



JIMMA UNIVERSITY
COLLEGE OF NATURAL SCIENCE
DEPARTMENT OF SPORT SCIENCE

**DEVELOPMENTAL CHALLENGES OF SHORT DISTANCE RUNNING IN SOME
SELECTED ATHLETICS PROJECTS OF DAWRO ZONE, SOUTHREN ETHIOPIA**

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July 2020

JIMMA, ETHIOPIA



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**A THESIS SUBMITTED TO THE SCHOOL OF GRADUATE STUDIES OF JIMMA
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OF THE REQUIREMENTS FOR THE DEGREE OF MASTER OF SCIENCE IN
SPORT SCIENCE SPECIALIZED IN COACHING ATHLETICS**

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Approval sheet

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DECLARATION

By my signature below, I declare and affirm that this thesis is my own work. I have followed all ethical and technical principle of scholar ship in the preparation, data collection, data analysis and compilation of this thesis. Any scholarly matter that is included in the thesis has been given recognition through citation.

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ABBREVIATIONS

EAF	Ethiopia Athletics Federation
IAAF	International Association of Athletics Federation
IOC	International Olympic Committee
MOCTS	Ministry of Cultural, Tourism and Sport
NSPE	National Sport Police in Ethiopia
TID	Talent Identification
SMART	Specific Measurable Adjustable Realistic and Time
SPSS	Statistical Package for Social Sciences

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ABSTRACT

The main purpose of this research was to investigate the developmental challenges of short distance running in some selected Dawuro zone athletics training projects. Data was collected through questionnaire interview and observation Checklist 68 respondents participated as the source of data. Sixty (60) athletes of which 15 from Tocha athletics project, 15 from Kech athletics project, 15 from Isera athletics project and 15 of them were from Maraka worda athlete's projects of the short distance events, four coaches from four projects and four administrators of Dawuro zone sport biro were participated in the study. To achieve the intended objective Cross sectional research design was employed. The sample of this study was through purposive sampling techniques. The data collected from Questionnaires, Interviews, and observation was organized and categorized based on the objectives, considering the research question of the study. Therefore, quantitative, and qualitative analysis was employed. According, all the close-ended questions of the questionnaires were analyzed quantitatively using frequency and percentage. The major finding of this study was most respondents said they did not distinguish the selecting criteria, there were no medical checkup taken. And also, all respondents replied that there is not given current performance or time try. Regarding to athletes' interest more of the respondents said that they joined to this event based on their interest, all of the respondent said that they did not discuss about winning philosophy with their project managers. And all or 100% of the respondents agreed that there was no food provided on the project. As the result shows that most of the respondents agreed that they did not have any medical service, a psychology and nutritional education service from the project. And also, all the respondents said there were no sufficient facilities in the project for the training. Therefore, it seems that the management or stack holders of the Dawuro zone short distance athletics projects, should improve on all the management practice used to club management, methods of training given, food provided for the projects and reduce the challenges that above mentioned. Further studies on the challenges and development that influence the development and change of short distance athletes need to be carried out in other short distance athletics projects in Ethiopia level.

Keywords: Challenges, athlete's development, facilities, short distance athletics project

CHAPTER ONE

INTRODUCTION

1.1 Background of the Study

Athletics is the natural pursuits of human beings. Some of the usual activities like walking, running, jumping, and throwing are the movements which we learnt first as small children (Thompson, 2007). Even if track events have been widely practiced sport activities in Ethiopia, however when we come to sprint running still there is no significant performance shown in the field and it is not free from problems. Athletic performance is mostly determined by factors such as physical qualities, technical, and psychological abilities much better than others, psychological factors don't give due attention in Athletes preparation. This has a great diverse effect on all spheres of Athletes' development.

The primary objective of athletics training project is to help athletes improve their athlete's performance by developing factors of physical fitness such as strength, speed, specific power, nutrition, education and confidence. K. D. Tipton et al (2007) described that Sprint training is focused on developing lean body mass capable of generating the power necessary to carry the athlete as rapidly as possible. Susan Lanham-New (2011) explained that the purpose of sprint training is to sustain higher power out puts for short periods(i.e.10-50s). the sports that sprint training is particularly relevant to is track sprinting (i.e. 100,200,400m) many athletes need to undertake sprint training to work on them muscle strength, power and or speed. Sprint athletes engage their muscles in response to a wide variety of contraction stimuli that induce varied effects on muscle protein turnover and ultimately influence skeletal muscle adaptations after a defined training period.

Peter J L Thompson (2009, p100-101) it has been suggested that Speed training involves the development of skill so that the technique is performed at a faster rate. The most common distance for senior athletes is 30 meters which is why the exercise is known as flying 30s '.

The coach marks out an acceleration zone of 30m, in conformity with this world assertion, the same is true for Ethiopian short distance runners if they could be world-class athletes.

The ministry of Cultural Tourism and sport, which is recently named as Ethiopian sport commission, has the mission in general to work on all athletics disciplines in particular focusing on the event that the country has been well known. That is, sprint races, jumping and throwing events to represent Ethiopian in international competition and to share the culture of Ethiopian over the world. In order to improve and keep the performance of the Athletes, we need to have different performance strategies.

The sprint is the fastest event of all events in athletics. The distances 100 m, 200 m, 400m and relay events are all regarded as sprinting events. K. D. Tipton et al (2007) stated that the sprint events cover distances from 60 to 400 m this event rely primarily on the development of power through anaerobic energy, the phosphocreatine systems for energy. A sprint consists of an all-out effort for a short period of time and it is the art of running as fast as possible. Power and coordination are the essential ingredients in the production of speed.

The objective is to run the distance from start to finish as fast as possible. Due to the speed of the event, the start of the event is technically adapted to enable the athlete to start fast. Athletics Omnibus – Sprints. (From the Athletics Omnibus of Richard Stander, South Africa)

Athletics have been widely Exercise sport activities in Ethiopia and famous world class athletes exist in due to different reason sprint running could not exhibit tangible result like another track event. To have fully organized Ethiopia Athletics Federation, there must have the qualified personnel in all areas, such as coaches, nutritionists, and physicians.

Qualified coaches have an effect on the performance of an athlete until adapt the new situation and the environment. Diversity means accepting people who are different from oneself or being more inclusive and accepting of athletes, regardless of color, national origin, race, religion, sex,

or sexual orientation. For a coach having such kind of competence with athletes is as a basic need to help them with adjusting their new environment.

There are huge differences among us in the ways we think, feel and behave in response to particular situations. So that all things should be fulfilled by the Federation and it helps them to focus on their trainings only. As Peter JL Thompson, Athlete development relates the structure and nature of training at any time to where an individual athlete is on their developmental path way. This means that individuals are, “doing the right things at the right time” for their long term, not necessarily immediate, development”’(PeterJLThompson:1993). There for the Federation and the coaches have a big role in the athlete’s adaptation of the national team easily and start the training.

In order to perform better and to learn perfectly any sports skill, there should be Provision of appropriate equipment and facilities recommended and required for Learning the sports skills. Lack of proper and appropriate equipment and Facilities results in mishap and injuries while practicing or learning any sports kills or The course of competition. So, there should always be a provision of appropriate equipment and facilities required for learning particular sports skill (Dr.B.J. Srinivasaraju, 2012). The availability of adequate equipment and facilities play a major role in sports development, it would not be important to achieve satisfactory results from athletes. Good sports programs can function at full effectiveness only when they are supported with effective equipment in good conditions (Awosika, 1996 and Aluko,1999). Awoma (2005) stated that, provision of adequate facilities and equipment is as important as providing adequate incentive for the athletes.

Therefore, the present study is an attempt to determine the developmental challenges of short distance running in some selected athletics projects in Dawuro Zone and the researcher believe the finding of this thesis can be applied generally and could be used as a starting point by Dawuro Zone Athletics projects.

1.2. Statement of the Problems

According to stated, “Scientific based and systematic training program is fundamental to the athlete fitness. Training provides the athlete with the basic means to adapt to his particular stressors through controlled exercise the principles of training which apply in designing fitness programs apply equally to elite performers, recreational performers developing performers and those whose live are not oriented towards sport or physical recreation”.

The interpretation of specificity is clear when one considers the type of fitness required for a given lifestyle. Whereas the athlete works to increase fitness towards some level of excellence examining the challenges, status of short distance runners of athletics Training canter to find out strategies used to enhance sprinters performance.

Any time in the world Athletics History Ethiopia did not registered a good result in short distance. Stated that, “Since Ethiopia joined the Olympic Games in 1956 until Beijing Olympic, they collected a total of 14 gold medals, 5 silver medals and 123 bronze medals. Almost all of the medals collected in long distance running.” (Judah. 2008)

Sprint running in Ethiopia has its own way and possible outcomes which are dependent on the attention of all stock holders; the athletes’ attitude and devotion coaching qualities the recruitment the athletes from the talented area and the necessary facilities for the training moreover, there was no sufficient research work related to short distance running event. Due to various factors, such as training related environmental, personal, social, psychological, physical character ... etc.

Therefore, the researcher found it timely and crucial to question, how do practiced and what are the major challenges encountered administrator, coaches and athletes. Due to the above mentioned reasons this research is initiated to investigating the developmental challenges of short distance running in Dawro zone.

1.3. Research Questions

In order to find out the existing problem in short distance, the study tries to answer the following research questions.

1. Are there any effects of participation in athletics on short distance event in the study area?
2. Is all the stock holder giving attention to the development of short distance event in the study area?
3. Are the athletes recruited on the talent selection criteria of short distance event?
4. Are there necessary facilities for the training of short distance event?

1.4. Objectives of the Study

1.4.1 General Objective:

The general objective of the study is to investigate the challenges that affect the success of short distance running in Dawro zone and its development.

1.4.2 Specific Objective

The specific objective of the study is to:

1. To identify the challenges that hinder the effective implementation of short distance event in the study area.
2. To assess how much stock holder giving attention to the development of short distance event in the study area.
3. To assess whether the zonal team recruits the athletes based on the talent selection criteria.
4. To examine whether the stock holder deliver or not the necessary facility and equipment for the training of the project.

1.5. Significance of the Study

The significance of the result of the study may be:

- Distinguish how much the athletes are involved in the training with devotion, and also to get the psychological readiness of the athletes;
- To indicate the major factors that affects the performance of short distance runners
- Initiate other researchers for further studies.

1.6. Delimitation of the Study

This study has been carried out at Dawuro zone in four athletics projects trainees in short distance runners. Developmental challenges of short distance running in some selected athletics projects have been studied. The study covers a population of Sixty athletes from four athletics projects of the short distance events, four coaches from four projects and four administrators of Dawuro zone sport biro were participated. Seems mandatory and invaluable to make study at national level. However, the resource and financial constraints of the researcher has obliged to the study only on four athletics projects of short distance runners in Dawuro zone administration. The researcher has intended and planned to work with those 68 participants in the project. In relation to the researcher interest, competence, financial power and time constraints the study had been delimited only to the issue of the relevancy of training and the suitability of the training and environment to supply appropriate training, the availability of food, social relationship and psychological treatments

1.7. Definition of terms

Athlete: - is some who is good at sport, especially athletics, and takes part in sports competition. (Wikipedia, the free encyclopedia)

Athletics: - track and field event sport comprises a group of athletic events or disciplines, each of which involves running, walking, throwing and jumping. (Wikipedia, the free encyclopedia)

Challenge: - to call, invite, or summon to a contest controversy, debate, or similar affair; specially to invite to a duel. (Wikipedia, the free encyclopedia)

Club: - to join, as a number of individuals, to the same end; to contribute separate powers to one end, purpose, or effect: usually with together. (Wikipedia, the free encyclopedia)

Coach: - to train and instruct (athletes, actors, etc.) (websites new twentieth century dictionary)

Coaching: - is often used to cover a wide range of activates; usually to help someone prepare for something. (websites new twentieth century dictionary)

National team: - is a team that represents nation, rather than a particular club or region, in a sport. (Wikipedia, the free encyclopedia)

Practice: - is an occasions when you do something in order to become better at it, or the time that you spend doing. (<http://www.macmillan dictionary.com>)

Recruits: - to engage in finding and attracting employees, new members, athletes, etc. (websites new twentieth century dictionary)

Short distance running: - in athletics it is normally refers to track races ranging from 100m to 400m and relay. (Wikipedia, the free encyclopedia)

Stock holder: - one who owns shares of stock in a corporation. (Wikipedia, the free encyclopedia)

CHAPTER TWO

REVIEW OF RELATED LITERATURE

2.1 Athletes Selection Criterion

Talent Identification (in the purest sense) assumes that there is a genetic basis underlying performance. That is some individuals are born with innately better/higher Capacities and/or train ability. There is good evidence for the genetic basis of Performance in number of areas relevant to sporting success. This include skin anthropometry, physiological and motor attributes (Carter J. E. L. and Ackland, T.,1994).

There is also strong support for the role that environmental and sociological factors play in the development of elite athletes. Indeed, some academics have hypothesized that as long as you are prepared to indulge in a pre-requisite level of ‘deliberate practice any person is capable of attaining excellence. Too often in the scientific literature, we place these extremes at opposite ends of a continuum. That is, someplace emphasis on the genetics (nature) while others on the environment (nurture). The reality most likely lies somewhere in between; it is a combination of the two—nature and nurture—with the contribution of each varying according to the demands of the sport.

2.2. Sprinting Mechanics

For sprinters, muscle power, neurological innervations, and length of limbs are the most important factors to consider. These factors affect the two main components that determine running velocity: stride length and stride frequency.

2.2.1 Stride length

Stride length is governed by the power the sprinter exerts during the ground contact period. Stride length in turn has an effect on the angle of force to the ground. When sprinter sober stride, or place the landing foot too far for ward of their center of mass (CM), they create braking forces that’s low them down. Although in principle, it is useful for sprinters to try to lengthen their stride, by over striding they may actually cause their stride to shorten (REF).

The best way to improve stride length is not by changing technique but rather by Improving the ability to produce power. Natural increases in stride length occur when greater power is applied to the ground due to improvements in stride frequency.

2.2.2 Stride Frequency

Stride frequency depends on the functioning of the central nervous system (the firing ability of the nerves stimulating the muscles), the muscle fiber type, and the length of the limbs. The more FT fibers a sprinter has, the greater stride frequency he or she can attain. Shorter limbs can move with greater frequency.

Longer limbs have a lower frequency. Short sprinters therefore typically run with a very powerful stride and on average run short races faster. Most tall sprinters run faster in the longer sprint races, in which both speed and endurance are needed (COH & TOMAZIN, 2005; FRYE, 2000).

2.3. Principles of training

A major objective of training is to improve performance. The body has the ability to respond to physiological and environmental stressors and to adapt to them. This adaptation occurs over time and with practice and often leads to improved performance. Training programs are designed to challenge athletes mentally and physically in the pursuit of improving their exercise capacity and efficiency. The following principles can be applied to all types of training to improve performance (REF):

- Progressive
- Specificity
- Reversibility
- Variety
- Training thresholds
- Warm-up and cool-down techniques

Each of these will be considered in the coming pages. Two other terms you will need to understand are maximal effort (or work) and sub-maximal effort. These terms are used at various times throughout this text:

- Maximal effort refers to exercise at the highest intensity possible
- Which can only be maintained for a short period of time (such as sprinting)
- Sub-maximal effort refers to exercise at a rate less than maximal intensity, which can be maintained for a longer period of time (such as jogging).

It is often impossible to make an all-out effort for an extended period of time. Therefore, it is useful to use tests of sub-maximal intensity in order to predict maximal intensity.

2.3.1. Principle of Progression

Progression means gradually increasing the amount of exercise you do. When a performer first starts exercising, their levels of fitness may be poor. If a coach increases the training too quickly, the body will not have time to adapt and this may result in injury. Slow and steady progress is the best way forward. Gradually increasing the frequency, intensity and duration of fitness sessions is an important factor in developing an effective training programme. In terms of type of training, progression should be based on the principle of moving from easy activities to difficult ones.

2.3.2 Principle of Specificity

The principle of specificity states that the type of exercise being used in training should be specific to the:

- task requirements
- energy systems required in the task
- muscle groups required in the task
- components of fitness involved in the task

For example, to be competitive in their chosen sport, marathon runners need to develop the aerobic energy system using leg muscles (not shoulders). A discus thrower needs to develop the ATP PC system to throw while, at the same time, developing the shoulder, back and arm muscles specific for throwing and power. To put it simply—cycling isn't running, and rowing isn't swimming.

There is a place for cross-training; that is, training that is not specifically designed for the primary sport being pursued. Cross-training helps with:

- Motivation
- maintaining an aerobic base
- avoiding or recovering from injury
- assisting with muscular balance

Cross-training is a supplement to specific energy system training, however, and not a substitute for it.

2.3.3 Principle of Reversibility

The effects of training are reversible. That is, if a person stops exercising (or fails to exercise often enough or hard enough), the training effects will be quickly lost, and the person's

performance will decline. Reversibility is evident in aerobic and anaerobic fitness, power, strength, muscular endurance and flexibility. After only one to two weeks of stopping or reducing training, significant physiological reduction can occur.

Developing a maintenance program that is designed to maintain (but not improve) training levels can halt (or reduce) the degree of fitness lost. Many athletes engage in such a program during the off-season to maintain their fitness until the next season begins. Models of Training the aim of training is to allow the athlete the best chance of achieving their performance goal or target. For this to become a reality, the athlete must develop on all levels, but principally there needs to be a profound physiological and physical development in order for this to occur.

2.3.4. The Principle of Continuity

This principle is based on the patterns of adaptation of the body to training loads and recovery, i.e. the phenomenon of super compensation. The most important task is to Combine workouts, recovery and content. Too long time for recovery after workouts Will not improve fitness because the positive gain will be lost. Continuity has several important aspects:

- The effect of loading stress on adaptation process
- The effect of the training content;
- Training stages

Sporadic or seldom training does not improve fitness or fitness is improved too slowly Because training is inefficient. The ratio of training types is also important. If the Training program is unsubstantiated or the sequence of workout is incorrect fitness Will not improve or will improve too slowly. For instance, strength does not develop if Work out in strength training is seldom. If one type of fitness is trained in the initial Stage and subsequently it is given too little attention in the later stage, fitness will not improve as it should (Kaunas, 2012)

2.3.5. Principle of Variety

Training is a long term process and loading and recovery can quickly become boring for the athlete and the coach. The successful coach will plan variety in to the training Program to maintain the athlete's interest and motivation. In training for athletics a change is sometimes better than a rest. This change and variety can come from such things as changing the nature of the exercise, the environment, time of day of the session and the training group. Variety is an area in which the coach can be at his most creative. (Thompson, 2009)

2.3.6. Recovery and Restoration principle

All gains in training are achieved during periods of recovery. This fundamental fact of athletics is probably the most ignored. Recovery and restoration of the body are integral and active elements of training, not the absence of training. For the body to adapt positively to the progressive overload of training, it must be able to recover adequately from the applied stress. The mantra “no pain, no gain” all too often runs the very thin line between maximum beneficial training and over training. The volume of training is far less important than its intensity and intelligent application. Training without proper rest yields poor results and, often, injury. (Amneus, 2008)

2.3.7. Principle of Periodization

Olympic Games, world and continent championships take place periodically every few years. National championships are held on a yearly basis. Therefore, there are certain cycles in athletic training. The principle of periodization means that one cycle is followed by another cycle; i.e. the end on one cycle corresponds to the beginning of another cycle, where fitness has to change in such a manner that the athlete fitness in the new cycle would exceed the fitness in the previous cycle. Of course this conditions sometimes hard to meet, especially in athletes of mature age. (Kaunas, 2012).

2.3.8. Planned Performance training

The primary purpose of training is to improve and plan the performance of the athletes. The systematic application of skill instruction, biomechanics, and the principles of training to the development of track and field athletes is planned performance training. Planned performance training seeks to achieve maximum improvement in performance and is structured so that peak performance occurs at predetermined moments within the competitive season. That, after all, is the point of competition. Without such planning, the training of the athletes becomes haphazard and good results become a matter of happenstance rather than planning and prediction.

The first requirement of successful planned training is assessment. A coach must evaluate the athletes and their abilities, the level of competition and the time available for training and competition. From this evaluation, the objectives and goals for individuals and the team are defined. A set of expectations for the athletes establishes direction and purpose for their efforts. Expectations frame the goals the coach and the athletes will have for the season. At the same

time, though, goals must be realistic and open ended. Goals that are too grandiose only serve to discourage performance. Goals that do not evolve inhibit the unseen abilities of the athlete. Goals are most often achieved when accompanied by the true expectation of success.

The second element of planned performance training is planning. The coach needs to create an overall plan for training the team and individuals. This plan should apply the fundamental principles of training to the expectations and goals that have been defined. If anything, this basic plan constitutes the foundation upon which the coach creates the structure of competitive success. Coaching without a plan for these as on or phase of training is like navigating an unfamiliar territory without a map. Too often athletes are kept ignorant of the course of their training. How can they possibly prepare mentally to train with commitment if their coaches do not demonstrate such preparation? of course, training must be adapted to circumstance, but without a strategy athletes are unlikely to experience success. Once a plan is made, the construction and execution of the daily, weekly, and cyclic training components becomes the third element of planned performance training. This constitutes the body of the training design.

2.3.9. The Individual's response to training

Each individual is unique. Each individual brings to athletics his own capabilities, capacities and responses to training. Different athletes will respond to the same training in different ways. There is no such thing as an ideal training program that will produce optimal results for everyone. You, as the coach, need to understand the principles of training and apply them with your knowledge of the individual athlete. This knowledge should be of the many factors that affect the planning of the individual athlete's training program.

2.3.10. Effects of training

Training might be considered as having three levels of effect.

1. Immediate: the immediate effect of training is the body's reaction to the stressor of the training stimulus's they include increased heart rate, perspiration, increased blood flow, high endocrine system involvement and fatigue.
2. Residual: - the residual effect of training is what might be considered as the body's recovery and preparation response. The recovery response is seen in raised general metabolism of sometime after exercise is concluded. During this time the body's resting state is restored with the waste products of energy expenditure removed, and are stressors related effects gradually eliminated. The preparation response is seen in the height need level of adaptation to future

trainings stimuli. having been stressed by the training stimulus, the body organizes itself to ensure that next time it will not be stressed so much by the same stimulus! Put another way, this effect of training ensures that the body is prepared for a greater training stimulus next time.

3. Cumulative: - the cumulative effect of training is the body's progressive adaptation through the preparation response. This is what is measured in fitness monitoring tests are over a period of months or even years (Drnheim, et al, 2000). Change and variety can come from such things as changing the nature of the exercise, the environment, time of day of the session and the training group. Variety is an area in which the coach can be at his most creative (Thompson,2009).

2.4. Philosophy and Coaching Styles

In the past the often accepted role of the coach was to be a dominant, authoritarian leader with the athlete as a disciplined follower. In the modern world the athlete is exposed to wider views and his vocabulary has expanded to include the word "why?". This should not be seen as a challenge of the coach or his position, but a healthy curiosity on the part of the athlete.

Most coaches tend to coach in the style that they were coached themselves. This is sometimes effective. To become a better coach, you should look carefully at the coaching or leadership style you use most of the time. A good leadership style comes from your coaching philosophy and your personality and allows you to communicate more effectively with your athletes. In simple terms we can identify three distinct leadership styles, authoritarian, cooperative and casual. The authoritarian and casual styles are extremes and unlikely to be successful methods of coaching. The cooperative leadership style gives guidance and structure, but allows the athlete to develop physically, psychologically and socially. This style is more in line with the philosophy of athletes first, winning second. Good coaches will be able to modify their style according to the athletes and their situation. The coaching style that is recommended for most situations is the cooperative style (The official IAAF Guide to coaching Athletics 2001).

2.5. Good Atmosphere

It is an important factor that plays an important role in the organization of any sport events. Any sports event should be organized at the safer places. There should always adequate provision of security of the players in order to avoid unforeseen events which results in the injuries of the players (Ibid).

2.6. Motivation

It is widely recognized that in order to succeed at the highest level in sport, both athletes and coaches need to be highly motivated to achieve their goals. (Tudor,2009). Achievement motivation suggests that individuals derive motivation from the process of striving to succeed. Individuals falling within this group show high levels of persistence even when faced with barriers and internal/external pressures. (Tudor,2009).

2.7. Extrinsic and Intrinsic feedback in sports

Elite athletes and certain novices improve motor performance based on the extrinsic or intrinsic feedback received about the movement errors. However, some individuals are able to translate such information to motor performance almost immediately, while others are not. It is assumed that learning time may be shortened while IT is implemented. But, why are some individuals better able to correct performance more efficiently and more effectively than others?

The time it takes to adapt and master a skill may be regarded as a criterion for discriminating between different potential athletes. A possible answer for the differences among individuals may be found in the individual capability to use the information available and the capability to associate the information provided with the actual movement performance. Information about how we actually performed together and in parallel with information about how we feel about our motor performance arrives to the central nervous system(CNS) via different neural paths. Cues about the outcomes of one's performance may arrive from outside, for example, via visual and/ or auditory senses. On the other hand, cues about how one feels about a performance arrive from within the system, via kinesthetic sensors and, in particular, via proprioceptive afferents.

Accordingly, modifications in a movement are done by comparison between what we do (i.e. the actual motor act) and what we should do (i.e. a forward model or a virtual plan of how to perform). Specifically, such comparisons may be carried out by cerebellar structures (Miall et al. 1993). Matching motor plans with actual movement involves a correlation process. Lack of correlation between expected and actual performance is interpreted as a motor error, and thus, the movement should be corrected. In parallel, the plan should be updated via an internal close-loop process (feedback dependent). Such learning models seem to be supported by neurobiological and neuroanatomical evidence (von Holst and Mittelstaedt 1950).

2.8. Age and Performance

Age does affect performance in a number of ways.

- Strength-full strength is not attained until a person is in their early 20s and muscular strength can be improved right through a person's 30s.
- Injury: - older people are more prone to injury than young people. They often take longer
- Flexibility- the very young are very flexible and this continues with women in to their teens. By their 30s men in particular tend to have lost much of their flexibility
- Reaction time: - this slows down with age.
- Experience: - older people tend to make up for their reduced physical capabilities by using their skill levels to better effect. This is known as an experience

2.9. The Coach-Athlete relationship

A strong coach-athlete relationship is associated with high levels of athlete performance and satisfaction. If we look at a poor relationship or incompatibility between the coach and athlete, we will begin to appreciate the characteristics associated with strong relationships. The two primary variables associated with poor relationships are lack of communication and lack of rewarding behavior from the coach. Poor coach-athlete relationships are associated with lack of mutual respect, no real appreciation for either person's role and perhaps the most serious of all, lack of honesty between both parties when communication does occur. (Gordan, 2009).

2.10. Massage

According to the American Massage Therapy Association (AMTA), massage acts to improve performance, reduce pain, prevent injury, encourage focus and shorten recovery time. It basically involves two types of responses: a mechanical response as a result of the pressure and movement and a reflex response where the nerves respond to the stimulation of a massage. (Mackenzie, 2000).

2.11. Appropriate equipment and facilities

In order to perform better and to learn perfectly any sports skill, there should be provision of appropriate equipment and facilities recommended and required for learning the particular sports skills. Lack of proper and appropriate equipment and facilities results in mishap and injuries while practicing or learning any sport skills or the course of competition. So, there should always be a provision of appropriate equipment and facilities required for learning particular sports skill (Srinivasaraju, 2012)

CHAPTER THREE

RESEARCH DESIGN AND METHODOLOGY

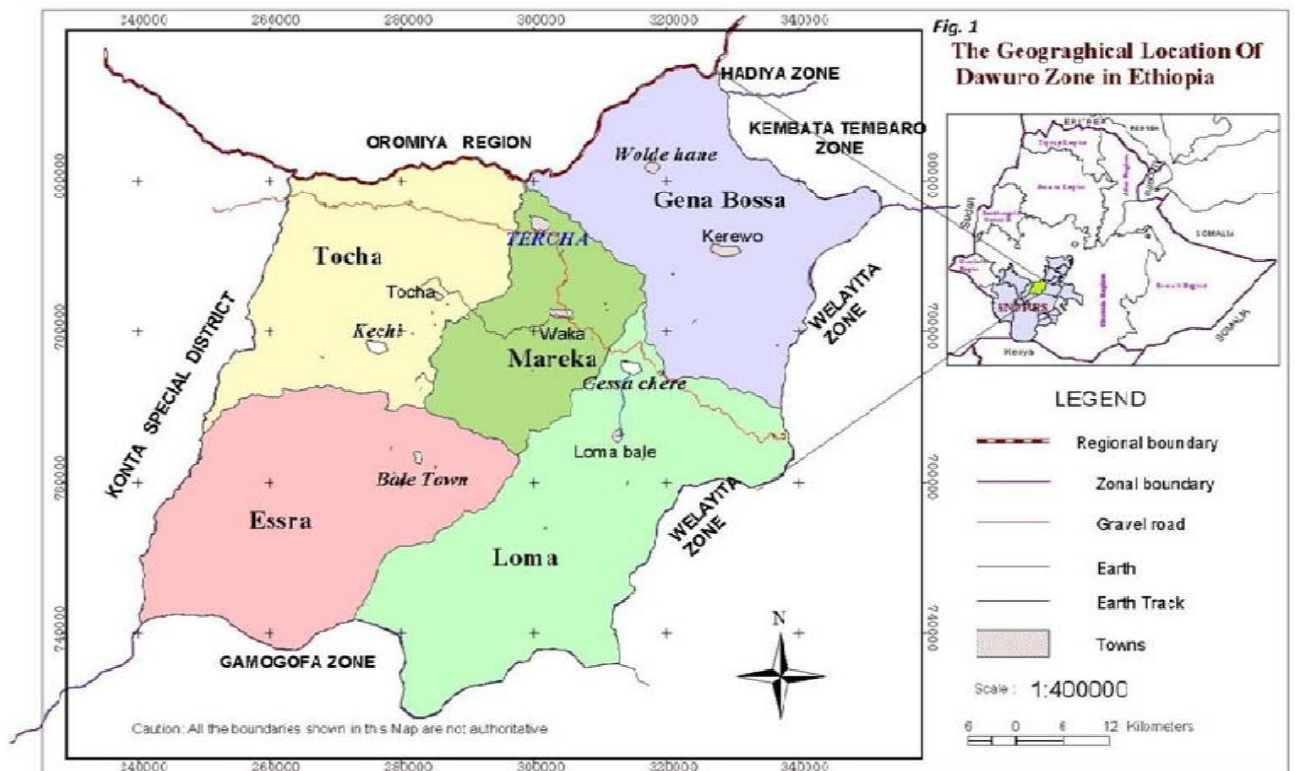
3.1 .Research design

A cross-sectional research design was used to assess the problems and investigate the developmental challenges of short distance running in some selected athletics projects of Dawro zone.

3.2. The study area

Dawuro people, lives in south western part of Ethiopia. In the present administrative reorganization of the country, it is one of the 13 zones and 8 special waradas of the regional states of the southern Nations, Nationalities, and peoples' (SNNPRS) with the capital of Tercha town. Tercha is 505km south west of Addis Ababa and 282km North West of Hawassa, the capital of SNNPR. Dawuro zone has (6) woredas, namely Isera,, Tocha,, Mareka, Loma and Gena Bosa and one town administration (Tercha), with the total population of 600,501.

Dawuro lies in between 6036' to 7021' North latitudes and 3707' to 37026' East longitudes. The Gojbe and Omo rivers circumscribe and demarcate Dawuro from North West to South West in a clockwise direction. Dawuro shares boundaries with Konta special wereda in West, Jimma zone in North West, Hadiya and Kambata-Tambaro zone in North East, Walayita zone in East, and Gamo-Gofa Zone in South. Dawuro has an area of 5,000km². The topography of its Ten weredas is mostly mountains, plateaus, deep gorges, and lowland plains. Some of the mountains are Isara, Gazo, Gumati, Hayo, Asto, Hastinga and Gulo. The plateau areas extend from Gora upland in Loma wereda to the border of Konta special wereda in East-west direction, and from Waka to the confluence of Zigna and Omo rivers in North South direction.



3.3. Population of the study

The population of this study was all Dawuro zone athletics Projects athletes and Short distance athletics coaches which are in number 120 athletes and 4 coaches of the male short distance athletics projects and four administrators of Dawuro zone sport biro.

3.4. Sample size and Sampling Techniques

The sampling procedure is made in some selected Dawuro zone athletics Projects. On those four selected Projects the total number of sprinter runners were 120. From these number the researcher was used 60 sprinter runners by simple random technique and all 4 coaches and 4 administrative personnel by purposive sampling technique are used under the study as a source of data.

The sample of this study was Sixty (60) athletes of which 15 from Tocha athletics project, 15 from Kech athletics project, 15 from Isera athletics project and 15 of them was from Maraka worda athletics projects of the short distance events, four coaches from four projects and four administrators of Dawuro zone sport biro were selected through purposive sampling techniques. A random sampling technique was employed for the selection of athlete and to select coaches and administrators the researcher was used one of the non-probabilities sampling purposive sampling techniques

3.5. Source of Data

3.5.1. Primary Sources Data

The main source of data for this study was both primary and secondary sources. The primary source of data for this study was taken from the Athletes, coaches and Dawuro zone sport biro administration through questionnaire, interview, and observation.

3.5.2. Secondary Sources Data

Whereas the source of secondary data was collected from relevant books, journals, document, and internet.

3.6. Data collection instrument

To get reliable information for the study the researcher was used questionnaire, Interview and observation as a tool for data collection.

3.7. Data collection procedure

The study was conducted by taking all ethical issues into considerations. Every aspect of the participants in huge confidentiality. First of all participants were briefed about the purpose/objectives and procedures of the study and all the activities were done in a serious care.

3.8. Method of data analysis

The data collected from Questionnaires, Interviews, and observation was Organized and categorized based on the objectives, considering the research equation of the study there fore quantitative and qualitative analysis was Employed According, all the close-ended questions of the questionnaires was analyzed quantitatively using frequency and percentage.

The data obtained from the open-ended quantitatively using frequency count and percentage. The data obtained from the open-ended questions of the questionnaires interview, and observation analysis was analyzed qualitatively and were served as supportive for quantitative data. Hence, the quantitative data was triangulated by the qualitative data of the study, there fore, has fairly high level of breadth from the quantitative surveys and depth from the qualitative interviews

CHAPTER FOUR

RESULTS AND DISCUSTIONS

The primary focus of this chapter is to organize and classify row data gathered through instruments as questionnaire, interview and observation into specific patters or categories, and then an attempt was made to turn the data into useful and meaningful facts or information, by providing answer to the basic research question of the research.

4.1 Demographic Characteristics of Respondents

Table 1: Back ground information of Coaches, Athletes and Administrators

Variables		Athletes		Coaches		Administrators	
		No	%	No	%	No	%
Educational background	1-4 grades	-	-	-	-	-	-
	5-8 grades	34	56.66	-	-	-	-
	9-12 grades	26	43.33	-	-	-	-
	College/University	-	-	4	100	4	100
Sex	Male	60	100	4	100	4	100
	Female	-	-	-	-	-	-
Working experience	1 years			-	-	-	-
	2-4 Years			1	25	1	25
	5-8 years			3	75	1	25
	Above 9 years					2	50

Form the table one, regarding to education background of athletes 34(56.66 %) of the respondents were from grade 5-8, 26(43.33 %) were from grade 9-12, 4(100%) of coaches and administrators were graduated from colleges and universities respectively.

Regarding to working experience 1(25 %) of the respondents have 2-4 years,3(75 %) of caches have 5-8 years of experience and 1(25 %)of administrators have 2-4 years of experience, 1 (25 %) of administrators have 5-8 years of experience and 2(50 %) of administrators have above 9 years

4.2. Short distance athlete's respondent's response on selecting criteria of athletes

Table 2: Selecting criteria of athletes

No.	Item	Alternatives	Athletes N=60	
			No	%
1	Do you know the short distance Project runners' athletes selecting criterion?	A/ Yes	4	6.66
		B/ No	56	93.33
2	When you start training with the Project team was your height and weight recorded?	A/ Yes	-	-
		B/ No	60	100
3	When you start training with the Project team have you given medical checkup?	A/ Yes	-	-
		B/ No	60	100
4	When you start training with the Project team have you given current performance time try?	A/ Yes	-	-
		B/ No	60	100

As it is showed in the above table 4 (6.66%) of the sprint runners respondents reacted that they know the selecting criteria while 56(93.33%) of respondents said they did not distinguish the selecting criteria. Regarding to the height and weight recording 60(100%) of the respondents agreed that the height and weight were did not recorded and all the respondents were agreed there were no medical checkup taken. And also, all respondents replied that there is not given current performance or time try.

Table 3: interest of athletes to participate in the project and concerned bodies inspection during the training time

No	Item	Alternatives	Athletes N=60	
			No	%
5	When you start the training, were you asked a question or given a suggestion from the coaches?	A/ Yes	10	16.66
		B/ No	50	83.33
6	Did you become a short distance athlete by your interest?	A/ Yes	48	80
		B/ No	12	20
7	Do the concerned bodies come to the training and inspect?	A/ Yes	-	-
		B/ No	60	100
8	For short distance running is there an opportunity to attended competition zone?	A/ Yes	8	13.33
		B/ No	52	86.66

The above table 3 shows the 10 (16.66%) of the athlete respondents believed that the coaches are asking different questions and giving suggestion about their training whereas 50 (83.33%) of participants said they did not get this kind of chance at all. Regarding to athletes' interest 48 (80%) of the respondents said they joined to this event based on their interest and 12 (20%) of them were not based on their interest. From the above table for the question "Do the concerned bodies come to the training and make an inspection?" the athlete respondents said, all or 100 % of the respondents said there were no inspection was made by concern bodies. As it is indicated in the above table 8 (13.33% of athletes responds replied as they got the chance to participate on the regional competition, and 52 (86.66%) of their respondents did not participated regional competition.

Table 4: willing to take the training, coaches training method and food after training

No.	Item	Alternatives	Athletes N=60	
			No	%
9	Will you be willing to take the training, if the project team gives you the chance to get training in the short distance event?	A/ Yes	54	90
		B/ No	6	10
10	Are you 100% confident on the project team coaches training method?	A/ Yes	48	80
		B/ No	12	20
11	How often you discuss about is winning philosophy with your own coach?	A/ Yes	16	26.66
		B/ No	44	73.33
12	Do the respected bodies provide food after training?	A/ Yes	-	-
		B/ No	60	100

Regarding the above table 54 (90 %) of the sprint athletes respondent said that they can get the chance they will be join the event, while 6 (10%) of the participant said that will not want to join in that event.

As the result shows that, the majority 48 (80 % of sprint runners respondents agreed that they don't have confidence on the training method of their coach and the the rest 12 (20%) of them said that they have confidence on the given training system or methods. This finding shows that the coaches have poor coaching knowledge on how to instruct or coach players. A coach plays

the main role in the process of developing an elite player by giving scientific training and the respondents the techniques of playing football (Maugham, 2007).

Regarding to winning philosophy 16 (26.66%) of the respondent said that they will discuss about winning philosophy and 44 (73.33%) of the respondent said that they did not discuss about winning philosophy with their project managers. And all or 100% of the respondents agreed that there was no food provided on the project.

Table 5: Medical service, psychology and nutritional education and sufficient facilities in the project for training

No.	Item	Alternatives	Athletes N=60	
			No	%
13	Do you get enough medical service in the project team?	A/ Yes	-	-
		B/ No	60	100
14	Do you get psychology and nutritional education in the project team?	A/ Yes	-	-
		B/ No	60	100
15	In the project team training, do you get enough gymnasium service on the right time?	A/ Yes	-	-
		B/ No	60	100
16	Are there sufficient facilities in the project for training?	A/ Yes	-	-
		B/ No	60	100

As the above result shows that 60 (100 %) of the respondents agreed that they did not have any medical service, a psychology and nutritional education service from the project. And 60 (100 %) of the respondents said there were no sufficient facilities in the project for training

4.2.1 Open ended questionnaire analysis of athletes

➤ Analysis of the first objectives of open-ended questions

1) In the project team, if you were given the chance to get training in any event, On Which event do you want to get the training? Explain why;

Regarding to the above question the majority of athlete respondents explained that they are happy to participate in the training if they get the opportunities. But very few athletes are not interested to engage rather than they went to remain in the short distance event, however those athletes looking for raise the event from 100m or 200m category to 400m category. As well to

this the athletes mention some of the reasons why they are wanted to change the event, such as:

- The athletes did not get any competition in or out of the zone.
- The concerned body of the zone does not give more attention to the event.They fear to go out of the zone for competition

➤ The 2nd objective of open-ended question analysis

2) Do you believe that is their job integration among your project, zone sport department, coaches, and other Concerned bodies, so that, any inconsistency of training and Competition program does not happen?

Most respondents were approved to create right job integration among federation, clubs, other project athletes and concerned bodies help for the steadiness of training and competition program.

➤ The last objective of open-ended question analysis

3) What shall be done to improve Dawuro Zone Short Distance project results? Explain in briefly:

Concerning the above question most of the respondents explained the following as the solution for the improvement of short distance event in the Dawuro zone: -

- All the concern bodies work together
- The zone government provides budget for the fulfillment of facilities and equipment for training.
- Coaches must work on the winning mentality of athletes

4.3 Analysis of short distance Coaches

Table 6: criteria to recruit athlete, sufficiency of facilities and gymnasium service

No.	Item	Alternatives	Coaches N=4	
			No	%
1	Is there any measurement of criteria to recruit athlete that are prepared by Dawuro Zone short distance running project?	A/ Yes	-	-
		B/ No	4	100
2	Do you think the selected athletes before doing the training; they have got the necessary time trial and diagnosis about their health status?	A/ Yes	-	-
		B/ No	4	100
3	Do you think the input for the training facilities sufficient and available on time?	A/ Yes	-	-
		B/ No	4	100
4	Do the athletes get the gymnasium service opportunity on time and appropriate Condition?	A/ Yes	-	-
		B/ No	4	100

The result of the above table shows the majority 4(100%)of respondents agreed that they didn't use any measurement of criteria to recruit athlete selected athletes didn't get necessary time trial and diagnosis about their health status before doing the training.

Regarding to availabilities of facilities 4(100%) of the coaches said three is no sufficient facilities and equipment's and also gymnasium services to conduct training in the project

Table 7: Training given continually, permanent food and resting place after the training and number of athletes fit with the number of coaches?

No	Item	Alternatives	Coaches N=4	
			No	%
5	Is the training given continually in project team?	A/ Yes	1	25
		B/ No	3	75
6	Does the athlete get permanent food and resting place after the training?	A/ Yes	-	-
		B/ No	4	100
7	Do the athletes get the massage service opportunity on time?	A/ Yes	-	-
		B/ No	4	100
8	Does the number of athletes fit with the number of coaches?	A/ Yes	-	-
		B/ No	4	100
9	Do you think the time given to the technical training in a week is sufficient for the Athletes?	A/ Yes	1	25
		B/ No	3	75

As the above table result shows that 100% of the respondents replied the athletes were not acquired continual training in the short distance athletics project. And the majority 4(100%) of coaches replied that there was no permanent food service provided in the project,

Regarding to number of athletes fit with the number of coaches all 4(100%) of the respondents responded that the number of athletes is not appropriate with the number of coaches in the project and also,

The majority 4(100%) of the respondents reacted that the athletes were not got sufficient technical training in a week.

4.3.1. Open ended questionnaires analysis of Coaches

The 1st objective of open-ended question analysis of Coaches

1) How do you assess the attitude of concerned body towards short distance running athlete with relative to other events?

- Regarding to the above question the respondents explained the following to assess the attitude of concerned body towards short distance running athletes

compared to others. Even though the Athletics projects makes follow up on short distance like other events, it is not by looking for their change either to support middle distance event or making them to change their event from short distance to middle-distance.

The 2nd objective of open-ended question analysis of Coaches was the athlete's interest and their encouragement for short distance running event?

- The athletes of short distance look the event like a changeover, as result of this they are working in the event with a low winning mentality. So that they work with a low confidence and moral because of this still now they cannot become successful and incremented to the next level of development.

The third objective of open-ended question analysis of Coaches was the time given to the technical training in a week is sufficient for the athletes?

- Concerning the time given to the technical training in a week is sufficient for the athletes As the sport experts or Coaches in Dawuro zone Athletics projects explained, the technical work given to the trainees in the week is not enough, because all short distance coaches are per time employers because of this they attend at the athletics program 2 times in a week. This is highly affecting the training process of the athletics project team.

The 4th objective of open-ended question analysis of Coaches was the training given continually in project team?

- The Dawuro zone Athletics project informants. The training is not given continually all the year round that means the athletes went to competition with other zone or region short distance athletics projects and teams, because they are needed for relay practice so that for different time the training interrupted from a week to 15 days as they mentioned. As result of this to give constant training in the athletics projects one of great challenges for the coaches.

The final objective of open-ended question analysis of Coaches was what shall be done to improve Dawuro Zone Short Distance running results?

Research informants also added strategies that could help in improving Dawuro Zone Short Distance running results?

- The concerned body should give the necessary attention to the event.
- The training is not given continually all the year round that means the athletes went to competition for their own clubs and regions, because they are needed for relay technique so that for different time the training interrupted from a week to 15 days. As result of this to give constant training in the short distance project one of great challenges for the coaches of the short distance athletics project.
- The short distance athletes looks the event like a transition, as result of this they are working in the event with a low winning mentality. So that they work with a low confidence and moral because of this still now they cannot become successful and incremented to the next level of development.

4.4. Finding from Observation and interview

4.4.1. Result from the interview

Key informants were asked for the question “How athletes (short distance runners) are selected? Who selected them? And where are athletes selected from “accordingly; 120athletes are selected; the selection criteria of athletes to all events are the same. It is depending on the competition that is prepared by zone sport office and the coaches together with the sport experts select through interest and physical appearance was selected for the short distance athletics projects.

Key informants were asked for the question /” Do you think that the selection criteria of athletes (short distance runners) are scientific?” How accordingly, almost all the participants have replied that, the selection criteria of short distance athletes for the project were not scientific rather than cultural and through experience as the respondents explained.

Key informants were asked for the question “How do you follow the current status of project team short distance athletes?” Accordingly, almost all of the participants have replied that: - We didn’t give special attention for short distance athletics project specifically, but we look in the same way.

Key informants were asked for the question”/ Do you think athletes (short distance runners) selection is depending on talent identification? How do you see it in your observation?

During our observation we didn't see the talent identification was based on the scientific procedures, but the athletes were selected based on the competition.

Key informants were asked for the question "Do you record the short distance runners any profile that perform on different competition in the database system" Accordingly, almost all of the participants have replied that:- No because we have no digital materials that helps for record and also the said we have no knowledge of how to use the technology.

Key informants were asked for the question "Do you think the short distance runners get the necessary facility from early the beginning of their training?" the majority of respondents agreed that the zone sport office and all other concern bodies were not fulfil the required facilities.

4.4.2. Result from observation.

Basic materials and equipment's necessary to carry out daily trainee athletes training session successful are established in short supply. This can be also seen clearly from rating scales used to what extent these equipment's and facilities are available in short distance athletics projects. Observation takes place at four athletics projects of Dawuro zone trainee is do training and employees working in office.

Generally, except very and few types of equipment, basic facilities in many athletics projects are scarce or not available for conducting short distance training and employees working in office.

From the observation the following qualitative data were collected and analyzed or summarized as follow; - The three projects didn't fulfill strategically, suitable and available of projects standards such as strategic planning, income generate system, cooperative with supporters, sport professionals and community based. From this one concludes that the three short distance athletics projects didn't equip to organize short distance athletes with the necessary materials and equipment.

4.4.3. Discussion

The result has shown that, regarding to athletes' interest 48(80%) of the respondents said they joined to this event based on their interest and 12(20%) of them were not based on their interest. From the above table for the question "Do the concerned bodies come to the training and make

an inspection?" the athlete respondents said, all or 100 % of the respondents said there were no inspection was made by concern bodies. As it is indicated in the above table 8 (13.33% of athletes responds replied as they got the chance to participate on the regional competition, and 52 (86.66%) of the respondents did not participated regional competition.

➤ As the result shows that, the majority 48(80 % of sprint runners respondents agreed that they don't have confidence on the training method of their coach and the rest 12(20%) of them said that they have confidence on the given training system or methods. This finding shows that the coaches have poor coaching knowledge on how to instruct or coach players. A coach plays the main role in the process of developing an elite player by giving scientific training and the respondents the techniques of coaching short distance athlete (Introduction to Coaching: the IAAF official guide to Athletics. (PeterJLThompson(2009).

➤ The result has shown that, most players 60 (100 %) of the respondents agreed that they did not have any medical service, a psychology and nutritional education service from the project. And 60 (100 %) of the respondents said there were no sufficient facilities in the project for training. However, it is recommended that development of a youth athlete in short distance project needs enough infrastructures regarding training equipment's and facilities, nutritional facilities, medical facilities, psychological guidance and development are the major requesting the attention of any team (Drnheim,D.DandPrentice,W.E (2000).

➤ Regarding to winning philosophy 16 (26.66%) of the respondent said that they will discuss about winning philosophy and 44 (73.33%) of the respondent said that they did not discuss about winning philosophy with their project managers. And all or 100% of the respondents agreed that there was no food provided on the project.

➤ Most respondents were approved to create right job integration among federation, clubs, other project athletes and concerned bodies help for the steadiness of training and competition program. The athletes of short distance look the event like a changeover, as result of this they are working in the event with a low winning mentality. So that they work with a low confidence and moral because of this still now they cannot become successful and incremented to the next level of development.

➤ In current study the sport experts or Coaches in Dawuro zone projects explained, the technical work given to the trainees in the week is not enough, because all short distance coaches are per time employers because of this they attend at the athletics program 2 times in a week. This is highly affecting the training process of the athletics project team. From this one can be understand that, the coach has some scientific background on daily training volume. This idea clashes to the recommended amount of training of youth short distance athletics project athletes per week project of players age 15 to 17 years Gordon,D. (2009: 178 - 394).

➤ Concerning the time given to the technical training in a week is sufficient for the athletes As the sport experts or Coaches in Dawuro zone Athletics projects explained, the technical work given to the trainees in the week is not enough, because all short distance coaches are per time employers because of this they attend at the athletics program 2 times in a week. This is highly affecting the training process of the athletics project team.

➤ The Dawuro zone Athletics project informants. The training is not given continually all the year round that means the athletes went to competition with other zone or region short distance athletics projects and teams, because they are needed for relay practice so that for different time the training interrupted from a week to 15 days as they mentioned. As result of this to give constant training in the athletics projects one of great challenges for the coaches.

➤ Research informants also added strategies that could help in improving Dawuro Zone Short Distance running results?

-The concerned body should give the necessary attention to the event.

-The training is not given continually all the year round that means the athletes went to competition for their own clubs and regions, because they are needed for relay technique so that for different time the training interrupted from a week to 15 days. As

Result of this to give constant training in the short distance project one of great challenges for the coaches of the short distance athletics project.

-The short distance athletes looks the event like a transition, as result of this they are working in the event with a low winning mentality. So that they work with a low confidence and moral because of this still now they cannot become successful and incremented to the next level of development.

➤ Key informants were asked for the question “How do you follow the current status of project team short distance athletes?” Accordingly, almost all of the participants have replied that: -We didn’t give special attention for short distance athletics project specifically, but we look in the same way.

➤ Key informants were asked for the question” / Do you think athletes (short distance runners) selection is depending on talent identification? How do you see it in your observation? During our observation we didn’t see the talent identification was based on the scientific procedures, but the athletes were selected based on the competition.

➤ Research informants also added strategies that could help in improving Dawuro Zone Short Distance running results?

- The concerned body should give the necessary attention to the event.
- The training is not given continually all the year round that means the athletes went to competition for their own projects and regions, because they are needed for relay technique so that for different time the training interrupted from a week to many days. As result of this to give constant training in the short distance project one of great challenges for the coaches of the short distance athletics project.
- The short distance athletes looks the event like a transition, as result of this they are working in the event with a low winning mentality. So that they work with a low confidence and moral because of this still now they cannot become successful and incremented to the next level of development.

CHAPTER FIVE

SUMMARY, CONCLUSION AND RECOMMENDATION

5.1. Summary

The purpose of this study was to investigate the challenges that affect the success of short distance running in Dawro zone and its development. In this study all possible efforts were made to get the most probable answers to the basic questions by making strong review of related literature. Next to that the crucial or back bone of the study were research methodology basically incorporated research area, research design, source of data, method of data collection, procedures of data collecting and method of data analysis. Whereas chapter four have summarized in this section.

- To this end, this study has the following specific objectives:
- To identify the challenges that hinders the effective implementation of short distance event in the study area.
- To know how much stock holder giving attention to the development of short distance event in the study area.
- To assess whether the zonal team recruits the athletes based on the talent selection criteria.
- To examine whether the stockholder deliver or not the necessary facility and equipment's for the training of the project
- ❖ A cross-sectional research design was used to assess the problems and investigate the challenges that affect the development of short distance running in Dawro zone in selected athletics project.
- ❖ The relevant literatures were reviewed and data collecting instruments were designed and used to collect information from different sources. Questionnaire was the major instrument of data collection also interview and observation. To increase the clarity of Questionnaires, interview, and observation, check the clarity of language.
- ❖ From the data analysis the major findings obtained are summarized as follows:

Regarding to educational background of athletes 34(56.66 %) of the respondents were from grade 5-8, 26(43.33 %) were from grade 9-12, 4(100 %) of coaches and administrators were graduated from colleges and universities respectively.

Regarding to working experience 1(25 %) of the respondents have 2-4 years, 3(75 %) of coaches have 5-8 years of experience and 1(25 %) of administrators have 2-4 years of experience, 1 (25 %) of administrators have 5-8 years of experience and 2(50 %) of administrators have above 9 years. Tacit knowledge has been used to characterize the knowledge gained from everyday experience that has an implicit, unarticulated quality (Sternberg, 2003). It has been referred to in various forms: implicit knowledge, practical intelligence, working knowledge, and it could be the type of knowledge that coaches use in competitive situations (Vereijken & Whiting, 1990; Wood, Bandura & Bailey, 1990). Tacit knowledge is often not openly expressed or stated therefore individuals must acquire such knowledge through their own experiences.

Regarding to athletes' interest 48(80%) of the respondents said they joined to this event based on their interest and 12(20%) of them were not based on their interest. From the above table for the question "Do the concerned bodies come to the training and make an inspection?" the athlete respondents said, all or 100 % of the respondents said there were no inspection was made by concern bodies. As it is indicated in the above table 8 (13.33% of athletes responds replied as they got the chance to participate on the regional competition, and 52 (86.66%) of the respondents did not participated regional competition.

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 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).

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).

Regarding to winning philosophy 16 (26.66%) of the respondent said that they will discuss about winning philosophy and 44 (73.33%) of the respondent said that they did not discuss about winning philosophy with their project managers. And all or 100% of the respondents agreed that there was no food provided on the project.

It is suggested that optimal sport psychological interventions require a coherent service delivery model that integrates the entire efforts of the consultant's work (Poczwadowski, Sherman, & Ravizza, 2004). They state that: "Professional philosophy significantly shapes the consultant's approach to the essential elements of the consulting process such as gaining entry, assessment, conceptualization of the issue and the intervention, implementation, evaluation, and bringing closure to the consulting relationship" (p. 446).

As several researchers have argued (Baldwin & Ford, 1988; House, 1986; Lim, 2001), supervisory variables impose a critical influence on personal outcomes and on the likelihood of successful skills transfer. Lim (2001) noted that among the many people-related organizational climate factors for transfer, three factors appeared to influence transfer more than others: discussion with a supervisor about implementing new learning, positive feedback from the supervisor, and the supervisor's involvement in or familiarization with the training process.

❖ Most respondents were approved to create right job integration among federation, clubs, other project athletes and concerned bodies help for the steadiness of training and competition program. The athletes of short distance look the event like a changeover, as result of this they are working in the event with a low winning mentality. So that they work with a low confidence and moral because of this still now they cannot become successful and incremented to the next level of development.

❖ Concerning the time given to the technical training in a week is sufficient for the athletes As the sport experts or Coaches in Dawuro zone Athletics projects explained, the technical work given to the trainees in the week is not enough, because all short distance

coaches are per time employers because of this they attend at the athletics program 2 times in a week. This is highly affecting the training process of the athletics project team.

❖ The Dawuro zone Athletics project informants. The training is not given continually all the year round that means the athletes went to competition with other zone or region short distance athletics projects and teams, because they are needed for relay practice so that for different time the training interrupted from a week to 15 days as they mentioned. As result of this to give constant training in the athletics projects one of great challenges for the coaches.

❖ Research informants also added strategies that could help in improving Dawuro Zone Short Distance running results?

-The concerned body should give the necessary attention to the event.

-The training is not given continually all the year round that means the athletes went to competition for their own clubs and regions, because they are needed for relay technique so that for different time the training interrupted from a week to 15 days. As

Result of this to give constant training in the short distance project one of great challenges for the coaches of the short distance athletics project.

-The short distance athletes looks the event like a transition, as result of this they are working in the event with a low winning mentality. So that they work with a low confidence and moral because of this still now they cannot become successful and incremented to the next level of development.

❖ Key informants were asked for the question “How do you follow the current status of project team short distance athletes?” Accordingly, almost all of the participants have replied that: -We didn’t give special attention for short distance athletics project specifically, but we look in the same way.

❖ Key informants were asked for the question” / Do you think athletes (short distance runners) selection is depending on talent identification? How do you see it in your observation? During our observation we did not see the talent identification was based on the scientific procedures, but the athletes were selected based on the competition.

❖ Research informants also added strategies that could help in improving Dawuro Zone Short Distance running results?

- The concerned body should give the necessary attention to the event.

- The training is not given continually all the year round that means the athletes went to competition for their own projects and regions, because they are needed for relay

technique so that for different time the training interrupted from a week to many days. As result of this to give constant training in the short distance project one of great challenges for the coaches of the short distance athletics project.

- The short distance athletes look the event like a transition, as result of this they are working in the event with a low winning mentality. So that they work with a low confidence and moral because of this still now they cannot become successful and incremented to the next level of development. Salas and Cannon-Bowers (2001) suggest that training motivation is an important antecedent to successful training. They describe training motivation as the "direction, effort, intensity, and persistence that trainees apply to learning-oriented activities before, during, and after training" (p. 479). Research has found that trainees' motivation to learn and attend training has an effect on the subsequent skills acquisition, retention and willingness to apply the newly acquired knowledge, skills and abilities on the job (e.g., Martocchio & Webster, 1992; Quinones, 1995). Colquitt, LePine and Noe (2000) suggest that training motivation is multifaceted and influenced by a set of individual (e.g., cognitive ability, self-efficacy, anxiety, age, conscientiousness), and situational characteristics (e.g., climate, support).

5.2. Conclusion

Based on the findings of this study, the following conclusions can be drawn.

- ❖ Regarding to the above question the respondents explained the following to assess the attitude of concerned body towards short distance running athletes compared to others. Even though the Athletics projects makes follow up on short distance like other events, it is not by looking for their change either to support middle distance event or making them to change their event from short distance to middle distance.
- ❖ The athletes of short distance look the event like a changeover, as result of this they are working in the event with a low winning mentality. So that they work with a low confidence and moral because of this still now they cannot become successful and incremented to the next level of development.
- ❖ Concerning the time given to the technical training in a week is sufficient for the athletes as the sport experts or Coaches in Dawuro zone Athletics projects explained, the technical work given to the trainees in the week is not enough, because all short distance coaches are per time employers because of this they attend at the athletics

program 2 times in a week. This is highly affecting the training process of the athletics project trainees.

- ❖ The training is not given continually all the year round that means the athletes went to competition with other zone or region short distance athletics projects and teams, because they are needed for relay practice so that for different time the training interrupted from a week to 15 days as they mentioned. As result of this to give constant training in the athletics projects one of great challenges for the coaches. Key informants were asked for the question” / Do you think athletes (short distance runners) selection is depending on talent identification? How do you see it in your observation? During our observation we didn’t see the talent identification was based on the scientific procedures, but the athletes were selected based on the competition.
- ❖ Key informants were asked for the question “Do you record the short distance runners any profile that perform on different competition in the database system” Accordingly, almost all of the participants have replied that:- No because we have no digital materials that helps for record and also the said we have no knowledge of how to use the technology.
- ❖ Key informants were asked for the question” /Do you think the short distance runners get the necessary facility from early the beginning of their training?” the majority of respondents agreed that the zone sport office and all other concern bodies were not fulfill the required facilities.
- ❖ Observation takes place at four athletics projects of Dawuro zone trainee is do training and employees working in office. Generally, except very and few types of equipment, basic facilities in many athletics projects are scarce or not available for conducting short distance training and employees working in office.

From the observation the following qualitative data were collected and analyzed or summarized as follow; - The three projects didn’t fulfill strategically, suitable and available of projects standards such as strategic planning, income generate system, cooperative with supporters, sport professionals and community based.

From this one concludes that the three short distance athletics projects didn’t equip to organize short distance athletes with the necessary materials and equipment.

5.3. Recommendations

Based on the findings and results of the study the following recommendations were drawn

- ❖ The Dawuro zone sport office and athletics federation should select the short distance athletes according to talent identification, talented area, physical appearance, training age, and biological age. Because It is not enough only by competition result.
- ❖ Dawuro zone Athletics projects makes follow up on short distance like other events,
- ❖ Generally, except very and few types of equipment, basic facilities in many athletics projects are scarce or not available for conducting short distance training and employees working in office. So, the concerning bodies fulfill the required facilities for the projects

- ❖ There must be positive and good among the sport office, coaches, athletes and otheconcerned bodies the result of short distance athletes will be improved.
- ❖ Dawuro zone sport office and athletics federation and other concerned bodies must fulfill all the necessary facilities and equipment's for conducting short distance athletics training.
- ❖ Dawuro zone sport office and athletics federation work to much number of coaches with the number of athletes. If the number of coaches and athletes are proportional, therefore, they can manage and give effective and efficient training.
- ❖ If the number of sessions for the sprint runners engaged equivalent with that of the progressive adaptation principle, so that they can scale up their performance and get constant training and produce talent full athletes for national team and clubs.
- ❖ If Dawuro zone short distance athletics project upgrades the coaches' quality through the specialization level of coaching certification system to bring progression of athletes 'performance.
- ❖ Project trainers should get regular training in the project training standard to cover each phase of the annual training program effectively.
- ❖ As the sport experts or Coaches in Dawuro zone Athletics projects explained, the technical work given to the trainees in the week is not enough, So the coaches should provide training based on the short distance athletes training standard.

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Appendix I

ጂማ ዩንቨርሲቲ የተፈጥሮ ሳይንስ ኮሌጅ፣ የስፖርት ሣይንስ ትምህርት ክፍል

በአትሌቶች የሚሞላ መጠይቅ

ይህ መጠይቅ የተዘጋጀው የዳዊድ ዞን አጭር ርቀት ፕሮጀክት ያለበትን ደረጃ ና ውጤቱን በማወቅ ችግሮቹ ምንድን ናቸው የሚለውን ለመዳሰስ እንዲያስችለን ነው። የእርሶ መልስ ለጥናት ሥራ ወሳኝ እና እጅግ ጠቃሚ በመሆኑ ይህንን ምልክት / / ለመልስ መስጫ በተዘጋጀው ሳጥን ውስጥ በማስቀመጥ እና በባዶ ክፍት በተተወው ቦታ ላይ መልስዎን በመጻፍ እንዲተባበሩን በትህትና እጠይቃለሁ። ስለሆነም እርስዎ መጠይቁን በአግባቡ በመሙላት የበኩልዎን አስተዋጽኦ እንዲያበረክቱ እጠይቃለሁ የሚሠጣቸው መርጃዎች ሁሉ በሚስጢር የሚጠበቁና ለትምህርት ጉዳይ ብቻ የሚውል መሆናቸውን ከወዲሁ አረጋግጣለሁ። ለሚያደርጉልኝ ትብብር ከወዲሁ ማመስገን እወዳለሁ።

በዳዊድ ዞን አጭር ርቀት ፕሮጀክት አትሌቶች የቀረበ መጠየቅ

የአትሌቱ ግለታሪክ

ሀ. ዕድሜ -----

ለ. ፆታ ወንድ----- ሴት-----

1/ የፕሮጀክት አትሌቶች የመምረጫ መስፈርትን (ክራይቲሪያውን) ታውቀዋለህ(ሽ) ?

ሀ) አውቀዋለሁ ለ) አላውቀውም

2/ የፕሮጀክት ስልጠና ስትጀምር(ሪ) የቁመት ልኬት እንዲሁም የክብደት ልኬት ተደርጎልህል (ሻ) ?

ሀ) ተደርጎዋል ለ) አልተደረገም

3/ /ፕሮጀክት ስልጠና ስትጀምር (ሪ) ሙሉ የጤና ምርመራ ተደርጎልሃል(ሻ) ?

ሀ) ተደርጎዋል ለ) አልተደረገም

4/ /የፕሮጀክት ስልጠና ስትጀምር (ሪ) የወቅታዊ ብቃት (ሰአት ሙከራ) ተደርጎልህል ?

ሀ) ተደርጎዋል ለ) አልተደረገም

5/ ስልጠና ስትጀምር ከፕሮጀክት አሰልጣኞች የቀረበልህ ጥያቄም ሆነ የተሰጠህ አስተያየት ነበር ?

ሀ) አዎ ነበር ለ) አልነበረም

6/ የአጭር ርቀት አትሌት የሆንከው (ሽው) በፍላጎትህ (ሽ) ነው? ሀ) ፈልጌ ነው ለ) አይደለም

7/ የሚመለከታቸው አካላት በየወቅቱ በስልጠና ቦታ ላይ ተገኝተው ክትትል ያደርጋሉ?

ሀ) ያደርጋሉ ለ) አያደርጉም

8/ ለአጭር ርቀት አትሌቶች የሃገር ውስጥ ውድድሮች ላይ የመሳተፍ እድል የተመቻቸነው

ሀ) ውድድር እናገኛለን ለ) ውድድር አናገኝም

9/ በፕሮጄክት ቡድን ከመካከለኛ ርቀት የስልጠና እድል ቢሰጥህ (ሽ) ለመሰልጠን ፍቃደኛ ትሆናለህ(ሽ)

ሀ) እሆናለሁ ለ) አልሆንም

10/ ከስልጠና ጋር በተያያዘ በፕሮጄክት ቡድን አሰልጣኞች ብቃት ሙሉ በሙሉ ትተማመናለህ(ሽ) ?

ሀ) አዎ እተማመናለሁ ለ) አልተማመንም

11/ በየጊዜው ከአሰልጣኝህ (ሽ) ጋር ስለማሸነፍ ስነ-ልቦና ውይይት ታደርጋለህ (ሽ) ወይ?

ሀ) ይደረጋል ለ) አይሰረግም

12/ ከስልጠና በኋላ ከሚመለከተው አካል የምክር አገልግሎት ይቀርባል ሀ) ይቀርባል ለ) አይቀርብም

13/ በፕሮጄክት ቡድን ውስጥ በቂ የህክምና አገልግሎት ታገኛለህ(ሽ) ሀ) አዎ አገኛለሁ ለ) አላገኝም

14/ የስነ-ልቦና እንዲሁም የስነ-ምክር ትምህርት በፕሮጄክት ቡድን ይሰጣል ሀ) ይሰጣል ለ) አይሰጥም

15/ በፕሮጄክት ብድን ስልጠና የጂምናዥም አገልግሎት በተገቢው ጊዜና በበቂ ሁኔታ ታገኛለህ በዝርዝር ግለጽ(ዲ) ሀ) አዎአገኛለሁ ለ) አላገኝም

መጠይቅ በጽሁፍ ይግለጹ።

1/ በፕሮጄክት ቡድን ስልጠና በፈለከው(ሽ) ኢቮንት ላይ ለመሰልጠን እድሉ ቢሰጥህ(ሽ) በየትኛው ኢቮንት ላይ መሰልጠን ትመርጣለህ (ሽ) ምክንያትህን (ሽ) ጭምር ብትገልጽልኝ (ዲ)

2/ በዞን፣በፕሮጄክት፣በአሰልጣኞች አንዲሁም በሚመለከተው አካላት መካከል የተቀናጀ የስራ ግንኙነት አለብለህ (ሽ) ታምናለህ ወይ?

3/ በዳዉሮዞን ውስጥ የአጭር ርቀት ውጤትን ለማሳደግ ምን መደረግ አለበት ብለህ ታምናለህ የራስህን(ሽ) አስተያየት በዝርዝር

Appendix II

Questioner from Dawuro zone short distance Project runners.

Athletes Personal Information

A- Age _____

B- Sex Male Female

1) Do you know the short distance Project runners' athletes selecting criterion?

Yes No

2) When you start training with the Project team was your height and weight

Recorded? Yes No

3) When you start training with the Project team where you give medical checkup?

Yes No

4) When you start training with the Project team have you given current performance time try?

Yes No

5) When you start the training, were you asked a question or given a suggestion from the coaches?

Yes No

6) Did you become a short distance athlete by your interest?

Yes No

7) Do the concerned bodies come to the training and inspect?

Yes No

8) For short distance running is there an opportunity to attended competition zone?

Yes No

9) Will you be willing to take the training, if the project team gives you the chance to get training in the short distance event?

Yes No

10) Are you 100% confident on the project team coaches training mated?

Yes No

11) How often you discuss about is winning philosophy with your own coach?

Yes No

12) Do the respected bodies provide food after training?

Yes No

13) Do you get enough medical service in the project team?

Yes No

14) Do you get psychology and nutritional education in the project team?

Yes No

15) In the project team training, do you get enough gymnasium service on the right time?

Yes No

Open ended Questionnaires

- 1) In the project team, if you were given the chance to get training in any event, On Which event do you want to get the training? Explain why.
- 2) Do you believe that is their job integration among your project, zone sport department, coaches and other Concerned bodies, so that, any inconsistency of training and Competition program does not happen?
- 3) What shall be done to improve Dawuro Zone Short Distance project results? Explain in briefly:

Appendix III

ለአሰልጣኞች የቀረበ ቃለ መጠየቅ

- 1) በፕሮጀክቱ የአትሌቶች መመልመያ መስፈርት ተዘጋጅቶታል ወይ?? እንደአሰልጣኝ ለአጭር ርቀት መስፈርቱ ትክክል ና ተስማሚ ነው? ሀ) አዎ ለ) አይደለም
- 2) የተመለመሉት አትሌቶች ስልጠና ከመጀመራቸው በፊት ወቅታዊ አቋማቸው (የሰአት ሙከራ) እና የጤና ምርመራ ተደርጎላቸዋል? ተደርጎአል አልተደረገም
- 3) ለስልጠና የሚሆኑ ግብአቶች በወቅቱና በአግባቡ ይቀርባል? ይቀርባል አይቀርብም
- 4) የጂምናዥያም አገልግሎት በተገቢውና በበቂ ሁኔታ የማግኘት እድሉ አለ? ሀ) አላ ለ) የለም
- 5) የፕሮጀክት ቡድን ስልጠናው አሰጣጥ ሁኔታ ከአመት እስከአመት ተከታታይነት ያለው ነው? ሀ) አዎ ለ) አይደለም
- 6) የአጭር ርቀት አትሌቶች ቋሚ የሆነ የምግብና የማረፊያ አገልግሎት የማግኘት እድሉ አለቸው? ሀ) አላ ለ) የለም
- 7) በፕሮጀክት ቡድን ውስጥ የሚሰሩ የአጭር ርቀት አትሌቶች በማንኛው ጊዜ የማሳጅ አገልግሎት ያገኛሉ? ሀ) አላ ለ) የለም
- 8) የአትሌቶች ቁጥር እና የአሰልጣኞች ቁጥር ተመጣጣኝ ነው? ሀ) ነው ለ) አይደለም
- 9) የአጭር ርቀት ኢቮንቱ ቴክኒካል ከመሆኑ አንፃር በሰዎች የሚሰጠው ጊዜ በቂ ነው ብለህ ታምናለህ? ሀ) በቂ ነው ለ) አይደለም

መጠይቅ በጽሁፍ ይግለጹ።

- 1) ለአጭር ርቀት የሚሰጠው ትኩረትና ክትትል በቂ ነው ብለህ ታምናለህ?
- 2) አትሌቶች ለአጭር ርቀት ያላቸው ፍላጎትና ተነሳሽነት ምን ያህል ነው?
- 3) ለቴክኒክ የሚሰጠው ጊዜ በቂ ነው ብለህ ታምናለህ?
- 4 የፕሮጀክት ቡድን ስልጠናው አሰጣጥ ሁኔታ ከአመት እስከ አመት ተከታታይነት ያለው ነው?
- 5) የአጭር ርቀት ውጤትን ለማሳደግ ምን መደረግ አለበት ብለህ ታምናለህ?

Appendix IV

Questions for short distance Coaches

SECTION ONE

General information on personal data please put an “” mark in the corresponding Boxes you are provided below and write shortly for items that require you written Responses.

Your current work positions

Main coach

Main assistant coach

Assistant Coach.....

Q1. Educational background

No. Make () sign

1 PHD

2 MSc

3 BSc

4 Diplomas

5 Certificates

6 Others

Q2. Experience in the profession

1. Less than a year

2. 1 - 5 years.....

3. 6 - 10 years.....

4. 11 - 15 years.....

SECTION TWO

1) Are there any measurements of criteria to recruit athlete that are prepared by Dawuro Zone short distance running project?

a) Yes b) No

2) Do you think the selected athlete before doing the training; they have got the necessary time trial and diagnosis about their health status?

a) Yes b) No

3) Do you think the input for the training facilities sufficient and available on time?

a) Yes b) No

4) Do the athletes get the gymnasium service opportunity on time and appropriate Condition?

a) Yes b) No

5) Is the training given continually in project team?

a) Yes b) No

6) Does the athlete get permanent food and resting place after the training?

a) Yes b) No

7) Do the athletes get the message service opportunity on time?

a) Yes b) No

8) Does the number of athletes fit with the number of coaches?

a) Yes b) No

9) Do you think the time given to the technical training in a week is sufficient for the Athletes?

Open ended Questionnaires

1) How do you assess the attitude of concerned body towards short distance running athlete with relative to other events? -----

2) How are the athletes interested and their encouragement for short distance running event?-----

3) Do you think the time given to the technical training in a week is sufficient forthe athletes?-----

4) Is the training given continually in project team? -----

5) What shall be done to improve Dawuro Zone Short Distance running results? Explain in brief: ---

Appendix V

Interview for Dawuro Zone Culture, Tourism and Sport Department Administration

Thank you for agreeing to participate. This is an interview designed to obtain information on investigating the challenges that affect the success of short distance running in Dawuro Zone short distance running project team. You are, therefore, kindly requested to give genuine and truthful responses.

- 1/How athletes (short distance runners) are selected? Who selected them? And where are athletes selected from?
- 2/ Do you think that the selection criteria of athletes (short distance runners) are scientific? How?
- 3/ How do you follow the current status of project team short distance athletes?
- 4/ Do you think athletes (short distance runners) selection is depend on talent identification? How do you see it in your observation?
- 5/ Do you record the short distance runners any profile that perform on different competition in the database system?
- 6/ Do you think the short distance runners get the necessary facility from early the beginning of their training