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## Management of sports program and performance of athletes

**Shyla O Moreno**

### Abstract

The study investigated the management of sports program and the performance of athletes in SDSSU to the MASTS-Mindanao and SCUAA-national level sports competition. Specifically, the study focuses on the management of sports program as to budget, resources, condition of the available sports facilities and equipment, administrative support and the performance of athletes in different sports competition. Descriptive-survey was employed with standardized questionnaire to gather data and in-depth interview with the athletes and administrators to triangulate the result. Data revealed that the condition of the sports facilities and equipment is usable but not all are available for use to develop the athlete's skill in playing the different events. There is a need to intensify the management on the implementation of sports program and support from the administration by formulating a functional and sharply outlined sports program with clear-cut policy on transparency. Most of the athletes' participation with awards during local MASTS competition therefore, there is a need to increase the number of medals receive in the national level. Some athletes were not inspired and motivated because of some factors such as limited time for practice, utilization of old facilities and defective equipment, insufficient budget to defray athlete allowance for transportation and training, participation to regional MASTS, and National-SCUAA competitions. The administration encouraged the athletes and support the sports program implemented. Thus, support from the administration has a great impact on the performance of the athletes in SDSSU.

**Keywords:** Management of sports program, athletes performance, administrative support, MASTS, SCUAA, quantitative-descriptive

### Introduction

Management has a crucial role in the pursuit of excellence, success, victory, power and contentment in any sports program. It is associated with the coordination of concerted efforts of individuals. The process of utilizing the resources – money, materials and facilities accomplish the purpose or task of the organization. Management effectiveness in our world today especially in the management of sports program in education sector is a necessity to attain. As stated by Hugson, *et al.* (2016), a skilled and competent administrator is much needed to facilitate the implementation of the programs in order to ensure the achievement of desired goals and oversees all the processes in school for overall effectiveness. Administrative support has principles, practice and rationalized techniques employed in achieving the aims of an organization where there are administrators that direct, supervised and support and motivate student activities sports program. These are key indicators on student's performance in different competitions as cited by miller, (2017) <sup>[6]</sup>. SDSSU aims to be in the map of top leading Universities in sports competitions in Higher Education Institutions (HEI's). It is in this premise, the study investigated the management of sports program and the performance of the athletes in Surigao Del Sur State University (SDSSU).

According to Almond (2016) <sup>[1]</sup>, the nexus of sports and communication has affected national and global sensibilities, sport contests take place at particular places, usually in a stadium without mediated communication, and the vast edifice of contemporary sport would have remained largely localized, segmented activities. Motivation according to Calderon (2018) <sup>[2]</sup> is another important factor in learning for without motivation, not much or no learning at all will take place. There is several definition of motivations but they all amount to the arousing and sustaining the interest in any activity in order to achieve goal. In addition, Skinners theory of Operant Conditioning, Self-determination theory of Ryan (2002), motivational characteristics

are influential in shaping adolescents' desire to persist in sports. This theory examines participatory involvement defined as continued participation in sport through the years was influenced by individuals' self – determined motivation to achieve the desired goal in the competition.

The University sports program implemented the activities quarterly in order to develop and enhance students' capabilities, abilities and skills in sports competitions. According to Sports Administration and Good Governance theory (2002), builds on the themes and look at the need for sports administrators to conform to good governance practices. It provides opportunities for studies in the context of professional sport. In view of this, SDSSU sports activities were spearheaded by the Office of the Student Services (OSAS), Sports Development Office (SDO), the Student Supreme Government Office (SSG) and the different colleges to assist the implementation of the sports program. This program encourages student-sports enthusiasts with the objective of harmonizing the academic, moral and physical development. These are possible agent for change on the performance of the athletes with a clear cut policy on the implementation of the sports program. Specifically, the study deals on the condition of available old sports facilities and defective equipment, status on the management of sports program, transparency of budget allocation, resources, functions of sports officials, administrative support and the performance of athletes in different sports competitions. In fact, most of the awards received attended by the athletes was during Mindanao Association of State Tertiary Schools (MASTS – Mindanao-wide) but not in the National level of State Colleges and Universities Athletic Association (SCUAA).

Hence, this study investigated the management of sports program and the performance of athletes in Surigao Del Sur State University to sports competitions either local, regional, Mindanao – wide MASTS and SCUAA – National Level. The findings of the study provides a real scenario on the events conducted relative to sports competitions and probable solutions to improve the performance of athletes for the administrators, sports coordinators and OSAS Director in the

implementation of sports program. The researcher offers possibilities to enable the development of sports management that is facilitative and supportive with respect to the inclusion and accommodation of diversity in sports.

### Methodology

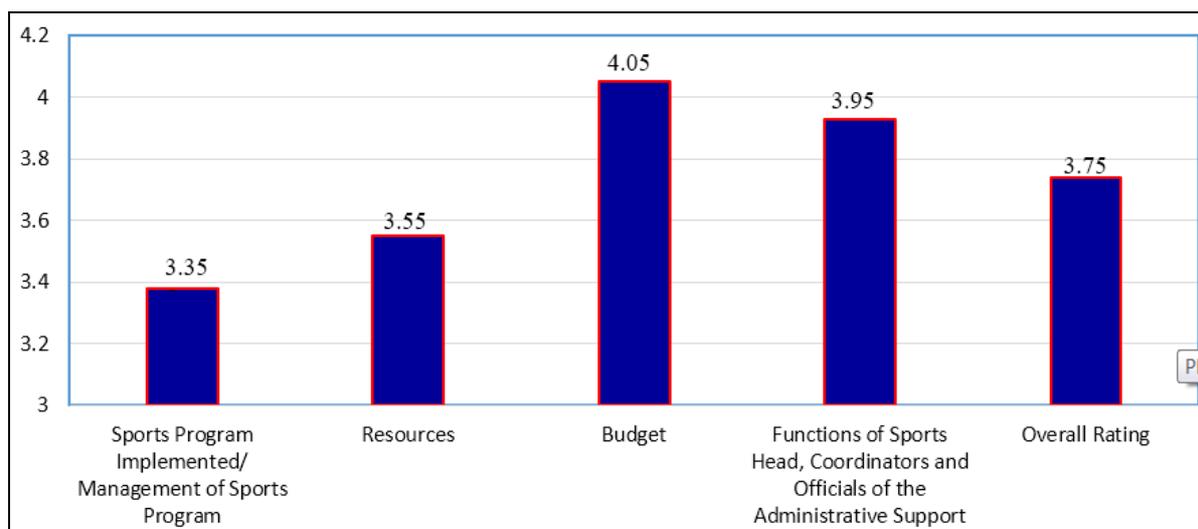
The study utilized a combination of quantitative and qualitative research design. Particularly descriptive survey to quantify the data gathered and focused group discussion (FGD) for qualitative approach in order to triangulate the result of the study from the key informants; the OSAS Director, sports head/coordinator, varsity/athletes and administrators of SDSSU on the management of sports program and performance of athletes in sports competitions. Data were gathered through a checklist standardized questionnaire with statistical implication in the computation of the results. Protocol of the communication on the process of the conduct of the study was properly observed. Weighted mean, frequency count, percentage and Pearson – Product – Moment – Correlation was employed in the study. These statistical tools with Likert scale gave an accurate result of the present study.

### Results and discussion

The findings of the study are presented in graph based on the status of the management of sports program and administrative support, condition of the available facilities and equipment, the Performance of SDSSU Athletes in Sports Competitions performance of the athletes and the significant relationship of Athlete's Performance and Administrative Support.

#### Status on the Management of Sports Program and Administrative Support

As depicted in Graph 1, status on the Management of Sports Program and Administrative Support was rated as “always” with a 3.38 weighted mean. This denotes that the designed program of activities of sports development for students' welfare were implemented annually. Perhaps not all since the findings resulted only on level 3 of Likert scale. 3.55.



**Graph 1:** Status on the Management of Sports Program and Administrative Support

This implies that there is a need to intensify the implementation of the sports program in order to attain the desired goal that will bring honor and pride to the University. In terms of resources, the study reveals a 3.55 mean with a descriptive rating of “frequently”. Such as the athletes avails

first aid medicines in case of injury during the training and actual sports competitions, provide safe sports facilities during practices, availed free transportation and meals during actual game scenario either local, regional and national. On the other hand, the budget allocation for sports has the highest

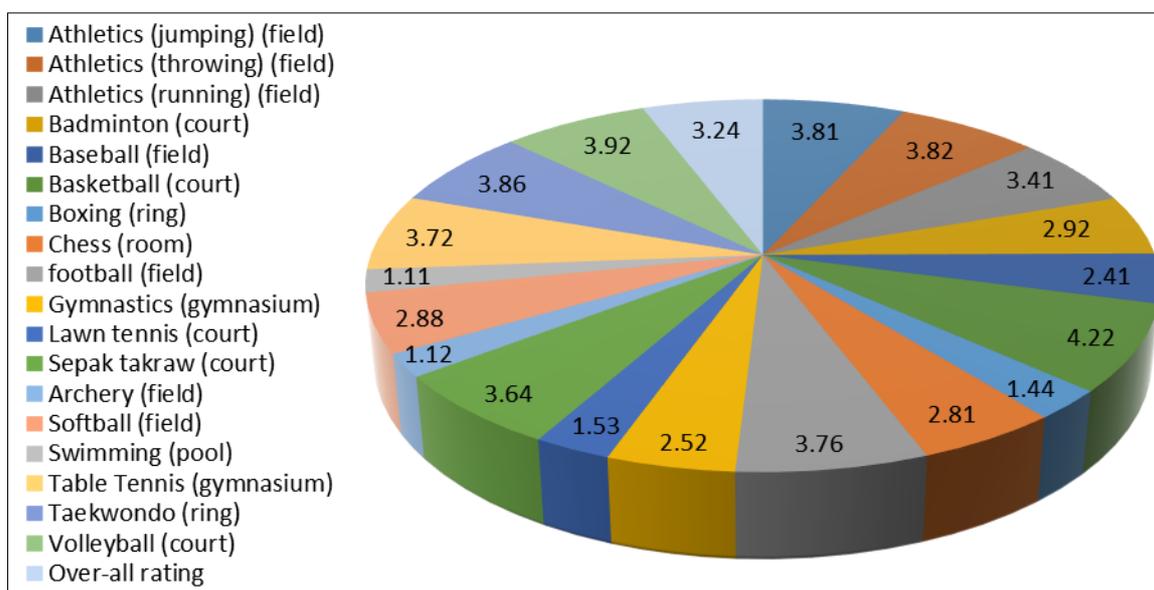
rating of 4.05 by the respondents of the study. Although the budget rated highly still it connotes that the budget allocated from (MOOE) Maintenance and Other Operating Expenses for sports and facilities and equipment is totally insufficient due the huge number of athletes. It is implied that budget allocation and appropriation is not enough to sustain the sports program despite of the result that much funds are allocated in the implementation descriptions. In addition, expenses of the delegation to MASTS and SCUAA spent more than half a million to cater the needs of each athlete and team officials. Expenses incurred on playing uniform, meals and snacks, transportation, travelling allowance, vitamins and other related first – aid paraphernalia for 175 to 250 persons approximately. The functions of sports head, coordinators and officials on the management on the implementation of the sports program and administrative support was rated 3.93 and described as “moderately managed and moderate support” respectively. Therefore, management of sports program in the University will be considered and taken into priority by the designated sports director, head, coordinators, OSAS Director and the administration to put SDSSU in the map of SCUAA as top leading University in sports competition based on the performance of the athletes with full support of the administration which also convey on the over – all rating result of 3.73 mean.

During the actual interview, three from the key informant replied, “*encouragement, clear cut policy on the training schedule, moral and financial support is the key factor in sustaining the implementation of sports program in SDSSU in order to foster physical fitness, self-discipline, teamwork and excellence for the development of a healthy and alert citizenry*”

through a unified national sports promotion and development program. According to Sports Administration and Good Governance theory (2002), builds on the themes and look at the need for sports administrators to conform to good governance practices. It provides opportunities for studies in the context of professional sport. In view of this, sports program of the University implemented the activities quarterly in order to develop and enhance students’ capabilities, abilities and skills in sports competitions. But still there is a need to strengthen its implementation to realize the plan of activities as scheduled despite of multi designations of faculty – designate to manage the sports program of the University.

**Condition of Available Sports Facilities**

The result of the study can be gleaned in graph 2. Basketball court gained a weighted mean of 4.22, described as “very good” and ranked as first. In SDSSU, basketball courts are much available and localized were most of the students love to play the game. Hence, when athletes used the court for practice and training venues allow maximum participation during schedule. Varsity players in basketball excel in their events and achieved championship game during MASTS Sports competitions. However, least in rank are swimming pool, archery, boxing ring and lawn tennis court. This denotes that athletes in this kind of sports do not have actual playing venues. SDSSU missed to provide these facilities in school due to available lot for the construction of the swimming pool since classrooms and office buildings are the top most priority of the University for Clients’ Satisfaction on academic matters.



**Graph 2:** Condition of Available Sports Facilities

According to Salomon (2017), student who has really achieve high sports moral personality can easily learn to create and value of discipline, if only facilities are available all of this and up to likeness and versatility of a well – rounded educational institution that will likely develop great future athletes especially among students who are eager in their chosen field of sports. The Philippine Sports Commission Act section 2 reflects the declaration of policy, the state shall promote physical education, encourage and sustain the development of sports in the country to foster physical fitness, self – discipline, teamwork and excellence for the development of health and alert citizenry through unified

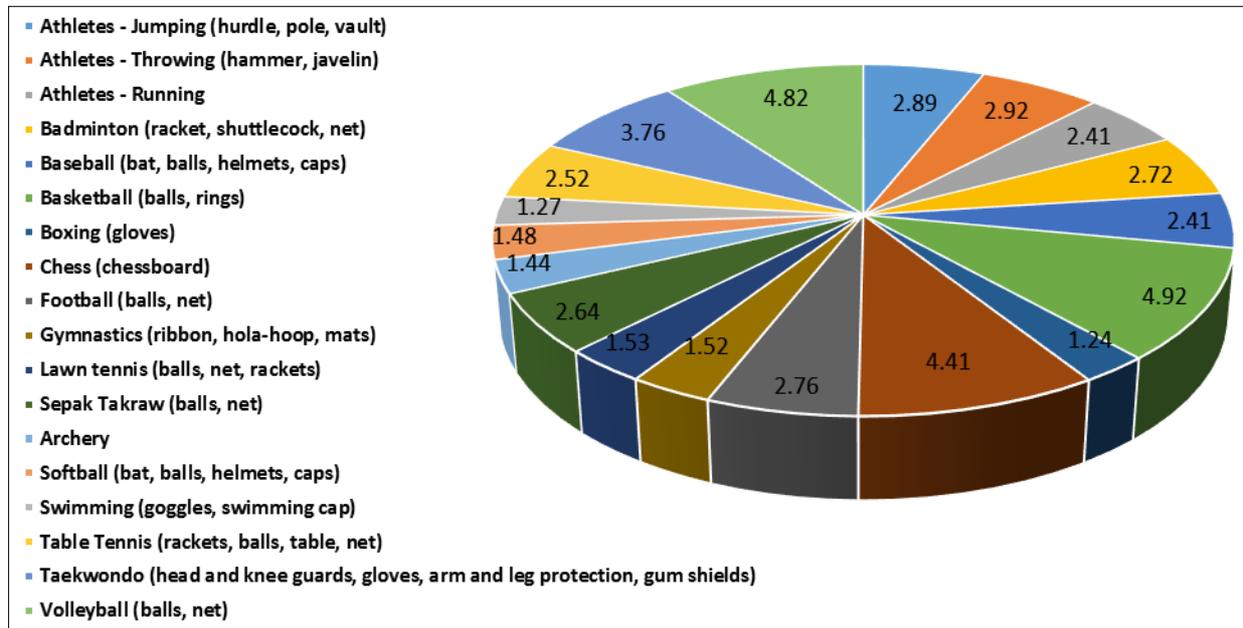
sports promotion and development program. This statement conforms to the result of the study wherein athletes excel most of the time in basketball events because facilities are available and in good condition while other events does not excel due to the absence of needed facilities during trainings and scheduled practices in school conducted by event coaches duly supervised by the sports coordinator.

**Condition of Available Sports Equipment**

Each available equipment was rated as very good, good, needs improvement, poor and not available. In terms of the sports equipment, basketball (balls and rings) gained a

weighted mean of 4.92 with a description of “very good” and ranked as first. However, swimming goggles and cap, boxing gloves, archery and gymnastics paraphernalia’s such as ribbons, hola – hoop and mats are found to be unavailable. This denotes that in these areas, athletes have less support which may redown to their ineffective performance where

swimming, boxing, archery and gymnastics sports event are concerned. This implies that other equipment was available but not in good conditions are considered barriers on the performance of athletes in developing and honing their skills in playing the game.



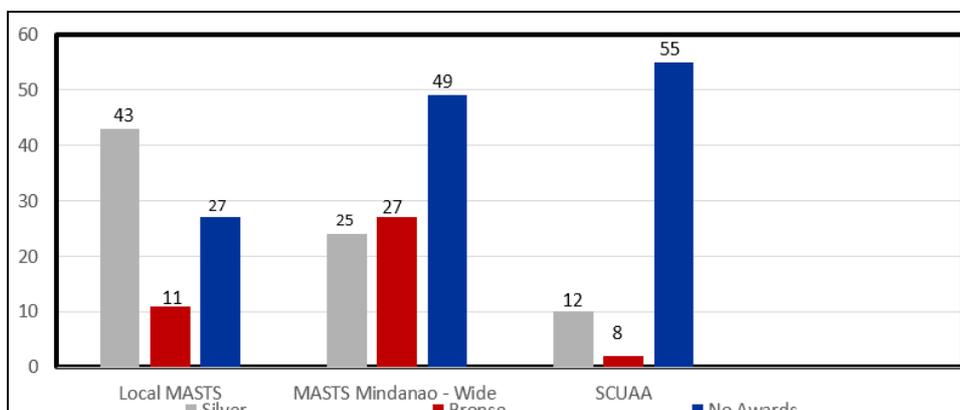
**Graph 3:** Available Sports Equipment and Facilities

According to Lumpkin as cited by Suganob (2018) [7], skills development program is geared to provide instructions to develop sport specific motor skill to organize conduct and evaluate practice sessions with sports equipment will provide learning experiences appropriate to the growth and development of the athlete. This implied that complete equipment and suitable facilities can provide learning experiences because student – athletes’ skills needs are being addressed during the trainings and competitions. Therefore, the statement cited conformed to the result of the study since the result revealed a low performance in the national competitions due to unavailability of the facilities and equipment in sports during training schedules. Moreover, trainings are left behind instead the administration challenges the coaches (faculty members) to go for training to gain awards in MASTS and SCUAA. In fact, sometimes expenses during the training period were taken care of by the coaches of the event and not from the University sports budget.

Coaches were generous and passionate to cater the needs of the athletes in order to boast the morale and to give honor and pride to the University. There is really a need to purchase sports facilities and equipment to realize and achieve the goal for awards in the national level.

**Performance of SDSSU Athletes in Sports Competitions**

The performance of student – athletes in the University is presented in graph 4. This graph will convey the status of the performance of the Athletes in sports competition participated by SDSSU. The data showed the athletes participation and achievement with respect to the medals received either gold, silver, bronze and no award at all in Local, Regional and National Sports Competitions. It can be noted that athletes garnered more awards during local MASTS and Mindanao-wide sports competition with seventy – five and sixty gold medals respectively. It is ended a great performance of SDSSU athletes.



**Graph 4:** Performance of SDSSU Athletes in Sports Competitions

On the level of National SCUAA sports competition, the University sent limited number of athletes and only those with gold medal awards only. The team got ten silver, two bronze and none of them got gold medal despite of the administrative support. The performance of the athletes speaks the totality of the management of the sports program in the University. As mentioned by some athletes and coaches during the conduct of the FGD by team event, *the management missed to elevate the importance of continuous trainings and practices schedule with constant monitoring and evaluation of athlete's performance. In this way, there will be assurance of garnering the gold medal award. Our usual practice, we will only do practice one – week or days before the said sports competition*". This statements from the researcher's key informants spells a fact on the athlete's performance.

According to Magary and General as cited by Escalante (2017), this really marks an important development understanding of the concepts and relationship that describe the local sport council as a mechanism for community sport development of an organization. This paper presents a grounded theory of local sports – council that reflects promotion, development and coordination opportunities for sport and recreation in the community. The case study offers an in-depth understanding of the nature and role of a local

sports council and discusses the challenges faced in promoting and achieving global sport development. The theory conforms to the result of the study of which explained that there is really a significant relationship between athletes and administrative support especially in promoting, developing and coordinating opportunities for sports and recreation in the school community as well as challenges faced in promoting and achieving quality sports development in the University through constant support from the administration. Performance of athletes varies according to the administrative support provided by the school. These can be achieved if the sports program is well – planned, well – managed with proper deliberation from the concerned individuals, evaluated every activity conducted and monitored athlete's performance during trainings/practices and in different competitions for enrichment of the sports program offered.

### Significant relationship of Athlete's Performance and Administrative Support

As shown in table 1, the significant relationship between the performance of the athletes and the administrative support given to sports distinctively is higher than the P – value. Thus, hypothesis is rejected.

**Table 1:** Athletes Performance and Administrative Support

Variably Tested	Computed r	P-value	Conclusion
Athletes performance and administrative support	0.596	0.000	Significant

Therefore, these two variables are significant. It emphasized the importance of the support of the administrators to the athletes towards the competition affecting the performance of the athletes. It only shows the performance of athletes in any sport competitions or during practice and trainings vary on the attention and support provided by the administration. It will greatly affect the performance of the athletes. In the study of Miller (2017) <sup>[6]</sup>, claimed that principle of reinforcement states that rewarded responses are stamped in, while unrewarded responses either not learned or tend to fade when reinforcement is withdrawn. Although, this principle thus not hold true in all learning situations, it holds for a variety of situations and has a major bearing on the effectiveness of learning in life situation especially the athletes' performance spells a difference. It boasts the moral of the athlete's /varsity players and the University as a whole.

Based on the result of the study, the statement negates on Motivation theory as cited by Calderon (2018) <sup>[2]</sup>, important factor in learning for without motivation, not much or no learning at all will take place. Motivational reward either verbal or non – verbal communication helps uplift the person's performance. Based on personal observation, athletes who received awards after any level of competition were very much interested to join again any sports competition but for those who were not able to receive any award most of them tend to decline in joining for the incoming competition. It is deemed necessary to conduct evaluation and monitoring on student – Athletes performance to upgrade the individual performance for the enrichment of the sports program of the University. Constant support and encouragement from the administration plus commitment and dedication of athletes to perform well in their chosen sport event will have a great impact on the performance in any sports competitions.

### Conclusions

The study sheds light on the findings, there is a need to

intensify the management on the implementation of sports program and support from the administration in the University by formulating a functional and sharply outlined sports program with clear – cut policy on transparency of transactions. The condition of the sports facilities and equipment is usable but not all are available for use to develop the athlete skills in playing different events for sports competitions. Most of the athletes' participation with awards during local MASTS competition therefore, there is a need to increase the number of medals received in the national level. Some athletes were not inspired and motivated because of some factors such as limited time for practice, utilization of old equipment and defective facilities, insufficient budget to defray athlete allowance for training, transportation, participation to local & regional MASTS, National – SCUAA competitions. The administration together with the working officials encourage the athletes and support the sports programs implemented. Thus, support from the administration has a great impact on the performance of the athletes in SDSSU.

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