

**JIMMA UNIVERSITY**  
**COLLEGE OF NATURAL SCIENCE**  
**DEPARTMENT OF SPORT SCIENCE**



**CHALLENGES FOR THE DEVELOPMENT OF ATHLETICS SPORT EVENT: IN CASE  
OF JIMMA ZONE WOREDAS YOUTH AND SPORT AFFAIR OFFICES**

**BY: JIHAD KELIL ISA**

**A THESIS SUBMITTED TO DEPARTMENT OF SPORT SCIENCE, COLLEGE OF  
NATURAL SCIENCE JIMMA UNIVERSITY FOR PARTIAL FULFILLMENT OF THE  
REQUIREMENT FOR THE MASTERS DEGREE IN ATHLETICS COACHING  
SPECIALIZATIONS.**

**JUNE, 2018**

**JIMMA; ETHIOPIA**

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### **Declaration**

I declare that this thesis is my own original work and has not been presented for any other degree and that all sources of materials used for the study have been duly acknowledged.

Name \_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_

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## **List of Acronyms and Abbreviations**

**EAF** - Ethiopian Athletics Federation

**EOC** - Ethiopian Olympic Committee

**IAAF** - International Association Athletics Federation

**IOC**- International Olympic Committee

**IPC** - International Paralympics Committee

**MoYSC**- Ministry of Youth, Sport and Culture

**NOC** - National Olympic Committee

**NSCE** - National Sports Confederation of Ethiopia

**PO<sub>2</sub>** – Pressure of oxygen (density of the oxygen molecules)

## **Abstract**

*The present study attempted to assess the challenges for the development of athletics sport event in case of Jimma Zone Woredas Youth and Sport Affair Offices. The research was designed to be conducted by cross sectional descriptive survey method. From 21 Woredas of Jimma Zone Youth and Sports Affair Office which are 342 office workers and managers; only 14 Woredas by using simple random sampling technique, which contains 63 individuals was purposively selected as the subject of this study. Questionnaire, interview, and document analysis were used to collect the data then, analyzed by frequency counting and percentages with both qualitative and quantitative methods. The results indicate that altitude and environmental weather condition are not the major factors. However the researcher investigated that an interest and attitude of sport experts towards athletics, lack of skilled man power, the absence of role model, and the absence of athletics club and athletics project are the major challenges for athletics sport event development in Jimma Zone. Based on the findings the researcher recommended that sport experts and office managers should know as Jimma Zone altitude and weather condition are appropriate for athletics sport events and it can be developed in Jimma. The training area for athletics should be identified in all Woredas. Office managers should search for and recruit skilled man in athletics and need to design and develop mechanisms to support, supervise, and work with close relation to athletics professionals. Athletics project should be established in each Woredas. The actions expected from sport experts to overcome the challenges for athletics sport event development are having positive attitude towards athletics, strong motivation and a willingness to work extremely hard. Office managers need to design ways to facilitate, to present facilities and equipments, fund raising, to create awareness among youth and to motivate all stake holders. Generally due attention and serious consideration should be given to the challenges for the development of athletics sport event of Jimma Zone.*

**Key words:** affair, athletics, challenges, development, effort, expert, event, sport, stake holder, track event, youth

## CHAPTER ONE

### 1. INTRODUCTION

#### 1.1 Background of the Study

Athletics was especially popular, and soon become central to the exercise components of national education systems. Athletics is an exclusive collection of sporting event that involve competitive running, jumping throwing and walking. The most common type of athletics computations are track and field, road running, cross country running and race walking. The simplicity of the competitions and the lack of a need for expensive equipment, make athletics one of the most commonly competed sports in the world. Organized athletics are traced back to the ancient Olympic Games from 776 BC. Most modern events are conducted by the member clubs of the international association of athletics federation (Abera, 2013).

Recently sport have been recognized as a powerful means to promote education, health, culture sustainable development and peace by many organizations including the International Olympic Committee (IOC) and United Nations Office of sport for Development and peace. Sports can contribute to the development of personal and social values that very important in the educational process of the child and youngster. Now a day's sport has become a popular activity among the youngsters and adults in Ethiopia (Tufa, 2015).

Modern sport has a history of over half a century in this country. Even if, many types of games are introduced within this period, the development of modern sport is still at the infancy level. The causes for these are organizational, economical and that of outlook. As the leadership in sports lacked a popular base in this country, it has been undergoing a series of continuous reorganization. Its focus has been on organizing competitive sports for the very few elite athletes (MoYS, 2004). They have gained recognition by themselves rather than nurturing sport as public's culture. Yet as this intent on gaining victory lacks broad base that would replenish effective sport persons, the results registered have been declining, as well. In favor of this Ethiopian National Sport Policy further asserted that the limited role of the community in sports, the decline of sports in schools, the shortage of sports facilities, sportswear, and equipment, as well as the lack of trained personnel in the field must have made the problem more complex. As incorporated in the sport policy document 2004, the policy outlines clearly selected goal, strategies, and means as to how the problems could be addressed. It further defines to what point sport should be directed, what, how, why to train, who

to be a trainer at different levels, decisions as to organization, facilities and administrative arrangements as well as coordination among its several elements. Apparently, sport in all countries is changing with time, but not uniformly at all, as the gap in resource between wealthy and poor countries is growing. As indicated also in this outset, the availability of quality sport facility is necessary for proper training; where this does not exist, it is difficult to achieve the intended objectives set a head of time(Judith, 1998).

In effect, one could safely agree that Ethiopia has some of the best middle and long distance runners in the world. Long distance running has not only brought joy for Ethiopians, but also inspiration and courage to overcome the challenges of poverty (Judah, 2008). From these assertions without going in to details, it is possible to deduce that, Ethiopia's Olympic achievement has been limited with middle and long distances together with other African countries. Because of this, too little attention was given for field event athletics, and considerable achievements in international level have not been achieved so far. (Abera, 2013).

Typically, the rationale behind their achievement lays on that, the practice of this event requires remarkably little facilities, having a door-openers' "a role models", an engagement with manual work at the early age, for instance, long distance round-trip to school, fetching water and gathering fire wood...etc. could be mention as some of the main factors (Tsehaynew, 2010). Likewise, when we talk about sport and Ethiopia, relatively few but world finest distance runners' just come to our mind. Hence, the New York Times called Ethiopia "running Mecca," due to its historical successes in the athletics program, in which it also took 5<sup>th</sup>place in the world ranking during the Olympic champion at Beijing International Olympic committee(IOC),2010.

The Ethiopian Athletics Federation along with Regional Federations are striving their best for the development and expansion of athletics sport, In different parts of Ethiopian regions there are 35 athletics training center opened by EAF and 30 athletes and 3 functional persons which are involving in the training centers. The major roles of EAF for regional athletics projects are as follows; athletes and coaches need of equipment, coaches salary, sponsoring full costs of national champion competitions and follow-up the project and training for coaches etc Now a days in Ethiopia, the public assumption is remarkably high in visualizing the future success in more steps-up and various fields of athletics (Birhanu, 2012). It is not possible to dwell entirely up on the past success, which has gone to the record books, instead on what is successfully being done today.

Hence, active engagements with the current practice provide us fresh looks-to see the far prospect. On the top of that, the retrospect foot paths do play a significant role on the overwhelming majority of youths in making them to be the part of the history.

The focus area of this research is located in Oromia regional state of south west Ethiopia. Here, the study was carried out in Jimma Zone which is 352Km far from Addis Ababa.

### **1.2 Statement of the Problem**

Athletics is one of the natural physical activities of human being that contain natural actions like walking, running, jumping and throwing. In one way or another, athletics events have been performed by human beings since their existence in this world. Any athletic events require a series of coordination of movements to obtain the maximum output of effort with the minimum output of energy. (Araya, 2005,)

Athletics is an activity in which millions of people throughout the world participate and in which many of its fans want to watch on television. Running, jumping and throwing exercise in track and field can develop a sound healthy body as well strong and coordinated muscle movements and build a positive attitude towards life.(Mluneh, 2005)

In the fast change world, the increase in public expectation from sport sector creates changes in the sport policy. Consequently, these change will have effect in the overall sport fields. So, in order to keep with this fast changes, the organized training centers in many sport activities have become the call of the day. In line with this, Ethiopian National Sport policy has been experiencing reforms in different depth, and broad the explicitly focusing in training talented youth so neither boarding or non-boarding based training centers, to produce elite athletes with various fields of athletics including specific events that the country is not yet well known Ethiopian National Sport policy(MoYS, 2004)

In conformity to this, Ethiopian National Sport policy further disclose and puts,“...register great achievements of international standard by tapping the overall sports activity within the community and in particular from among the youth by creating awareness and participation amongst them”. To this effect, appropriate implementation of the program can favorably influences the overall development of the country’s sport in many aspects. To happen and see as expected talents identification, proper recruitment procedures, research, specific knowledge based training, setting within reachable goals, competent and effective organizational structure ...etc are preconditions, as (Sharkey, 1986)agreed.



Actually, for all expected outcomes there should be the development of once sport i.e. in case of this study athletics development in the area. Jimma Zone is one of the Oromia region zones, which is located at south western part of Ethiopia. Jimma Zone weather condition and altitude is appropriate for athletics sport events and other sport movements. Even if our country Ethiopia, particularly Oromia region is known by producing more talented athletes of long distances for the country, from Jimma no one could be seen on an international athletics competitions. Provided this, it is necessary to develop athletics in Jimma Zone in order to reach on others by various fields of athletics. To this end, the researcher found it timely and crucial to study what are some of the problems and challenges in athletics development in Jimma zone the following basic questions will be answered at the end of this study.

1-What are the efforts made by sport experts to develop athletics sport?

2-What are the challenges for the development of athletics sport events in Jimma Zone?

3-How can be developed athletics sport events in Jimma Zone?

### **1.3 Objectives of the Study**

#### **1.3.1 General Objectives**

To assess the challenges for the development of athletics sport events in Jimma Zone, and find out the efforts made by sport experts.

#### **1.3.2 Specific Objectives**

-To explore the efforts made by sport experts to develop athletics sport events in Jimma Zone.

-To identify the challenges for the development of athletics sport events in Jimma Zone.

-To provide possible suggestions and give clues for the stake holders.

### **1.4 Significance of the Study**

The findings of this study was significant in identifying the problems and challenges for athletics sport events development in Jimma Zone and as a result it aimed to provide possible suggestions for the stake holders to think of and try to develop track and field events in Jimma which is cited in south western Ethiopia. The research also helps other researchers as source of study.

### **1.5. Delimitation of the Study**

The development of sport in once region and zone or city is very important for the development of the country in all aspects. This research was delimited to the challenges for the development of

athletics sport events of Jimma Zone Woredas because of the researcher live in Jimma Zone and approach to Woredas to conduct the research.

### **1.6 Limitation of the study**

The outcome of this study would very interesting to conduct the study on the challenges for the development of athletics sport events in all Woredas of Jimma Zone. The limitations of this study were shortage of money and transportation problems. Another Major problem that the researcher faced was shortage of reference books and appropriate documents while conducting the research, the researcher has been forced to rely mainly on sources that are little related to the topics. The respondents fear to answer the questions especially part two which deals about the efforts made by stake holders and some biased responses were some of the problems that the researcher faced during conducting the research.

### **1.7 Definition of Operational Terms**

**Affair** – a matter that is a particular person’s concern or responsibility

**Altitude** – is the height of an object or point in relation to sea level or ground level.

**Altitude acclimatization** is the term broadly describes adaptive responses in physiology and metabolism that improve tolerance to altitude hypoxia.

**Athletics** is a human natural skill and/or is one of the natural physical activities of human being that contain natural actions like walking, running, jumping and throwing.

**Challenges-** stimulating test of abilities or a situation that tests some body’s abilities in a stimulating way.

**Development-** make or become bigger or better

**Effort** – a vigorous or determined attempt

**Expert-** is a person who is very knowledgeable about or skilful in a particular area.

**Field event** is athletic sports other than races, such as throwing and jumping events

**Sport** is defined as “All forms of physical activity that contribute to physical fitness, mental well-being and social interaction, including play/active recreation, organised/competitive sport, and informal sports/games.”

**Stake holder** - a person with an interest or concern in something..

**Track event** is athletic events that take place on a running track.

**Youth** – the period between childhood and adult age

## CHAPTER TWO

### 2. REVIEW OF RELATED LITERATURE

#### 2.1 The Concepts of Athletics

**Athletics** is called “Queen of sports”-it is an exclusive collection of sporting events that involve competitive running, jumping, throwing, and walking. The most common types of athletics competitions are track and field, road running, cross country running, and race walking. The simplicity of the competitions, and the lack of a need for expensive equipment, makes athletics one of the most commonly competed sports in the world. Athletics is mostly an individual sport, with the exception of relay races and competitions which combine athletes' performances for a team score, such as cross country.

Athletics is one of the natural physical activities of human being that contain natural actions like walking, running, jumping and throwing. In one way or another, athletics events have been performed by human beings since their existence in this world. Any athletic events require a series of coordination of movements to obtain the maximum output of effort with the minimum output of energy(Sahilemichael, 2005).

Athletics is an activity in which millions of people throughout the world participate and in which many of its fans want to watch on television. Running, jumping and throwing exercise in track and field can develop a sound healthy body as well strong and coordinated muscle movements and build a positive attitude towards life(Teshome, 2005).

#### 2.2 Sport for Development and Peace

There is currently strong support for the use of sport as a tool in development and peace work, in the form of both social and personal development. However, this stance has not developed in a vacuum. The connection between sport and peace is dated by some scholars back to the first Olympic Games in Athens in 776 BC, during which a sacred truce was instituted between the constantly warring Greek city-states (Selliaas, 2012).

The modern Olympic Games are often tied to the international peace movement, which experienced a surge at the end of the 1800s, and the current Olympic Charter is based on the idea that sports and the international sports movement shall serve to develop a peaceful society. (Kidd, 2010) claims that the understanding of social and personal development through sport has roots that go as far back as the various trends and movements, such as “Rational Recreation”, a trend among the middle-

and working-classes of England at the end of the 1800s, the playground movement early in the 1900s, and the workers sports movement, which grew substantially in the interwar period(Houlihan, 1994).

International institutions such as the League of Nations (the predecessor to the United Nations) and international sports organisations such as the International Olympic Committee (IOC) exhibited an early interest in social development through sport. For instance, the League of Nations' International Labour Organisation and the IOC entered into an agreement in 1922. Following the Second World War, at the start of the period of decolonisation and the beginning of the Cold War, sport was systematically used by the great powers in both the East and the West as a political and ideological propaganda tool in relation to the developing countries. As the colonies were politically unstable and thus vulnerable to influence, both the United States and the Soviet Union viewed sport as an important factor in establishing cross-border contact and acquiring partners. The number of development projects using sport increased during the 1980s. But even though the apparent apolitical role of sport was used as a pretext, the connection between sport and politics was obvious, and the propaganda was still characterised by an attempt to spread both politics and ideology. The political propaganda and power struggle between East and West eventually also manifested in the International Olympic Committee's (IOC) development aid programme, *Olympic Solidarity*, which distributed financial and technical assistance to national Olympic committees in developing countries. The early use of sport as development aid must be characterised as elite-oriented, with the objective of developing elite athletes in the developing countries, which were in turn to benefit these countries. The technical instruments were coach and athlete exchanges, fellowships and material assistance, such as the construction of sports facilities for elite athletes(Houlihan, 1994).

Since the turn of the millennium, there has been growing international interest in integrating sport as a method in international development and peace work and policy. Sport can play a role in improving the lives of individuals, not only individuals, I might add, but whole communities. I am convinced that the time is right to build on that understanding, to encourage governments, development agencies and communities to think how sport can be included more systematically in plans to help children, particularly those living in the midst of poverty, disease and conflict(Hasselgård, 2015).

### 2.3 Sport Role Models

Sportsmen and women are role models for an active, healthy lifestyle. Elite athletes, before they became professional competitors, were all children interested in sports at a basic level(Biskup, 1999).

By building a wide base of recreational athletes, you also build a strong base of future champions. And once they become elite and earn recognition in the public, they have a strong role in promoting exercise as a desirable lifestyle(Lyle, 2009).

Success in sport demonstrates the reward environment, that is, a role modeling effect. People are able to particularise the benefits, status and achievements accruing from participation. Success and role modeling are dependent for impact on the stimulation effect. As with role modeling, the success enjoyed by a sport has to have a relevance to the observer. This may be the case for those already connected to a sport, and may explain some likelihood of increased involvement. However, for those not already engaged, the spectacle of success may seem some distance from what they understand as their 'beginners' role' within the sport. Observers may have to be given some credit for appreciating that their experiences will not be those of the elite participants that they celebrate(Allison, 2001).

Young people are all exposed to role models and the great majority can identify with sporting heroes. The hero was a combination of excellence, dominance, determination, hard work, coping with pressure and mystique. Heroes went beyond celebrity; they showed social mobility, good work ethic and moral behavior. It is important that young people were able to be discriminating about the behavior of sports stars. They were realistic, but acknowledged the inspirational role(Lines, 2001).

The most important aspect of role modeling is which part of the role is being portrayed or, rather, assimilated by the observer. It is this range of role constructs that helps to explain how the role model will impact on the observer's behavior. The behavior and values exhibited by a role model can be one or more of the following:

**An exemplary manifestation of the role.** The model is acknowledged for carrying out the role in accordance with all measures of good practice. This reinforces good practice (including good values) for those who are already engaged. This may be important in a vocational or training role.

**A representation of sanctioned behavior.** The behavior of the model (good or bad) may be held to be 'okay to copy'. It is this aspect of modeling by sports stars that can be problematical.

**An inspirational example of personal achievement.** The model demonstrates a 'road to the top',

despite challenging personal circumstances. This message may allow others to realize that ‘it can be done’.

**An illustration of the reward environment.** The achievements of the model are a reminder that high status, satisfaction and some benefits can follow if you are successful in (that) sport.

**A demonstration of achievement for special populations.** The model is an illustration that gender, ethnicity or disability (or other special status) is not a barrier to achievement.

**An exemplar of ‘what to do’ in a role.** The model provides an account of what being in that role entails. This may be most helpful for those who have already had some experience.

**A figure with whom to identify.** This is closest to the hero/celebrity experience. The model has an attraction and personal meaning for the observer. Although there may be some superficial copying, the desire to emulate is a ‘distant’ one. Each of these facets of role modeling may act independently or in concert. Perhaps the most important issue is that role model programmes need to establish and take into account the observer’s perspective. This will have implications for selection of the model, and delivery and structure of the programme. In evaluation methodology, the questions asked about the effect of a role model will be reflective of one or more of these elements(Bandura, 1977).

## **2.4 History of Athletics**

Organized athletics are traced back to the Ancient Olympic Games from 776BC, and most modern events are conducted by the member clubs of the International Association of Athletics Federation (IAAF). The athletics meeting forms the back bone of the modern Summer Olympics and other leading international meetings include the International Association of Athletics Federation (IAAF) World Championship and World Indoor Championships, and athletes with a physical disability compete at the Summer Paralympics and the International Paralympics Committee (IPC ) Athletics World Championships (Birhanu, 2012).

During the Middle Ages organized track and field all but disappeared. The true development of track and field as a modern sport started in England during the 19th century. English public school and university students gave the sport impetus through their interclass meets, or meetings as they are still called in Britain, and in 1849 the Royal Military Academy held the first organized track and field meet of modern times. Not until the 1860s, however, did the sport flourish. In 1866 the first English championships were held by the newly formed Amateur Athletic Club, which opened the competition to all "gentlemen amateurs"--specifically, athletes who received no financial compensation for their efforts. In 1896 the first modern Olympic game were staged. Although

initially of limited appeal, the Olympics captured the imagination of athletes and grew steadily, making track and field an international sport for the first time. In 1912 the International Amateur Athletic Federation (IAAF) was formed by representatives from 17 countries. The IAAF was charged with establishing standard rules for the sport, approving world records, and ensuring that the amateur code was adhered to; it continues to carry out these duties today. The participation of women in track and field is a relatively recent development. In 1921 representatives from six countries formed an athletic federation for women, which merged with the IAAF in 1936. Participation by women has grown rapidly in many countries in recent years, particularly in the United States, where many schools have added women's track and field to their athletic programs (Peter, 2008).

For participants, athletics was about enhancing the quality of life; it was something done for love and other noble principles. This permitted a limited group of athletes to achieve high-level performances by virtue of a privileged social and financial situation. Yet with the continual evolution of modern society came tremendous enthusiasm for sport. This growing interest and the improvement of individual performances boosted the stature of athletics. Beginning in the 1960s, TV coverage of athletics greatly increased and many companies began to see commercial value in the sport. It became harder to follow the amateur principle in the traditional sense, especially considering the time and resources needed to train and maintain elite athletes. Faced with this commercially demanding world, the IAAF made changes to benefit the athlete, spectators and all other members of the Athletics Family. In 1982, the IAAF abandoned the traditional concept of amateurism and in 1985 created trust funds for athletes. The way to high performance was opened to larger groups of extremely talented athletes. Steadily, there has been a change from the so-called amateurs to financially motivated and secure athletes at the highest levels and this development has continued with the introduction of the IAAF Competition Awards in 1997, which offered prize money to successful athletes for the first time in the history of IAAF competitions (Birhanu, 2012).

The development of applied sports sciences, improved equipment and new training and competition techniques, brought even more changes to the sport. Sadly, performance enhancing drugs became more prominent at this time as well, jeopardizing the moral fabric of sport as well as the health and lives of young people. The IAAF has subsequently led the sports movement worldwide in the development and application of an extensive anti-doping program involving testing both in and out of competition. Until the late seventies, athletics had its moment of glory every 4 years, at the

Olympic Games. Today, The official IAAF Competition Program now includes World Championships, World Junior Championships, World Youth Championships, World Indoor Championships, Continental Cup, World Cross Country Championships, World Race Walking Cup, World Half Marathon Championships, the international Diamond League and World Challenge series, Combined Events Challenge Race Walking Challenge, Hammer Throw Challenge, Road Race Labels, and Permit circuits for indoor and cross country competitions. In addition a variety of major competitions at continental level reflect the expansion of the IAAF program(Peter, 2008).

In 2003 the IAAF Congress approved the addition of Mountain Running to the list of disciplines governed by the IAAF. Mountain Running has its own World Championships and Grand Prix circuit. With regard to administration, the number of affiliated federations grew dramatically, from 17 in 1912 to 213 in 2008 and back to 212 in 2010 when Netherlands Antilles federation ceased to exist independently. All federations are invited to attend the IAAF Congress every two years with elections held during even-numbered Congresses. While once functioning in a way which favored the wealthier, developed nations through its voting system, the IAAF adopted the ultimate democratic system of one country, one vote in 1987. The IAAF Council, which administers all IAAF affairs, consisted of seven members drawn from 16 member federations in 1912, and this has grown to 17 from 212 today(Kevin, 2008).

In 1968, a representative of each area in the world was elected to the IAAF Council and in 1995 two women were elected for the first time. The IAAF now has six Area Group Associations. Council is assisted by six Committees and eight Commissions in the wide ranging decisions it must make. These are manned by experts in the various fields(Birhanu, 2012).

The IAAF Headquarters, which was initially the study of the General Secretary, now consists of three fine buildings in Monaco. The organization now employs nearly seventy full-time multi-national professional staff. This expansion and growth have only been possible due to a professionally planned marketing program. The IAAF has long accepted the need to embrace corporate sponsorship as a means to better promote and develop the sport worldwide.

In the early days IAAF income was restricted to membership fees paid by the affiliated member federations and additional sums from the selling of the IAAF publications. But in recent years, with the expansion of the competition program and the huge interest in athletics shown by TV and corporate partners, this income has increased dramatically. This move towards a more professional



sport was particularly recognized in 2001, when the IAAF Congress voted unanimously for the organization's name to be changed to the International Association of Athletics Federations (Kevin, 2008).

## **2.5 Athletics Events**

Track and field events originated almost along with the first human kind on earth. To survive, early humans engaged themselves in running, jumping and throwing activities, all of which are natural body movements that enabled early humans to overcome the challenges of nature. Track and field events that are fundamental, low-risk, require the minimum of equipments and a large mixed group to be actively involved such as sprints, distance running, hurdling, high jump, triple jump, discuss, shot put etc (Meseret, 2006).

Track and field events are divided into three broad categories: track events, field events, and combined events. The majority of athletes tend to specialize in just one event with the aim of perfecting their performances, although the aim of combined events athletes is to become proficient in a number of disciplines. Track events involve running on a track over specified distances and in the case of the hurdling and steeplechase events obstacles may be placed on the track. There are also relay races in which teams of athletes run and pass on a baton to their team member at the end of a certain distance (Kelbessa, 2012).

There are two types of field events: jumps, and throws. In jumping competitions, athletes are judged on either the length or height of their jumps. The performances of jumping events for distance are measured from a board or marker, and any athlete overstepping this mark is judged to have fouled. In the jumps for height, an athlete must clear his or her body over a crossbar without knocking the bar off the supporting standards. The majority of jumping events are unaided, although athletes propel themselves vertically with purpose-built sticks in the pole vault. The throwing events involve hurling an implement (such as a heavy weight, javelin or discus) from a set point, with athletes being judged on the distance that the object is thrown. Combined events involve the same group of athletes contesting a number of different track and field events. Points are given for their performance in each event and the athlete with the greatest points total at the end of all events is the winner (Kelbessa, 2012).

### **2.5.1 Running**

The running events are sometimes described as non-technical, mainly because running is a natural activity which appears relatively simple when compared to the Pole Vault or the Hammer Throw. However, there is nothing simple about any of the running events. The relative emphasis of speed and endurance dictated by the distance of the race, the crouch start in the sprints, the exchanges in the relays and the presence of barriers in the hurdling and steeplechase races all make technical demands for which athletes must be prepared. Note: For the purpose of this book, Race Walking has been grouped together with the running events. The rules and technique of Race Walking are, of course, very different and a detailed explanation of these differences is given in the Race Walking section. The fundamental goal in all running events is to maximize average running speed over the course of the race. To achieve this aim in the sprint events the athlete must focus on reaching and maintaining maximum velocity. In the hurdle events the focus is the same with the added requirement of clearing the hurdles. In the longer events optimizing the distribution of effort is of primary importance(Müller, 1996b).

An athlete's running velocity is determined by stride length and stride frequency. Optimal stride length is largely determined by the physical characteristics of the athlete and by the force he or she exerts on each stride. This force is influenced by the athlete's strength, power and mobility. Optimal stride frequency is dependent on the athlete's running mechanics, technique and coordination. Specific endurance and tactics are, of course, important to the overall speed of a race, though from the sprints to the ultra-distances the degree of importance varies(Ritzdorf, 1996).

Each running stride comprises a support phase and a flight phase. These can be broken down into front support and drive phases for the support leg and front swinging and recovery phases for the free leg. The two parts of the support phase are of critical importance. In the front support phase there is actually a deceleration of the forward motion of the athlete's body. This must be minimized by (a) an active landing on the ball of the foot and (b) a 'pawing' action of the foot, particularly in sprinting. During this phase energy is stored in the muscles as the leg bends to absorb the shock of landing - a process known as amortization. The drive phase is the only part of the stride that accelerates the body. The athlete's aim is to direct the greatest amount of force into the ground in the shortest possible time. This force is created by contractions of the leg muscles and the release of the stored energy in the muscles and tendons as the leg extends. To achieve maximum acceleration

from each stride it is essential that there is full extension of the ankle, knee and hip joints in combination with an active swing of the free leg and the powerful drive of the arms(Müller, 1996b).

### **2.5.2 Jumping**

At first look the four jumping events in athletics might appear very different from each other. From a technical point of view they range from the relatively simple Long Jump through the High Jump and Triple Jump to the apparently complex Pole Vault. There are, however, a number of very important commonalities among the jumps, the understanding of which will help the coach working with athletes in any of the events(Ritzdorf, 1996)..

The goal in the jumping events is to maximize either the measured distance or height of the athlete's jump. In the Triple Jump, of course, the goal is to maximize the distance of three consecutive jumps while in the Pole Vault the athlete is aided by the use of the pole. Distance and height of flight are determined mainly by three parameters: (a) velocity at take off, (b) the angle of take off and (c) the height of the centre of mass at take off. Of these, take off velocity and take off angle are generally the most important(Müller, 1996b).

The height of the centre of mass is determined by the athlete's body height though it is influenced by the athlete's position at take off. Take off velocity and take off angle are both the result of the actions of the athlete prior to and during take-off. So, the take off is of major importance in all jumping events(Ritzdorf, 1996).

There are additional factors affecting the height of flight in the Pole Vault. The most important of these are the transfer of energy to the pole during the take off and then the return of that energy from the pole after the take off to provide additional lift to the athlete's body. Once the flight path has been established at take off the measured result can be negatively influenced by, in the case of the High Jump and Pole Vault, ineffective bar clearance or, in the case of the Long and Triple Jump, poor landing technique. The movements of the jumping events can be broken down into four main phases: Approach, Take off, Flight and Landing(Müller, 1996a).

In the Triple Jump the take off-flight-landing sequence is repeated three times. In the Pole Vault the four phases apply but the phase structure used by coaches is modified to take into account the additional movements the athlete makes because of the pole. In the approach phase the athlete generates horizontal velocity(Müller, 1996b).

In the Long Jump, Triple Jump and Pole Vault of the final result is largely determined by the level of horizontal velocity at take off, therefore, the athlete's objective in the approach phase of these events is to come close to his/her maximum running speed. In the High Jump horizontal velocity plays a lesser part in the final result and the athlete's objective is to find the optimum rather than maximum running speed in the approach. The approach phase also includes preparation for the take off. It is vital, therefore, that the running speed is appropriate for the athlete's ability to use it in the take off and that the athlete is in control of the speed(Ritzdorf, 1996).

### **2.5.3 Throwing**

Each of the events has a specific set of restrictions including (a) the characteristics of the implement used (size, weight, shape and aerodynamic qualities), (b) space limitations (the Shot Put ring, the length of the Javelin Throw runway, the throw sector lines) and (c) technique requirements dictated by the rules which influence the sequence of movements and make them unique. However, there are a number of very important commonalties among the different throws, the understanding of which will help the coach working with athletes in any of the events(Müller, 1996a).

The goal in the throwing events is to maximize the measured distance covered by the implement. The distance that any thrown object travels is determined by a number of parameters. For the athlete and coach the most important are the three release parameters: (a) height (b) speed and (c) angle and, in the cases of the Discus Throw and Javelin Throw, the (d) aerodynamic qualities of the implement and (e) environmental factors (wind and air density due to relative humidity and or altitude). The release height is determined by the athlete's body height though it is influenced by the athlete's position at release. The release velocity and release angle are both the result of the actions of the athlete prior to and during release. Neither the aerodynamic qualities of the implement nor the environmental factors can be affected by the athlete, though it is possible to make some adjustments to the throwing technique that will maximise the potential distance of a throw. The movements of the throwing events can be broken down into four main phases: Preparation, Momentum building, Delivery, Recovery(Müller, 1996a).

The descriptions below apply to right-handed throwers. In the preparation phase the athlete grips the implement and assumes a position to start the momentum building phase. The preparation has no direct influence on the throwing distance. In the momentum building phase the athlete and implement initially move together as one unit but then the athlete overtakes the implement during

the 'hop' or impulse stage in the javelin, the glide in the linear shot put, the turn in the discus and the rotational shot put and during the single support phase of the hammer turns. In the delivery phase velocity is stored, increased and transferred from the athlete's body to the implement and the implement is released. The link between the momentum building phase and the delivery phase is the power position, when the athlete has two feet on the ground. With some differences for the Hammer Throw, the common features of an effective power position in the throwing events are: Muscular tension throughout the body, A balanced stance with both feet on the ground, Body weight over the right foot, right heel lifted, Right heel and left toe lined up, Backward lean against the direction of the throw(Ritzdorf, 1996).

In addition to an effective power position the common elements of effective delivery phases are: A well coordinated sequence of successive action of all the joints involved in the throw: foot, knee, hip, shoulder, arm and hand, A twisting extension of the right leg using the strong muscles of the leg to lift the body, A bracing of the left leg to accelerate the right side of the body and produce vertical movement, A bow tension or twisted position causing high pretension in the trunk, shoulder and arms which can be used to produce acceleration, A blocking action in the upper body in which turning movement of the trunk is stopped with the left side allowing the right side to accelerate, In the recovery phase the athlete braces against any remaining velocity and avoids fouling(Müller, 1996a).

## **2.6 Altitude and Athletics**

Altitude's challenge comes directly from the decreased ambient  $PO_2$  (density of the oxygen molecules) not from the reduced total barometric pressure per se or any change in the relative concentrations (percentages) of gases in inspired. Air density decreases progressively as one ascends above sea level. For example, the barometric pressure at sea level averages 760 mm Hg, and at 3048 m the barometer reads 510 mm Hg; at an elevation of 5486 m, the pressure of a column of air at the earth's surface equals about one-half its pressure at sea level.

The relatively poor performances of men and women in middle-distance and distance running and swimming during the 1968 Olympics in Mexico City (altitude 2300 m; 7546 ft) resulted from the small reduction in oxygen transport at this altitude. No world records emerged in events lasting longer than 2.5 minutes(Craig, 1968).

Altitude does not impair the short-term anaerobic energy system at moderate altitude (e.g., glycogen storage, pathways of glycolysis and corresponding phosphorylase and phosphofructokinase enzyme activity, although maximal lactate accumulation becomes depressed at extreme elevation or success in sprint-power activities such as sprint running, speed skating, track cycling, jumping, and discus. The progressive reduction in ambient PO<sub>2</sub> as one ascends in altitude eventually causes inadequate hemoglobin oxygenation in arterial blood. Arterial de-saturation produces noticeable performance decrements in aerobic physical activities at altitudes of 2000 m and higher. Altitude does not adversely affect short-term (anaerobic) sprint and power performances that depend on energy from intramuscular high-energy phosphates and glycolytic reactions(Gavin TP, 1998).

### **2.6.1 Acclimatization**

During the many years that mountaineers attempted to climb the world's highest peaks, they knew that it required weeks to adjust to successively higher elevations. The term *altitude acclimatization* broadly describes adaptive responses in physiology and metabolism that improve tolerance to altitude hypoxia. Each adjustment to a higher elevation proceeds progressively, and full acclimatization requires time. Successful adjustment to medium altitude affords only partial adjustment to a higher elevation. Residents of moderate altitudes, however, do show less decrement in physiologic capacity and exercise performance than lowlanders when both groups travel to a higher altitude(Maresch CM, 1983)

### **2.6.2 High Altitude Training Models**

Scientific evidence supporting the use of high altitude training models tends to be controversial and the subject of intense debate amongst researchers. This reflects the difficulties associated with working in this field. Elite athletes may be required to improve performance by as little as 1% to succeed in competition, and the small sample sizes of athletes reported in these studies are inadequate for the purpose of detecting these changes(Hopkins, 2001).

### **2.7East African Athletics**

The periodic domination of middle and long distance running by different regions of the world is not a new phenomenon. Researchers are yet to confirm a genetic or physiological advantage in being a middle or long distance runner of East African origin, and it is most likely that the reasons for their success are many. The belief that East African success is due to uncontrollable stable factors will perpetuate the current level of domination(Yannis, 2012).

East African middle and long distance runners are currently the dominant force in athletics. As well as dominating the track events at the last several Olympic Games, they are also dominant on the American and European road racing circuit and world cross country events. Although many physiological and anatomical factors have been proposed to explain East African dominance, research into these variables has not yet revealed any definitive advantage for the African. Traditional social and cultural factors have often been described as “advantageous”, and, although these factors may be to a greater or lesser extent involved in the East African dominance, it is probable that both the African and Caucasian psychology or “mindset” are now additional important factors in maintaining that dominance. Like Scandinavian distance runners in the early 20th century, who won 28 of 36 possible Olympic medals over 5000 and 10000m, the East Africans have developed an aura of invincibility, both in their own minds and the minds of their Caucasian opponents. Caucasians worldwide are searching for proof of the physical advantage of the East Africans while handing them on a platter a psychological advantage which, until removed, will perpetuate the current state (Saltin B, 1995).

Since the 1968 Mexico City Olympics, Kenyan and Ethiopian runners have dominated the middle- and long distance events in athletics and have exhibited comparable dominance in international cross-country and road-racing competition. Several factors have been proposed to explain the extraordinary success of the Kenyan and Ethiopian distance runners, including genetic predisposition, development of a high maximal oxygen uptake as a result of extensive walking and running at an early age, relatively high hemoglobin and hematocrit, development of good metabolic “economy/ efficiency ” based on somatotype and lower limb characteristics, favorable skeletal-muscle-fiber composition and oxidative enzyme profile, traditional Kenyan/Ethiopian diet, living and training at altitude, and motivation to achieve economic success. Some of these factors have been examined objectively in the laboratory and field, whereas others have been evaluated from an observational perspective. The purpose of this article is to present the current data relative to factors that potentially contribute to the unprecedented success of Kenyan and Ethiopian distance runners, including recent studies that examined potential links between Kenyan and Ethiopian genotype characteristics and elite running performance. In general, it appears that Kenyan and Ethiopian distance-running success is not based on a unique genetic or physiological characteristic. Rather, it appears to be the result of favorable somatotypical characteristics leading to exceptional biomechanical and metabolic economy/efficiency; chronic exposure to altitude in combination with

moderate-volume, high-intensity training (live high + train high), and a strong psychological motivation to succeed athletically for the purpose of economic and social advancement(Yannis, 2012).

The 1968 Mexico City Olympics was the first of several Olympic Games in which the middle and long distance events in men's athletics were dominated by countries from East Africa, in particular Kenya and Ethiopia. Kenya and Ethiopia participated in the Olympics for the first time in 1956, when they sent small groups of runners and boxers to the Melbourne Olympic Games. Ethiopia won its first Olympic medal in athletics in 1960, when Abebe Bikila won the marathon at the Rome Olympic Games, an accomplishment he duplicated 4 years later in the Tokyo Olympics. Kenya won its first Olympic medal in athletics in 1964, when Wilson Kiprugut won a bronze medal in the 800m event at the Tokyo Olympic Games. Ethiopia's Mamo Wolde won the marathon in the Mexico City Olympics and also earned a silver medal in the 10,000m run. Despite the fact that Kenya and Ethiopia did not participate in the 1976 Olympic Games for political reasons, no other nation has attained their level of success in Olympic middle and long distance running over the past 40 years. Over the past decade, Kenyan and Ethiopian women have followed a similar path to success in athletics. In addition, the Kenyans and Ethiopians have dominated the International Association of Athletics Federations (IAAF) World Cross-Country Championships, as well as major international road races and marathons, since the 1990s(Randall, 2012).

Middle and long distance runners from Ethiopia and Kenya hold over 90% of all-time world records and current top 10 positions in world event rankings. Moreover, these successful athletes come from localized ethnic subgroups within their respective countries. The Arsi region of Ethiopia contains roughly 5% of the Ethiopian population but accounted for 14 of the 23 distance runners selected for the country's 2008 Olympic team. Similarly, the Kalenjin tribe of Kenya has less than 0.1% of the world's population, yet members of this tribe have together won nearly 50 Olympic medals in middle- and long-distance events. It is not surprising, therefore, that this remarkable geographical clustering has provoked assertions in the literature that Kenyans and Ethiopians have the "proper genes" for distance running. Despite such assertions' having arguable theoretical underpinnings, one must identify the genes that are responsible for the phenomenal success of the East Africans in distance running to justify regarding this phenomenon as genetically mediated. In order to investigate the East African running phenomenon, a first study involved 114 endurance runners from the Ethiopian junior- and senior level national athletics teams (32 women, 82 men), 315 controls from the general Ethiopian population (34 women, 281 men), 93 controls from the Arsi region of Ethiopia (13



women, 80 men), and 38 sprint- and power-event athletes from the Ethiopian national athletics team (20 women, 18 men). A similar approach was taken in a subsequent study that involved recruiting 291 elite Kenyan endurance athletes (232 men, 59 women) and 85 control subjects (40 men, 45 women). Seventy of the athletes (59 men, 11 women) had competed internationally representing Kenya. Of the 70, 42 had won Olympic(Randall, 2012)

### **2.7.1 Possible Reasons for East African Dominance**

Many factors have been described to explain both the dominance of East African middle and long distance runners and West African sprinters. Despite being shown to be unsubstantiated in the 1930s,<sup>1</sup> Sir Roger Bannister, in a speech delivered to the British Association for the Advancement of Science in 1995, suggested that factors such as heel bone length, subcutaneous fat, and differences in Achilles tendon length may explain the advantages that West African athletes appear to have. Proposed factors involved in the success of East African athletes include environmental, genetic endowment, and social development, while the psychological makeup of the East African is rarely considered.(Yannis, 2012)

### **2.8 History of Ethiopian Athletics**

Although the exact roots of Ethiopian Athletics cannot be retraced accurately, it is widely 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. It was in 1949 that the Ethiopian Athletics Federation (EAF) was formed and soon became a member of the International Amateur Athletics Federation (IAAF). Since its inception, much of the federation's activities was carried with the help of amateurs. The first executive committee was headed by Colonel Getahun Teklemariam, the man official recognized as the first president of the EAF(Mulugeta, 2011).

This committee started a formalized program where athletes competed domestically and internationally. One of the first major competitions in the Federation's, the Shewa 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(Mulugeta, 2011).

In the late 70's, a new committee, headed by chairman Tesfaye Sheferaw was formed to administer

the federation. The major achievements of this era were the staging of the first Abebe Bikila 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 hallmarks of the early 80's. Many years later, the EAF now has semi-professional organizational structure (Mulugeta, 2011).

## **2.9 History of Youth sport projects in Ethiopia**

Since 1990 E.C the Ministry of Youth and Sport has been running nation-wide youth sports projects in 8 types of sports, i.e., football, athletics, volleyball, basketball, handball, tennis, table tennis and boxing in which so far about 14000 youngsters have attended the training programmes. The projects have shown promising results to improving the standards of each sport type as they managed to produce many elite young athletes who stepped up to ultimately play for various higher-level clubs and even for the national teams of Ethiopia (MoYSC, 2008).

Nonetheless, in order to take full advantage of their potentials and maximize their outputs, the projects should further get adequate capacity building supports particularly in the areas of training grounds, sportswear, and gear as well as in the coaching system. More importantly overall activities of the projects need to be coherently integrated with a modern system of school (center) of excellence, which solely provides scientific sports education and training programs on talent scouting and development (MoYSC, 2008).

In 1996 E.C. the Ministry of Youth and Sport carried out extensive participatory assessment across all regions to identify possible causes which account for the poor performance of Ethiopian sports and thereafter so as to design strategic courses of action aimed at tackling those prevailing challenges which persistently dwarfed the development of the sports system of Ethiopia (MoYSC, 2008).

Empirical international evidences further confirm that youth sports academies play a paramount role to uplifting the standard of sports in any country. Youth sports academies which eventually flourished in many cities of France hugely contributed for France's successive victories at the 1998 world cup and 2000 Euro Cup as most players of the winning teams, since their early ages, passé through the system of youth sports academies including *Clairefontaine which was established in 1988* and still the leading famous youth academy in Europe (MoYSC, 2008).

.Nowadays the importance of youth sports as a fast track strategy for success has been utterly recognized and hence made operational virtually across as parts of the world irrespective of the development level of a country. Many African countries recently embarked on developing a system of youth sports and their efforts are being rewarded with promising results as in the cases of Senegal, South Africa, Tunisia, Ghana, Morocco, Nigeria, Egypt, etc which managed to produce plenty of world class footballers who are now decorating the major leagues of Europe, America and Asia(MoYSC, 2008).

.In our case the necessity of establishing youth sport academies in Ethiopia has ready been given prior importance in Proclamation Number 256/2002 and the Sports Policy of Ethiopia where it is clearly stipulated the “ the Ministry of Youth and Sport will accomplish integrated actions with regional and national sports federations in order to establish national and regional sports training academies with a view to producing best young athletes who will be capable of overtaking the places of present time national team athletes”(MoYSC, 2008).

.In the long run the combined effects of this proposed project together with other ongoing sector investments, which are being accomplished in the specific areas of building sports facilities and upgrading the skills of sports professionals, ensure that fundamental strategic actions are executed in the sports sector that ultimately result in the rapid progress of the Ethiopian sports sector. Power of sport as a cost-effective tool for development, social equity and peace can be realized(MoYSC, 2008).

The Ethiopian Sports Policy Issued on 24 April 1998 is aware of the many benefits and growing role of sport and calls for concerted action to be forged by relevant governmental and non-governmental bodies aimed at realizing the participation of people, particularly of young people, in various sports of their choices through establishing necessary structures in areas of residences, schools and work places(MoYSC, 2008).

The community-based and elite-centered sports development approaches, which are the two main pillars of the Ethiopian Sports Policy, are practically complementary to each other as elites are drawn from grassroots participation of people through sport for all and traditional sports. The spectacular performances of elite athletes, in turn, will encourage and motivate people to practice sports and physical activities. This correlation between the two approaches reveals a fact that national sports programs and projects, which are designed to implement the policy need to

encompass initiatives which have purposes of promoting elite sports system that will subsequently result in the development of community-based sports(MoYSC, 2008).

Thus in pursuit of the national strategic directions set in the national sports and youth policies of Ethiopia, the Ministry of Youth, Sports and Culture has been undertaking various fundamental measures and projects across all regions of Ethiopia with a view to enabling young people enjoy the many benefits of sport through directly engaging in sports activities.

In the regard, it is worth noting to mention here that since 1998 the Ministry has been running sports talent development projects in 8 sport types (Football, Athletics, Volleyball, Handball, Basketball, Tennis, Table Tennis and Boxing), in which so far more than 14,000 youths have been attending the trainings in all regions of the country(MoYSC, 2008).

The projects have been launched with a core objective of producing talented young players who will be capable of overtaking the places of present time athletes by demonstrating best skills in domestic and international sports arena. When we measure the hitherto outcomes of the projects in terms of meeting their objectives, we could say that the projects have shown a glimmer of hope to raising the standard of Ethiopian sports system. However a lot remains to be done to enhance the performances of the projects by providing them with the necessary inputs to tackle their existing problems, which are mainly in the areas of upgrading the skills of trainers, supplying modern training facilities and allocating adequate finance to the project(MoYSC, 2008).

## **2.10 The National Youth Sport Policy of Ethiopia**

As on Ethiopia's junior and youth athletics project-training implementation manual 2008 indicated, The National Youth sport Policy of Ethiopia adopted several Objectives and Goals in relation to creating talented children and youth in Athletics activities. Thus, as follows:

### **2.10.1 Objectives**

- Create favorable conditions to increase the participation of exceptionally talented youth and those with special needs to enable them acquire special education and benefit from it.
- Enable youth to be actively involved in and benefit from activities which are directed for expanding and constructing youth-focused recreational, cultural and sports institutions and centers.
- Enable in-school and out-of-school youth to widely participate in physical education, physical fitness exercises, cultural sports trainings and competitions and benefit there from.

- Encourage the participation of children and youth in sport activities according to their inclination by forming sport clubs in educational institutions.
- Organize special training and competitions forums for talented youth in various types of sports and recruit the gifted ones by working in conjunction with sports clubs and federation.

### **2.10.2 Goal**

To produce large number of highly talented athletes within four years in short, middle, long distance and field events and depending upon talent with specific athletics event:

- Making them to join in different clubs
- Promote them to join camps prepared by national athletics federation
- Promote them to participate in international and national championship competition by representing Ethiopia in junior and youth level
- Promote them to replace former elite and golden athletes

The Ministry of Youth, sports and Culture, in conjunction with relevant governmental and non-governmental bodies, needs to take up the lead role to creating conducive conditions for the effective implementation of the above mentioned policy issues and directions(MoYSC, 2008).

### **2.11 Challenges for Ethiopian Athletics**

In the global division of athletic labor, long distance races are currently monopolized by East African runners, mainly Kenyan and Ethiopian. Regional pioneers since the 1960 Olympic Games when Abebe Bikila won the first gold medal for Ethiopia and sub Saharan African, Ethiopian athletics gained momentum in the 1990s with the arrival of its first female athletes of international level and, since the 2000s, with a succession of world records carried by a generation of outstanding runners. Nowadays, sport and more specifically athletics is directly or indirectly interwoven with the life of most Ethiopians and athletics has become part of their identity and pride(Bezabeh W. & Gaudin B., 2008).

Yet it now appears that Ethiopian athletics has reached its limits and that it would be difficult for it to progress or grow without undertaking major structural reforms. Its areas of expertise are indeed confined to long- and middle-distance and training structures are relatively limited when compared to those of its direct competitor, Kenya, whose runners are much more numerous today on the international market and present in a much broader range of disciplines, for instance steeple chase and throwing events(Hylton, 2008).

In Ethiopia, the focus placed - by all involved institutions - on the top level is now being disputed. Grass roots athletics has not yet received the due attention from officials, despite years and decades of international sporting success. It can be argued that Ethiopian athletics does not really need grass-root training structures in order to win medals in international competitions and to challenge neighboring Kenya in the road-race circuit, but the lack of any formally structured grass-root training is a serious handicap for the local sports authorities in their ambition to diversify the areas of sports excellence beyond solely distance running disciplines. The issue of providing training for beginner and intermediate athletes is particularly relevant for federations at the national and regional level, and more specifically for the most important of these regional federations, the Addis Ababa Athletics Federation, which concentrates within its constituency the highest number of the country's clubs: forty-two. The national and regional federations have long neglected the work of training, solely focusing on selecting the best athletes during the few annual competitions they organise for this purpose. This 'predatory' system neither fits their official duties (the promotion of sport), nor serves their ambitions to increase the potential number of international medals. As long as nobody takes the time to properly train throwers, jumpers and sprinters, the number of Olympic medals likely to be won by any Ethiopian delegation may never exceed the record of eight, all won in long distance, at the Sydney Olympics. The political authorities in charge of sport have recently affirmed their will to change this situation and to move from a predator management mode (the so-called 'flag pole system') to a pyramidal training system, attending to all levels of athletic training from grass-root to elite. The idea that the grass-root level is the key for development and diversification of the Ethiopian athletics seems to make its way, but it is still struggling to impose itself among all stakeholders of the athletic world, for a series of reasons that we are exposing here (Bezabeh W. & Gaudin B., 2008).

### **2.12 Ministry of Youth & Sport**

During the last eight editions (2008-2015) of the general assembly of both the national and Addis Ababa regional federations, the remarks of all officials of the Sports Commission were about the lack of attention from the side of the federations on the development of grass root athletics, both in quality and quantity. As authorities are seeking a sustainable supply of athletes, the 'pyramid system' previously adopted by the eastern European countries is said to be the solution that should be promoted, even if it is at the same time noted that this method is expensive in terms of finance. As Ethiopia is a poor country, sport is not really a priority in the budget of the federal government.

Thus, even if athletics is the only medal providing sport, the Ethiopian Athletics Federation is hardly funded by the public sector and depends heavily on private sponsors. As little as it can be, this public support is even poised to be further reduced, as the Federal Sport Commission, through its Sport Policy, stated that sport should be gradually ‘released from government subsidy(Bezabeh W. & Gaudin B., 2008)’.

### **2.12.1 The National and Regional Federations**

In the mission statement of each federation, it is clearly and explicitly stated that they should play an active role in grass-root athletics. Yet none of the athletics federations are taking this seriously. So at all levels they fail to fulfill their mission as they abide to the ‘rule of market’ and cannot go against the choice of their funding sponsors. These sponsors being private companies, their funds are being earmarked for very specific purposes: organizing local competitions or participating in foreign events. As a consequence, all other sectors of activity not oriented towards ‘producing medals’ are being neglected or deprived of funding. This is the case of grassroots projects or even of training in throwing and jumping disciplines(Bezabeh W. & Gaudin B., 2008).

### **2.12.2 The Projects**

There are several differences between what are referred to in Ethiopia as ‘Clubs’ and ‘Projects’. First, an age difference: clubs are for senior athletes, whereas Projects are usually for under 17. Second, a administrative difference: Clubs are nongovernmental, whereas Projects are governmental or run by the ministry in charge of Sport or by one of the athletics federations, be they regional or national. Thirdly, there is a legal difference between clubs and projects: the former are granted autonomy and are ruled by status, whereas the later are run as part of their administration of origin. Finally, the selection of athletes by regional federations for domestic competitions can only be made from projects, and not from clubs, otherwise the regional Addis Ababa Athletics Federation would be too advantaged. For all these reasons, ‘projects’ can be seen as the obvious level for the organization of grass root training. Yet it is not the case, mainly because of the cruel lack of funding which makes any attempt of organize something impossible. The interview with two senior national coaches revealed that they witnessed the appearance and the disappearance of many projects without achieving their objectives. In a rule of thumb, projects are deprived of any coaching staff, transportation vehicles, sport facilities and even support for athletes (food, accommodation, shoes, clothes, etc.). And from the personal observation of the first researcher of

this paper on some project sites, the role of the local community in supporting these ‘projects’ seems close to none(Bezabeh W. & Gaudin B., 2008).

As the core issue of grass-roots training regards its funding, possible solutions include either a change of policy from the public sector towards its involvement and support in federations, clubs and ‘projects’ or the diversification of the sources of funding, ranging from local, community based level private companies to international sport institutions or enterprises. Other recommendations include:

1. The local community should be involved in the development process, directly or indirectly, starting from the Woreda level (the lowest administrative level in Ethiopia).
- 2.From the experiences of other countries, where ‘projects’ usually belong to higher clubs, eg-football, we recommend that athletics ‘projects’ belong to clubs at the national or federal or city Administrations levels.
- 3.Project sites should be equipped at least with indoor activities to help the recovery process.
- 4.The rights and responsibilities of athletes, clubs and agents need to have a legal basis.
- 5.The government should request that federations invest in other disciplines, bringing coaches from outside the country and giving scholarships for local coaches to go and study abroad.
- 6.Athletes should be given a basic education, for instance in family-life, health, the international commercial circuit and career management.
7. Positive entrepreneurs supporting their own clubs should receive better official recognition and be allowed higher participation in the sector(Bezabeh W. & Gaudin B., 2008).

### **2.13 Oromia Region and Athletics**

Oromia is one of the regional states in Ethiopia among 9 regional and two city administrations. As Ethiopia is the source of many long distance runners from these runners most of them are from Oromia. The region is known by contributing so many athletes than other regions of the country. In addition, to maintain the sustainability of these results of the athletes the region plan and apply different mechanisms. These are building stadiums, establishing clubs and different projects. Now day in the region, there are so many athletics clubs, which are administrated by the city administration sport bureau. Due to Geographical location, altitudes and temperature the region have the access for development of athletes(Gebresellais, 2006)



## 2.14 Jimma Zone and Athletics

Jimma is one of the Oromia region zones which located on south western Ethiopia. In Jimma zone there are 21 Woredas. The total area of Jimma Zone is 19506.24hec.km<sup>2</sup>. Jimma Zone has different altitude and temperature which are divided in to seven. These are shown on the following table(Jimma, 2010a).

**Table 1 Weather condition and altitude of Jimma Zone**

No	Weather condition	Range of altitude	Area in hectare
1	Moist Dega	2300m – 3200m	21.675
2	Moist Kolla	500m – 1500m	73445.047
3	Moist Woina Dega	1500m – 2300m	12521.83
4	Wet Dega	2300m – 3200m	233401.823
5	Wet Kolla	500m -1500m	99268.614
6	Wet Woina Dega	2300m – 3200m	1280822.049
7	Wet Wurch	3200m 3700m	438.173

*Source: (Jimma, 2010a)Jimma zone Environment, Forest and Climate Change Authority Annual Report.*

While this research is ongoing the 24<sup>th</sup> All Oromian Championship was held in April 10 – 29/2010 E.C in Bishoftu town with seventeen kinds of sports. On this championship Jimma Zone participated with different kinds of sports including athletics. On the athletics competitions Jimma Zone was participated only by short and middle distance running with representatives of six (6) male and four (4) female generally ten (10) athletes were participated with different distances. The result of Jimma Zone athletes on this competition is shown in the table below(Jimma, 2010b).

**Table 2 Results of Jimma Zone athletes on athletics competition on 24th All Oromian Championship.**

No	Sex	Distance	Rank	Award
1	F	100m	6	-
2	F	200m	3	Bronze
3	F	400m	2	Silver
4	F	1500m	1	Gold
5	M	100m	3	Bronze
6	M	200m	5	-
7	M	400m	1	Gold
8	M	400m	3	Bronze
9	M	800m	1	Gold
10	M	1500m	2	Silver

*Source: (Jimma, 2010b) Jimma Zone Youth and Sport Affair Office document*

From the above table it could be understood that on this game Jimma athletics competent were got 8 medals; 3 gold medals, two silvers and 3 bronzes. Among ten participants only two athletes are out of medals. According to the Jimma Zone Youth and Sport Affair office sport experts explanation there were so many competent and talented athletes in different Woredas of Jimma Zone; unfortunately, due to financial problem we didn't call them for this competition. This result is said to be very good.

On the other hand before a year from Jimma Zone three(3) athletes were selected by Trunesh Dibaba Athletics Academy and taking training there. Two of them are short distance while one athlete is working on middle distance. Still now these athletes are on a good performance(Jimma, 2010b).

## CHAPTER THREE

### 3. RESEARCH METHODOLOGY

#### 3.1 Study area

This study was conducted in Jimma zone Woredas of Youth and Sport Affair Offices. Jimma lies on 352 km from Addis Ababa.

#### 3.2 Research Design

Cross sectional study design was employed to assess the challenges for the development of athletics in case of some selected Woredas of Jimma Zone Youth and Sport Affair Offices.

#### 3.3 Study population

The population of this research was included all 21 Woredas of Jimma Zone Youth and Sports Affair Office workers which are 190 male, 131 female and the total of 321 office workers and their respective managers which are 21 male in number. The total number of population is 342.

#### 3.4 Sample size and sampling technique

From 21 Woredas only 14 Woredas are selected by using simple random sampling technique (lottery method). From these selected Woredas population only forty six (46) male and seventeen (17) female totally sixty three (63) individuals was selected purposively.

**Table 3 Sample Selected from Jimma zone Woredas of youth and sports affair offices sport experts and leaders.**

No	Name of offices	Sample Selected(N)					
		Sport experts			Leaders		
		M	F	T	M	F	T
1	Sigimo Woreda youth and sport affair office	3	1	4	1	-	1
2	Setema Woreda youth and sport affair office	2	2	4	1	-	1
3	Gumay Woreda youth and sport affair office	2	1	3	1	-	1
4	Dedo Woreda youth and sport affair office	1	1	2	1	-	1
5	Limu Kosa Woreda youth and sport affair office	2	1	3	1	-	1
6	Shabe Sombo Woreda youth and sport affair office	2	1	3	1	-	1
7	Gomma Woreda youth and sport affair office	3	2	5	1	-	1
8	Gera Woreda youth and sport affair office	2	1	3	1	-	1
9	Seka Coqorsa Woreda youth and sport affair office	3	1	4	1	-	1
10	Agaro city administration youth and sport affair office	3	2	5	1	-	1
11	Mancho Woreda youth and sport affair office	2	1	3	1	-	1
12	Sokoru Woreda youth and sport affair office	3	1	4	1	-	1
13	Botor Tolay Woreda youth and sport affair office	2	1	3	1	-	1
14	Limu seka Woreda youth and sport affair office	2	1	3	1	-	1
	Total	32	17	49	14	-	14

### **3.5 Source of Data**

Primary data and secondary data was the source of data for this study. The primary data was collected from selected Woredas of Jimma Zone youth and sport affair office managers and sport experts. The secondary data was collected from document reviews.

### **3.6 Data gathering instrument**

The data gathering instruments was questionnaire and interview. Before the final study, pilot study was conducted to check the validity, reliability and consistency of the questionnaire.

### **3.7 Procedures of data collection**

First of all the researcher introduced the objectives of the study to the respondents. Then the questionnaires were distributed to the respondents. After completing the questionnaires the researcher collected from the respondents. The interview also presented in a patient manner and in the same time the documents were reviewed.

### **3.8 Method of data analysis**

Firstly data was collected through questionnaire and interview. The percentages and frequency was used to analyze the quantitative data and text explanations were used to analyze the qualitative data. Hence descriptive statements were used to analysis the items of open ended and interview.

### **3.9 Pilot Study**

A pilot study is one of the essential stages in a research project. A pilot study can be defined as a ‘small study to test research protocols, data collection instruments, sample recruitment strategies, and other research techniques in preparation for a larger study. A pilot study is one of the important stages in a research project and is conducted to identify potential problem areas and deficiencies in the research instruments and protocol prior to implementation during the full study. It can also help members of the research team become familiar with the procedures in the protocol, and can help them decide between two competing study methods, such as using interviews rather than a self-administered questionnaire. Generally this pilot study was intended to test the validity, reliability and consistency of the questionnaire.

#### **3.9.1 Result of Pilot Study**

An important factor was to ensure that the questionnaire items accurately addressed the research questions. The pilot also tested whether the questionnaire was comprehensible and appropriate, and that the questions were well defined, clearly understood and presented in a consistent manner. The questionnaire was divided into 3 sections that related to a) Challenges for athletics development; b)

The efforts made by sport experts; and c) Suggesting and giving clue to stake holders. The questionnaire was produced in English. It has been translated and validated in Afan Oromo and was piloted 2 times, using 8 subjects each time.

**Issues that were observed among patients in the pilot of the questionnaire included:**

- Ability to comprehend the instructions in the covering letter
- Understanding of questionnaire items, the terms used, the sequence of questions and the flow of statements
- The format
- Length of the questionnaires (i.e. the time taken to complete the questionnaires)

❖ **Testing the Measurement Instrument**

On average, the respondents took about 25 - 30 minutes to complete the questionnaires. While they all attempted to respond to all questions, there were some items that they fear to fill. This appeared because of especially the second part questions were about the efforts made by them so that they feel the study aimed at finding out their weaknesses.

The validity of the questionnaire was tested by either each items of the questionnaire answered by all respondents or not.

On the other hand the consistency of the measurement instrument was tested through comparing the first and the second pilot response of each respondent for each item. Additionally the reliability of the instrument was tested by using SPSS and the following result obtained.

**Data entry and analysis**

Data from the 8 subjects were entered directly into the Statistical Package for Social Sciences (SPSS) program, with specific codes used for each questionnaire item. Data were then analysed using SPSS version 20.

**Table 4 Reliability Statistics**

	<b>Cronbach's Alpha</b>	<b>No of items</b>
Challenges for the development of athletics	.947	10
Efforts made by sport experts	.896	11
Suggesting and giving clue for stake holders	.958	10

Generally after the data obtained from the two round pilots analyzed two questions were rejected and the other three questions are amended.

### **3.10. Ethical Issues**

Before data collection consent was asked and a formal letter from Jimma University particularly from department of sport science was given to the researcher and the researcher was showed the letter to responsible body.

## CHAPTER FOUR

### 4. ANALYSIS AND INTERPRETATION OF DATA

In the section the results obtained from the questionnaire, interview, and documents were analyzed; by frequency counts and percentage were statistical methods employed to present and analyze the structured items of the questionnaire quantitatively.

To supplement and enrich the information that was drawn using questionnaire, the data from open-end-questions, interview and document views were analyzed and described qualitatively.

#### 4.1 Background Characteristics of the Study Group

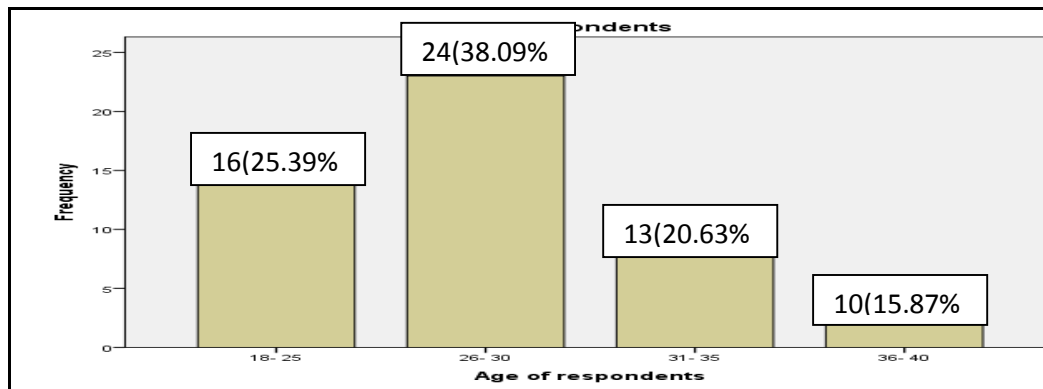
Based on the response obtained from Jimma zone of selected Woredas youth and sport affair office sport experts and their respective managers, characteristics of the study groups were examined in terms of their sex, age, education background, area of study and work experience in the sector.

**Table 5 Sex of respondents**

	Frequency	Percent	Valid Percent	Cumulative Percent
Male	46	73.1	73.1	73.1
Valid Female	17	26.9	26.9	100.0
Total	63	100.0	100.0	

A breakdown of the study population in terms of gender as indicated in table 5, males constitute an over whelming majority 46 (73.1%) and 17 (26.9%) female respondents are participated.

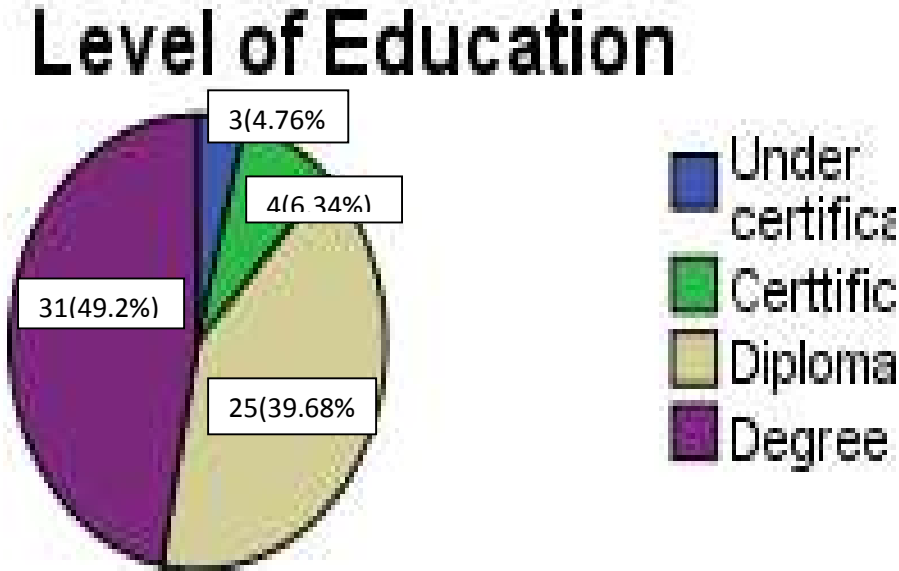
**Figure 1 Age of respondents**



Regarding the age groups of respondents in the bar chart 1; 16(25.39%) were between the age category of 18-25 years, 24(38.09%) fall in the age groups of 26-30 years, 13(20.63%) were between category of 31- 35 and the remaining were 10(15.87%) 36-40 years. From this fact one can

easily deduce that the largest portion of the employees in the sample population belongs to the adult age groups.

**Figure 2 Level of Education**



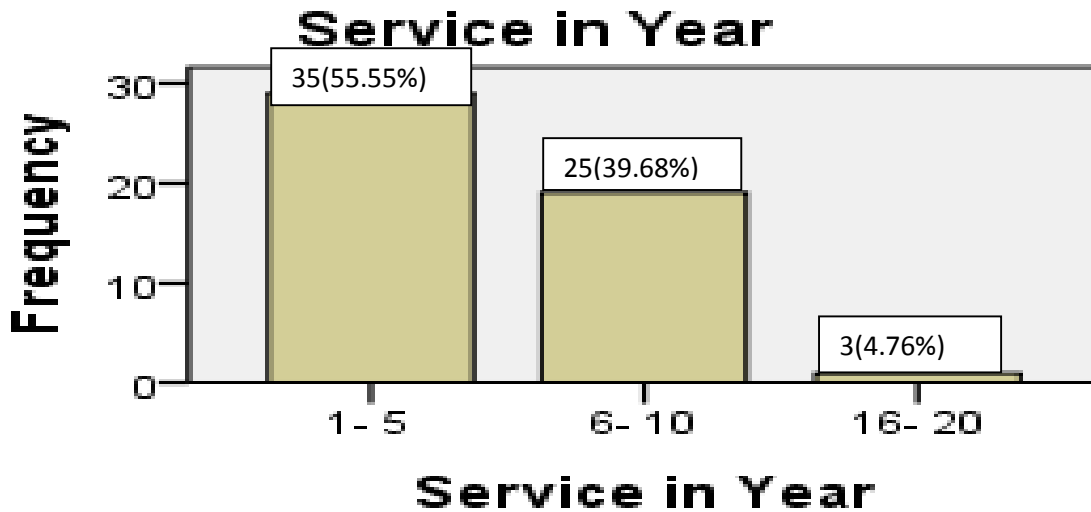
In addition, with regard to educational background in pie-chart 1: from the total number of respondents 3(4.76%) of employees are under certificate (10 complete), 4 (6.34%) employees have certificate, 25(39.68%) employees are diploma & 31(49.2%) employees hold first degree holders.

**Item 4 study area**

From the respondents as item 4: even if they assigned as sport expert only 6(9.52%) of them are studied sport science. Others are management, accounting, governance, HRM and other teaching fields of studies. This indicates that most respondents/sport experts are not on the right position.



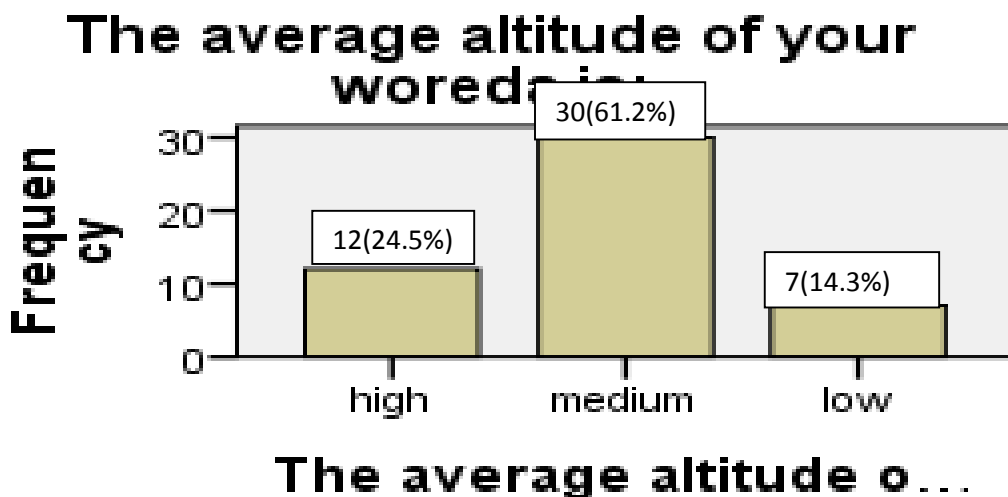
Figure 3 Service in Year



Apparently, in the years spend in the sector as employee category as bar chart indicates most of the workers 35(55.55%) have been in the sector for 1 years; 25(39.68%) are 10 years; 3(4.76%) are 16-20 years. From this notion one can easily understand that most of the employees have 1-10 years of service but very few employees have 16-20 years service.

#### 4.2 Finding and Discussions

Figure 4 The average altitude of your woreda is



As shown in the above bar chart 12(24.5%) of respondents says the altitude of their Woreda is high; while most of them 30(61.2%) says medium; and 7(14.3%) says low. This shows clearly that more than half of selected Woredas altitude is medium.

Additionally the exact range of the altitude of each selected Woreda specifically and altitude of Jimma zone generally is searched researcher and presented as in the table below.

**Table 6 The altitude selected Woredas of Jimma zone**

No.	Name of Woreda	Range of Altitude	No.	Name of Woreda	Range of Altitude
1	Sigimo	2020.5m – 3011.7m	8	Gera	1500m – 3100m
2	Setema	1500m – 3200m	9	Seka Choqorsa	1500m – 2450m
3	Gumay	1400m – 2400m	10	Agaro City	1560m
4	Dedo	1500m – 2300m	11	Mancho	900m – 3200m
5	Limu Kosa	1650m – 2000m	12	Sokoru	900m – 2300m
6	Shabe Sombo	1236m – 2400m	13	Botor Tolay	900m – 2300m
7	Gomma	1400m – 2270m	14	Limu seka	900m – 2300m

Generally Jimma Zone altitude ranges from 500m – 3700m above sea level *Source: (Woredas, 2010) Environment, Forest and Climate Change Authority of each Woredas and Jimma Zone Environment, Forest and Climate Change Authority.*

**Table 7 Environmental weather condition for athletics participants**

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid very appropriate	4	8.2	8.2	8.2
Appropriate	29	59.2	59.2	67.3
Medium	14	28.6	28.6	95.9
Slightly appropriate	1	2.0	2.0	98.0
Not appropriate	1	2.0	2.0	100.0
Total	49	100.0	100.0	

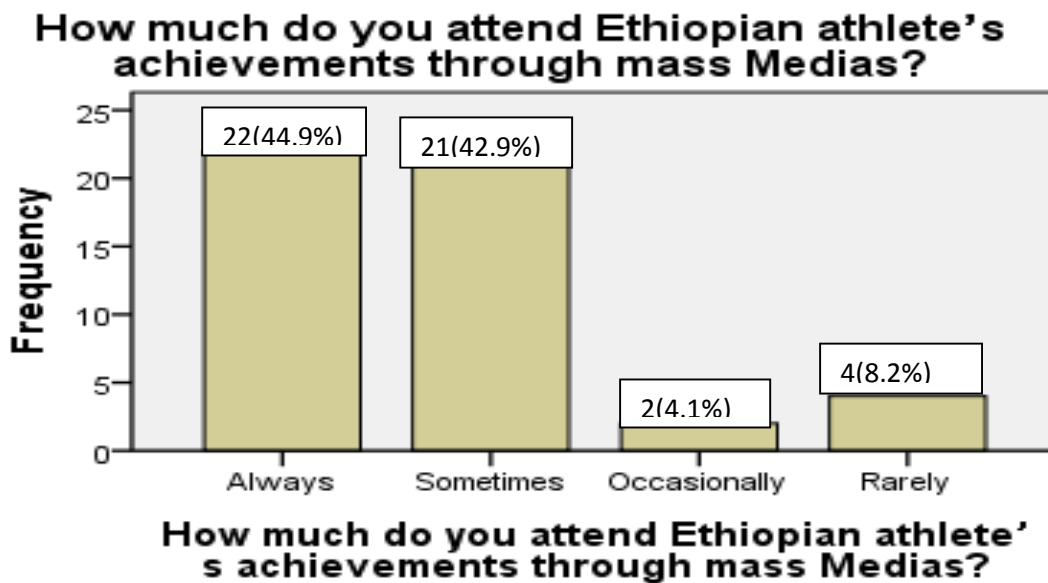
As depicted in table 7, 4(8.2%) respond as their environmental weather condition for athletics participants is very appropriate; while more than half of the respondents i.e., 29(59.2%) are responded as appropriate, 14(28.6%) are respond as medium, 1(2%) is respond as slightly appropriate and only 1(2%) of them respond as not appropriate.

**Table 8 How much is your interest to facilitate the development of athletics?**

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid very high	19	38.8	38.8	38.8
High	28	57.1	57.1	95.9
Low	2	4.1	4.1	100.0
Total	49	100.0	100.0	

Selected employees were asked as “how much is their interest to facilitate the development of athletics”. Accordingly, the result indicates that out of the total respondents 19(38.8%) are respond as they have very high interest, 28(57.1%) respond as they have high interest and only 2(4.1%) respond as they have low interest in facilitating the development of athletics in their Woreda.

**Figure 5 How much do you attend Ethiopian athlete’s achievements through mass medias?**



As it can be seen in Bar chart 4 above 22(44.9 %) of experts replied that, they are always attend Ethiopian athlete’s achievements through mass medias and relatively the same population of respondents i.e 21(42.9%) of them attend sometimes. On the other hand very few individuals which are 2(4.1%) of them attend occasionally and 4(8.2%) of respondents attend our country athlete’s achievements through mass medias rarely, but there is no experts responded as they do not attend.

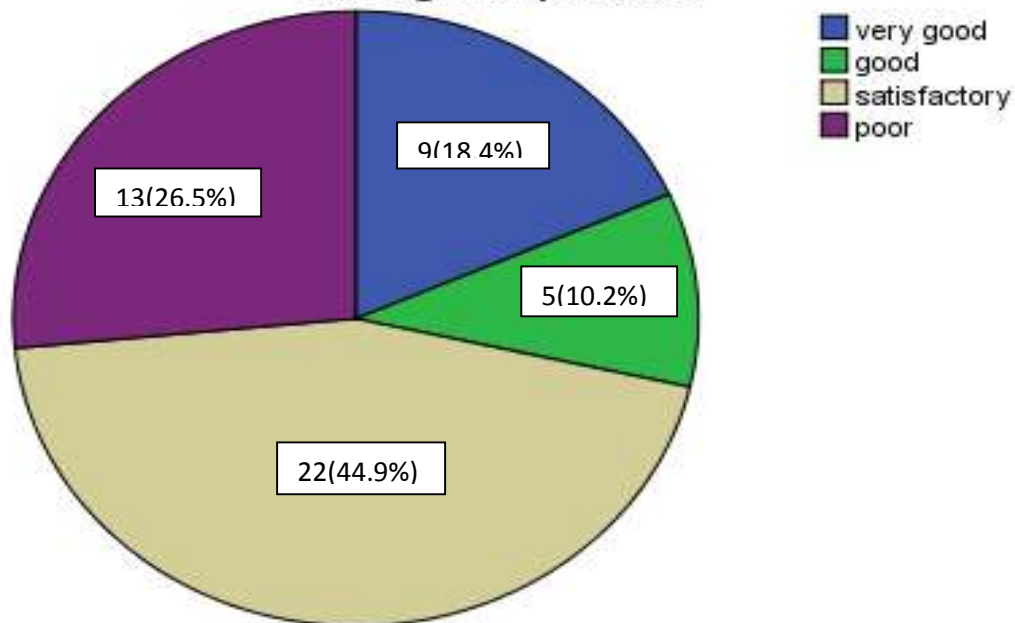
**Table 9 The appropriateness of training area for track event in this Woreda is**

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Good	2	4.1	4.1	4.1
Satisfactory	12	24.5	24.5	28.6
No training area	35	71.4	71.4	100.0
Total	49	100.0	100.0	

As shown in the table 9; due to the biased answers of some respondents some of them which are 14(28.6%) respond as the appropriateness of training area for track event in their Woreda is good and satisfactory. The above answer is absolutely incorrect, because during gathering this data the researcher has been checked as no training areas for track events in all selected Woredas. But most of the respondents 35(71.4%) response were ‘no training area in their Woreda.

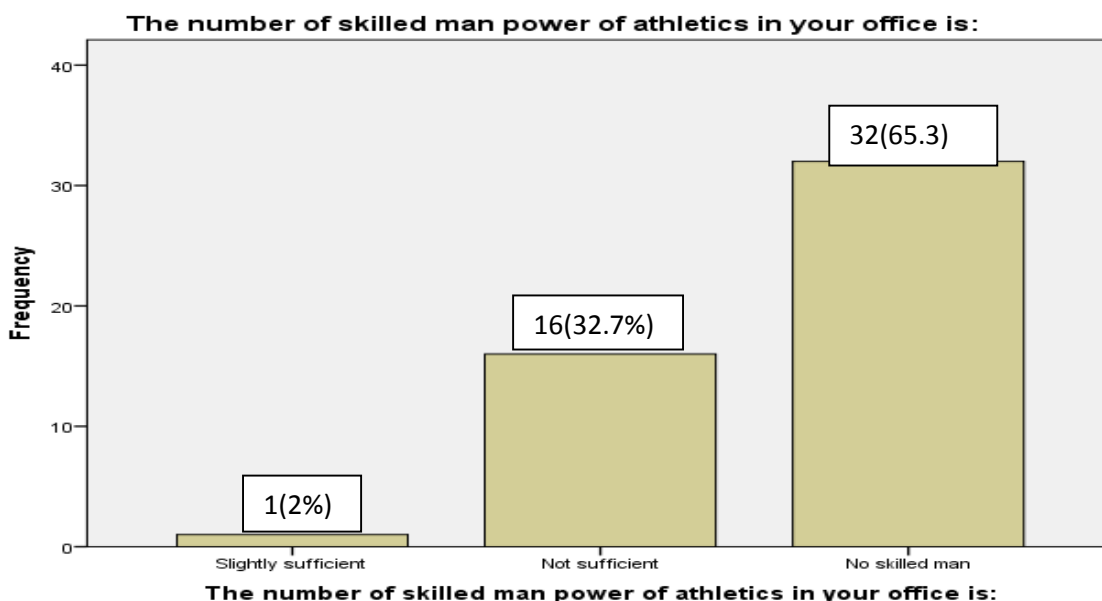
**Figure 6 Availability equipments for athletics event during competition**

**Availability of facilities and equipments for athletics eve during competition:**



The pie-chart above revealed that from the respondents 9(18.4%) noted as the availability of equipment for athletics event during competition is very good, 5(10.2%) of them respond as good, 22(44.9%) of the respondents said the availability of equipments during competition is satisfactory and 13(26.5%) of them respond as it is poor.

**Figure 7 The number of skilled man power of athletics in your office is**



Sport experts were asked the number of skilled man power in athletics in their office Accordingly, the result indicates that out of 49 employees only 1(2%) of them respond as slightly sufficient; 16(32.7%) of the respondents said not sufficient while most of them which are 32(65.3%) are respond as there is no skilled man power in athletics in their office. This implies that there is a serious problem of skilled man power in almost all of selected Woredas of youth and sport affair offices.

**Table 10 Number of athletes who represented Jimma in Regional Athletics Competition from your Woreda for last three years is**

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Three	2	4.1	4.1	4.1
	Two	4	8.2	8.2	12.2
	One	17	34.7	34.7	46.9
	no one	26	53.1	53.1	100.0
	Total	49	100.0	100.0	

According to the finding of table 10, based the Woredas of the respondents the number the athletes who represent Jimma in regional athletics competitions are differ. As indicated above 2(4.1%) of them respond as three athletes; 4(8.2%) are respond as there are two athletes and 17(34.7%) of them

said one athlete represent Jimma on regional athletics competitions while 26(53.1%) which is the majority of them respond as there no athlete who represent Jimma from their Woreda.

**Table 11 Athletes participated on National Athletics Competition representing Oromia from your Woreda?**

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Two	2	4.1	4.1	4.1
One	10	20.4	20.4	24.5
no one	37	75.5	75.5	100.0
Total	49	100.0	100.0	

Asking sport experts of selected Woredas, how much athletes participated on national athletics competitions representing Oromia, the following results were obtained of the total 49 sport experts of 14 selected Woredas who responded to item 1.11. These are 2(4.1%) of them said two athletes and 10(20.4%) of them said one athlete while 37(75%) of them respond as there is no athlete who represent Oromia from their Woreda.

This response clearly implies that the participation of athletes of Jimma Zone on national athletics competition was very low.

**Table 12 Athletes participated on an International Athletics Competition from your Woreda?**

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid no one	49	100.0	100.0	100.0

As it can be seen from table 12 all sport experts of selected Woreda which are 49(100%) of them respond as there is no athlete who participated on an International athletics Competitions from their Woreda.

**Item 1.11** Asks to specify the above three questions (1.8, 1.9 and 1.10) which deals about the participation of athletes on regional, national and international respectively with distance and the type of event they represent Jimma, Oromia or Ethiopia. Based on this item; from selected Woredas, 23(49%) of the respondents respond as there are athletes who represent Jimma on Oromia athletics competitions. From track events almost all of the athletes' participation was by short distances and middle distances. The participants of field events are less in number and have relatively equal ratio. Similarly from total population of the respondents, 12(24.48%) of them respond as there are athletes represent Oromia on national athletics competitions. With similar to

the former one most athletes was represented the region by short and middle distances and some of them was participated by jumping and running. On the other hand there is no athlete who participated on an International athletics competition. Sport experts who were responded as no participation/ selected the alternative ‘no one’ on all the above three questions they jumped this item.

**Item 1.12** was about other challenges to develop athletics. Even if most respondents were listed the challenges which are asked on the choice part, some of them gives the followings.

- The absence of athletics club in Jimma Zone.
- Lack attention among governmental bodies.
- Lack of community participation.
- Lack attention among stake holders on Zonal even during competition.
- The absence of training center in the area.
- The absence of the efforts made for athletics development.
- Unfair selection of athlete during competition/partiality on athletes.
- The addiction of youth by chewing ‘chat’ and
- Cultural and religion attitude towards sport was raised.

**Table 13 The effort of your office workers to facilitate for the developments of athletics is said to be**

	Frequency	Percent	Valid Percent	Cumulative Percent
Good	3	6.1	6.1	6.1
Medium	20	40.8	40.8	46.9
Low	16	32.7	32.7	79.6
very low	10	20.4	20.4	100.0
Total	49	100.0	100.0	

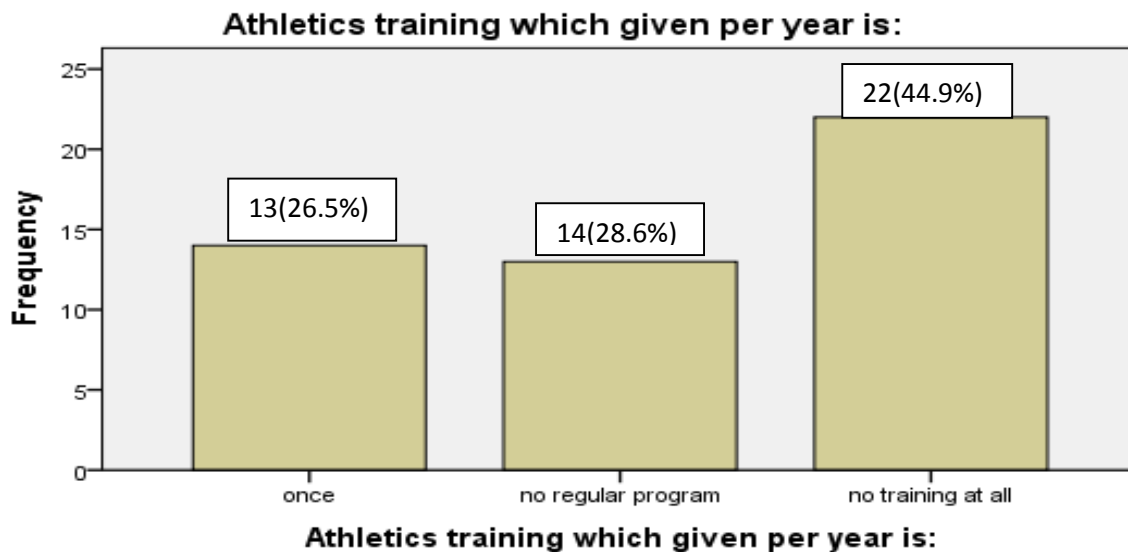
As shown in table 13 above, 3 (6.1%) of the respondents responded as the efforts the workers to facilitate for the developments of athletics said to be good; 20(40.8%) of them said medium; 16(32.7%) of them said low and 10(20.4%) them respond as the efforts of their office workers to facilitate for the development of athletics is very low.

**Table 14 How many proposals did you presented in need for athletics project establishment?**

	Frequency	Percent	Valid Percent	Cumulative Percent
One	2	4.1	4.1	4.1
Valid no proposal presented	47	95.9	95.9	100.0
Total	49	100.0	100.0	

As it is depicted in table 14, only 2(4.1%) of the office workers presented the proposal in need for athletics project establishment the majority 47(95.9%) of the total respondents didn't proposed for athletics project establishment.

**Figure 8 Athletics training which given per year is**



As it is indicated in bar-chart; 14 (28.6%) of the total respondents said that the athletics training is given once per year, 13(26.5%) of the respondents answered as no regular program for athletics training, and 22(44.9%) of them respond as no athletics training at all.

**Table 15 Finance that budgeted for athletics training and competition per year in your office is**

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid slightly enough	1	2.0	2.0	2.0
not enough	11	22.4	22.4	24.5
no independent budget	37	75.5	75.5	100.0
Total	49	100.0	100.0	



Concerning the budget for athletics training and competition only 1(2%) of the respondents said the finance that budgeted for athletics training and competition per year in their office is slightly enough, 11(22.4%) said not enough and the majority of respondents 37(75.5%) said there is no independent budget for athletics. This implies that there is no independent budget for athletics.

**Table 16 What is your financial resource for athletics training and competition?**

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid government budget	7	14.3	14.3	14.3
Society	41	83.7	83.7	98.0
Other	1	2.0	2.0	100.0
Total	49	100.0	100.0	

The table 21 indicate that the main financial resource for athletics training and competition is society which selected by 41(83.7%) respondents 7(14.3%) and 1(2%) of the respondents said government and other respectively.

This shows that there is no governmental and nongovernmental in financial support for athletics training and competition.

**Table 17 Invited athletics professionals to train athletics events per year**

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Twice a year	2	4.1	4.1	4.1
Once a year	2	4.1	4.1	8.2
No regular program	10	20.4	20.4	28.6
Never invited	35	71.4	71.4	100.0
Total	49	100.0	100.0	

According to Table 17 above; 2(4.1%) of respondents athletics professionals are invited twice per year to train athletics events, 2(4.1%) are said once a year, 10(20.4%) are said no regular program and the majority of them which are 35(71.4%) are responded as athletics professionals are never invited to train athletics events.

**Table 18 Athletics competition prepared per year is**

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Twice	1	2.0	2.0	2.0
Once	35	71.4	71.4	73.5
No athletics competition	13	26.5	26.5	100.0
Total	49	100.0	100.0	

As observed from Table 18, only one of the total respondents 1(2%) answered as athletics competition is prepared twice per year, 35(71.4%) which are the majority of the respondents said athletics competition is prepared once per year and 13(26.5%) respond as no athletics competition at all.

**Item 2.8** Raises about what their future plan would be on athletics movement in their Woreda. The answers given by sport experts are listed below.

- a) Actively participate in athletics movement facilitation
- b) Give training for athletics participants
- c) Establish athletics project in their Woreda
- d) Running athletics competitions continuously.
- e) Combat to establish athletics training center
- f) Search for financial resource for athletics movement
- g) To do along with the plan of Oromia Athletics Federation.
- h) Prepare inter school and intra school athletics competition
- i) Do research and report the findings to stake holders
- j) Work for establishment of athletics club in Jimma.
- k) Create awareness of athletics among the society and
- l) Fight against partiality among sport offices are what sport experts raised as their future plan.

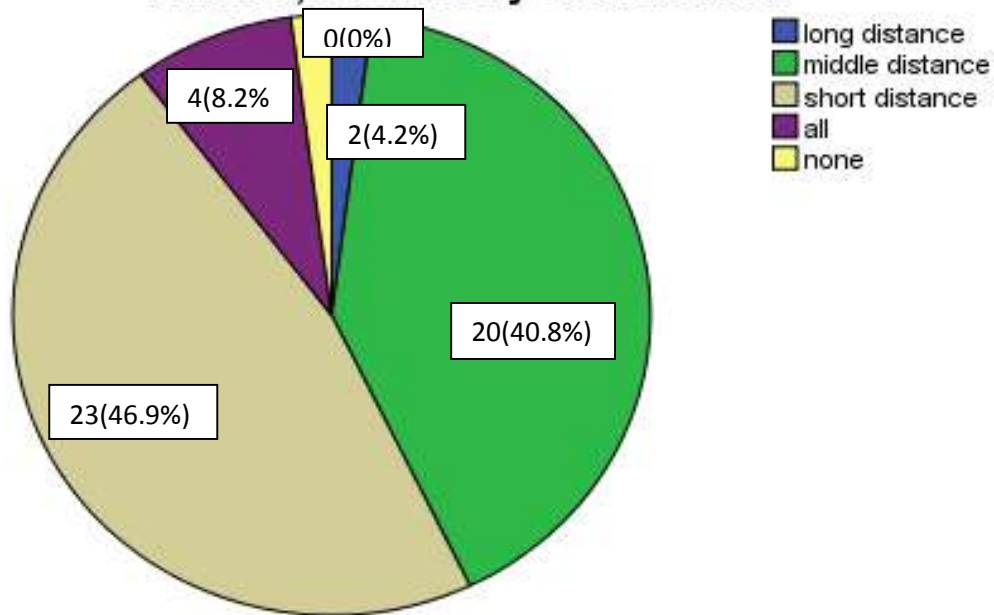
**Table 19 The development of sport for the benefit of youth is**

	Frequency	Percent	Valid Percent	Cumulative Percent
very important	46	93.9	93.9	93.9
Valid Important	3	6.1	6.1	100.0
Total	49	100.0	100.0	

As shown in the above table 46 (93.9%) which are almost all of the respondents answered as the development of sport for the benefit of youth is very important and similarly 3(6.1%) are said important.

**Figure 9 Of track events, for which distance is the altitude of your Woreda, is relatively comfortable**

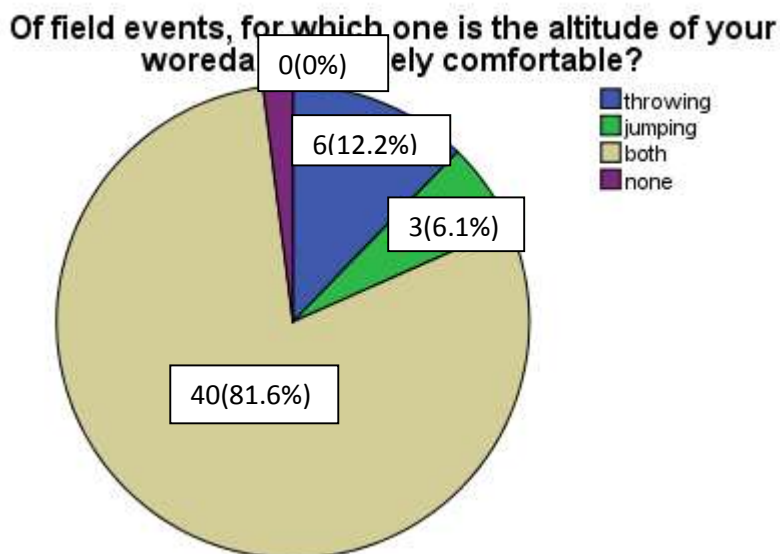
**Of track events, for which distance is the altitude of your woreda, is relatively comfortable?**



Sport experts of the selected Woredas asked for which distance is the altitude of their Woreda is relatively comfortable. Even if the altitude and also the response of once Woreda is differ from other Woredas' respondent, the researcher generalized as the following. These are 2(4.1%) respondents said long distance, 20(40.8%) are respond as middle distance, 23(46.9%) answered short distance and 4(8.2%) said the altitude of their Woreda is comfortable for all distances of track events.

To sum up, the majority of the respondents have agreed that the altitude of their Woreda is relatively comfortable for medium and short distances.

**Figure 10 Of field events, for which one is the altitude of your Woreda is relatively comfortable?**



From the informants 6(12.2%) of them said the altitude of their Woreda is relatively comfortable for throwing, 3(6.1%) them said jumping, the majority of respondents which are 40(81.6%) are responded as the altitude of their Woreda is comfortable for both throwing and jumping.

**Table 20 Facilitating for the development of athletics movement is**

	Frequency	Percent	Valid Percent	Cumulative Percent
very important	41	83.7	83.7	83.7
Valid Important	8	16.3	16.3	100.0
Total	49	100.0	100.0	

As shown in table 20 that; 41(83.7%) and 8(16.3%) of them are respond as facilitating for the development of athletics movement is very important and important respectively.

This indicates that all respondents believe that, as facilitating for the development of athletics is needed from sport experts.

**Table 21 Establishment of athletics project in this Woreda is**

	Frequency	Percent	Valid Percent	Cumulative Percent
very important	33	67.3	67.3	67.3
Valid Important	12	24.5	24.5	91.8
moderately important	4	8.2	8.2	100.0
Total	49	100.0	100.0	

As shown in the above table 33(67.3%), of the respondents indicated that the establishment of athletics project in their Woreda is very important, 12(24.5%) are said important and 4(8.2%) of them respond as the establishment of athletics project is moderately important.

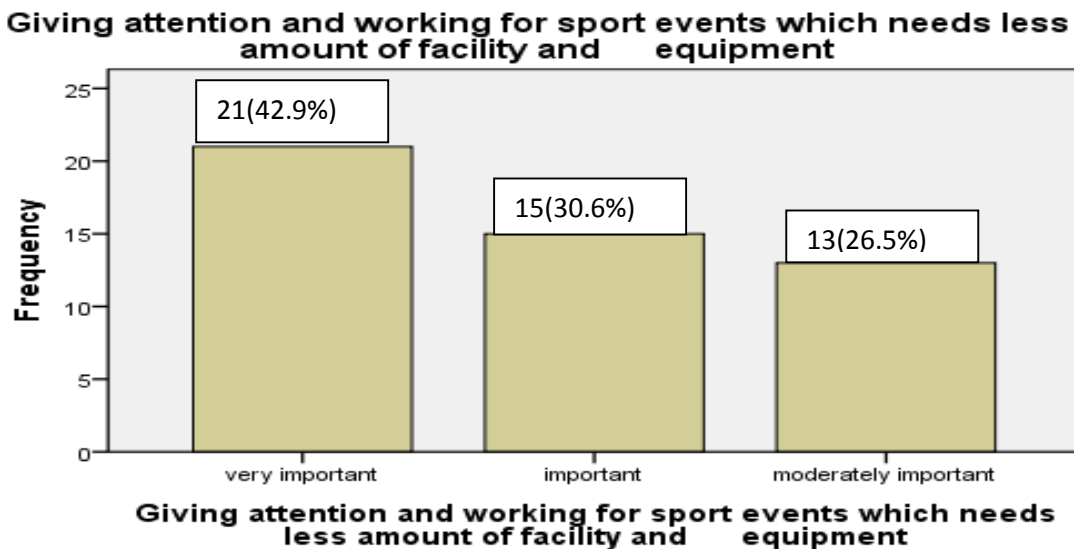
However there is no athletics project in all selected Woredas of Jimma Zone. This indicates that more attention is not given for athletics before this.

**Table 22 Working for the development of athletics event which is our country Ethiopia is known in the world is**

	Frequency	Percent	Valid Percent	Cumulative Percent
very important	48	98.0	98.0	98.0
Valid Important	1	2.0	2.0	100.0
Total	49	100.0	100.0	

Table 22 shows responses on the question: “Working for the development of athletics which is our country Ethiopia is known in the world” almost all 48(98%) of the sport experts of selected Woredas believes that working for athletics development is very important.

**Figure 11 Giving attention and working for sport events which needs fewer amounts of facility and equipment**



As observed from bar chart 7; selected Woredas sport experts asked as the importance of giving attention and working for sport events which needs less amount of facility and equipment, then they replied that 21(42.9%), said very important, 15(30.6%) said important and 13(26.5%) said moderately important.

**Table 23**Knowing the relationship between the type of activities and air condition of once environment is

	Frequency	Percent	Valid Percent	Cumulative Percent
very important	41	83.7	83.7	83.7
Valid Important	8	16.3	16.3	100.0
Total	49	100.0	100.0	

Concerning the item on Table 30, the majority 41(83.7%) of sport experts respondents agreed as knowing the relationship between the type of activities and air condition of once environment is very important and in the same way 8(16.3%) said important.

The result indicates that most of the sport experts accept, as the knowledge of the relationship between the type of activities and air condition of once environment is crucial for the success of our work.

**Item 3.9** is the last open ended questions which allow sport experts to compare and contrast Jimma zone athletics movement with other zones of Oromia region. Based on this question almost all of the respondents suggested that Jimma Zone athletics movement at infancy level. To write word to word the following ideas are raised.

- Compared to other zones of Oromia in Jimma Zone it is said to be no athletics movement at all.
- Jimma Zone athletics is very back warded.
- Jimma Zone athletics movement is quite different from other zones of Oromia region. It is very weak.
- Participation of Jimma Zone on regional athletics competition is said to be good.
- Efforts made by stake holders are very low.
- The resent athletics movement creates hope.
- Jimma Zone athletics movement needs vigorous efforts to rich on other zones of Oromia.
- No attention given to Jimma athletics.

### **4.3 Analysis of Interview of Selected Office Managers**

The student researcher conducted structured interview in face to face manner with selected Woredas managers in order to get additional information about the challenges for athletics development in case of some selected Woredas of Jimma Zone youth and sports affair offices. Thus, the responses from the subjects summarized and presented in the following way.

A. Concerning the major factors that affecting athletics development in their Woreda they respond as follows.

- Lack of skilled man power in the office
- Low attention is given by government
- Absence of athletics project athletics club
- Lack of financial resource
- Lack of sufficient facility and equipment and
- Lack of training area

B. The respondent also asked is some one ever proposed in need for the establishment of athletics project in this Woreda. All of them responded that: there is no proposal presented in need of athletics project establishment.

C. When asked their future plan related to athletics they gave the following

- Establishing athletics club in their Woreda
- Recruiting skilled man in athletics and
- Working effectively for athletics development

D. When asked their role in establishing sport projects; all of them reported that their major roles are proposing, community mobilizing, directing, facilitating and attending.

E. When asked about who is more responsible for sport project foundation, no one answer one body, but they said their office, city administration, government, nongovernment organization, community and sport federation.

F. They also asked the stake holder in establishing sport project, and their answers are government, city administration, youth and sports office, sport federation and community.

G. For question is there any one communicated you about development of athletics, all are answered no.

H. A question was raised to the respondents ‘What should be done to develop athletics in this Woreda?’ The respondents replayed that all problems raised under item one should fulfilled.

I. “How can you overcome the challenges to athletics development?” They respond as follows. -By creating awareness among stake holder

- By changing community attitude
- Communicating with sport professionals

- Fund raising from different sources and
- Giving more attention towards athletics

J. Finally the managers of offices asked “How should be the stake holders motivated to athletics development?” Generally the interviewers conclude their ideas by suggesting that they can be motivated by fulfilling all needed facilities and equipments, giving award for good performer, giving continuous professional development training and giving assistance for stake holders where needed.

#### **4.4 Discussions**

The characteristics of the study groups were examined in terms of their sex, age, education background, area of study and work experience in the sector. Males constitute an over whelming majority 46 (73.1%) and 17 (26.9%) female respondents are participated. The largest portion of the employees in the sample population belongs to the adult age groups. Even though relatively half 31(49.2%) of the study group are first degree holders and others are diploma, certificate and ten complete, only 6(9.52%) of them are studied sport science which indicate most sport experts are not on the right position. Most of the sport experts have 1-10 years of service while very few employees have 16-20 years service in the sector.

Track and field events originated almost along with the first human kind on earth(Ritzdorf, 1996).

According to the annual report of the Environment, Forest and Climate Change Authority of each selected Woredas their Woredas altitude ranges from 900m – 3200m above sea level and the whole Jimma Zone altitude ranges from 500m – 3700m above sea level(Jimma, 2010a).

Due to Geographical location, altitudes and temperature the Oromia region have the access for development of athletics(Gebresellais, 2006)

The relatively poor performances of men and women in middle-distance and distance running and swimming during the 1968 Olympics in Mexico City (altitude 2300 m; 7546 ft) resulted from the small reduction in oxygen transport at this altitude. No world records emerged in events lasting longer than 2.5 minutes(Craig, 1968).

Altitude does not adversely affect short-term (anaerobic) activities such as sprint running, speed skating, track cycling, jumping, and discus that depend on energy from intramuscular high-energy phosphates and glycolytic reactions(Gavin TP, 1998).



Elite athletes may be required to improve performance by as little as 1% to succeed in competition, and the small sample sizes of athletes reported in these studies are inadequate for the purpose of detecting these changes(Hopkins, 2001).

The elected sport experts asked their interest to facilitate for the development of athletics and also to attend Ethiopian athlete's achievements through mass Medias. For both questions most of them respond as high and always alternatively but, the concrete effort didn't show that.

The availability and quality sport facility is necessary for proper training; where this does not exist, it is difficult to achieve the intended objectives set a head of time(Judith, 1998).

The availability of equipments during competition is satisfactory while there no skilled man power in all selected Woredas youth and sport affaire offices.

On the regard of participation on zonal, regional, national and international athletics competitions and as a result gaining role model in athletics from selected Woredas of Jimma Zone is very weak. Especially no one participated on international athletics competitions from Jimma still this research is conducted.

On regional athletics competitions the participation and the result gained by athletics participants is said to be good. For example on 24<sup>th</sup> All Oromian Athletics Championship held in Bihoftu (April 10 – 29/2010 E.C) Jimma Zone has got two gold medals, three silver medals and three bronzes with only track event(Jimma, 2010b).

The rationale behind Ethiopian athletes' achievement lays on that, the practice of this event requires remarkably little facilities, having a door-openers' "a role models", an engagement with manual work at the early age, for instance, long distance round-trip to school, fetching water and gathering fire wood...etc. could be mention as some of the main factors (Tsehaynew, 2010).

The absence of athletics club, lack attention among governmental bodies, lack attention among stake holders, the absence of training center in the area, the absence of the efforts made for athletics development, unfair selection of athlete during competition/partiality on athletes and the addiction of youth by chewing 'chat' are other challenges for the development of athletics in Jimma.

Ethiopian National Sport Policy further asserted that the limited role of the community in sports, the decline of sports in schools, the shortage of sports facilities, sportswear, and equipment, as well

as the lack of trained personnel in the field must have made the problem more complex(MoYS, 2004).

The effort of sport experts to facilitate for the developments of athletics including proposing in need for athletics project establishment of selected Woreda is said to be very weak. The training given per year was also not enough.

(Bezabeh W. & Gaudin B., 2008)recommended that the local community should be involved in the development process, directly or indirectly, starting from the Woreda level (the lowest administrative level in Ethiopia).

The National Youth sport Policy of Ethiopia adopted several Objectives and Goals in relation to creating talented children and youth in Athletics activities. Among its objectives; create favorable conditions to increase the participation of youth, enable youth to be actively involved in and benefit from activities which are directed for expanding and constructing youth-focused recreational, cultural and sports institutions and centers, enable in-school and out-of-school youth to widely participate in physical education, physical fitness exercises, cultural sports trainings and competitions and benefit there from, encourage the participation of children and youth in sport activities according to their inclinational by forming sport clubs in educational institutions and organizing special training and competitions are some of them(MoYSC, 2008).

The absence of independent budget for athletics training and competition, financial resource for athletics training and competition and the absence of inviting athletics professionals to train athletics events are the other challenges for the development athletics in Jimma Zone.

(Bezabeh W. & Gaudin B., 2008) claims that one of the challenges for Ethiopian athletics development is as Ethiopia is a poor country; sport is not really a priority in the budget of the federal government. Thus, even if athletics is the only medal providing sport, the Ethiopian Athletics Federation is hardly funded by the public sector and depends heavily on private sponsors. On the other hand the role of the local community in supporting the ‘projects’ seems close to none.

Middle and long distance runners from Ethiopia and Kenya hold over 90% of all-time world records and current top 10 positions in world event rankings. This remarkable geographical clustering has provoked assertions in the literature that Kenyans and Ethiopians have the “proper genes” for distance running(Randall, 2012).

Ethiopian athletics has reached its limits and that it would be difficult for it to progress or grow without undertaking major structural reforms when compared to those of its direct competitor, Kenya in a much broader range of disciplines(Hylton, 2008).

The existing problems, which are mainly in the areas of upgrading the skills of trainers, supplying modern training facilities and allocating adequate finance to the project(MoYSC, 2008)

(Kidd, 2010) claims that the understanding of social and personal development through sport has roots that go as far back as the end of the 1800s.

Sport can play a role in improving the lives of not only individuals, but whole communities (Hasselgård, 2015).

There is currently strong support for the use of sport as a tool in development and peace work, in the form of both social and personal development(Selliaas, 2012).

## CHAPTER FIVE

### SUMMARY, CONCLUSION AND RECOMMENDATION

This chapter summarizes the major findings of the study and then concludes on the base of these findings. Finally, feasible recommendations are suggested.

#### 5.1. Summary

The focus of this study was to assess the challenges for athletics development in case of some selected Woredas of Jimma Zone youth and sports affair offices.

The study was designed to answer the following research questions.

1-What are the challenges for the development of athletics in Jimma zone?

2-Whataretheefforts made by sport experts to develop athletics?

3-How can be developed athletics in Jimma zone?

In order to carry out the study, qualitative and quantitative approaches were adopted. The data relevant to the study were gathered through sets of questionnaires, interview and document analysis from 49 office workers and 21 office managers selected from Woredas of Jimma Zone youth and sports affair offices.

The data obtained were analyzed using statistical method such as frequency and percentage whereas that of open-ended questioners, interview and document analysis was described by using descriptive statements. Finally, based on the analyzed data, the following major findings were obtained from the study.

The study disclosed that more than half of selected Woredas altitude is medium so that it doesn't have more affect on athletics events especially for short and middle distance running and both field events (jumping and throwing).

It was found out that environmental weather condition for athletics participants is also very appropriate.

Regarding the interest of sport experts to facilitate for athletics development and attending Ethiopian athletes' achievement through mass Medias is not satisfactory.

The result of the study reveals, there was no appropriate athletics training area in selected Woredas of Jimma Zone.

It was found out that the availability of facilities and equipments for athletics during competition is said to be satisfactory.

Of selected Woredas of youth and sports affair offices almost all of them have no skilled manpower

in athletics event.

Regarding participation athletics competition; even if the participation of Jimma on regional athletics competition is said to be good, the participation of Jimma Zone athletes on national athletics competition is not satisfactory. Additionally, there is no athlete who participated on international athletics competition from Jimma Zone.

The other challenges for the athletics development are; the absence of athletics club in Jimma Zone, lack attention among governmental bodies, lack of community participation, lack attention among stake holders on Zonal level even during competition, the absence of training center in the area, the absence of the efforts made for athletics development, unfair selection of athlete during competition/partiality on athletes, the addiction of youth by chewing ‘chat’ and cultural and religion attitude towards sport was raised.

The effort of youth and sports affair office workers to facilitate for the developments of athletics is low.

No proposal is presented in need for establishment of athletics project in all selected Woredas of youth and sports affair offices.

Concerning the training of athletics there is no regular program in all selected Woredas and in relatively half Woredas athletics training is never given.

The finance that budgeted for athletics training and competition per year is not enough and also no independent budget for athletics.

The financial resource for all sports including athletics is only community.

Athletics professionals are didn’t invited to train athletics and athletics competition held only once per year in every Woredas.

All sport experts believe that the development of athletics is important for the benefit of the youth.

The altitude of selected Woredas are relatively comfortable for short and middle distances of running and both jumping and throwing events.

All sport experts believe that facilitating for the development of athletics movement, establishment of athletics project in this Woreda, working for the development of athletics event which is our country Ethiopia is known in the world, giving attention and working for sport events which needs less amount of facility and equipment, knowing the relationship between the type of activities and air condition of once environment are very important. Generally when compared to other zones of Oromia, in Jimma Zone it is said to be no athletics movement at all.

## 5.2 Conclusion

- ❖ Based on the major finding of the study, the following general conclusions were drawn.
- Altitude and environmental weather condition are not the major factors that affect the development of athletics in Jimma Zone.
- The researcher investigated that an interest and attitude of sport experts towards athletics is said to be not satisfactory which resulted as one of the major challenges for athletics development in Jimma Zone.
- Even if the availability of equipment is said to be satisfactory, there is no training area for all types of athletics in all selected Woredas.
- The other major challenges of the development of athletics in Jimma Zone is the absence of skilled man power relatively in all of youth and sports affair offices and the absence of role model in a zone.
- There was lack attention among governmental bodies and among stakeholders, the absence of athletics club and athletics training center, unfair selection/partiality on athletes and addiction for bad habits are some other challenges for athletics development in the area.
- There was no effort made by stake holders for the development of athletics as needed, therefore no one proposed in need for athletics project establishment and no athletics training given in most Woredas.
- Lack of finance, the absence of inviting athletics professionals to train athletics and the absence independent budget for athletics movement are also the challenges for athletics development in Jimma Zone.
- All stakeholders believe that the development of sport in once area is beneficial for the youth of that area so that working and facilitating for the development of athletics is very important.
- Giving attention and working for the development of athletics which needs less facility and equipment is valuable in such poor countries.
- Identifying the relationship between the type of activities and air condition of once environment should be the first step of sport experts.
- Compared to other zones of Oromia region Jimma Zone athletics movement is very weak.

### **5.3 Recommendations**

In view of the findings of the study and conclusions drawn, the researcher forwards the following recommendations.

- Altitude and environmental weather condition of Jimma Zone is appropriate for athletics events so that sport experts and office managers should know as it can be developed in Jimma without so much effort and finance and also the training area for athletics should be identified in all Woredas and at least one standardized track should be built in Jimma Zone.
- Office managers should search for and recruit skilled man in athletics and they need to design and develop mechanisms to support, supervise, and work with close relation to athletics professionals. They also need to design ways to facilitate, to present facilities and equipments, fund raising, and athletics project in each Woredas and at least one athletics club in Jimma Zone should be established.
- The actions expected from sport exports to overcome the challenges for athletics development are having positive attitude towards athletics, strong motivation and a willingness to work extremely hard.
- ❖ Finally, the problem is not as such an easy one to be adequately studied and investigated at once. Thus, the researcher would like to recommend other concerned and interested individuals or groups to carry out deeper and wider research work on this issue, the challenges for the development of athletics of Jimma Zone.

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**APPENDIX A**  
**JIMMA UNIVERSITY**  
**COLLEGE OF NATURAL SCIENCE**  
**DEPARTMENT OF SPORT SCIENCE**

**Questionnaire Prepared For Office workers**

The aim of this questionnaire is to collect information about the challenges for the development of athletics in case of Woredas of Jimma zone youth and sports affair offices. Your cooperative and positive response for each question has a great value for the success of this study .So you are kindly requested to fill the following question according to the objective of the study .Great thanks for your contribution kind respect of your answer for the requested question listed below. Don't write your name. Give your responses by making (X) in the space provided for each item.

**I-Background information of the respondents**

1. Sex: Male  male
2. Age: 18-25       26-30       31-35       36-40       41-45   
46-50       51 and above
3. Qualification: Certificate       Diploma       First degree       Master degree
4. Field of study \_\_\_\_\_
5. Experience in year in this sector: 1-5       6-10       11-15   
16-20       21-25  and above

## II – Questions

### ❖ Encircle Your Choice From The Given Alternatives

#### I-The challenges for the development of athletics

1.1. The average altitude of your Woreda is:

A, Very high      B, High      C, Medium      D, Low      E, Very low

1.2. The appropriateness of air conditions of this Woreda for athletics activity participants:

A, Very appropriate      C, Medium  
B, Appropriate      D, Slightly appropriate      E, Not appropriate

1.3. How much is your interest to facilitate the development of athletics?

A, Very high      B, High      C, Medium      D, Low      E, No Interest

1.4. How much do you attend Ethiopian athlete's achievements through mass Medias?

A, Always      B, Sometimes      C, Occasionally      D, Rarely      E, I don't attend

1.5. The appropriateness of training area for track event in this Woreda is:

A, Excellent      B, Very good      C, Good      D, Satisfactory      E, No training area

1.6. Availability of facilities and equipments for athletics event during competition:

A, Excellent      B, Very good      C, Good      D, Satisfactory      E, Poor

1.7. The number of skilled man power of athletics in your office is:

A, Very sufficient      B, Sufficient      C, Slightly sufficient      D, Not sufficient      E, No skilled man

1.8. Number of athletes who represent Jimma in Regional Athletics Competitions from your Woreda for last three years is:

A, More than three      B, Three      C, Two      D, One      E, No one

1.9. Athletes participated on National Athletics Competition representing Jimma from your Woreda?

A, More than three      B, Three      C, Two      D, One      E, No one

1.10. Athletes participated on an International Athletics Competition from your Woreda?

A, More than three      B, Three      C, Two      D, One      E, No one

1.11. More specify the above three questions (1.8, 1.9 and 1.10) with distance and the type of event they represent Jimma, Oromia or Ethiopia respectively on the space provided bellow.

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1.12. If any other challenges to develop athletics write on the space provided bellow.

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**II-The efforts made by sport experts**

2.1. The effort of sport experts to facilitate for the developments of athletics is said to be:

- A, Excellent    B, Very Good    C, Good    D, Satisfactory    E, Poor

2.2. How many proposals did you presented in need for athletics project establishment?

- A, More than three    B, Three    C, Two    D, One    E, No proposal

2.3. Athletics training which given per year is:

- A, More than two    B, Twice a year    C, Once a year    D, No regular program    E, No at all

2.4. Finance that budgeted for athletics training and competition per year in your office is:

- A, Very much enough    B, Enough    C, Slightly enough    D, Not enough    E, No budget

2.5. What is your financial resource for athletics training and competition?

- A, Governmental budget    B, NGO    C, Community    D, All    E, No source

2.6. Invited athletics professionals to train athletics events per year:

- A, More than two    B, Twice a year    C, Once a year    D, No regular program    E, Never invited

2.7. Athletics competition prepared per year is?

- A, Four times    B, Three times    C, Twice    D, Once    E, No athletics competition

2.8. Write what your future plan would be on athletics movement in your Woreda on the space provided bellow.

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**III- Suggesting and giving clue for stake holders**

3.1. The development of sport for the benefit of youth is:

A, very important B, Important C, Moderately important D, Slightly important E, not important

3.2. Of track events, for which distance is the altitude of your Woreda, is relatively comfortable?

A, Long distance B, Middle distance C, Short distance D, All E, None

3.3. Of field events, for which one is the altitude of your Woreda is relatively comfortable?

A, Throwing B, Jumping C, Both D, None E, Unknown

3.4. Facilitating for the development of athletics movement is:

A, very important B, Important C, Moderately important D, Slightly important E, not important

3.5. Establishment of athletics project in this Woreda is:

A, very important B, Important C, Moderately important D, Slightly important E, not important

3.6. Working for the development of athletics event which is our country Ethiopia is known in the world is: A, very important B, Important C, Moderately important

D, Slightly important E, not important

3.7. Giving attention and working for sport events which needs less amount of facility and equipment

A, very important C, Moderately important

B, Important D, Slightly important E, not important

3.8. Knowing the relationship between the type of activities and air condition of once environment is:

A, very important C, Moderately important B, Important

D, Slightly important E, not important

3.9. What can you say about Jimma zone athletics movement compared to other zones of Oromia region?

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**APPENDIX B**  
**JIMMA UNIVERSITY**  
**COLLEGE OF NATURAL SCIENCE**  
**DEPARTMENT OF SPORT SCIENCE**

**Interview Guide for Head Offices**

1. What are the major factors that affecting athletics development in your Woreda?
2. Is some one ever proposed in need for the establishment of athletics project in this Woreda?
3. What is your plan related to athletics?
4. What is your role in establishing sport projects?
5. Who is more responsible for sport project foundation?
6. Who are stake holders in establishing sport projects?
7. Is there any one communicated you about development of athletics?
8. What should be done to develop athletics in this Woreda?
9. How can you overcome the challenges to athletics development?
10. How should be the stake holders motivated to athletics development?

**YUNIVARSITII JIMMAA**  
**KOOLLEEJII SAAAYINSII UUMAMAA**  
**DAMEE SAAAYINSII ISPOORTII**

**Gaafannoo Hojjattoota Waajjiraatiif Qophaa'e**

Kaayyoon gaafannoo kanaa odeeffannoo waa'ee rakkoowwaniifi gufuuwwan guddina atileetiksii gama Waajjira Dargaggoo fi Ispoortii Magaalaa Jimmaa fi Aanolee Godina Jimma keessatti jiran funaanuu ta'a. Tokkoon tokkoon gaaffii dhihaataniif deebii kennuun deeggarsi ati gootu milkaa'ina qorannoo kanaatiif gatii guddaa qaba. Kanaafuu gaaffilee armaan gaditti dhihaataniif akkaatuma gaafatamtetti akka guuttu kabajaan sigaafadha. Deebii kee kennuun gumaacha taasifteef galata guddaa argadhu. Maqaa kee hinbarreessin. Bakka kenname irratti mallattoo (X) kaa'uun deebisi.

**I – Seenduubee qaama odeeffannoo kennuu**

1. Saala: Dhi

Dub

2. Umurii: 18-25

26-30

31-35

36-40

41-45

46-50

51 and above

3. Sadarkaa Barnootaa: Sartafikeeta

Digrii Tokkoffaa

Diippiloomaa

Digrii Lammaffaa

4. Gosa barnootaa ittiin eebbifamte \_\_\_\_\_

5. Tajaajila seektara kana keessaa: 1-5

6-10

11-15

16-20

21-25

26 fi kanaa ol

## II- Gaaffiiwwan

**Filannoo dhihaatan keessaa deebbiidha kan jettu itti maruun deebisi.**

### 1. Sadarkaa rakkoowwanii mirkaneessuu fi madaaluuf

- 1.1. Giddugalaan olka'iinsi teessuma lafaa aanaa keetii:  
A, Baay'ee olka'aadha B, Olka'aadha C, Giddugaleessa D. Gadibu'aadha E, B/ gadi bu'aadha
- 1.2. Mijaa'inni haala qilleensa aanaa kanaa hirmaattota sochii atileetiksiif:  
A, Baay'ee mijataadha B, Mijataadha C, G/Galeessa D, Xiqqoo mijataadha E, Mijataa miti
- 1.3. Guddina atileetiksiif haala mijeessuuf fedhiin ati qabdu hammami?  
A, Baay'ee olaanaadha B, Olaanaadha C, G/Galeessa D, Gadiaanaadha E, Fedha hinqabu
- 1.4. Milkaa'ina atileetota Itoophiyaa karaa miidiyaalee hammam hordofta?  
A, Yeroo hundaa B, Darbee darbee C, Akka tasaa D, Yeroo muraasa E, Hinhordofu
- 1.5. Mijaa'inni dirree shaakala atileetiksii tooraa (fiigichaa) aanaa keetii:  
A, Baay'ee mijataadha B, Mijataadha C, G/Galeessa D, Xiqqoo mijataadha E, Mijataa miti
- 1.6. Argamiinsi meeshaalee fi leecalloo atileetiksii yeroo dorgommiin gaggeeffamu  
A, Baay'ee gaariidha B, Gaariidha C, G/Galeessa D, Quubsaadha E, Hinargamu
- 1.7. Baay'inni namoota ogummaa atileetiksiin leenji'anii waajjira kana keessatti:  
A, Baay'ee gahaadha B, Gahaadha C, Muraasa D, B/Muraasa E, Hinjiru
- 1.8. Waggoota sadan darban keessa baay'inni atileetota aanaa kanaa bahuun Jimmaan bakka bu'anii dorgommii atileetiksii Oromiyaarratti hirmaatanii:  
A, Sadii oli B, Sadi C, Lama D, Tokko E, Hinjiru
- 1.9. Atileetonni aanaa kanaa bahuun Oromiyaa bakka bu'anii dorgommii atileetiksii biyyoolessaarratti hirmaatan:  
A, Sadii oli B, Sadi C, Lama D, Tokko E, Hinjiru
- 1.10. Atileetonni aanaa kanaa bahuun dorgommii atileetiksii addunyalessaarratti hirmaatan:  
A, Sadii oli B, Sadi C, Lama D, Tokko E, Hinjiru
- 1.11. Gaaffilee sadan armaan oliif akkaataa fageenyaa fi gosa sochii dirree atileetonni aanaa kanaa Jimma, Oromiyaa fi Itoophiyaa bakka bu'aniin adda baasuun bakka duwwaa armaan gadii irratti barreessi.

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- 1.12. Gufuuwwan guddina atileetiksii kan biroo yoo jiraatan bakka duwwaa armaan gadii irratti barreessi.

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## II- Carraaqii qooda fudhattoonni taasisan

2.1. Guddina sochii atileetiksiitiif haala mijeessuu keessatti carraaqiin hojjattoota waajjirra kanaa:

A, Baay'ee gaariidha B, Gaariidha C, G/Galeessa D, Gad'aanaadha E, B/Gadaanaadha

2.2. Piroojeektiin atileetiksii akka hundeeffamuu gaafannoo barreeffamaa meeqa dhiheessite?

A, Afur B, Sadii C, Lama D, Tokko E, Hinjiru

2.3. Leenjiin atileetiksii waggaatti si'a meeqa kennama?

A, Lamaa oli C, Si'a tokko

B, Si'a lama D, Sagantaan idilaawaan hinjiru E, Tasuma hinkennamu

2.4. Akka waajjira keetti faayinaansiin sochii atileetiksiif jecha waggaatti ramadamu:

A, Baay'ee gahaadha C, Hamma tokko gahaadha

B, Gahaadha D, Gahaa miti E, Baajatni addatti ramadamuuf hin jiru

2.5. Yemmuu leenjii fi dorgommiin atileetiksii gaggeeffamu maddi galii keessanii maal ture?

A, Baajata mootummaa C, Hawaasa

B, Dhaabbata gargaarsa alaa D, Hunduma E, Kan birooti

2.6. Atileetiksii akka leenjisanuuf jecha ogeessota affeeruun:

A, Yeroo hunduma B, Darbee darbee C, Takattuu D, Sagantaa idilaa'e hinqabu E, Hin affeerre

2.8. Dorgommiin atileetiksii waggaatti si'a meeqa qophaa'a?

A, Si'a afur B, Si'a sadii C, Si'a lama D, Si'a tokko E, Hin qophaa'u

2.9. Atileetiksii guddisuuf karoora kee fuulduraa bakka duwwaa armaan gadii irratti barreessi

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### III-Yaada kennuu fi kallattii qabsiisuu

3.1. Dagaaginni sochii ispoortii fayyadamummaa dargaggootaaf:

- A, Baay'ee barbaachisaadha      C, Hamma tokko barbaachisaadha  
B, Barbaachisaadha                      D, Xiqqoo barbaachisaadha                      E, Barbaachisaa miti

3.2. Gosa sochii atileetiksii tooraa keessaa olka'iinsi lafa aanaa keetii fiigicha fageenya kamiif mijataadha?

- A, Fageenya dheeraa                      C, Fageenya gabaabaa  
B, Fageenya giddu-galeessa              D, Hunda                      E, Hin mijaa'u

3.3. Gosa sochii atileetiksii dirree keessaa ol-ka'iinsi lafa Jimmaa isa kamiif mijataadha?

- A, Darbannaa      B, Utaalcha      C, Lamaanuu      D, Hin mijatu      E, Hin beekamu

3.4. Guddina atileetiksiif haala mijeessuun:

- A, Baay'ee barbaachisa                      C, Hamma tokko barbaachisa  
B, Barbaachisaadha                      D, Xiqqoo nibarbaachisa                      E, Hinbarbaachisu

3.5. Piroojektii atileetiksii aanaa kana keessatti hundeessuun:

- A, Baay'ee barbaachisa                      C, Hamma tokko barbaachisa  
B, Barbaachisaadha                      D, Xiqqoo nibarbaachisa                      E, Hinbarbaachisu

3.6. Atileetiksii isa biyyi keenya Itoophiyaan Addunyaarratti ittiin beekamtu guddisuuf hojjachuun:

- A, Baay'ee barbaachisa                      C, Hamma tokko barbaachisa  
B, Barbaachisaadha                      D, Xiqqoo nibarbaachisa                      E, Hinbarbaachisu

3.7. Gosa sochii ispoortii isa meeshaalee fi leecalloo muraasa barbaadurrtti xiyyeeffachuun:

- A, Baay'ee barbaachisa                      C, Hamma tokko barbaachisa  
B, Barbaachisaadha                      D, Xiqqoo nibarbaachisa                      E, Hinbarbaachisu

3.8. Hariiroo gositi sochii ispoortii fi haalli qilleensa naannoo waliin qabu adda baasanii beekuun:

- A, Baay'ee barbaachisa                      C, Hamma tokko barbaachisa  
B, Barbaachisaadha                      D, Xiqqoo nibarbaachisa                      E, Hinbarbaachisu

3.9. Waa'ee sochii atileetiksii godina Jimmaa godinaalee Oromiyaa biroon yoo walbira qabdu maal akka jettu bakka duwwaa armaan gadii irratti barreessi.

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**YUNIVARSITII JIMMAA**  
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**DAMEE SAAYINSII ISPOORTII**

**Gaaffannoo Afaanii Durabu'aa Waajjiraaf Qophaa'e**

1. Wantoonni guddina atileetiksii irratti gufuu ta'an gurguddoon maali fa'i?
2. Proojektii atileetiksii hundeessuuf jecha gaafannoon dhiheessite jiraa?
3. Waa'ee atileetiksii ilaalchisee karoorri keessan fuulduraa maali?
4. Proojektii atileetiksii hundeessuuf qoodni keessan maali?
5. Proojektii atileetiksii hundeessuun caalaatti eenyuun iaallata?
6. Qooda fudhattoonni proojektii ispoortii hundeessan eenyu fa'i?
7. Waa'ee guddina atileetiksii aanaa kanaa ilaalchisee qaamni waliin marii gootan nijiraa?
8. Sochii atileetiksii aanaa kanaa guddisuuf maaltu raawwatamuu qaba jettu?
9. Gufuuwwan guddina atileetiksii irra aanuun akkamiin danda'ama jettu?
10. Qooda fudhattoota guddina atileetiksii irratti hojjatan haala kamiin si'eessuun danda'ma?