translated to the language that was preferable for the respondents more (In Oromic). After making the necessary edition the questionnaires designed for the trainees would be administered to them in their training locations and competition place (In Ethiopia Sport Academy venue; during 52th Ethiopian

Athletics Champion). After the data has been collected in Oromic language, then it was retranslated to English. With the above-mentioned data collecting tools, the researcher has been building the bases of review literature and the required data which to be collect. Before handing over and utilization of the tools to collect data, they would be approved accordingly; corrections and reconstructions have been done. The researcher made the study's objectives clear to all sample respondents through the questionnaires clubs' athletes and coaches. Then the questionnaires would be distributed to clubs' athletes. Finally, data collected from genuine respondents have been coded as it was easy for analysis.

3.8. Method of Data Analysis

The data which obtained through the questionnaires was coded and then it was interred to Epi Data software 4.6 versions. Thus, with this program, the data would be grouped into categories and representations referring to each item. Next, the data interred on Epi Data was exported to SPSS Version 26 software and analyzed through descriptive statistics quantitatively: such as, frequency, percentage, mean and standard deviation. Then after, the analyzed data were grouped into different tables based nature of the variables and presented. Based on that, interpretation took place.

3.9. Ethical Consideration

Before conducting the research, the researcher followed ethical considerations, first by requesting that Jimma University write an official supportive letter to the researcher, which the researcher could then show to the Sheger City Athletics Club or responsible body to acknowledge the researcher and their official letter used to begin the proper line of data collection from selected clubs. After getting all the paperwork and submitting it to Athletics Club. The next move would be introducing oneself to the participant and explaining the benefit of the research to the club's coaches and athletes on the appointed date to begin the data collection with respondents. In doing that, the participants were interested to take part in the study and handled questionnaires types with brief relevant, without ambiguity (avoids negative questions, acronyms or complex wordings and which has a translated academic vocabulary to a natural way of the sample populations), and specific question which was about the researcher's research question. The researchers guaranteed the participants that the information obtained was utilized for nothing other than for understanding the research issue.

CHAPTER FOUR

4. Data analysis, Interpretation and Discussion

In this section, the total summary results that were expected to answer the research questions and address the objectives of the study were discussed. In addition to this, analysis and interpretation of gathered data from the athlete and coach through close ended questionnaires were analyzed. All participants were asked to respond to the questionnaires on 5- a point Likert scale, ranging from 5(strongly agree to 1(strongly disagree).

4.1. Data Analysis and Interpretation of Club Athletes' Response

4.1.1 Demographic Characteristics of Club Athletes

Based on the response obtained from athletes of Sheger City Athletics Clubs, the characteristics of the study were examined in terms of their age, gender, and educational level, duration, being in the project or experience and their model in athletics.

Table 3: Demographic Characteristics of Club Athletes

Club athletes	Categories	Frequency	Percent
Age of respondents	13-15	8	12.5
	16-18	16	25.0
	19-21	18	28.1
	21-23	8	12.5
	24 and above	14	21.9
	Total	64	100.0
Gender of participant	Male	34	53.1
	Female	30	46.9
	Total	64	100.0
Educational Level Athletes	5- 8	9	14.1
	9-10	25	39.1
	11-12	15	23.4
	College/University	15	23.4
	Total	64	100.0
Duration of athlete in the Club (years)	Less than 1 year	9	14.1
	1-2 year	15	23.4
	3 - 4 year	18	28.1
	5-7 year	22	34.4
	Total	64	100.0
Being in the project before joining the club	Yes	9	14.1
	No	55	85.9
	Total	64	100.0
Model Person of Athlete(From Family)	Yes	13	20.3
	No I don't remember	51	79.7
	Total	64	100.0

In the table 4 above; a total of sixty four (64) Athletes were involved in giving a response. Thus, the response rate was 100%. Item 1 age consider, Most of the athletes 18 (28.1%) were aged between 19 - 21 and 16 (25.0%) were aged between 16-18 years. This indicates that the majority of the athletes were, at the age of 19 - 21 and 16 (25.0%) were aged between 16-18 years respectively.

Item 2, regarding the gender distribution, the number of male were 34(53.1%), whereas the number of females was 30(46.9%). From this result, we conclude that, more athletes in the clubs were male. Item 3, on the other consideration in the educational level, most of the athletes 25(39.1%) were 9-10, Thus, the higher number of athletes were grade 9-10. Item 4, regarding duration of athlete in the Clubs, though 22(34.49) of athletes were 5-7 years. This result tells us, the majority of were athletes experienced.

Item 5, being the project before joining the club, thus, the results indicated that most of athletes were 55(85.9%) not been joined the project before. For this result, we can decide that there was less athletics project. Item 6, model person for an athlete was also taken as demographic factor, thus, the result shows that 51(79.7) have no model person. So, we can conclude that most of athletes have no model person (especially short distance runner).

Table 3: **The Summary Result Response of Club Athletes on the Systems Training/Training Method/ Used by the Coach**.

Variable	Categories	Frequency	Percent	Mean	St.Dev
The daily training session is classified based on age category of the athlete.	Strongly disagree	6	9.4	2.97	1.18
	Disagree	17	26.6		
	Neutral	23	35.9		
	Agree	9	14.1		
	Strongly Agree	9	14.1		
	Total	64	100.0		
The daily training sessions considers the individual difference of the athlete.	Strongly disagree	4	6.3	4.06	1.20
	Disagree	5	7.8		
	Neutral	6	9.4		
	Agree	17	26.6		
	Strongly Agree	32	50.0		
	Total	64	100.0		
Does Athletes' performance tests are given at the beginning of the training year?	Strongly Disagree	6	9.4	3.50	1.39
	Disagree	8	12.5		
	Neutral	18	28.1		
	Agree	12	18.8		
	Strongly Agree	20	31.3		
	Total	64	100.0		

Athletes' performance test was made throughout the annual training year with ratings.	Strongly disagree	3	4.7	3.27	1.043
	Disagree	9	14.1		
	Neutral	30	46.9		
	Agree	12	18.8		
	Strongly Agree	10	15.6		
	Total	64	100.0		
Athletes' in the assigned club have a portfolio of their own.	Strongly Disagree	3	4.7	3.78	1.15
	Disagree	7	10.9		
	Neutral	13	20.3		
	Agree	19	29.7		
	Strongly Agree	22	34.4		
	Total	64	100.0		
The training is specific to the sport type	Strongly Disagree	7	10.9	3.09	1.30
	Disagree	18	28.1		
	Neutral	15	23.4		
	Agree	10	15.6		
	Strongly Agree	14	21.9		
	Total	64	100.0		
The training is interesting enough	Strongly Disagree	21	32.8	2.00	.909
	Disagree	26	40.6		
	Neutral	14	21.9		
	Agree	2	3.1		
	Strongly Agree	1	1.6		
	Total	64	100.0		
A coach applies strength training that improves the sprint performance of the Athlete	Strongly Disagree	13	20.3	2.53	1.154
	Disagree	21	32.8		
	Neutral	17	26.6		
	Agree	9	14.1		
	Strongly Agree	4	6.3		
	Total	64	100.0		
The training that you perform has progressiveness in intensity and load from training to training.	Strongly Disagree	7	10.9	3.13	1.241
	Disagree	13	20.3		
	Neutral	20	31.3		
	Agree	13	20.3		
	Strongly Agree	11	17.2		
	Total	64	100.0		
You perform training for a long time in each training day?	Strongly Disagree	4	6.3	3.41	1.151
	Disagree	9	14.1		
	Neutral	21	32.8		
	Agree	17	26.6		
	Strongly Agree	13	20.3		
	Total	64	100.0		
The frequency of the training is suitable according to age level of the athlete.	Strongly Disagree	9	14.1	3.17	1.36
	Disagree	14	21.9		
	Neutral	13	20.3		
	Agree	13	20.3		
	Strongly Agree	15	23.4		
	Total	64	100.0		

The training program is appropriate according to the age level of the athletes.	Strongly Disagree	7	10.9	3.09	1.29
	Disagree	15	23.4		
	Neutral	19	29.7		
	Agree	11	17.2		
	Strongly Agree	12	18.8		
	Total	64	100.0		

The summary results in above the table 4 were the summary of the Systems Training/Training Method/ Used by the Coach. Item 1, most athletes 23 (35.9%) were neutral with the ideas. The mean score and standard deviation of 2.97, 1.18 indicated that the response on this variable by the athletes implies that in most cases whether the daily training session was classified based on age category or not.

On item 2, those 64 respondents gave their responses whether the daily training sessions considers the individual difference of the athlete to take up-to-date and scientific methods of the training system. Thus, the mass of the respondents 32(50.0%) strongly agreed. But there were limited respondents those 4(6.3%) strongly disagreed. With the mean score and standard deviation of 4.06, 1.20 respectively. Thus, shows as the daily training session is not account individual deferens in its method for the benefit of the athletes.

Item 3 and 4, the researcher has considered getting information on whether the Athletes' performance tests were given at the beginning of the training and throughout the year. Thus, on the item the total of 64 respondents, 20 (31.3) strongly agreed and 6(9.4) strongly disagreed. On the other hand, 30(46.90%) of response was neutral on item 4. From this result, we can said that most percent of athletes were took performance test at the beginning of training, beside to this, athlete performance test was might or might not applied throughout the annual training.

Item 5, considered to get view of Athletes' whether they had a portfolio of their own in the club. The majority of respondents 22 (34.4%) strongly agree with the mean and standard deviation of 3.78, 1.15. To conclude this, greater number of athletes has a portfolio, while few of them 4.7% were not. Item 6, the variable related training specific to sport type (Sprinting). The response result shows that, from the total of 64 majority of athletes 18 (28.1%) answered disagree, mean scored and standard deviation of 3.09, 1.30 respectively. From this view point, the specific training given to sport type or sprinting less. With the variable training interest is quite enough, the results shows that out of 64 respondents,

26(40.6) were answered disagree, and none of respondent was not choose agree and strongly agree. This indicates that the training offered wasn't exciting.

The response result on, coach applies strength training that improves the sprint performance of the Athlete shows that, majority respondents out of 64, 21(32.8%) gave disagree response, and also scored mean of 2.53 and standard deviation 1.154. This tells us, most number of coaches doesn't applied strength training that improves sprint performance within systems of training.

The respondents view, whether their training has progressiveness in intensity and load from training to training. Even if respondents have answered different responses, the mass 20(31.3) have neutral stands on the variable. However, only very limited respondents 11 (17.2) that they strongly agreed as the training program follows the principle of training progression With the mean score and standard deviation of 3.13, 1.241 this indicated that with the general response one can get conclude that according to the respondent, the intention towards whether the training program follows the principle of training progression was not positive.

The respondents view on, the necessity of performing training for a long time in each training day to adapt training. Mass of respondents 21 (32.8) were gave neutral response, whereas, limits of them were 13(20.3) strongly agreed. To conclude this view, training for long time in each has less or high positive impact to adapt training. For the statement, frequency of the training is suitable to the athletes' age level. The mean was 3.17 and the standard division was 1.36.This give you an idea about the frequency of the training was partially appropriate for the trainees.

Table 4: **Summary Results of the Barriers that Hindering the Utilization of Training System for Short Distance Runner Athletics Clubs of Sheger City**.

Variable	Categories	Frequency	Percent	Mean	St. Dev
The club access training equipment's on time at the beginning of starting training.	Strongly Disagree	8	12.5	3.41	1.318
	Disagree	7	10.9		
	Neutral	16	25.0		
	Agree	17	26.6		
	Strongly Agree	16	25.0		
	Total	64	100.0		
In my club, I got sufficient facilities or equipment access to training.	Strongly Disagree	11	17.2	2.83	1.189
	Disagree	12	18.8		
	Neutral	24	37.5		
	Agree	11	17.2		
	Strongly Agree	6	9.4		

	Total	64	100.0		
The club has its own gymnasium center.	strongly Disagree	51	79.7	1.39	.866
	Disagree	5	7.8		
	Neutral	4	6.3		
	Agree	4	6.3		
	Total	64	100.0		
The training supplies that the club gives to you are comfortable to training.	Strongly Disagree	10	15.6	3.16	1.263
	Disagree	6	9.4		
	Neutral	22	34.4		
	Agree	16	25.0		
	Strongly Agree	10	15.6		
	Total	64	100.0		
Our coach uses gym to develop our sprint performance by using gym equipment (for strength, resistance and power).	Strongly Disagree	22	34.4	2.39	1.399
	Disagree	19	29.7		
	Neutral	7	10.9		
	Agree	8	12.5		
	Strongly Agree	8	12.5		
	Total	64	100.0		

The above table 5 shows that, Summary Results of the barriers that hindering the utilization of training System (scientific training) for short distance runner athletics clubs of Sheger city. For the item related whether club access training equipment's on time at the beginning of starting training. The majority of respondents 17(26.6%) agreed with that, whereas limited number 8(12.5%) were strongly disagree. This shows that the clubs were accessed training equipment on time at the beginning of the year, while less was not. Concerning the athletes got sufficient facilities or equipment access to training. Greater percent 24(37.5) of respondent was neutral with the mean score and standard deviation of 2.83, 1.189. So that, some club/s were/was accessed sufficient training facilities or equipment while others may not to do so. Beside to this, the results respondent/s was taken to account on the availability of GYM center in the club. Though, the mass of respondents 51(79.7) was strongly disagree and none of them wasn't respond strongly agree response. This means, no one of the club hasn't GYM room or center.

To get view of athletes, whether the training supplies by the club were comfortable to training was taken to account. In this view 22(34.4%) of response result neutral, where 10(15.6%) gave their view with strongly disagree, which was a clue to said that, not all, some others were got comfortable training supply. In addition, concerning coach uses gym equipment (for strength, resistance and power) to develop sprint performance was other issue for respondent's view. So that, majority of athletes 22(34.4%) responded strongly disagree and limits of them 7(10.9%) with neutral response. From this view point, it could be decided

coaches were not used GYM equipment to develop sprint performance of an athlete such as, strength, resistance and power training in coaching system.

Table 5: Summery Result Response of Club Athletes on the Prospects of Coach

Variable	Categories	Frequency	Percent	Mean	St. Div
The coach applies technical training in each training session.	Strongly Disagree	2	3.1	4.00	1.113
	Disagree	6	9.4		
	Neutral	9	14.1		
	Agree	20	31.3		
	Strongly Agree	27	42.2		
	Total	64	100.0		
Most of the time, our coach apply Athlete centered coaching methods in a training sessions.	Strongly Disagree	3	4.7	3.48	.976
	Disagree	5	7.8		
	Neutral	22	34.4		
	Agree	26	40.6		
	Strongly agree	8	12.5		
	Total	64	100.0		
Our/my coach, analyze the progress of our/my performance regularly.	Strongly Disagree	3	4.7	2.83	1.092
	Disagree	27	42.2		
	Neutral	20	31.3		
	Agree	6	9.4		
	Strongly agree	8	12.5		
	Total	64	100.0		
Does your coach have high performance to give scientific training to sprinter/for you?	Strongly Disagree	17	26.6	2.55	1.272
	Disagree	16	25.0		
	Neutral	15	23.4		
	Agree	11	17.2		
	Strongly Agree	5	7.8		
	Total	64	100.0		
The coach have different plan that improve the athlete performance and find solution for current issues on short distance in the club.	Strongly disagree	18	28.1	2.56	1.308
	Disagree	14	21.9		
	Neutral	16	25.0		
	Agree	10	15.6		
	Strongly agree	6	9.4		
	Total	64	100.0		
Does your coach use a method to sustain your performance when the competition day reaches?	Strongly Disagree	2	3.1	3.83	1.162
	Disagree	7	10.9		
	Neutral	16	25.0		
	Agree	14	21.9		
	Strongly agree	25	39.1		
	Total	64	100.0		

From the above table 6, item1, 27(42.2%) of athletes responded that the coach applies technical training in each training session were strongly agree and some limits athletes 2(3.1%) answered strongly disagree. Thus, it tells us, the application of technical training by

the viewed in positive way. Item 2 consider whether the coach apply athlete centered coaching methods in a training sessions. On this view, greater number of response result 26(40.6%) agree with that. Beside to this, less response result shows 4.7% strongly disagree and 7.8% disagree. From the overall result of scored mean 3.48 and standard deviation 0.976 used to conclude this view. Thus, most of the respondent were undecided it. Item 3 concerns, whether the coach analyzes the progress of athlete performance regularly. Majority of result 27(42.2%) disagree were on the view and only 8(12.5%) Strongly agree with that. To summarize this, most coaches were not analyzes the progression of athletes performance regularly.

Item 4 concern view of athlete, whether the coach has high performance to give scientific training to sprinter. Result 26.6% shows Strongly Disagree response; whereas, only 7.7% strongly on the idea. Thus, the result indicated that the response of the respondents was based on the negativity of the variables and this is to mean that their coach did not applied high performance to give scientific training for sprinter. Item 5 consider whether the coach have different plan that improve the athlete performance and find solution for current issues on short distance in the club. The highest response result on this view 28.1% shows strongly disagree and limits of 9.4% strongly agree. Of overall result, the mean 2.56 and standard deviation 1.308 indicated that, design of different plan and find solution for the problem on short distance still very poor. The last item (6) concerned with a method used by coach to sustain the performance of athlete when the competition day reaches. To the point, majority of result 39.1% shows strongly agree, whereas, very few 3.1% was strongly disagree. To finalize this, most coaches were used the methods to sustain performance of athlete at the completion.

4.1.2 Analysis and Interpretation of Coaches' Responses

Table 6: Background Information of the Coaches

Categories	Categories	Frequency	Percent
Gender	Male	4	100
Age of respondents	31- 35	1	25.0
	36-40	1	25.0
	41- 45	1	25.0
	Above 45	1	25.0
	Total	4	100.0
Level of education	First Degree	2	50.0
	Diploma	1	25.0
	Grade 12	1	25.0
	Total	4	100.0
Coaching Qualification	Level I IAAF	3	75.0
	Level II IAAF	1	25.0
	Total	4	100.0
Coaching Experience	2-5 year	1	25.0
	6-10 Year	2	50.0
	above10 Year	1	25.0
	Total	4	100.0

Table 6, above was the summary results obtained for the background information of the couches. Item 1 indicated gender. Thus, all of club coaches were male or none the cub has any female coach. The summary results revealed all the couches 6(100%) were male. Item 2 was indicated that in the age group of the couches, thus, all of them were balanced as age categorized. Item 3, considered level of education, regarding this, 50% of coaches were BA/BSc, 25% was diploma and 25% was grade 12. From this, the greater percent (50%) of coaches were qualified with first degree. On the other hand, Item 4, was coaching qualification, the summary result shows majority coaches 3 (75.0%) were qualified with level I IAAF and 1(25.0%) level II IAAF. Of overall coaches most of them were qualified with level I IAAF, unfortunately, there was no one qualified with was level III IAAF and level IV IAAF (A license). Item 5, the experience of the couches also taken to account. Thus, most of coaches 2(50.0%) were 6-10 years. Even though the coaches were experienced coaching system of short distance runner was still under question.

Table 7: Summery Result Response of Club Coach's on the System of training /Scientific Coaching/ method

Variables	Categories	Frequency	Percent
There is well designed development of an effective training program for short distance runner.	Neutral	3	75.0
	Agree	1	25.0
	Total	4	100.0
The training sessions considers the principles of training.	Disagree	1	25.0
	Neutral	2	50.0
	Agree	1	25.0
	Total	4	100.0
Athletes' performance tests are given at the beginning of the training year.	Agree	3	75.0
	Strongly Agree	1	25.0
	Total	4	100.0
Coaching methodology depends on scientific training system.	Neutral	3	75.0
	Agree	1	25.0
	Total	4	100.0
Athletes' in the assigned club have a portfolio of their own.	Neutral	1	25.0
	Agree	1	25.0
	Strongly Agree	2	50.0
	Total	4	100.0
The training is specific to the sport type or for short distance runner.	Disagree	1	25.0
	Agree	2	50.0
	Strongly Agree	1	25.0
	Total	4	100.0
The training is interesting enough.	Strongly Disagree	2	50.0
	Disagree	2	50.0
	Total	4	100.0
I give resistance training for my athletes.	Disagree	1	25.0
	Neutral	3	75.0
	Total	4	100.0
The frequency of the training is suitable to the Athletes' age level.	Disagree	2	50.0
	Neutral	2	50.0
	Total	4	100.0

The above table 7 summery result response of club coach's on the system of training or scientific coaching/ method. The variable related with, whether there was well designed development of an effective training program for short distance runner. On this view, most of result response 3(75.0%) show neutral and 1(25%) agree. To summarize this, most coaches could undecided to the variable. On the hand, whether the training session considers the principles of training, athletes' performance tests were given at the beginning of the training year were other issue to get the opinion of coaches. The result response on two variables, 2(50.0%) gave neutral, 3(75.0%) was agree respectively and any of respondent was not gave

their view on both. To conclude this, there was undecided view of coaches to say that training principle was applied in training system and most coaches were agreed that athlete's performance test was at the begging of training.

Whether coaching methodology depends on scientific training system was the other variable, thus, 3(75.0%) was neutral with that, which tells us, surely the coaching methodology was not depend on system of training. Results of response regarding athlete's portfolio and the training specific to the sport type were presented respectively. Furthermore, 2(50.0%) Strongly agree, 2(50.0%) agree results were took top position on the variables. To conclude this most athletes have their own portfolio. Partial training specific to sport type (short distance) was applied. The result revealed that, whether the training was interesting enough. Thus, 2(50.0%) strongly disagree and 2(50.0%) were disagree with that. To conclude this, the training was not interesting enough.

View of coaches, whether they were applied resistance training the athletes, and the frequency of the training was suitable to the athletes' age level. The majority of result 3(75%) neutral, whereas 1(25%) disagree with the idea. For the suitability of training frequency result 2(50.0%) disagree and 2(50.0%) was neutral with the idea. To summarize the variables, an application of resistance training for sprinters was poor, and the suitability of training frequency to age level was the issue that needs think over.

Table 8: Summery Result Response of Club Coach's on the barriers that hindering the utilization of training system (scientific training) for short distance runner

Variables	Categories	Frequency	Percent
There is enough human resource	Strongly Disagree	1	25.0
	Disagree	3	75.0
	Total	4	100.0
An interest of an athlete to perform given activity is well.	Neutral	1	25.0
	Agree	3	75.0
	Total	4	100.0
There is share of experience with foreign coaches	Strongly Disagree	4	100.0
The club has enough facility and equipment.	Disagree	1	25.0
	Neutral	2	50.0
	Agree	1	25.0
	Total	4	100.0

There is GYM for an athletes they take training.	Strongly Disagree	4	100.0
Selection of athlete based on scientific way.	Neutral	3	75.0
	Agree	1	25.0
	Total	4	100.0
There is athlete who takes part in continental or international level by short distance.	Disagree	4	100.0

The above able 8 shows, summery result response of club coach's on the barriers that hindering the utilization of training system (scientific training) for short distance runner.

Item 1: to get the view of coach whether there was enough human resource, 3(75.0%) disagree on with the idea, and 25.0% strongly disagree. Thus, it tells us the clubs were challenged with lack of enough human resources to utilize training systematically in scientific way. Item 2 concerning with an interest of athlete to perform given activity. Of the result, 3(75.0%) agreed with that 25.0% neutral. Depending on the result, an interest of athletes to perform training was well. Item 3 consider the view of coach whether there were share of experience with foreign coaches. Result on this view show us, 4(100.0%) strongly disagree with the idea. Stand with this, it was one the main barrier that hindering absence of sharing experience with broader.

Item 4 and 5, concerning with whether the club has enough facility and equipment in the club and GYM center. Of the indicator 50.0% were neutral, whereas, 25.0% was disagreed on the availability of enough facility and equipment. Regarding to the GYM center, 4(100.0%) strongly disagree with an idea. From the two view point, we can decide that, the barriers to utilize system of training were unavailability of enough facility and GYM center in the club was another barrier. Item 6, depend athlete participation on continental or international level by short distance. The response result show that, 4(100.0%) of respondents were stand with disagree. From view point inability to take part on continental or international level by short distance running was barrier to system of training.

Table 9: Summery Result Response of Club Coach's on coaching Prospects

Variables	Categories	Frequency	Percent
Training program was analyzed and assessed from time to time.	Neutral	1	25.0
	Agree	3	75.0
	Total	4	100.0
As a coach, I provide individual technical skill training to athletes.	Neutral	1	25.0
	Strongly Agree	3	75.0
	Total	4	100.0
There is prospective plan/training program (Macro cycle plan, Mesocycle plan Microcycle plan).	Disagree	1	25.0
	Agree	3	75.0
	Total	4	100.0
There is well designed different plan to develop athlete's sprint performance Such as speed, strength, power and fitness.	Neutral	3	75.0
	Agree	1	25.0
	Total	4	100.0
As a coach, I use different technical training method to develop sprint performance of the athlete.	Neutral	1	25.0
	Agree	1	25.0
	Strongly Agree	2	50.0
	Total	4	100.0

The above table 9 revealed that the view coaches on prospects coaching. Item 1viewed us whether training program was analyzed and assessed from time to time. Result on this view shows, 75.0% agree with the idea. Item 2 implies that whether the coach provide individual technical skill training to athletes. Thus, 75.0% of respondents were strongly agreed with that whereas 25.0% shows neutral. To ending this, majority of coaches were provided technical training for athlete. Item 3 concerns with the preparation of perspective plan or training program. Summary result on this view shows 75.0% agree to the idea and 25.0% stands with agree. From this result we can conclude that most clubs coach has prospective or training plan. Item 4 and 5 was included to get the opinion of coach's on the presence of well-designed different plan to develop athlete's sprint performance Such as speed, strength, power and fitness and using different technical training method that develop sprint performance of the athlete. Results were presented respectively, 75.0% has neutral view on item 4 and 50.0% result shows strongly agree on item 5. To conclude that summary of results, the majority of coaches were not sure with developing well designed plan to develop athlete's sprint performance such as speed, strength, power and fitness and most coaches were using technical training in their methodology of coaching.

4.2. Discussion

This study result compiled based on the data organization parts of the study. So far, the results gained from both athletes and coaches were merged at one and discussed as follow as. So that, it was aligned with objective of the study which was to identify the system of training and prospects of short distance runner athletes of selected athletics clubs in Sheger City, Oromia regional state (ORS). To be further specific, the investigator considered different specific objectives with the corresponding basic research questions. Hence, with the major aim of identifying the system of training and prospects of short distance runner athletics club, the research has proposed multi-directional systems of the problems under study. Moreover, to answer the basic research questions and address the objectives, a total sample of sixty eight (68) respondents were undertaken. Of which four (4) were clubs couches and sixty four (64) were short distance runner clubs athletes.

Thus, the investigator has considered categorical variables with the theme of different areas to consistently address the basic research questions. The result obtained from coaches and athletes back ground, shows that majority of coaches have been scored long time in the club (34.4%). Whereas, most athletes (85.9%) were not have been being in the project before.

4.2.1 The Systems of Training or Training Method

The analyses of the questionnaire on system of training were aligned according to the variables under this topic. Thus, results indicate that a system of training with short distance runner athletes was a big challenge. Also, unimproved more systematic training and scientific approaches to athletic training contribute to superior performance, the training to specific sport type or for sprinter, un exciting of training, application of strength training that improves sprint performance within systems of training were under mind (see table 4). The finding of this study results the variable related to system of training or training method told us, less follow up the training principle, inability to apply training systematically. This finding was similar with (69). Athlete performance test through annual training was not addressed by the clubs cites coach at all, daily training sessions considers the individual difference of the athlete got positive view.

As (26) revealed, in training method or system of training the sprinter were recommended to train under valuable coaching system with their sprint-specific training over various distances.

4.2.2. The Barriers that Hindering the Utilization of System Training For Short Distance Runner Athletics Club

The result under this reveal that, the barriers that hindering utilization of training system. Thus, the main barriers were, absence of GYM center and equipment to develop sprint performance such as: strength, resistance and power, lack of enough human resource with in a clubs, inability to took experience from a broads or foreign coaches that were success full in short distance runner, inability to select athletes based on scientific way and absence of athlete who took part on international level. In addition, accessing training equipment's on time and its comfort ability for training, lack of role model by the discipline were fewer barriers.

To support the above finding different study research were taken to account. Thus, as (69) stated that, an absence or shortage of, enough human resource, gymnasium and equipment were barriers to system of training short distance runner in terms of number and qualities which was confirmed by the researcher. In addition, the finding (70) reveal that, it might be impossible to achieve satisfactory results from athlete whose training facilities and equipment were inadequate or poor quality and also noted that most of the clubs athlete lack exposure to modern sophisticated infrastructural facilities and equipment for training. According to (71) stated that facilities and equipment is one of the most important motivational features which attracts/motivates athletes towards a particular their event. Regarding athlete's selection, research finding stated the selection of athletes is often performed by scouts or coach in their youth talent-development programme, or in the line-up for an upcoming tournament or match (38).

4.2.3. Coaching Prospects

The results gained related to the topic discussed briefly. Even though, majority of the result shows positive ideas with the variables such as: application of technical training in each training session, method used by coach to sustain the performance of athlete, individual technical skill training of the coach, were taken as well, others needs an improvements. Those, implementation of well-designed different prospective plan to develop athlete's sprint performance Such as speed, strength, power and fitness, coaching methods in training sessions, regular assessment of training program and analyzes the progression of athletes performance, coaching performance to give scientific training for sprinter and improvement of the athlete performance and find solution for current issues on short distance in the clubs

were the variable which got negatively highest result(See table 6 and 9). To support these findings, different research results were in sighted. Thus, as (72) stated, strength and power training are integral components of most training programs. This view was not confirmed by different coaches.

With the general view of coaching prospects, good coaches will be able to modify their style according to the athletes and their situation. The coaching style that is recommended for most situations is the cooperative style (66),(73). To improve sprint performance, the most popular resistance-based training exercises; training in the weights room; were, barbell, squat jumps, leg press and weight lifting (70).

To support this view, strength training has made the most positive contribution to athletic improvement; strength training influences every athletic program on this planet, no matter what the sport. Strength training athletes (sprinters) just twice a week lead to an increase in speed over 100 meters. A muscle will only strengthen when it is worked beyond its normal operation in other words overloaded. Once overload has been achieved, the body will adapt to this new stimulus, which requires the trainer to change the stimulus (intensity) yet again in order to progress to the desired training goals, whether that is an increase in endurance strength or size (41).

CHAPTER FIVE

5. SUMMARY, CONCLUSION AND RECOMMENDATION

This chapter summarizes the overall aim and the key findings of the study. It also includes a conclusion and recommendations to be taken into consideration to improve system of training and prospects of short distance runner athletes in selected athletics clubs of Sheger City, Oromia Regional State.

5.1. Summary

This study aimed to investigate the system of training and prospects of short distance runner athletes in selected athletics clubs of Sheger City, Oromia Regional State. Those clubs were: Burayu Athletics Club, Lega Tafo Lega Dadi Athletics Club, Sebata Athletics Club, and Sululta Athletics Club.

To address the above-stated objectives cross sectional design with quantitative methodology was employed. The data collection was applied through questionnaires from (64) athletes of four (4) clubs, four (4) clubs coaches (see table 2). The data collected through questionnaires by both sides were quantitatively analyzed independently by using descriptive statistics (percentage, frequency and standard deviation) and merged at one.

So far, the respondents were categorized under different the age group. Even though, athlete's age was dispersed as the category, most of them were 19-21years old. From this fact, one can easily deduce that the largest portion of the athletes in the study belongs to the youngest age group. Regarding to gender, male athletes were more than females. Also the levels of education respondents' were taken into account, which most of them grade 9-10. In addition, the duration of athlete in the club and being in the project before joining the club viewed. Thus result shows that majority of athletes have been long time (34.4%). Whereas, most athletes (85.9%) were not have been being in the project before. This indicated that, availability of athletics project was very few. Even though, most of athletes and coaches were long time in the club any one could not call their name and country on international competition with field of sprinting.

Moreover, even result shows classification of daily training session, Athletes' performance tests at the beginning of the training year, availability of trainers' portfolio in club cites was showed us a good manner; others like, training specific to sport type, enough interesting

training, application of strength training that improves sprint performance or, systematic coaching depend on science, application of training principles were needs improvements or negatively sighted.

As the result revealed, the barriers hindering to offer training method in a systematic way were; lack of GYM center and equipment used to develop sprint performance such as: strength, resistance and power, lack of enough human resource with in a clubs, lack of more qualified coaches to train short distance and took experience from a broads or foreign coaches that were success full in short distance runner, lack of role model, inability to select athletes based on scientific way from coach side and absence of athlete who took part on international level were still under minded or over looked by the coach.

Additionally, application of technical training in each training session, method used by coach to sustain the performance of athlete, individual technical skill training of the coach, implementation of well-designed different prospective plan to develop athlete's sprint performance concluded as positive ideas; While, others needs an improvements. Thus, coaching methods in training sessions, regular assessment of training program and analyzes the progression of athletes performance, coaching performance to give scientific training for sprinter and improvement the athlete performance and find solution for current issues on short distance in the club needs diagnosis. Unfortunately, lees development of well-designed prospects plan for the improvements of sprinter was other impact behind the unheard short distance runner training system in the clubs.

5.2 Conclusion

Based on the findings of the study, the researcher drew out the following conclusions. There were various major problems with system of training short distance runner in Sheger City athletics club. Thus, the results compiled from the athletes and coaches back ground indicated that, availability of athletics project was very few. Even if, most of athletes and coaches were long time in the club any one could not call their name and country on international competition with field of sprinting.

The variable concerned with system of training or coaching methodology; Poor training specific to sport type, unexcitable training, coach failed to apply strength training that improves sprint performance or, systematic coaching depend on science, failed to apply training principles scientifically, inability to assess athletes performance throughout the year were an idea needs to be improvements or negatively sighted. To end this, the level of training system that was offering for short distance runner athletes of the clubs was very poor.

In addition, lack of GYM center and equipment used to develop sprint performance such as: strength, resistance and power, lack of enough human resource with in a clubs, lack of more qualified coaches to train short distance and took experience from a broads or foreign coaches that were success full in short distance runner, lack of role model, inability to select athletes based on scientific way from coach side and absence of athlete who took part on international level were still under minded or over looked by the coach, which were hindering to offer training system in systematic way.

To add more, even though, coaches believe that application of individual technical training in each training session, method used by coach to sustain the performance of athlete, as well the problem of sprinting system still unsolved. Moreover, implementation of well-designed different prospective plan to develop athlete's sprint performance Such as speed, strength, power and fitness, coaching methods in training sessions, regular assessment of training program and analyzes the progression of athletes performance, showing high level of coaching performance to give scientific training for sprinter and find solution for current issues on short distance in the club needs diagnosis. Overall view, different current study reveals that, System of training was based on systematic scientific way, coaching qualifications and coaching knowledge.

5.3. Recommendation

Based on the findings, the following recommendations were forwarded.

- The clubs need to highly qualified coaches both modern science and experience.
- Coaches better use system of training or scientific Coaching methods.
- The coach should avoid inappropriate Coaching methods and systems used in the training process.
- Coach should be come up with various systematic of coaching depend on scientific way and apply training principles scientifically.
- When selecting athletes, coach should be referenced with science and make a judge or predict futurity of athlete.
- Clubs should be facilitate and adjust the way sharing experience with a broad country coach's that were successful in short distance runner.
- The athletics clubs need to have qualified human man power.
- Having adequate and appropriate training facilities (GYM room) and equipment for athletics club must be very crucial to improve the performance of clubs athletes.
- Athlete should be active and try to improve their sprint performance.
- Clubs and coach should be developing well designed prospective plan.
- Concerned bodies better emphasize tackling the existing problems in the athletics club/s and widening the athletics projects.

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APPENDIX

JIMMA UNIVERSITY

SPORT ACADEMY DEPARTMENT OF SPORT SCIENCE

POSTGRADUATE PROGRAM

APPENDIX A- QUESTIONNAIREIS

Questionnaire to be filled by Athletes in the club (short distance runner)

Dear respondents (athletes), the main objective of this questionnaire is to the system of training and prospects of coaching short distance runner athletes of selected athletics clubs in state Sheger City Oromia regional state, for partial fulfillment of my MSC in Jimma University (JU), for partial fulfillment of my MSC in Jimma University (JU). Therefore, your willingness, good cooperation and genuine response are curial to the success of this study. Hence, you are kindly requested to give your response confidentiality. Saying these, I would like to extend my cordial gratitude for your cooperation to fill the questionnaire. The information's collect will not be uses for any other purpose and it will be confidential and is not by any means to evaluation of the athlete's knowledge, so I humbly request you to give a true and precise response.

Thank you in advance for your cooperation!

General directions:

• Please, do not write your name on the questionnaire

Please mark a tick (√) inside the circle indicated.

Part 1: Background Information.

The name club_____

1. What is your age? : 1/ 13 -15 ☐ 2/ 1 6- 118 ☐ 3/ 19-21☐ 4/ 21-25 and above ☐

2. Gender: 1/ Male ☐ 2/ Female ☐

3. Educational level? (Tick one) 1/ 5- 8 ☐ 2/ 9-10 ☐ 3/11-12 ☐ 4/ College/University☐

4. How long have you been with the athletics club? (Tick one)

1/ 1-11 months ☐ 2/ 1-2 years ☐ 3/ 3-4 years ☐ 4/ 5-7 years ☐

5. Have you been in other sport project training before you join athletics club? 1/ Yes ☐ 2/ No ☐

6. Is anyone from your family an athlete before (Model person)? 1/ Yes ☐ 2/ No, anyone ☐

Part 2: Main Body

Part 2	Items	Alternatives				
2.1	System of training /Scientific Coaching/ methodology related questions	1.Strongly Disagree	2 Disagree	3 Neutral	4 Agree	5.strongly Agree
1	The daily training session is classified based on age category of the athlete.					
2	The daily training sessions considers the individual difference of the athlete.					
3	Does Athletes' performance tests are given at the beginning of the training year?					
4	Athletes' performance test was made throughout the annual training year with ratings.					
5	Athletes' in the assigned club have a portfolio of their own.					
6	The training is specific to your sport type (Sprinting).					
7	The training is interesting quite enough.					
8	A coach applies strength training that improves the sprint performance of the Athlete.					
9	The training that you perform has progressiveness in intensity and load from training to training.					
10	Performing training for a long time in each training day is necessary to adapt training.					
11	The frequency of the training is suitable according to age level of the athlete. Performing training for a long time in each training day is necessary to adapt training.					

12	The training program is appropriate according to the age level of the athletes.					
Part 3	The barriers that hindering the utilization of training system (scientific training) for short distance runner athletics clubs of Sheger city.					
1	The club access training equipment's on time at the beginning of starting training.					
2	In my club, I got sufficient facilities or equipment access to training.					
3	The club has its own gymnasium center.					
4	The training supplies that the club gives to you are comfortable to training.					
5	Our coach uses gym to develop our sprint performance by using gym equipment (for strength, resistance and power).					
Part 4	Prospects of coach					
1	The coach applies technical training in each training session.					
2	Most of the time, our coach apply Athlete centered coaching methods in a training sessions.					
3	Our/my coach, analyze the progress of our/my performance regularly.					
4	Does your coach have high performance to give scientific training to sprinter/for you?					
5	The coach have different plan that improve the athlete performance and find solution for current issues on short distance in the club.					
6	Does your coach use a method to sustain your performance when the competition day reaches?					

Thank you for completing this questionnaire!

ATHLETICS CLUB COACHS QUESTIONNAIRE

Dear respondents (Coaches), the main objective of this questionnaire is to assess the system of training and prospects of coaching short distance runner athletes of selected athletics clubs in Sheger City Oromia regional state, for partial fulfillment of my MSC in Jimma University (JU). Therefore, your willingness, good cooperation and genuine response are curial to the success of this study. Hence, you are kindly requested to give your response confidentiality. Saying these, I would like to extend my cordial gratitude for your cooperation to fill the questionnaire. The information's collect will not be uses for any other purpose and it will be confidential and is not by any means to evaluation of the athlete's knowledge, so I humbly request you to give a true and precise response.

Thank you in advance for your cooperation!

General directions:

. Please, do not write your name on the questionnaire.

. Please mark a tick (√) inside the circle indicated.

APPENDIX A2- Questionnaires to be filled by coaches of the club (short distance runner coaches).

Part1:-Basic Data

The name of club_____

1. Gender: 1/ Male ☐ 2/ Female ☐

2. Your age group: 1/ 26-30 ☐ 2/ 31- 35 ☐ 3/ 36-40 ☐ 4/ 41- 45 ☐ 5/ above 45 ☐

3. Level of educational qualification: 1/ Doctorate degree ☐ 2/ Master's degree ☐ 3/ First degree ☐ 4/ Diploma ☐ 5/ Grade 12 ☐

4. Coaching Qualification: 1/ No coaching qualification ☐ 2/ Level, I IAAF ☐ 3/ Level, II IAAF ☐ 4/ Level III, IAAF ☐ 5/ Level IV IAAF (A License), ☐

5. Coaching Experience in years**:** 1/ less than 2 year ☐ 2/ 2-5 year ☐ 3/ 6-10 Year ☐ 4/ above10 Year ☐

Part	Items	Alternatives				
2.1	System of training /Scientific Coaching/ methodology related questions	1.Strongly Disagree	2 Disagree	3 Neutral	4 Agree	5.strongly Agree
1	There is well designed development of an effective training program for short distance runner.					
2	The training sessions considers the principles of training.					
3	Athletes' performance tests are given at the beginning of the training year.					
4	Coaching methodology depends on scientific training system.					
5	Athletes' in the assigned club have a portfolio of their own.					
6	The training is specific to the sport type or for short distance runner.					
7	The training is interesting enough.					
8	I give resistance training for my athletes.					
9	The frequency of the training is suitable to the Athletes' age level.					
Part 3	The barriers that hindering the utilization of training system (scientific training) for short distance runner					
1	There is enough human resource					
2	An interest of an athlete to perform given activity is well.					
3	There is share of experience with foreign coaches					
4	The club has enough facility and equipment.					
5	There is GYM for an athletes they take training.					

6	Selection of athlete based on scientific way.					
7	There is athlete who takes part in continental or international level by short distance.					
Part 4	Questions Related to Prospects of coach					
1	Training program was analyzed and assessed from time to time.					
2	As a coach, I provide individual technical skill training to athletes.					
3	There is prospective plan/training program (Macro cycle plan, Mesocycle plan Microcycle plan).					
4	There is well designed different plan to develop athlete's sprint performance Such as speed, strength, power and fitness.					
5	As a coach, I use different technical training method to develop sprint performance of the athlete.					

Thank you for completing this questionnaire!

DABALEE (RAARRAATUU)

AKKAADAAMII ISPOORTII YUNIVARSIITII JIMMAA

MUUMMEE SAAYINSII ISPOORTII

SAGANTAA EEBBA BOODAA (MSc in ATHLETICS COACHING)

DABALEE: A- GAAFFIILEE BARREEFFAMAA

Gaaffii Atileetota kilabii keessa jiraniin guutamuu qabu (Kan fiigicha fageenya gabaabaa).

Mata-Duree Qorannoo: SYSTEMS OF TRAINING AND PROSPECTS OF SHORT DISTANCE RUNNER ATHLETES OF SELECTED ATHLETICS CLUBS IN SHEGER CITY, OROMIA REGIONAL STATE.

Kabajamtoota deebii kennitoota (atileetota), kaayyoon gaaffilee kanaa inn guddaan sirna leenjii fi abdii atileetota fiigdota fageenya gabaabaa kilaboota atileetiksii filatamoo Magaalaa Shaggar, naannoo Oromiyaa keessatti argaman madaaluudha (SYSTEMS OF TRAINING AND PROSPECTS OF SHORT DISTANCE RUNNER ATHLETES OF SELECTED CLUBS OF SHEGER CITY OROMIA REGIONAL STATE). Kanaafuu, fedhiin keessan, tumsi gaariinii fi deebii dhugaa kennuu keessan milkaa'ina qorannoo kanaaf waan nama hawwatuudha. Kanaaf, deebii kennitan icciitiin akka kennitan kabajaan isin gaafanna. Gaaffilee kanneen guutuuf tumsa nuuf gootaniif galata guddaa qabdu. Odeeffannoon walitti qabuun kun kaayyoo biraatiif kan hin fayyadamne (yoo ta'u, akkasumas, icciitii kan qabuu fi karaa kamiinuu beekumsa atileetichaa madaaluuf kan hin taane waan ta'eef deebii dhugaa fi sirrii ta'e akka kennitan kabajaan isin gaafadha.

Tumsa Keessaniif Galatoomaa!

Kallattii waliigalaa:

• Maaloo, maqaa keessan gaaffilee irratti hin barreessinaa

Maaloo geengoo agarsiifame keessaa mallattoo (√) ka'aa ykn taasisaa.

• Gaaffiiwwan banaa ta'aniif deebii keessan bakka kenname keessatti barreessaa.

Kutaa 1ffaa: Odeeffannoo Duubbee.

1. Umriin kee meeqa?: 13 -15 ☐ 1 6- 118 ☐ 19-20 ☐ 21-25 oli ☐

Saala: Dhiira ☐ Duba ☐

2. Sadarkaa barnootaa? 5- 8 ☐ 9-10 ☐ 11-12 ☐ Kolleejjii/Yuunivarsiitii ☐

3. Kilabii atileetiksii keessa yeroo hangamii turtan?

1 Ji'a 1-11 irraa waggaa ☐ 2 1-2 waggaa ☐ 3 3-4 waggaa ☐ 4 5-7 ☐

4. Kilabii atileetiksii osoo hin seenin dura leenjii pirojektii atileetiksii biroo keessa turtee?

Eeyyee ☐ Lakki ☐

5. Maatii keessan keessaa namni atileetii (Model person) ture jiraa? Eeyyee ☐ Lakki Nama tokkollee hin yaadadhu ☐

Kutaa 2ffaa: Qaama Ijoo (Main Body)

Kuta 2	Itamoota	Filannoowwan				
1	Gaaffilee Sirna leenjii /Leenjii Saayinsiiwaa/ waliin walqabatan.	1.Cimsee Walii hin galu	2 Walii hin galu	3 Giddu galeessa	4 Waliin gala	5.cimseen Waliigala
1	Shaakalli guyyaa umurii atileetichaa irratti hundaa'uun kennamuu.					
2	Shaakalli guyyaa guyyaan garaagarummaa dhuunfaa atileetichaa ilaala.					
3	Qormaanni gahumsa atileetotaa jalqaba bara leenjii irratti kennama.					
4	Qormaanni ga'umsa atileetotaa bara leenjii waggaa guutuu sadarkaa waliin ni raawwatama.					
5	Atileetonni kilabii ramadame keessa jiran portfolio mataa isaanii qabu.					
6	Leenjiin kennamu gosa ispoortii irratti kan hundaa'edha.					
7	Leenjiin kennamu hawwatamumaansaa gahaadha.					
8	Shaakala jabeenya raawwachuun ga'umsa atileetii fooyyessuuf gahee guddaa qabu.					
9	Leenjiin ati raawwattu ciminaa fi fe'iinsa leenjii irraa gara leenjiitti guddina qaba (progressiveness).					
10	Guyyaa leenjii hunda keessatti yeroo dheeraaf leenjii raawwattaa?					
11	Irra deddeebiin leenjii sadarkaa umurii atileetotaaf kan mijatudha.					
12	Sagantaan leenjii sadarkaa umurii wajjin kan					

	walsimudha. kan atileetotaa					
Kutaa 3	Gufuulee itti fayyadama sirna leenjii (saayinsii leenjii) kilaboota atileetiksii fiigdota fageenya gabaabaa magaalaa Sheger gufachiisan waliin qabatan.					
1	Kilabichi, jalqaba shaakala jalqabuu duratti meeshaalee leenjii yeroon argachuu danda'eera					
2	Leenjii argachuuf Facilities ykn meeshaalee gahaa argatteettaa?					
3	Kilabichi wiirtuu jiimnaaziyeemii mataa isaa qaba.					
4	Meeshaaleen leenjii kilabichi siif kennu leenjiidhaaf mijataa dha.					
5	Leenjisaan keenya meeshaalee jiimii (GYM) (cimina/strength, /resistance/ mormii fi humnaaf/power) fayyadamuun gahumsa fiigicha keenya guddisuuf jiimii fayyadama.					
Kutaa 4	Gochaa leenjisaa (Prospects of coach)					
1	Tokkoon tokkoo leenjii keessatti leenjiin teeknikaa barbaachisaadha					
2	Leenjisaan, yeroo baay'ee mala leenjii giddugaleessa godhate shaakala tokko keessatti Atileetii hojiirra oolcha.					
3	Leenjisaan keenya/koo, adeemsa ga'umsa keenyaa/koo yeroo yeroon xiinxala.					
4	leenjisaan keessan atileetotaaf leenjii saayinsiiwaa kennuudhaaf ga'umsa olaanaa qabaa?					
5	Leenjisaan gahumsa keessan fooyyessuu fi dhimmoota yeroo ammaa fageenya gabaabaa irratti furmaata barbaadan argachuuf karoora adda addaa qaba.					
6	Leenjistoonni yeroo guyyaan dorgommii ga'u ga'umsa kee itti fufsiisuuf mala fayyadamuu.					

Gaaffii kana waan guuttaniif galatoomaa!

DABALEE (RARRAATUU)

GAAFFIILEE BARREEFFAMAA LEENJISTOOTAA

Gaaffiilee Leenjistoota Kilaboota Atileetiksii Atileetota Fageenya Fiigicha Gabaabaatiin Guutamu

Mata-Duree Qorannoo: Systems of Training and Prospects of Short Distance Runner Athletes of Selected Athletics Clubs In Sheger City, Oromia Regional State.

Kabajamtoota Leenjistiitaa, kaayyoon gaaffilee kanaa inn guddaan sirna leenjii fi abdii atileetota fiigdota fageenya gabaabaa kilaboota atileetiksii filatamoo Magaalaa Shaggar naannoo Oromiyaa keessatti argaman madaaluudha (SYSTEMS OF TRAINING AND PROSPECTS OF SHORT DISTANCE RUNNER ATHLETES OF SELECTED CLUBS OF SHEGER CITY OROMIA REGIONAL STATE). Kanaafuu, fedhiin keessan, tumsi gaariinii fi deebii dhugaa kennuu keessan milkaa'ina qorannoo kanaaf waan nama hawwatuudha. Kanaaf, deebii kennitan icciitiin akka kennitan kabajaan isin gaafanna. Gaaffilee kanneen guutuuf tumsa nuuf gootaniif galata guddaa qabdu. Odeeffannoon walitti qabuun kun kaayyoo biraatiif kan hin fayyadamne(oolle) yoo ta'u, akkasumas, icciitii kan qabuu fi karaa kamiinuu beekumsa atileetichaa madaaluuf kan hin taane waan ta'eef deebii dhugaa fi sirrii ta'e akka kennitan kabajaan isin gaafadha.

Tumsa Keessaniif Galatoomaa!

Kallattii waliigalaa:

Maaloo! Maqaa keessan gaaffilee irratti hin barreessinaa.

Maaloo! Geengoo agarsiifame keessaa mallattoo (√) mallatteessi.

Gaaffii leenjistoota kilabii (leenjistoota fiigdota fageenya gabaabaa) tiin guutamuu qaban.

Kutaa1ffaa:-Daataa Bu'uuraa

Maqaa kilabii_____ .

1. Saala: 1 Dhiira ☐ 2 Dubara ☐

2. Umurii kee: 26-30 ☐ 31- 35 ☐ 36-40 ☐ 41- 45 ☐ 45 ol ☐

3. Sadarkaa gahumsa barnootaa:1 Doktoreet digirii ☐ 2 Digiriijal 2ffaa ☐ 3 Digirii 1ffaa ☐ 4 Dippiloomaa ☐ 5 kutaa 12ffaa ☐

4. Ulaagaa Leenjisummaa: A/ Ulaagaa leenjisummaa hin qabu ☐ B/ Sadarkaa I, IAAF ☐ C/ Sadarkaa, II IAAF ☐ D/ Sadarkaa III, IAAF ☐ E/ Sadarkaa, IV IAAF ☐

5. Muuxannoo Leenjisummaa waggaadhaan**:**

1 waggaa 2 gadi ☐ 2 waggaa 2-5 ☐ 3 waggaa 6-10 ☐ 4 waggaa 10 oli ☐

Garii 2	Gaaffilee	Filannoowwan				
	Gaaffilee Sirna leenjii /Leenjii Saayinsii/ mala waliin walqabatan	1.Cimsee Walii hin galu	2 Walii hin galu	3 Giddu galeessa	4 Walii galuu	5.cimseen Waliigala
1	Sagantaa leenjii bu'a qabeessa ta'e fiigicha fageenya gabaabaaf qophaa'e akka gaariitti qophaa'ee jira.					
2	Kutaaleen leenjii seera bu'uuraa leenjii ilaalu.					
3	Qormaanni gahumsa atileetotaa jalqaba bara leenjii irratti kennama.					
4	Malli leenjisummaa sirna leenjii saayinsii irratti hundaa'a.					
5	Atileetonni kilabii ramadame keessa jiran portfolio mataa isaanii qabu.					
6	Leenjiin kennamu gosa ispoortii ykn fiigicha fageenya gabaabaa irratti kan xiyyeeffatudha.					
7	Leenjiin kennames hawwataa gahaadha.					
8	Atileetota kootiif leenjii mormii nan kenna, .					
9	Irra deddeebiin leenjii Sadarkaa umurii atileetotaaf mijataadha.					
Kutaa 3ffaa	Gufuulee itti fayyadama sirna leenjii (leenjii saayinsii) fiigicha fageenya gabaabaa gufachiisan					
1	Qabeenyi humna namaa gahaadha					
2	Fedhiin atileetiin tokko sochii kenname raawwachuuf qabu gaarii dha.					
3	Leenjistoota biyya alaa waliin muuxannoo					

	qooddachuun ni jira.					
4	Kilabichi mijaa'inaafi meeshaalee gahaa qaba.					
5	Atileetota leenjii fudhataniif GYM jira.					
6	Filannoo atileetii karaa saayinsii irratti hundaa'uun.					
7	Atileetiin sadarkaa ardii ykn idil-addunyaa fageenya gabaabaatiin hirmaatu jira.					
Kutaa 4ffaa	Gaaffiiwwan Abdii leenjisaa ajjin walqabatan					
1	Sagantaan leenjii yeroo yeroon xiinxalamee madaalameera.					
2	Akka leenjisaa tokkootti atileetotaaf barsiisa ogummaa teeknikaa dhuunfaa nan kenna.					
3	Mesocycle plan Microcyle plan) qaba.					
4	Gahumsa atileetii guddisuuf karoora adda addaa nan dizaayini godha. (Kan akka: saffisa, humna, dandeettii qaamaa).					
5	Akka leenjisaa tokkootti gahumsa fiigichaa atileetotaa guddisuuf mala leenjii teeknikaa adda addaa nan fayyadama.					

Gaaffii kana waan guuttaniif galatoomaa!