

**CHALLENGES AND PROSPECTS OF SHORT DISTANCE ATHLETES IN
BENISHANGUL-GUMUZ REGIONAL STATE ATHLETICS PROJECTS**

BY: YADETE WESAN

**THIS THESIS RESEARCH SUBMITTED TO JIMMA UNIVERSITY, COLLEGE OF
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ADVISOR: DR. ASIM KHAN

CO – ADVISOR: MR. ESHETU GIRMA

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Submitted by:

YADETE WESAN

Name of Student

Signature

Date

Approved by:

1) DR. ASIM KHAN (PhD)

Name of Advisor

Signature

Date

2) MR. ESHETU GIRMA (Msc)

Name of Co-advisor

Signature

Date

3)

Name of internal Examiner

Signature

Date

4)

Name of external examiners

Signature

Date

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STATEMENT OF THE AUTHOR

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 will be dually acknowledged.

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Name of the author: **Yadete Wesan**

Signature _____

Place: **Jimma University, Jimma**

Date of Submission: **October, 2019**

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LIST OF ABBREVIATION AND ACRONYMS

BGRS	Benishangul-Gumuz Regional State
EAF	Ethiopian Athletic Federation
IAAF	International Amateur Athletics Federation
IOC	International Olympic Committee
MAC	Mastery Approach to Coaching

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ABSTRACT

This study was aimed to explore the challenges and prospects of short distance athletes in Benishangul-gumuz regional state athletics projects. The study employed a cross-sectional survey design. Descriptive Statistics was used for analyzing the collected data. Simple random sampling technique was used to select sample athletes while complete census was used for sport offices and coaches. Accordingly, 100 short distance athlete, 8 coaches and 7 sport offices/experts were used for data collection. Questionnaires, interview, observation and document analysis were the tools used in collecting the intended data from both primary and secondary sources. The result showed there were various major challenges that are considered to be the problem prohibiting the athletes and athletics project from improving their status. Lack of good management style and good quality coaches and athletes, drop out of the athletes from the program, current conflict matters, lack of performance tests at beginning of the training year, the frequency of the training is not suitable to the athletes' age level, very dusty field that exposes the athletes to sport injuries. Moreover, there is no well recognized sponsor, there is a huge gap in being organized and having and integrated training plans for the training given by the coaches with the lack of continuous performance test and recording the level of athletes. The sport sector experts lack commitment to support the project. The region is not closely supervising the project site because of the transportation issues of the Woreda. Besides, the athletes were not even properly using the available sport materials. It is also generalized that the capability of the short distance would not be improved if the same condition continues for long. It is suggested that the regional government project sport office recommends give due attention to improve the management problem and implementation of the proposed plan and scarcity and utilization of the resource for the sector so that the capacity of short distance athletes would be improved. The sport project good mobilize the community to make them participant in the sport sector that alleviates the problem of sponsorship. Benishangul-Gumuz regional sport office better provide training coaches to update their coaching ability. The coaches should predict the future status of athletes' performance in the regular manner to increase the efficiency of athletes.

Keywords: Athlete, athletics, challenges, prospects.

CHAPTER ONE

1. INTRODUCTION

1.1. Background of the Study

Athletics sport is an exclusive collection of sporting event that involve competitive running, jumping, throwing and walking. The most common type of athletics competitions are track and field, road running, cross country running and race walking (Mulugeta, 2018). Sprinting is running over a short distance in a limited period of time. It is used in many sports that incorporate running, typically as a way of quickly reaching a target or goal, or avoiding or catching an opponent. Human physiology dictates that a runner's near-top speed cannot be maintained for more than 30–35 seconds due to the depletion of phosphor creating stores in muscles, and perhaps secondarily to excessive metabolic acidosis as a result of anaerobic glycolysis (Timpka, Toomas, et al., 2014).

In track and field, sprints (or dashes) are races over short distances. They are among the oldest running competitions. The first 13 editions of the Ancient Olympic Games featured only one event the stadium race, which was a race from one end of the stadium to the other. There are three sprinting events which are currently held at the Summer Olympics and outdoor World Championships: the 100 meters, 200 meters, and 400 meters. These events have their roots in races of imperial measurements which were later altered to metric: the 100 m evolved from the 100-yard dash, the 200 m distance came from the long (or 1/8 mile), and the 400 m was the successor to the 440-yard dash or quarter-mile race (Kumar Rajesh, et al., 2013).

Although the exact roots of Ethiopian Athletics cannot be retraced back accurately, it is widely believed that the sport was widely practiced in schools and military camps before 1897. The sport was limited to these parts of society only because others did not have access to equipment used for competitions or was not organized in a manner that motivated progress. But after signs that the sport was increasing in popularity in many parts of society, a need to assemble these activities under one organizing umbrella quickly arose. It was in 1961 that the Ethiopian Athletics Federation (EAF) was shaped and soon became a member of the International Associations of Athletics Federation. Since its inception, much of the federation's activities were carried with the help of amateurs. The Ethiopian Athletics Federation has been established in

1961. Through the past 56 years the federation had many great achievements in the athletics sport fields. So, the federation can be nominated as one of the best performing member countries of the International Association of Athletics Federation (IAAF). 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 (Thompson, P. et al., 1991).

In the past some years, the Ethiopian Athletics Federation was giving more and more attention to the short distances and field events of athletics sports, by recruiting and hiring an international coach from US. In doing so the federation got fruits from short distance and field events in continent level. And the vision of EAF, as a national federation, is to be active participant and successful competent in Africa and the world. In light of that, athletics is among the type of sport which is already over looked by the Benishangul-Gumuz Regional State (BGRS) Youth and Sport Bureau for years especially short distance running/sprinting unless having increased quantities of athletics project sites without analytically valuing their athletes development (quality). Additionally, not seeing how to exploit the geographical gains with the higher altitude Woreda known as Wonbera which is preferred for athletics commercial and provided few athletes like Almaz Ayana whom made it to the national level and become an Olympic medalist of the millions of youth participating in sport each year approximately one third choose to quit organized sport activities because they are not having fun, change interests, lack the appropriate skill level, feel burned out, are bored, or do not like the coach. Therefore, whether current training programs produce coaches that facilitate the positive emotional and psychological outcomes necessary to improve retention rates is a critical question. Fortunately, evidence suggests many of the negative experiences reported by youth sport participants can be minimized by coaches trained in research-based coaching education programs (Côté Jean, et al., 2010)

The International Sport Coaching Framework (2013) adopts an integrative definition of effective coaching from Cote jean, (2010) that describes effective coaching as “the consistent application of integrated professional, interpersonal, and intrapersonal knowledge to improve athletes’ competence, confidence, connection, and character in specific coaching contexts.” Consistent with this definition, research documents youth participants’ preferred coach characteristics. For example, a study by Cote jean, (2010) asked elite athletes from a variety of sporting backgrounds to retrospectively describe their experiences with coaches they considered ‘great.’ Importantly,

many athletes included descriptions of their youth sport coaches. Athletes identified that the best coaches were knowledgeable, skilled, and experienced in their sport. Athletes valued their coaches' interpersonal skills perceiving them as teachers, mentors, and friends, while describing them as good listeners, patient, and professional on and off the field (Côté Jean, et al., 2010).

Most existing literature evaluating the efficacy of coach training programs focuses on how coach training affects the psychological outcomes of participants. Consequently, limited data exists examining how coach education programs directly influence retention rates in youth sport. Further, a recent systematic review indicates that coach training is still an emerging science, with many coach interventions lacking strong theoretical bases. Unsurprisingly, without unified empirically guided theories, mixed results have emerged regarding the effectiveness of coach training (Burton Damon, et al., 2011).

The Mastery Approach to Coaching (MAC) training program during preseason and interviewed the coaches' athletes at the end of the season. The MAC program consisted of emphasizing positive coaching behaviors (e.g. reinforcement, encouragement following mistakes, supportive corrective instruction, and technical instruction) and decreasing undesirable coaching behaviors (e.g. punishment, punitive instruction, controlling behaviors). One critical instruction given to coaches was to concentrate on participants' effort levels and emphasize fun experiences, as opposed to promoting winning as the primary goal. Results from this seminal investigation indicated that a short duration intervention was successful in improving athletes' self-esteem and positive ratings of the coach and sport environment. Other work substantiates the effectiveness of formal coach training programs on increasing youth athletes' self-esteem and quality informal coach training on increasing personal and social skills in youth athletes (MacDonald, 2010) Sports from long distance running, in which Ethiopian has been effective, short distance running has not been effective still now. So, Ethiopia has not earned that much in short distance running. Of factors to study, the factors that challenges short distance running in the area if we want Ethiopian to be benefited from the field (Spielman, David J., et al., 2010).

The Benishangul-Gumuz National Regional state youth athletics projects are going through a difficult course of time to introduce young, talented and new outstanding athletes at woreda zone and regional level of in all athletics competitions, even if it is confirmed as there are athletics project site location are growing. So, this shows that as there are challenges in Athletics Project

in Benishangul-Gumuz Regional State (BGRS) which might be tied up with the poor level of implementation from the grassroots level to the higher level causing factors from inside and outside of to the projects development (Rigg and Jonathan., 1991). With this in mind, the Challenges and prospects of Athletics Project in Benishangul-Gumuz Regional State (BGRS) case has interested the researcher to come up and forward rational and scientific solutions.

1.2. Statement of the Problem

From the researcher's background as a sport science student for 3 years in Assosa University in the capital town Assosa, researcher has got the experience to be aware of the issues with the athletics project proficiency continuously. In this case, what comes to the researchers mind is, the factors might be form the selection of potential athletics event talent areas for the best athletics project site by the federal or regional government, managerial, organizational, youth coaches qualification (educational background , experience , selection criteria and placement) ,lack of talent identification methods and means by the coaches, lack of follow-up and support from stakeholders and sport experts (limitation of assessing the progressive improvement of athletes development) , may be the lack of motivation from the parents or loved ones of the youth athletes, might be the lack of the popularity of the sport were the project site or its acceptance as in the community and may be the lack of facilities and equipment's. This repeatedly observed and other several factors which the researcher hasn't realized has become the reason which made the researcher to go through the issue and find out her assumptions for failure of the athletics projects in the regional state.

As a result, training in sport coaching and the sport sciences is often limited, if existing at all. Even when coaches emerge from training programs in the sport sciences, many of these programs focus on physiology, biomechanics, athletic training, and strength and conditioning. Subsequently, many, if not the vast majority of coaches in youth sport lack specified training in the science of coaching (Stewart, C. Craig, and Lawana , et al., 1992). This phenomenon is only magnified in the volunteer coach .In an attempt to address the numerous organizations have generated training programs and competencies to certify coaches. Unfortunately, many coach training programs focus primarily on skill development instead of emphasizing strategies that encourage children's continued participation in youth sport programs and subsequent life-long involvement in sport and athletic activities (MacNamara, Aine, et al., 2011).

Coaches develop expertise through the accrual of thousands of hours of coaching experience that complements their own sport participation. Interestingly, most successful coaches do not specialize in a single sport during their own athletic career. In fact, while many successful coaches were above average athletes for the sport they currently coach, research indicates that most participated in multiple sports growing up. In addition to competitive and practical experiences, research suggests that one method of producing quality coaches involves hundreds of hours of formal coach training; yet coaches in the U.S. receive limited formal training through courses and clinic. Therefore, informal (on the job) training may be the primary method by which most coaches acquire expertise. One critical component of both formal and informal coach training is the mentorship of young coaches (Mallett, Clifford J., et al, 2009)

In effect, mentoring provides coaching for coaches, and imparts practical knowledge through guided experiential learning in technical, administrative, teaching, and interpersonal domains. However, benefits of mentorship will be limited by the quality of the mentor, and the mentor / mentee relationship (Mullen, 1999)

For this research the following questions are developed:

- ✚ What are the challenges of short distance runners in Benishangul-Gumuz regional state?
- ✚ Does the Athletics project are properly offering Scientific Training to short distance Athletes?
- ✚ Does Athletics project properly utilize sport materials?
- ✚ What would the ability of short distance Athletes be in the future if the current trend continues for long?

1.3. Objectives of the study

1.3.1. General Objective

The general objective of the study was to examine the Challenges and Prospects of short distance project athletes in Benishangul-Gumuz Regional State.

1.3.2. Specific Objectives

The Specific Objectives of the study was to:

- ✚ Explore the challenges of Athletics Project in the study area,
- ✚ Assess whether Athletics project is properly offering scientific training to short distance Athletes in the study area,

- ✚ Identify if the Athletics projects are properly utilizing sport materials in the study area,
- ✚ Predict the future status of short distance Athletes in the study area (study design).

1.4. Significance of the study

This research was give athlete's reliable information about the challenges and prospects of their projects in comparison to the other project site in the region and was forward the level of the existing issues and conditions of the project. For the coaches it was inform them and the regional sport bureau the magnitude of the challenges and prospects of the project center in the region. For the project center sport bureau, their experts and for the community at large; it was guide what should be done to reduce the challenges and change the prospects to do not repeat the same mistakes in the future, to give clue for other researchers on this topic, to offer valuable lesson to other newly established projects and to indicate the major factors this affects the performance of short distance runners.

1.5. Scope of the study

This study only focuses on the Challenges and prospects of short distance athletes in Benishangul-Gumuz regional state athletics projects. This region is found in the western border of Ethiopia about 677 km from Addis Ababa. The study was made in the 3 zones of the region which are Assosa, Metekel and Kamashi. The study was addressed in (2019 G.C). The researcher focuses only on challenges, scientific training method (modern training methods) and facilities and equipment as a major available in the study cites.

Additionally, even if the same case study might arise in the other 8 regional states and 2 federal states, the researcher is restricted to the variables mentioned above in Benishangul-Gumuz and the only because of time, resource and budget.

1.6. Limitation of the study

This study has got its own limitations. Among the limitations are material, time, cost, and there is peace problem in some zone our region, With regards to material limitation, the researcher of this research faced shortages of related books the research area. However, she succeeded in researching and reviewing these materials. Secondly time was one factor that limited this study. Lastly, money can be taken as a limitation of the study.

1.7.Operational Definitions of the Terms

Athlete:-a person who devotes his time for either of athletics events(Tesfaw, 2013).

Athletics: it is oldest form of organized sport which includes running jumping throwing its track and field sport (Marar, Mallika, et al., 2012)

Challenges: -to call, invite, or summon to a contest controversy, debate, or similar affair; especially to invite to a due (Gamson, 1992)

Project: - in this research it is to mean activity planned, a test or trial (Spielman, David J., et al., 2010)

Prospect: - in this research it is to mean something that is awaited or expected (Chomsky, 2015).

Stakeholders: - in this research it is to mean the holder of stake: one with whom the bets are deposited when a wager is aid (Chomsky, 2015).

CHAPTER TWO

2. REVIEW OF RELATED LITERATURE

2.1. HISTORY OF ETHIOPIAN ATHLETICS

Although the exact roots of Ethiopia Athletics cannot be traced accurately. It is believed that the sport was widely practiced in schools and military before 1897. The sport was limited to these parts of society only because others did not have access to equipment used for competition or was not organized in a manner that motivated progress. But after signs that the sport was increasing in popularity in many parts of society, a need to assemble these activities under one organizing umbrella quickly arose, if was in 1949 that the Ethiopian Athletics Federation (EAF) was formal and soon become a member of the international Amateur Athletics federation (IAAF) since it's in caption. Much of the federations activities were carried with the help of amateurs the First executive committee was headed by Colonel Getahun Teklemariam, the man officially recognized as the first president of the EAF. This committee started a formalized programmer where athletes competed domestically and internationally (Ali Abdu, 2018).

One of the first major competitions on the federation's the Shaw championships, was organized in 1966 and was a competition among various divisions of the military, schools, and clubs, the first ever edition of Ethiopian championships were held in 1971. In the late 70's a new committee, headed by Chairman Tesfaye Sheferaw was formed to administer the federation the major achievement of this era were the staid of the first Abebi Baikal marathon and the national cross country championships. Ethiopia also participated in the world cross country championships for the first time in 1984.

This executive committee was also responsible for overseeing many developmental activities of the federation. Construction of the first athletics track, education and hiring of coaches, and major improvement in working procedures were all hall marks of the early 80 any years later, the EAF now has semi-professional organizational structures it is headed by a seven-member executive committee which includes a president, vice president and an Honorary Trueborn. A full time General Secretary takes care of the day-to day activities of the federation which now includes four departments' technical public relations, development activities & Administration of finance. On a competitive side, Ethiopia started participation in international athletics

competitions as early as the 1950. It was one of the first African countries to take part in the Olympics when participating the 1956 Melbourne Games.

Ethiopia also become to first African country to win Olympic gold when Abebe Bikila took victory in the 1960 Rome Olympics marathon. Since then, Ethiopia has won a total of 30 Olympic medals. Le of him being gold the country's top athletes have also won 35 world championship medals and many more titles at the world indoor championships, the world cross country championships, and various medals global, continental, and regional athletics competitions.

2.2. Scientific training for short distance runners

2.2.1. 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 (Sheridan Susan M., et al., 2009).

2.2.2. 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 (Monda Samantha J. , 2008)

2.2.3. Training program

According to (Dick, 2000) " 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, recreational performers developing performers and those whose live are not oriented towards sport or physical recreation" (Issurin V. B. , 2009).

2.2.4. Effects of training

Training might be considered as having three levels of effects.

1. Immediate, the immediate effect of training is the body's reaction to the stressor of the training stimulus's they increased heart rate, perspiration, increased blood locates, high endocrine system involvement and fatigue.
2. Residual the residual effect of training is what might be considered as the boy's recovery and preparation response. The recovery response is seen in raised general metabolism of sometime after is exercise concluded. During this time the body's resting state is restores with the waste products of energy expenditure removed, and are stressors related effects gradually eliminated. The preparation response is seen in the heightened level of adaptation to future training stimulus. Put another way, this effect of training ensures that the body is prepared for a greater training stimulus next time.
3. Cumulative 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 (Campos, 2002).

2.3. Development of an effective training program

According to Sandwith, (1993) as cited by (Mohamed, 2008)explains the step involved when developing a training program. The process of creating a training program to help develop and individual's level of fitness comprises of 6 stages; Gather details about the individuals, Identify the fitness components to develop, Identify appropriate tests to monitor fitness status, Conduct a gap analysis, Compile the program and Monitor progress and adjust program (Sandwith, 1993).

Stage 1- The first is to gather details about the individuals age, reasons for wanting to get the training, current or recent injuries, health problems, the sports they play and how often, they dislike and likes with regards training, and sports facilities they have access to gym, sports centers...etc this is not an exhaustive list. The second stage is to determine which components of fitness they need to improve this could depend up on what the individuals wants to get fit for. Stage 3- 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. Stage 4- 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 and target fitness levels (identified at stage2)

the results of this proves will assist in the design of the training so that desired level. Stage 5) the next stage is to prepare a training program using the results of the gap analysis and “FITT” principles (Catalan-Matamoros, 2016)

- F- frequency- how often should the individual exercise?
- I- intensity- how hard should the individual exercise?
- T- Time- how long should each session last?
- T- Type or training activity

Plan the program in four week cycles where the work load in the first three weeks increase each week (easy, medium, hard) and the fourth week comprises of active recovery and tests to monitor training progress. 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.

2.4.Athletes selection criterion

Talent Identification (in the purest sense) assumes that there is a genetic basis underlying performance. That is, some individuals are born with innately better/higher capacities and/or trainability. There is good evidence for the genetic basis of performance in a number of areas relevant to sporting success. This includes kin anthropometry, physiological and motor attributes. There is also strong support for the role that environmental and sociological factors play in the development of elite athletes. Indeed, some academics have hypothesized that as long as you are prepared to indulge in a pre-requisite level of ‘deliberate practice’ any person is capable of attaining excellence. Too often in the scientific literature, we place these extremes at opposite ends of a continuum. That is, some place emphasis on the genetics (nature) while others on the environment (nurture). The reality most likely lies somewhere in between; it is a combination of the two natures and nurture - with the contribution of each varying according to the demands of the sport (Van de Vliet, 2008)

Principles of training

The most important principles of training are:

I. Principles of overload

The human body is built up of millions of tiny, living cells. Each types of cell or group of cells carries out a different job. All cells have the ability to adapt to what is happening to the body. This general adaptation takes place inside the body all the time. There is also an adaptation to the training for athletics.

A training load is the work or exercise that an athlete performs in a training session. Loading is the process of applying training loads. When an athlete's fitness is challenged by a new training loads there is a response from the body. This response is of fatigue. When the loading stops there is a process of recovery from the fatigue and adaptation to the training load. This recovery and adaptation returns the athlete not just to his original fitness level, but to an improved level. This higher level of fitness is achieved through the body's overcompensation to the initial training load. So, overload causes fatigue, and recovery and adaptation allow the body to overcompensate and reach higher levels of fitness. The body's ability to adapt to training loads and overcompensate in recovery explains how training works. If the training load is not great enough there is little or no overcompensation. A loading that is too great will caused the athlete to have problems with recovery and he may not return to original level of fitness. This condition is caused by overtraining.

II. Principles of reversibility

If the athlete is not exposed to regular training there is no loading and the body has no need to adapt. For training to be effective the coach must be understand the relationship between adaptation, the principle of overload and the principles of reversibility. The term progressive overload is used to explain that increasing levels of loading will lead to progressive adaptation and overcompensation to higher levels of fitness. These increasing levels of loading would include such things as a higher number of repetitions, faster repetitions, shorter recovery times and heavier weight.

When the coach continually applies the same training load to an athlete there is an initial increase in fitness to certain levels and then the athlete remains at that levels. Once the body has adapted to a particular training load, adaptation causes. Similarly, if the training loads are too far apart

the athlete fitness level will keep returning to original levels. Widely spaced loading will produce little or no fitness improvement. We have seen that different training loads have different effects on an athlete's recovery. An excessive training load causes incomplete adaptation and the athlete will have problems with recovery from the training stimulus. The ratio of load to recovery is called the frequency of training or the training ratio. Determining the correct training ratio for an individual athlete is one of the ways in which to coach produces optimal level of improvement in both fitness and performance.

III. Principles of specificity

Exercise training specificity refers to adaptations in metabolic physiological functions that depend upon the type of overload imposed. Specific anaerobic exercise stress (e.g., 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. However, the specific principle extends beyond this broad demarcation. For example, aerobic training does not represent a singular entity requiring only cardiovascular overload. Aerobic training using the specific muscles in the desired performance most effectively improves aerobic fitness such activities as swimming, bicycling, running or upper body exercise.

Some evidence even suggests a temporal specificity in training response such that time of a day when training regularly occurred. Specialization /specificity/ represents the main element required to obtain success in a sport. All athletes will be what you physiologically train them. Exercise specificity to a sport or event lead to anatomical and physiological changes related to the demands of that sport or event.

IV. Principles of individual difference

Each individual is unique. Each individual brings to athletics his own capacity, capabilities and responses to training in different ways. There is no such thing as an ideal training program that will produce optimal results for everyone. Coach need to understand the principles of training and apply them with your knowledge of individual athlete. This knowledge should be of the

many factors that affect the planning of the individual athletes training program. This factor includes heredity, developmental age and training age.

V. Tolerance of training load

The optimum training loads vary between athletes. Australian swimming coach Forbes Carlile often recounts the training performances of Shane Gould and Karen Moras, the two distance swimmers in the world in the early 1970s. Shane Gould thrived on seemingly hard training, with her training performances being of quite a high level. On the other hand, Karen Moras exhibited training performances that were much slower than those of Shane. However, in competition the two recorded remarkably similar times. It was the training loads, as exhibited by training performances, which were different. It is conceivable that if either of the two athletes were made or encouraged to train closer to the other's performance level, her subsequent competitive performance would have suffered. Dr. James councilman of Indiana University also described Mark Spitz as being a light trainer when compared with other swimmers in the same pool. His training load was less than for others swimmers such as John Kinsella, although both were the best in the world at that time in freestyle swimming events. These are examples of different training loads being required for different athletes to produce the optimum training stress to record world best performances. There is no guarantee that an athlete who tolerates heavy training loads is going to be the best performer in competitions.

VI. Principle of visibility

“This principle simply states that the planned training load must be realistic for the athlete's age, sex, training age, level of ability and mental capacity” (Kernan E, 1998)

VII. Principle of ground-based activities

Most sport skills are initiated by applying force against the ground. The more force your athletes can apply against the ground, the faster they will run and the more effective they will.

VIII. Principle of multiple joint actions

Your strength and conditioning program should be based on exercises and drills involving multiple joint actions to improve athletic performance. Sport skills, such as running, jumping or

tackling in football require multiple joint actions timed in the proper neuromuscular recruitment patterns. Isolating single joint action might work for body builders to improve their appearance, but athletes need to concentrate on activities involving sequential multiple joint actions to improve performance (Epley B, 2004).

IX. Principle of three dimensional movements

Sport skills involve movements in the three planes of space simultaneously; forward-backward, up-down and from side to side. Your strength and conditioning program should improve functional strength and power easier to manage with the development of sport skills. Machines limit the development of sport skills.

X. Principle of train the correct energy system

"The primary objective of conditioning is to improve the energy capacity of an athlete to improve performance. Many coaches and athletes are confused or misinformed on how to implement the correct conditioning methods for a particular sport. For be effective conditioning training must occur at the same intensity and durations as they will face in competition, in order to develop the proper energy system predominantly used" (Bompa, 2018).

XI. Principle of interval training

Your conditioning program should be based on interval training principles. Interval training is work or exercise followed by a prescribed rest interval. The program must meet the specific metabolic conditions of each sport or event. A common training error that coaches make in their rest intervals too short, the amount of energy is not sufficient to meet the demands of the next effort (Tanner, 2012).

2.5.Facility and Equipment

2.5.1. Resources needed by athletics clubs

Resource is an aid or support that you can draw on to assist you to achieve something clearly one of the most important skills for a sport administrator is to determine needs, to identify resources that can resolve these needs, and then to acquire the needed resources. These resources can be seen from different vantage points that some of these resources will be discussed as follow.

These are: - financial, materials, and facility resources. Availability of sport facilities and equipment has a tremendous effect on the development and popularity of a given sport. If the facilities and equipment are available in sufficient manner it is too easy to produce a number of outstanding athletes who can show highest performance at national or international level (Surujlal, 2010).

Financial resources

Every organization needs financial support in order to deliver its programs and projects. Adequate financial support ensures that the organization can fulfill its aspiration. In light of this no one seriously believes that athletes can be competitive in high-performance sport without some form of financial support. In spite of this now a trend towards professionalism, as defined both in monetary and full time training terms. Coaches administrators and at the highest levels of competition are essentially full time, with various support from governments, their association, sponsors, and from employment as athletes (Zimmerman J, 2011).

Human resources

Every organization mainly athletics clubs depends on people to fill the roles of organizers, administrators, fund raisers, planners, officials, coaches, athletes, and sport medicine specialists. In line with this human resource since early 1970s has become an increasingly important in organizational success as pointed out (Topič M. D., & Coakley, J. , 2010).

2.5.2. Material resources

These are the items you acquire to ensure effective and efficient administration practices in your organization. Even though sport in all countries is changing with times, but not uniformly for all. 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. There is no question that the availability of these do not exist is becomes more difficult to excel. 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. Damaged or faulty equipment frequently are causes of injury .Many different surfaces are encountered in athletics, some natural and other synthetic. Can cause Prospects, whatever the surface, be sure your athletes, choose the correct foot wear to suit the condition. Reduce the risk of injury by varying the surface for training when possible. Clothing is very much a matter of personal choice, but most is chosen carefully. Nylon is often cheaper than natural fiber, but is particularly

had in hot climates and heat generating activities. Shoe design has advanced greatly and better safe shoes are now available. Particularly care is necessary, however, to select foot wear appropriate to individual events and especially, appropriate to the surface (Burton Damon, et al., 2011)

2.5.3. Facility resources

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 (Asayesh, 2013). Listed below are some of the typical needs of coaches and athletes. Facilities needs by athletes are-housing, foods and cloth to training site. Access to showers and transportation, access to appropriate educational opportunities. Access to social, cultural, religious, and recreational opportunities. Access to employment, community support, including that of media (Bess, J. L., & Dee, J. R. , 2008).

2.5.4. Communication

We communicate in order to influence or affect the understanding, attitudes and behavior of others. This allows us to manage people, make decisions, plan and solve Prospects. Communication must be clear, frequent and involve everyone. In the world of sport, communication between athletes, coaches and administration is essential if excellence is to be achieved. The ability to communicate is arguably the most important skill we need in order to manage our organizations. As an organization's growth and success depend to a large extent on how well its communication systems work. Effective communication is a skill that everyone can learn. One of the most frequently cause of conflict between organizational sub units is lack of clear and adequate communication as information moves vertically up and down a sport organization's hierarchy, it may get distorted or misinterpretation, as we say earlier, the personnel who staff the various subunits of sport organization came from different backgrounds and may use a different vocabulary in order to conduct their work effectively efficiently (Lawrence, 2005).

2.6.Philosophy and Coaching Styles

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. This should not be seen as a challenge of the coach or his position, but a healthy curiosity on the part of the athlete. Most coaches 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.

The authoritarian and casual styles are extremes and unlikely to be successful methods of coaching. The cooperative leadership style gives guidance and structure, but allows the athlete to develop physically, psychologically and socially. This style is more in line with the philosophy of athletes first, winning second". 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 (Thompson, P. et al., 1991).

2.7. Empirical Review of the study

A study in Ethiopia carried study on challenge and prospects of short distance runners in the case of three selected Addis Ababa first division athletics clubs. The study was used both primary and secondary sources of data obtained directly from representative sample of the population under study. By using simple random sampling the researcher used 70 athletes and 9 coaches from the three selected clubs. The extent to which properly trained, adequately experienced and committed coaches are assigned to train can contribute much to the achievements Ethiopian short distance running in the international games. However most of the athletic coaches who were assigned to train the short distance athletes were found to be below the requirement to train at athletics club level. Thus, this may affect the competence of short distance runners who are expected to compete in the international game which consequently affect the performance and success of short distance runners' score at national level. Although considerable efforts have been made to fulfill facilities by the clubs basic short run athlete's facilities such as training cloth and school were found inadequate more over other facilities such as shower, synonyms, and training groups were not satisfactory in most clubs. This impels that athletes are not in opposition to improve their skills and performance (Côté, J. E. A. N., Lidor, R., & Hackfort, D. , 2009).

A study in Ethiopia carried on the current practice and challenges of Ethiopian national team short distance athletes. The study was employed in descriptive survey research method. The

subjects of this study were 4 coaches, 31 short distance athletes, and 6 Ethiopia Athletics Federation officers. The non-probability sampling method was employed to select the kind of event. The data has been gathered mainly by questionnaire and interviews were used. The data has been analyzed using both quantitative and qualitative methods by describing statements and frequency counts, percentages. The findings indicated that, there was lack of facilities and equipment, the number of coaches were not enough. The relationships among athlete and coach were good.

In 2016, Birtukan conducted a research on a title entitled by an investigation the challenges that affect the success of short distance running; the case of Ethiopian national team. The researcher used purposive sampling technique to select athletes and coaches since its manageable size. The finding of the study manifest that the job integration among the federations, coaches, athletes and other concerned bodies are not conducive, smooth and ineffective, that in turn resulted interference in decision making, illegal athletes' event transfers and the overlap off training and competition schedules. There are also not conducive training facilities, materials, medical care and nutrition are very poor that affect the training program adversely. The number of coaches and athletes are not proportional in order to manage their athletes. The other constraints associate with their trainee athletes training are lack of sufficient incentive and motivation. The Ethiopian Athletics Federation did not facilitate special training for short distance running coaches i.e. specialization on events with that of specialization (Melkamu, 2015).

In 2015, one hundred and fifty years of sprint and distance was running Past trends and future prospects. Their findings indicate that the trend in the time series analysis of women's performances suggests little improvement throughout the twenty-first century, while men's performances may continue to improve. Forecasting season-best performances does not allow us to predict when precisely a world record will be broken. Instead, they interpreted the point where a fitted curve crosses the current world record as an indication of the year in which it is on average likely that the world record will be broken. The time series analysis suggests that men may break all but the marathon world record by the end of the century; the experience curve forecast expects that all world records, including the one for the marathon, will be broken in the near future. The consistency in the time series and experience curve forecasts of men's

performances may be explained by a more homogeneous improvement of men's performances compared to women's performances (Kenney, 2015)

2.8. Conceptual framework

In order to make use descriptive analysis to address some the objective of the study the research utilizes two variable cohorts, dependent and independent variables Conceptual framework below shows that the relation between dependent and independent variables, along with the epigrammatic definitions.

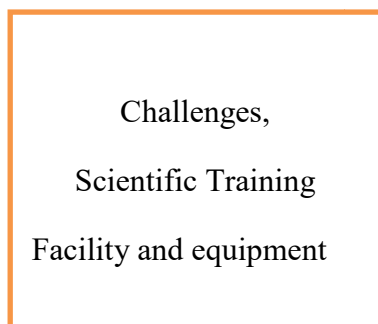
2.8.1. Dependent variable

In this study athlete current condition is taken as dependent variable. The dependent or the outcome variable of the model to be used for the study is athletes' short distance or the level of the country. In the study, the researcher made use of the athlete's of short distance to compare it with the Ethiopia.

2.8.2. Independent variable

In this study the researcher was focused on challenges, scientific training and facility and equipment 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 Benishangul-gumuz region athletics project is in particular, this study was spotlight on the most important and common independent variables, especially analysed in most prior works.

Independent variables



Dependent variable

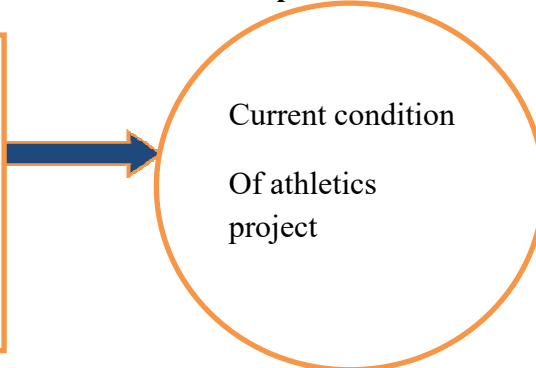


Figure 1: Conceptual framework of the study

CHAPTER THREE

3. RESEARCH METHODOLOGY

3.1. Research Design

Cross-sectional study design was used in which to assess challenges and prospects of short distance athlete in Benishangul-Gumuz regional state athletics projects. The purpose of this study was to explore Challenges and Prospects of Short Distance Athletes in Benishangul-Gumuz Regional State Athletics Projects Hence, allowing to the specific objectives the researcher has taken the descriptive method. The goal of descriptive research was to describe the status of some features of a phenomenon. It can help to comprehend a topic and lead to fundamental analysis. Descriptive research, therefore, contains a variety of research methods to achieve its goal. Based on the nature of the research data it may have: qualitative data inputs for your research.

3.2. Study area

Benishangul-Gumuz Region State (BGRS) was found in South-West border of Ethiopia to Sudan. Assosa town is the regions capital and about 677 km kilometers from Addis Ababa. These regions have 3 zones which are known as Assosa, Metekel and Kamashi Under the three Zones there are 8 Athletics project sites in which only 1 is piloted by the Federal Athletic Federation. In Assosa Zone there are 4 project sites which are 2 in Assosa Woreda (Assosa town and the Aburamo Kebele), 1 in Banbasi Woreda (Banbasi Twon), 1 in Kurmuk Woreda (Kurmuk Twon). In Metekel Zone 3 projects which are in Wonbera Woreda (1 in Senkora Kebele, and 2 Debre-Zeyit town in which 1 by federal government and the other by the regional government). In Kamashi Zone 2 projects (1 in Kamashi town and 1 in Belogi- Ganfo Woreda).



Figure 2: Geographical map of BGRS

source:(<https://www.compehiopia.org/contents/---/benishangul-gumuz%20cmp%20words>)

3.3. Source of Data

Data can be defend has the quantitative or qualitative values of a variable. Data is plurals of datum which literally means to give or something given. Data is thought to be the lowest unit of information from which other measurements and analysis can be done. Data in itself cannot be understood and to get information from the data one must interpret it in to meaningful information.

To attain the objective of this study the researcher was use both primary and secondary source of data.

3.3.1. Primary Source

The primary source of data collected through questionnaires and interviews from the officially registered project previous and current coaches, athletes, team leaders, medical staffs sport experts in the project site, and athletics federation coordinating expertise.

3.3.2. Secondary Source

The secondary data collection was from regional Achieve in Assosa town sport office, from the regions youth and sport office, from the Regional Athletics federation and from the project itself.

3.4. Sample Size and Sampling Technique

Benishangul-Gumuz Regional State have 8 youth Athletics project Athletes (trainees), coaches , and sport experts in the project site, and athletics federation coordinating at the regional level for the 3 zones ; Assosa Zone, Metekel zone, and kamashi Zone. This is done by census (those whom are the only person to their assigned position) and Simple random sampling technique was used to select sample athletes while complete census was used for sport offices and coaches.

As the researcher has been informed from the regional state Athletics Federation representative, currently in Assosa zone Assosa Woreda in Aburamo Kebele has 15 male and 15 female athletes, 1 coach, and 1 sport expert in total of 32 population and exactly the same proportion in Assosa town the project by the government has 31 population, Kurmuk woreda Kurmuk town 32 population , and Banbasi Woreda Banbasi twon 32 in total from 4 of the projects have 60 female and 68 male a total of 128 population.

In Metekel zone; Wonbera woreda Senkora Kebele has 15 male and 15 female athletes ,1 coach, ,and 1 sport expert which means 15 female and 17 male population in total of 32 and exactly the same proportion in wonbera woreda Deber-Zeyit town project which is opened by the regional government a total of 32 population, Wonbera Woreda Deber-Zeyit town in the 2nd project which is opened by the federal government a total of 31population , in total from 2 of the projects 30 female and 33 male a total of 63 population.

In Kamashi Zone; Kamashi Woreda, Kamashi town same way 32 population and in Belogi-Ganfo town 32 population and which is 30 female and 34 male and 64 population. So the total population of this study from the 3 zones of the region is 120 female and 135 male a total of 255 associates.

Athletes (trainees) from a single project times 8 project site was a total of 100 subjects, by simple random sampling method and 1 coaches from each project, 1 sport experts in the project woreda, and 1 athletics federation coordinating expertise whom is for the 3 zones; Assosa Zone, Metekel zone, and kamashi Zone, by census to the sample size because they are not many in number, in total of 115 subjects. In total the sample size of the study was 115 subjects. The sample athletes were calculated using (Yamane, 1967) formula.

$$n = \frac{N}{1 + N(e)^2}$$

Where:

N= total population

n=sample size

e= level of precession

Table 1 Sample population

No	Zone		Coach		Athlete		Sport expert	Total			Remark
			Male	Female	Male	Female		Male	Female	Total	
1	Assosa project site	Assosa	1	--	15	15	1	17	15	32	This is under Assosa twon.
		Aburamo	1	--	15	15	1	17	15	32	Asssoa Woreda.
		Kurmuk	1	--	15	15	1	17	15	32	KurmukWoreda
		Banbasi	1	--	15	15	1	17	15	32	BanbasiWoreda
Total								68	60	128	
2	Metekel	Senkora Project Site	1	--	15	15	1	17	15	32	Wonbera Woreda
		Deber-Zeyit project site	1	--	15	15		16	15	31	By the Federal Athletics Federation
Total								33	30	63	
3	Kamashi Project Site	Kamashi	1	--	15	15	1	17	15	32	Kamashi Woreda
		Belogi-Ganfo	1	--	15	15	1	17	15	32	
Total								34	30	64	

Table 2 Sampling Technique

No	Zone		Coach		Athlete		Sport expert	Total			Remark
			Male	Female	Male	female		Male	Female	Total	
1	Assosa project site	Assosa	1	--	7	7	1	9	7	16	This is under Assosa twon
		Aburamo	1	--	6	6	1	8	6	14	Assosa woreda
		Kurmuk	1	--	6	6	1	8	6	14	Kurmuk Woreda
		Banbasi	1	--	6	6	1	8	6	14	Banbasi Woreda
Total								33	25	58	
2	Metekel Project Site	Senkora	1	--	6	6	1	8	6	14	Wonbera Woreda
		Deber-Zeyit	1	--	7	6		8	6	14	By the Federal Athletics Federation
Total								16	12	28	
3	Kamashi Project Site	Kamashi Twon	1	--	6	6	1	8	6	14	Kamashi town
		Belogi-Ganfo	1	--	6	7	1	8	7	15	Kamashi woreda
Total								16	13	29	

Table 3 Summary of sampling design

Sample	Population	Sample size		Sampling technique
		No	%	
Athletes/Trainees	240	100	41.66	Simple random lottery method.
Coaches	8	8	100	available sampling
Zones and Woreda sport expert	7	7	100	
Total	255	115		

3.5. Instruments of Data Collection

The instruments for data collection are questionnaires, interviews, observation, and written documents from the athletics project site. It was used to gather data's from the sample population.

3.5.1 Questionnaires

After getting all the paper work and submitting it to Athletics project, the next move was introducing one's self to the participant and explains the benefit of the research to the club and players on the appointed date to begin the data collection with respondents. Then, the right of the participants/subjects was explained very politely. In doing that, the participants which are interested to take part in the study was handled self-administered questionnaires containing open and close ended question type with brief, relevant, without ambiguity (avoids negative questions, acronyms or complex wordings and which has a translated academic vocabulary in to a natural way of the sample populations), and Specific question which Is in relation to the researcher's research question. The reason for developing English and Amharic language versions of questionnaires is to respect English as the medium of instruction in our country and Amharic as the official language in Benishangul-Gumuz. On top of that, the researcher considered the educational level of the respondents in to account and in considering that sometimes respondents will respond to the Amharic versions (when observing a straggle to respond to the questions on the questionnaire and knowing the educational background of the respondents).

The questionnaires include formats of questions such as yes and no answer, quantity questions, degree of agreement (Likert scale), scale questions, list questions, rank order and questions. The

layout and structure was with introduction, expression of thanks, purpose, address and date of returning, clear instructions. Generally the questionnaire was in logically ordered questions, which are filtered to guide the respondents and, was attractive to the participants.

The content of the questionnaires for the coaches, team leaders, sport experts, medical staff, and federation experts, was; management and structural related, youth athletes development related, communication and media related, finance related and background questions, which is different than the one for the athletes which consists of management and structural related, coaches and technical staff related, external factors related, finance related questions and background questions. In order to test items clarity and accuracy was between 0.75 and 0.93 of Cronbatch's alpha as follows.

Table 4, reliability and validity of the questionnaires

No	Item of questionnaires	Number of items	Cronbatch's alpha
1)	Challenges of short distance running athletes Management related question	5	0.87
2)	Scientific Coaching methodology related questions	9	0.93
3)	Proper Utilization of sport materials the needed type	2	0.75
4)	The ability of short distance Athletes will be improved in the future if current condition continues	1	0.78

The participants were asked to respond the questionnaires on 5- point Likert scale, ranging from 5(strongly agree to 1(strongly disagree)

3.5.3 Interview

As a qualitative collection tool, Semi-structured or semi-directive interview was made with detailed standardized schedule. The same questions are put to all the respondents and in the same order. Each question is asked in the same way in each interview. But the researcher was encouraging the respondents to talk freely about a given topic with a minimum of timely guidance. In this type of interview, a detailed pre-planned schedule might be changed.

Since an interview a specific type of conversation between the interviewer and the respondent, an interview guide was prepared and conducted with the current coaches, sport experts, and federation experts. Then during the actual interview time schedule recording material was used to collect the data. Before the distribution of the questioner and addressing it to gather the data, pilot test was done so it can helps to find out; where people have difficulties in answering certain questions, whether people find questions ambiguous or vague, whether people could follow the instructions for how to, answer different types of questions, whether the pre-defined responses cover all desired answers, how long it takes to complete it (reasonable)?

3.5.4 Observation

The researcher was use observation as a method of collecting data. The observation was led by the research question, and lists of observational assessment prepared. It was also focus in investigating the implementation of perspective, strategic, developmental, rules and regulations and the yearly plan of the coach if they are respectively implemented or put in to practice systematically , then it was written and recorded frequently using an observational notes and pictures to make it more tangible, then was examined qualitatively. With this method, the researcher also was paying attention on facilities and equipment in their training field.

3.5.5 Written Documents

For this study as a secondary data collection tool, the researcher was collect written documents from the projects Archive on their background history till current status or a copy of their rules, a copy of short and long term plans of the coaches and a copy of their monthly or annual reports was be collected because it was help as a spring board for the study in gathering more

information's about the project. Annual reports on the yearly hosted competitions and record of results, structural manuals, rules and regulations and legally accepted documents etc.

3.6. Procedure of Data Collection

After making the necessary edition the two questionnaires designed for the trainees was administered for them in their training locations. The necessary material for the document analysis was collected from the sport office archives. With the above mentioned data collecting tools the researcher was build the bases of review literature and the required data which has been collected. Before handing over and utilization of the tools to collect data, they were approved accordingly; corrections and reconstructions were done.

3.7. Method of Data Analysis

- The collected data was analyzed using descriptive statistics, such as mean, and standard deviation,
- TO Explore the challenges of Athletics Project
- And also analysis the athletics project is properly offering scientific training to short distance Athletes, Identify the Athletics projects are properly utilizing sport materials and predict the future status of short distance Athletes.
- Statistical Package for the Social Sciences (SPSS),was used for analyzing data using descriptive statistics

CHAPTER FOUR

4. RESULT AND DISCUSSION

4.1 Result of study

4.1.1. Demographic characteristics of the respondents

Based on the response obtained from athlete's zones of Benishangul-Gumuz athletics projects the characteristics of the study were examined in terms of their age, sex, educational level, duration, Experience and their model in athletics.

Table 4 Demographic characteristics of the Athletes

Variables	Category	Frequency	Percentage
What is your age group	11-13	5	5.0
	14-15	25	25.0
	16-17	43	43.0
	17 and Above	27	27.0
Sex	Male	50	50.0
	Female	50	50.0
Educational level	5-8	29	29.0
	9-10	41	41.0%
	Preparatory	30	30.0%
How long have you been with the athletics project?	1-11 months	22	22.0%
	1-2 years	37	37.0%
	3 years and above	41	41.0%
Have you been in other sport project training before you join athletic project?	Yes	39	39.0%
	No	61	61.0%
Is anyone from your family an athlete before?	Yes	59	59.0%
	No	41	41.0%

In the above table 4;A total of 100 Athletes were involved in giving a response rate of 100%. Then number of respondents based on age, sex, educational level, duration, Experience and their model in athletes. When we see the majority of the respondents, which are at the age of 16-17 are 43(43%).

In terms of percentage, the second items tell us sex, male 50(50.0%).Regarding to educational level of the athletes 9th-10th grade were accounts for 41(41.0%).This explains that those from grade 9-10 are high in number. In this survey respondents were asked about how long they have been in the athletics project and 41(41.0%) of them were 3yrs and above. This means athletes who have been in the projects 3 years and above first. On the other hand they also asked on

whether they had been in any sport project before joining to this athletics project No or 61(61%) were denied. This tells that most athletes are hiding to tell their background about their being in other project before they join the project they are in and the others of their being straightforward about it.

According to the above table 100 of respondents asked about if there were model athlete from their family Yes or 59 (59%). As it can tell more athletes have a close by model from the family and others do not have relatives who participated in athletics.

Table 5 Challenges of short distance running athletes

Variables	Category	Mean	Std. Div.
“Your athletics project administered well ”	strongly disagree	3.46	.958
	Disagree		
	Agree		
	strongly agree		
“The regions youth and sport office follows the project’s progresses.”	strongly disagree	3.16	1.108
	Disagree		
	Agree		
	strongly agree		

According to above table (5) regarding to whether their “athletics project administered well” or not participants of the study with the mean of 3.46 and standard division of 0.95. In this study respondents also asked about whether the regions youth and sport office had actively follows the project’s progresses, with the mean of 3.16 standard division of 1.108.

Table 6 Main challenges of your athletic project

Variables	Category	Mean	St. Div.
“The Management of the project is good”	Strongly disagree	2.79	1.085
	Disagree		
	Agree		
	Strongly agree		
“The Community participation is satisfactory enough”	Strongly disagree	2.77	1.024
	Disagree		
	Agree		
	Strongly agree		
“The lack of Sponsorship has been a challenge for the projects“	Strongly disagree	3.19	1.143
	Disagree		
	Agree		
	Strongly agree		
“The main issues that affect athletes performance is injury”	Strongly disagree	3.01	1.133
	Disagree		
	Agree		
	Strongly agree		
“The Facility and equipment’s in project have is quiet enough.”	Strongly disagree	2.54	1.105
	Disagree		
	Agree		
“Our Coaches our project has a good quality”	strongly disagree	2.83	1.107
	Disagree		
	Agree		
	strongly agree		
“The society has no good Attitudes of the for the project.”	strongly disagree	2.41	1.055
	Disagree		
	Agree		
	strongly agree		
“Athletes drop out is the main problem in the project.”	strongly disagree	3.08	1.169
	Disagree		
	Agree		
	strongly agree		
“Implementations of plans are somehow weak.”	strongly disagree	2.19	1.074
	Disagree		
	Agree		
“The project has benefited in promoting athletes to the next level”	strongly disagree	3.13	1.098
	Disagree		
	Agree		
	strongly agree		
“The project has produced quality athletes”	Strongly disagree	2.92	1.143
	Disagree		
	Agree		
	Strongly agree		

From table 6 above for the variable “The Management of the project is good” have the mean of 2.79 and standard deviation of 1.085. This confirms that the management of the project is not good and as other second numbers of the study thing it does. For the item “The Community participation is satisfactory enough”. With the mean of 2.77 and standard deviation of 1.024. For the item which asks “The lack of Sponsorship has been a challenge for the projects” have the mean of 3.19 and standard deviation 1.143. From here it tells that the projects have the lack of sponsorship. On the other hand for the item asking “The main issues that affect athletes performance is Injury” With the mean of 3.01 and standard deviation of 1.133, which means injury is not a problem but may be other issues.

For the variable “The Facility and equipment’s in project have is quiet enough with the mean of 2.54 and standard deviation of 1.105. This shows that as the facilities and equipments in the most athletics project is not quiet enough. For the item with the statement “Our Coaches our project has a good quality” with the mean of 2.83 and standard deviation of 1.107. This shows that the coaches are not that mach good enough for the athletes. For the variable “The society has no good Attitudes of the for the project.” with the mean of 2.41 and standard deviation of 1.055. This shows that the society has no good attitude towards the athletic projects. In this table the other variable which says “Athletes drop out is the main problem in the project.” with the mean of 3.08 and standard deviation of 1.169. This shows that as athlete drop out is the main issue in the projects.

In the table for the item “Implementations of plans are somehow weak.” with the mean of 2.19 and standard deviation of 1.074 in showing as implementation of plan is not a problem. For the “The project has benefited in promoting athletes to the next level “with the mean of 3.13 and standard deviation of 1.098. This shows as the projects are benefited from the project. For the variable “The project has produced quality athletes” with the mean of 2.92 and standard deviation of 1.143. This shows as the projects are producing good athletes. This shows that the projects have been producing quality youth athletes though out the years.

Table 7 Scientific Coaching methodology related questions

Variable	Category	Mean	St. Dev.
“The daily training session is classified based on age category of the athlete.”	Strongly disagree	3.12	1.140
	Disagree		
	Agree		
	Strongly agree		
“The daily training sessions considers the individual difference of the athlete.”	Strongly Disagree	2.87	1.070
	Disagree		
	Agree		
	strongly agree		
“Athletes’ performance tests are given at the beginning of the training year.”	strongly disagree	2.84	1.022
	Disagree		
	Agree		
“Athletes’ performance test is made throughout the annual training year with ratings.”	Disagree	3.02	1.035
	Agree		
	Strongly agree		
“Trainers’ on project cites have their own files (portfolio).”	Strongly disagree	2.84	1.022
	Disagree		
	Agree		
	Strongly agree		
“The training is specific to the sport type.”	Strongly disagree	3.43	0.987
	Disagree		
	Agree		
	Strongly agree		
“The training is interesting enough.”	Disagree	3.29	1.008
	Agree		
	Strongly agree		
“The frequency of the training is suitable to the athletes’ age level.”	Strongly disagree	2.74	1.031
	Disagree		
	Agree		
“The training program is appropriate for the age level of the athletes.”	Strongly disagree	3.03	1.132
	Disagree		
	Agree		
	Strongly agree		

From the above table 7 for the item “The daily training session is classified based on age category of the athlete.” with mean 3.12 and standard division of 1.140. This tells that as the daily sessions plans in the project are classified according to the age of the trainees. For the variable “The daily training sessions considers the individual difference of the athlete.” with the mean of 2.87 and standard division 1.070 Which shows as the daily training session is not account individual deferens in its method for the benefit of the athletes.

For the item “Athletes’ performance tests are given at the beginning of the training year” with the mean of 2.84 and standard division 1.022.This indicates that as performance test is not addressed by the project cites coach at all. For the statement “Athletes’ performance test is made throughout the annual training year with ratings.” with the mean of 3.02 and with the standard division of 1.035.From here we can see that as athletes never been through performance test through out of each annually year they have been in the projects. For the other statement which says “Trainers’ on project cites have their own files (portfolio).” with the mean of 2.84 and standard revision 1.022. This shows that as the athletes don’t have their own file.

For the statement, “The training is specific to the sport type.” its mean has become 3.43 and standard division 0.987.This shows that as the training provide by the project cite are directed to the type of sport they are training. For the statement “The training is interesting enough.” with the mean of 3.29 and standard division of 1.008.This prove that the training given is interesting enough to the athletes.

For the statement, “The frequency of the training is suitable to the athletes’ age level.” The mean was 2.74 and the standard division was 1.031.This give you an idea about the frequency of the training is not appropriate for the trainees. For the item “The training program is appropriate for the age level of the athletes. “This had a mean of 3.03 and standard division of 1.132.This illustrate that the training program was right for their age level.

Table 8 Proper utilization of sport materials

Variable	Category	Mean	St .Div.
Do you have training materials for your project?	Strongly disagree	2.86	1.64
	Disagree		
	Agree		
Is there a time that you are supported by training materials by the regions or woreda sport office?	Strongly disagree	3.01	1.159
	Disagree		
	Agree		
	strongly agree		

From the above table8 for the first statement; do you have training materials for your project? With the mean of 2.86 and standard division of 1.64.

This proves that as there is training material in their project site. For the other variable; is there a time that you are supported by training materials by the regions or woreda sport office? With the mean of 3.01 and standard division of 1.159. This tells us as there is a proper utilization of a material support from the woreda and regional sport office for the projects.

Table 9 Prospects of short distance athletes

Variable	Category	Mean	St.div.
The ability of short distance Athletes will be improved in the future if current condition continues	strongly disagree	2.23	1.136
	Disagree		
	Agree		
	Strongly agree		

From the above table 9 for the first statement, with the mean of 2.23 and standard division of 1.136. The result showed that most of the respondents were not being satisfied with the current conditions and service being given to the short distance athletes. This indicates that future status of short distance Athletes in the study area will decline gradually.

4.1.2 The result of Interview

For the first interview question which was; "What are the challenges of short distance runners in Benishangul-Gumuz regional state?" From Assosa zone (Assosa, Aburamo Kurmuk and Banbasi project site) 2 coaches experts responded "the community participation is poor, there is no recognized sponsor even though there are potential sponsors in the region they haven't been selected; being used for the development of the sport, the athletes have been exposed for sport injuries because they couldn't get enough training shoes unless given ones a year; which couldn't last long." The other 2 coaches and 2 sport experts replayed "the challenges are, the sport sectors have a huge problem in supporting the projects technically, with materials and equipment, frequent follow up, they only ask reports and a sample of annual plan as a assurance for paying and not paying the salary of the coaches. The other issue is the frequent exchange of new trainees with the older one because of social issues of the athletes; sometimes families complain of school performance of the athletes after the registration of the athletes in the project.

For this same question 2 coaches and 1 expert from Metekel zone (from Senkora and Deber-Zeyit project site) replied "we as a coach we are not given a refreshment course and coaching level upgrading trainings, we have no recent videos and manuals on new ways of teaching and coaching the athletes with new trainings trainees.

The experts are busier with other sport that athletics that is not much loved by all except few who have the love for it. From the expert mouth "the coaches doesn't plan well and work hard to improve the athletes ,except giving the routine and very old ways of caching ,more complains do come from the coaches on caching cloths and shoes than coaching material exchange with other coaches in the region.

For the second question "Does the Athletics project are properly offering Scientific Training to short distance Athletes?" From Assosa zone (Assosa, Aburamo, Kurmuk, and Banbasi) the 4 coaches replied "there are mistakes which we irregularly make on planning an organized and planned training session for the athletes, continuously assessing the performance and level of development in components of coaching athletics but this can be improved when we are more observe and evaluated by some experts or other better experienced coaches than as so we can learn how we look like as a modern day coaches.

The experts in these area replied," the coaches are considering the coaching as their other way of making few money in where they work than accepting as if they are responsible with the much they are paid to prepare a proper portfolio for the athletes and fill in with their technical, physical, tactical and psychologically performance from time to time to see that the progress they made since their arrival time to the project. The other obviously observed issues are what type of training they should give at the different age and in their individual difference in addition to planning matters. This is what we mostly observe in our evaluation."

From Metekel zone (from Senkora and Deber-Zeyit project site) the 2 coaches replied, "since this Woreda is the experienced project training place from long time ago; there are options to see on how we could train in a better way from other experienced coaches of the other athletes in the woreda. We also have the possibility to make experience sharing with these mentioned coaches, except the grown up athletes are not always available to invite to the training place to come and trains with the athletes'. But one thing which we have to be honest with is the follow up on our place from the concerned body to the sport is not quite enough. We think this because of the distance of the Woreda and the difficult road issue which is causing to be unnoticed. The expert replied "the coaches need to have the interest to come up with new coaching knowledge than to always use unvaried hard works."

For the third question “Do Athletics project properly utilize sport materials?” the response was there is no sufficient equipment and facilities in all the projects except few of them which has been given from a long time ago. This is same in all the projects. For the question “ Do scientific training impacts athletes’ performance?” the answer to the question was “yes it does and when athletes’ are trained that way some time the feeding ways(economical level) matters on their next performance. Unless their feeding is also become parity good the total performance will be in danger. This is explaining replayed by the two zone coaches and experts from the sport office.

4.1.3 Results of document analysis

In the planning part of documentation analysis, the first content which has been analyzed was the perspective; secondly the Strategic plan and thirdly the development plan this contents has never been in the Woredas under Assosa and Metekel zone what they have in hand is ;how much projects do they have and were plus the number of coaches and athletes. Nothing else, as a long term and short term plan for the projects. But when it comes to the fourth and fifth meaning annual plan and the session plan there are some coaches who have the annual plan and the session plan which is the same copy of their last year plans. In the second content of the observation check list when reports, rules and regulations has been analyzed, the technical report is good but the annual and quarterly report and yearly participated competition report is very poor. Because the report is more focused on data than development of the athletes and performance level relatively to each other.

4.1.4 Result of Observation

The field is very dusty since there is no properly cleaned field for the lap runs the athletes just run around football field of their area, which the levelness of the field is not quite good; inclined in half. For the third check list is the field comfortable for the health of the athletes? What the researcher has observed is the field is full of stones, which causes injury to the athletes. When we see the equipment of the projects there are some which can be made by hand than those of manufactured one so we can say there is a sets factory level of it. However, there is no proper hurdle in the project site.

4.2. Discussion

The findings of this study with regard to challenges of short distance running dictates that the management of the project is not good, the projects have the lack of sponsorship, there is no sufficient facilities and equipment in the most athletics project, coaches are not that mach good enough for the athletes and the society has no good attitude towards the athletic projects. These findings are similar with the findings of (Berehanu, 2012 and Tesfaye, 2012) as their findings were pointed out in the related review literature of this research. Performance test is not addressed by the project cites coach at all; training provided by the project cites are directed to the type of sport they are training. Furthermore, there is training material in their project site which differs from the findings of (Birtukan, 2016). The difference is due to there is a material support from the woreda and regional sport office for the projects. Moreover, the findings of this research indicate that there is a proper utilization of materials and most of the respondents were not being satisfied with the current conditions and service being given to the short distance athletes. This indicates that future status of short distance Athletes in the study area will decline gradually. This finding agrees with the findings of (Alexander, *et al.*, 2015). Previous studies discussed indicate that provision of adequate and availability of quality facilities and equipments for training enhance athletes' development (Williams and Reilly, 2002). According to (David, 2005) availability of sport facilities and equipment has a tremendous effect on the development and popularity of a given sport. If the facilities and equipment are available in sufficient manner it is too easy to produce a number of sport developments.

Most of the project managers during our interview agreed on, there were no enough facilities and standardized coaching equipment in most projects for short distance athletes. Especially most of respondents agreed that, all of athletics projects of Benishangul-gumuz region state have no their own training area. Similar findings by (Hughes & Franks, 2004) confirmed that the efficient utilization of facilities is crucial not only for the smooth running of training session, but also for the general credibility of the coaching program in operation. In addition (Abbott *et al.*, 2002) confirm that the sport organizations should support and develop sports by providing the funding to purchase sports, equipment, supporting athletes to participate in national and international sports.

It evident from the result that most of the participants in this study were of the view that athletics sports facilities were not suitable for quality training, no sufficient sport equipment were provided for athletics projects (this is also in agreement with responses from interview), available facilities were

not of the required standards, projects were not have equipment for carrying out talent identification test and available facilities were easily accessible (95.0%).

There are shortages in access to facilities and service to all the athletes, regardless of elite level. Others finding by (Busman, 1999 and Rogers, 2005)also indicate that poor training facilities may influence the athletes' decision to drop out from sport and lack of facilities or access to facilities and equipment is a limiting factor to sports development.

CHAPTER FIVE

5. SUMMERY, CONCLUSION AND RECOMMENDATION

This chapter summarizes the overall aim and the key findings of the study. It also includes conclusion and recommendations to be taken into consideration so as to improve the status of short distance athlete in Benishangul-Gumuz regional state.

5.1 Summary

This study was intended to explore the challenges and prospects of short distance athletes in Benishangul-Gumuz regional state athletics projects. The data for his study was collected by using interview, questionnaires, document analyses and observation, and descriptive method was employed for analysis.

Most of the sample respondents were categorized under the age of 16-17 years old. From this fact one can easily deduce that the largest portion of the athletes in the study belongs to the youngest age group. Majority of respondent' level of education is 9-10 grade. Even though most of the trainees were in other type sports, they have been in short distance athletics project for 3 years. From the part two of the questionnaire analysis finding on the challenges of short distance running athletes, most of the respondents agreed that the projects management system is not good while only few of them rose that the administration system of the projects were good. Majority of the region's youth sport office follows the project progress well.

From the questioners variable which has the item main challenges of your athletic project, the respondents commented that the management of the projects is not good because the raised that they being challenged with the projects' management style. The athletics projects don't have good quality coaches; On the other hand the opinion of the participants shows as the community has good attitude towards the athletics project. Athletes drop out is found to be the main challenge that decrease the projects progress. The implementation of plan is also weak with the idea. The club is not benefited from promoting athletes to the next level of athletic, and has no quality athletes.

From the other variable about scientific coaching methodology related questions the findings show that the daily training session is classified based on age category of the athlete. Athletes' performance tests are not given at the beginning of the training year. Trainers' in the project cites doesn't have their own files as with the question. The training is specific to the sport type. The training is

interesting enough. The frequency of the training is not suitable to the athletes' age level in the opinion of the participants from the findings.

Additionally, from the questioner on proper utilization of sport materials and the needed types of materials, the respondents raised that their idea that ability of the athletics will not be improved if current style continues.

From the interview and document analysis the findings show that the community participation is poor; in the questionnaire also the finding. Its participation is not enough. The coaches are not given a refreshment course and coaching level upgrading training or no new training manuals distribution to update the coaches. The coaches are more opportunistic to only look for the coach's wear and shoes than more being motivated to find new ways of scientific coaching than they use to be coaching last year. There is a huge gap in being organized and having and integrated training plans for the training given by the coaches with the lack of continuous performance test and recording the level of athletes.

All the expertise in the woreda have confirmed with their interview some of the coaches are considering coaching the projects as their second job for income generating than helping talented generation of their local areas and helping them achieve their ambition. The coaches explained as they do believe scientifically made trainings can change the athlete's performance but the poor feeding of the athletes' family is causing to reduce the performance of the athletes in the long run in those who are from the poor family statuses.

5.2 Conclusion

Based on the findings found from the study the researcher has drawn the following conclusions.

- ✚ There were various major challenges that are considered to be the problem prohibiting the athletes and athletics project from improving their status. Lack of good management style and good quality coaches and athletes, drop out of the athletes from the program, current conflict matters, lack of performance tests at beginning of the training year, the frequency of the training is not suitable to the athletes' age level, very dusty field that exposes the athletes to sport injuries.
- ✚ Moreover, there is no well recognized sponsor, there is a huge gap in being organized and having and integrated training plans for the training given by the coaches with the lack of continuous performance test and recording the level of athletes. The sport sector experts lack commitment to support the project. The region is not closely supervising the project site because of the transportation issues of the Woreda.

- ✚ Even though the coaches believe that scientifically made trainings can change the athlete's performance, the athletics projects were not offering scientific training to the athletes. In addition to this, poor feeding of the athletes' family is causing to reduce the performance of the athletes in the long run. More than half of the respondents replied that there is no enough sport materials to be used by the athletes.
- ✚ Besides, the athletes were not even properly using the available sport materials. It is also generalized that the capability of the short distance would not be improved if the same condition continues for long.

5.3 Recommendation

- ❖ It is suggested that the regional government project sport office recommends give due attention to improve the management problem and implementation of the proposed plan and scarcity and utilization of the resource for the sector so that the capacity of short distance athletes would be improved.
- ❖ The sport project good mobilize the community to make them participant in the sport sector that alleviates the problem of sponsorship.
- ❖ Benishangul-Gumuz regional sport office better provide training coaches to update their coaching ability.
- ❖ The coaches should predict the future status of athletes' performance in the regular manner to increase the efficiency of athletes.

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APPENDIXES
JIMMA UNIVERSITY
COLLEGE OF NATURAL SCIENCE
DEPARTMENT OF SPORT SCIENCE
APPENDIX A- QUESTIONNAIRE

This questionnaire will be filled by current athletes' of the athletics project sites for the study.

Dear respondents,

My name is YadeteWesan; I am a Masters student in the school of post graduate studies College of Natural Science, and Department of sport science at Jimma University. I am intending to write my thesis on challenges and prospects encountered in Benishangul-Gumuz region, for the partial fulfillment of the requirement of masters of sport science.

Your responses to the following question will guide the researcher to the aim of the study on the Benishangul-Gumuz region. Completion of this survey is voluntary and anonymous. The result will only be used for the purpose of my research.

Thank you in advance for your cooperation to the study!

General directions:

- Your name is not required on this questionnaire part of the questionnaire.
- Please mark a tick () inside the circle ndicated.
- For the open ended questions, please write your responses in the space provided.

Part 1: Background Information.

1. What is your age group: 11-13 14- 15 16-17 above 17
Sex: Male Female
2. Educational level? (Tick one)
 5- 8 9-10 Preparatory College level
3. How long have you been with the athletics project? (Tick one)
From 1-11 months 1-2 years 3 years
Others _____
4. Have you been in other sport project training before you join athletic project?
 Yes No

5. Is anyone from your family an athlete before?

Yes No I don't remember anyone

Part 2: Main Body

Part	Items	Alternatives				
		1.Strongly Disagree	2 Disagree	3 Neutral	4 Agree	5.strongly agree
2.1	Challenges of short distance running athletes Management related question ; What is the level of your agreement with the following statements ...					
1	“Your athletics project administered well ”					
2	“The regions youth and sport office follows the project’s progresses.”					
3	“Main challenges of your athletic project is ...					
	“The Management of the project is good”					
	“The Community participation is satisfactory enough”					
	Sponsoring					
	“The main issues that affect athletes performance is Injury ”					
	“The Facility and equipment’s in project have is quiet enough.”					
	“OurCoaches and our project have a good quality”					
	“The society has no good Attitudes of the for the project”					
	Athletes drop out is the main problem in the project.					
	Implementations of plans are somehow weak.					
4	“The project has benefited in promoting athletes to the next level”					
5	“The project has produced quality athletes”					
2. 2	Scientific Coaching methodology related questions					
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	“Athletes’ performance tests are given at the beginning of the training year.”					
4	“Athletes’ performance test is made throughout the					

	annual training year with ratings.”					
5	“Athletes’ in the assigned project have a portfolio of their own.”					
6	“The training is specific to the sport type.”					
7	“The training is interesting enough.”					
8	“The frequency of the training is suitable to the athletes’ age level.”					
9	“The training program is appropriate for the age level of the athletes.”					
Part 3	Proper Utilization of sport materials the needed type					
1	Do you have training materials for your project?					
2	Is there a time that you are supported by training materials by the regions or woreda sport office?					
Part 4	The ability of short distance Athletes will be improved in the future if current condition continues					

"Thank you for completing this questionnaire!"

APPENDIX B-INTERVIEW QUESTION

This interview questions will be addressed for the current Woreda and Zone sport experts and coaches of The Particular Athletics project sites. The purpose of this interview schedule is to collect data on the challenges and prospects of short distance Athletes in Benishangul-Gumuz Regional State Athletics Projects.

This is a part of my research requirement for my Masters of Science in Sport Science at Jimma University. You will be asked subject matters which are related to the projects challenges, prospective, organizational and managerial issues. This will take thirty minutes, and the researcher will thank you in advance for investing your time with full collaboration to the study.

Thank you in advance for your cooperation to the study!

Are you willing to continue the interview please?

If the answer is yes, let us start with the questions.

1. What are the challenges of short distance runners in Benishangul-Gumuz regional state?
2. Does the Athletics project are properly offering Scientific Training to short distance Athletes?
3. Do Athletics project properly utilize sport materials?
4. What would the ability of short distance Athletes be in the future if the current trend continues for long?

"Thank you for your time and cooperation!

APPENDIX C-DOCUMENTATION ANALYSIS

Assessment Form for Document Content Analysis of Athletic project sites

Observer Name: Yadete Wesan Date

Week: _____

Address _____

Duration of Observation: _____ **Started at** _____ **Finished at:** _____

No	Documents to be observed	Parameters of comprehensiveness and Implementation					Remarks	Evidence of observation
		Excellent	Very good	Good	Poor	Very poor		
1	Planning							Copies of the documents
1.1	Perspective plan							
1.2	Strategic plan							
1.3	Development plan							
1.4	Coaches Annual Plan							
1.5	Training Session Plan and implementation							
2	Reports, rules and regulations	Organization, and technicality					Remarks	Evidence of Observation
		Excellent	Very good	Good	Poor	Very poor		Copies of the documents
2.1	Technical Report							
2.2	Annual and quarterly report							
2.3	Yearly participated competition report							
2.4	Any other							

Signature of the observer _____

Date March 16/2018 G.C time 5:00 Pm

APPENDIX D- OBSERVATION

Observational Check List for Investigating Facilities and equipment’s _____Athletics project

Observer:YadeteWesan**Date:**_____Week _____

Address: _____

Duration of Observation: _____**Started;** _____**Finished at:** _____

No	Content of observation	Parameters					Remarks	Evidence of observation
1	Facilities	Compact and Ground	Very Dusty	Semi Grassy and Dusty	Comfortable	Very comfortable		
1.1	What does the athletics field of the project is like?						Video and photograph	
1.2	Levelness	Inclined	Unlevelled	Levelled but Uncomfortable	Levelled and Comfortable	Exceptional		
1.3	Is the field comfortable for the health of the athletes?	Sport Injury causing	Other disease causing	Uncomfortable	Comfortable	Exceptional	Video and photograph	
2.	Equipment’s	Unsatisfactory	Satisfactory	Sufficient	Plenty	Remarkable		
1.1	Hurdles							

1.2	Relay battens							Video and photograph
1.3	Two different Jersey /Shirt							
1.4	S h o o e s	Trainin g						
		Compet ition						

Signature of the observer _____ Date April 30/2018 G.C Time 5:00 pm

ተጨማሪ መግለጫዎች

ተጨማሪ መግለጫለ- የፅሁፍ መጠይቅ

ይህ የፅሁፍ ቃለ መጠይቅ የሚቀርበው በቤኒሻንጉል-

ጉሙዝ ክልል ለሚገኙ የተመረጡ ዘዎች ፕሮጀክቶች ጣቢያ ሰልጣኞች ይሆናል።

ውድ መላሾች፤

ስሜያደቴ ወሰን ሲሆን ፤ በድህረ ምረቃ ትምህርት ክፍል፤ ተፈጥሮና ሳይንስ ኮሌጅ፤ ስፖርት ሳይንስ ትምህርት ክፍል፤ ጅምቶች ስር ሲገቡ ለተኛ ድግሪ ተማሪዎች። በስፖርት ሳይንስ ለሁለተኛ ድግሪ ይመመረቁ ያጽሁፊን ሚያለመጸፍ ላቀድኩት ጥናታዊ ጽሁፍ የሚሆን በቤኒሻንጉል ጉሙዝ ክልል ለሚገኙ የተመረጡ ዘዎች የአትሌቲክስ ፕሮጀክት ጣቢያ ችግሮችና እይታ ላይ አተኩሪ ያለው።

ለቀጣዮቹ ጥያቄዎች የሚሰጡ ዋቅው ምላሾች በአትሌቲክስ ፕሮጀክቶች ላይ የሚደረገውን ጥናት ወዳነ ጣጠረ በትክክል ጫይ መራሉ።

የጽሁፍ መጠይቁን ምንም ሆኖ ለትብብር ቃደኝነት ላይ ተመስርቶ ሲሆን ማንነቱን የሚያሳይ የተጠበቀ እንጂ የሚገለፅ አይሆንም። ምላሹም ለዚህ ጥናት አላማብቻ የሚውል ይሆናል።

ለጥናቱ በሚያደርጉት ትብብር በቅድሚያ አመሰግናለሁ!

አጠቃላይ መመሪያ :

- በየትኛው ደረጃም የመጠይቁ ገፅ ላይ ስምዎን መጻፍ አይኖርብዎትም፤
- እባክዎትን ይህን የራይት መልክ ትብብር ሰጠው የክብር መልክ ትውስጥ በተገለጸ ሎት መሰረት መልሶን ይጠቅሙ።
- መልስዎን በተሰጠት የባደቦታ ላይ እንዲያሰፍሩ ለቀረቡት ጥያቄዎች፤ እባክዎትን መልሶን በጽሁፍ በቀረበ ሎት ባደቦታ ያስፍሩ።

ክፍል 1: የግለመረጃ

1. የእድሜደረጃ: 11-13 15 16- ከ17 ላይ
ፆታ: ወንድሴ

2. የትምህርትደረጃዎ?
 5-8 9-10 ቅድመኮሌጅ ኮሌጅ

3. በፕሮጀክቱ ከታቀፍክ/ሽምንያ ክልሊ ዜሆኖህ/ሽ?
 11 ወራት 1-2 አመት 3 አመት

ሌላ _____

4. በሌላ የስፖርት ዓይነት በፕሮጀክት ደረጃ ታቅፈህ ነበር ወደ ዚህ አትሌትክስ ፕሮጀክት ከመምጣት ህበ
ፈት?
አለየለም

ሌላ _____

5. ከቤተሰብ ህክዚህ በፊት ሩዋጭ የነበረሰው አለ?
አለየ አላውቅም

Part 2: Main Body

ክፍል	ይዘቶች	አማራጮች				
		1 በጣም አልሰማም	2 አልሰማም	3 ገለልተኛ	4 እስማማለሁ	5 በጣም እስማማለሁ
2	የአጭርርቀት ሩዋጮች ተግዳሮቶች 2.1 አስተዳደራዊ ጥያቄዎች; በቀጣዮቹ ሐረጊት ላይ ያሉት የስምምነት መጠን ምን ይመስላል?					
1	1. አትሌቲክስ ክለብ ባቸውበት ክክል እየተዳደረ ነው።					
2	2. የክልሉ ስፖርት ኮሚሽን በትክክል ክትትልና ድጋፍ ያደርጋል።					
3	“የፕሮጀክታቸውን ፍተሻ የሆነው። የፕሮጀክቱ አስተዳደራዊ ሂደት ጥሩ ነው የማህበረሰቡ ተሳትፎ አጥጋቢ ነው ስፖንሰር ማጣት የፕሮጀክት ተግዳሮት ሆኑ ዋል። ስፖርት ባለቤቱ የሰልጣኞች ብቃት ላይ ተፅዕኖ ፈጥሮ ዋል። የስልጣና ቁሳቁስና ማዘውተሪ ያስፍራ በበቂ ሁኔታ ተሟልቷል። የአሰላል ጣኝ ብቃት ማስጎልፈቱ ይታያል የማህበረሰባዊ አመለካከት ችግር አለ። የአትሌት መጠን ማቋረጥ በከፍተኛ ሁኔታ ይታያል። እቅዶችን ተግባራዊ አለማድረግ በብዛት ይታያል።					
4	"የአትሌቲክስ ፕሮጀክት ጣቢያው ታዳጊ ተጫዋቾችን ለአካዳሚያዎች በማሳደግ ተጠቃሚ ሆኑ ዋል"					
5	"የፕሮጀክት ጣቢያው ብቃት ያላቸውን አትሌቶች አሉት"					
	2. 2. ሳይንሳዊ የአሰጣጥ ዘዴ ጋር የተያያዘ ጥያቄ					

1	“ዕለታዊ የልምምድ ስልጠናዎች በስልጠኞቹ የእድሜ ደረጃ የተከፈሉ ናቸው።”					
2	“ዕለታዊ የልምምድ ስልጠናዎች የሰልጣኞችን የግልል ደንብ ከግምት ውስጥ ያስገቡ ናቸው።”					
3	“በስልጠና አመት የመጀመሪያ መግቢያ ወቅት ላይ የሰልጣኞች ብቃት ይመዘናል።”					
4	“የሰልጣኞች ብቃት በስልጠና ዓመቱ ወቅት አመቱን ሙሉ ይለካል።”					
5	“በፕሮጀክት ጣቢያ ያሉ ሰልጣኞች የግልፋ ይልቁላቸው።”					
6	“የሚሰጠው ስልጠና ከአትሌቲክስ ጋር የተያያዙ ናቸው።”					
7	“የሚሰጠው ስልጠና ሳቢ ወይም አዝናኝ ነው።”					
8	“ስልጠና የሚሰጥባቸው ቀናት በዛት ከሰለጣኞች የእድሜ ደረጃ ጋር የተጣጣመ ነው።”					
9	“የሚሰጠው ስልጠና ፕሮግራም ከሰልጣኞች የእድሜ ደረጃ ጋር አግባብነት ያለው ነው።”					
Part 3	አግባብነት ያለው የስልጠና አጠቃቀም በተመለከተ	አዎ	አይ	አላውቅም		
1	ተገቢ የሆነ የስልጠና ቁሳቁስ በስልጠና ጣቢያቹ አለ።					
2	ከክልል ወይም ከወረዳ የደረሰባቸው የስልጠና ቁሳቁስ ድጋፍ አለ። :					

"መጠይቁን ሞልተው ስላጠና ቀቁ አመሰግናለሁ!"

ተጨማሪ መግለጫ - የሰነድ ምርመራ

የፕሮጀክት ሰነድ ይዘቶችን መመርመሪያና መመዘኛ ቅጽ

የመርመሪያ ስም: _____ ቀን: _____ ሰዎች: _____

አድራሻ: _____

የምርመራ ቆይታ: _____ የተጀመረበት: _____ ያለቀበት: _____

ቀን	የሚመዘነው ውይይት መንገድ	የተጨማሪ ጭነትና ተፈጻሚነት መለኪያ መጠን					አስተያየት	የመመዘኛ ማረጋገጫ
		እ.በ.ጥሩ	በጣምጥሩ	ጥሩ	ደካማ	በጣምደካማ		
1	ዕቅድ							የሰነድ ይዘት ጂ
1.1	የረጅም ጊዜ ዕቅድ							
1.2	ስልጠናዎች ዕቅድ							
1.3	የአሰልጣኝ አመታዊ እቅድ							
1.4	የአሰልጣኝ ዕለታዊ እቅድና አፈጻጸም							
2	ሪፖርት፣ ደንቦችና መመሪያዎች	ቅንጅትና ስልጠናዎች (+ክኒካዊነት)					አስተያየት	የመመዘኛ ማረጋገጫ
		እ.በ.ጥሩ	በጣምጥሩ	ጥሩ	ደካማ	በጣምደካማ		የሰነድ ይዘት ጂ
2.1	የቴክኒክ ሪፖርት							
2.2	የሩብዓ መትሪፖርትና ዓለም አቀፍ ሪፖርት							
2.3	ዓለም አቀፍ ውድድር ክንውን ሪፖርት							
2.4	ሌላ							

የመርመሪያ ውረር ማ: _____

ቀን: _____

ሰዎች: _____

ተጨማሪ መግለጫ - ምልክታ

የስልጠና ቁሳቁስና መሳሪያዎች በምልከታ የመመዘኛ ቅጽ

የምልከታ ፈፃሚ ማውጣት ምድብ ስም: _____ ቀን _____ ሰዎችን ት _____

አድራሻ _____

የምርመራ ቆይታ: _____ የተጀመረበት _____ ያለቀበት _____

ቀን	የምልከታው ይዘት	መለኪያ			አስተያየት	የምልከታ ማረጋገጫ
		ደረጃ	መለኪያ	መለኪያ		
1	መሳሪያዎች	ደረጃ	መለኪያ	መለኪያ		ፎቶግራፍና ቫዲዮ
1.1	የፕሮጀክቶች ማዳምን ይመስላል					
1.2	ደልዳላነት	ያዘቀዘቀ	ተደላደላና የሚመች	ወደ ርዕሰ ልዩ		
1.3	ሜዳው ስንጠቅቅ ተቆይቶ ነው?	ስንጠቅቅ ተቆይቶ ነው	ምቹ ነው	ወደ ርዕሰ ልዩ		
2.	ቁሳቁስ	አጥጋቢ ያልሆነ	ብዙ	ወደ ርዕሰ ልዩ		
1.1	ሐርድ					
1.2	ርዕሰ ልዩ					
1.3	ማህበራዊ ብዙ					
1.4	የተለያዩ ማህበራዊ	ለልምድ				
		ለውድድር				
1.5	ጫማ	ለልምድ				
		ውድድር				

የምልከታ አድራጊ ውጪ ማ _____ ቀን _____

ተጨማሪ መግለጫ - ምልክታ

የስልጠና ቁሳቁስ ስርዓት ለምልክታ የመመዘኛ ቅጽ

የምልክታ ስርዓት ስም: _____ ቀን _____ ሰዓት _____

አድራሻ _____

የምርመራ ቤቅ: _____ የተጀመረበት _____ ያለቀበት _____

ቀን	የምልክታው ድርጅት	መለኪያ					አስተያየት
		ደረጃ	በጣም	በከፊል	መጠን	መጠን	
1	መሳሪያዎች	ደረጃ መሬት	በጣም አዋራማ	በከፊል ሰራ ማና አዋራማ	መጠን በመጠን አዋራማ	መጠን ለመጠን ሰርላቦስ	
1.1	የፕሮጀክቱ መረጃ ምን ይመስላል						
1.2	ደልዳላነት	ያዘቀዘቀ	ያልተደላደላ	የተደላደላ ግንዛቤ መቻላ	ተደላደላ ናይቶች	ወደርደላ ለውጥ	
1.3	ማዳወላ ስፖርት ተቆኝ ጤንነት ምን ይሆናል?	ስፖርት ተቆኝ ዳት አምጪው	ሌላ በሽታዎችን አምጪው	የማይመችነት	ምቹነት	ወደርደላ ለውጥ	
2.	ቁሳቁስ	አጥጋቢ ያልሆነ	በአጥጋቢ	በበቂ ደረጃ	ብዙ	ወደርደላ ስ	
1.1	ሐርድል						
1.2	ርሌባትን						
1.3	በለያ ቢብስ						
1.4	የተለያዩ ማሳያዎች	ለልምምድ					
		ለውድድር					
1.5	ጫማ	ለልምምድ					
		ውድድር					

የምልክታ አድራሻው ስም _____ ቀን _____