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Organization of school sports activities in the Turkish education system

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Abstract

The aim of this research is to reveal the changes in the organization of school sports activities in Turkey. For this purpose, a case study, one of the qualitative research methods, was used. In order to reach the research findings, detailed literature research was carried out and attention was paid to the requirement that the data be meaningful within itself in the data collection and analysis processes. In this direction, the consistency between the purpose of the study, data collection tool and data analysis has been taken into consideration all the time. According to research results, although there were different administrative practices in school sports activities after 1923, it was determined that the first planned regulation was prepared in 1939 and 24 different legislative changes have been made so far. In order to carry out school sports activities in Turkey, the legal framework of the organization has been determined in the administrative and practical dimension. Especially in the practice of school sports activities, students were categorized according to their age and physical appearance, and according to this categorization in the legislation, it was determined which students could participate in activities in which sports branches.

Keywords: Education, school, sports, activity

1. Introduction

Today, the phenomenon of physical education and sports can take on different meanings depending on the time we are in and social expectations. These meanings can take forms such as performance sports, leisure time sports and school sports ^[1]. The fact that physical education and sports are practiced in a wide range and for different purposes has differentiated the expectations of various disciplines from sports. The expectations of school sports in terms of physical education and sports also appear with different reflections in different areas. While physicians expect this to cope with behavioral disorders that occur in children and adolescents during their age of growth and development, public health experts want school sports to be a channel for health education and bring a serious awareness of health to new generations. According to the educators, school sports should provide the discharge of the energy accumulated in children and adolescents, enrich the movement image, and give them the rules and habits of fair play. By sports federations, school sports are seen as a pre-selection and promotion step for performance sports ^[2].

Another task of school sports is to meet the performance needs of children and adolescents in the school. Performance is a form of action that arises from the natural worlds of children and adolescents. The child and the adolescent in the performance experience the hope and enthusiasm of being able to succeed. Children and adolescents correct their behavior and attitudes through performance. At the same time, school sports create opportunities and conditions for the education of playing games, which is their most natural need ^[2]. All sports activities that develop students pedagogically, enable them to control their emotions and excitement and express them comfortably, ensure the personal and social development of students, and aim to minimize unconventional behaviors are called in-school sports activities ^[3]. School sports organizations provide students with the habit of systematic and programmed study as well as improve their skills and abilities in line with their interests and needs. The knowledge, skills and abilities they have acquired in the field of sports make the students use their leisure time in the most accurate way and protect them from bad habits.

It develops a sense of self-confidence and gives the feeling of compliance with social rules, excitement, enthusiasm, friendship, unity and solidarity [4]. The functions and missions of school sports in general and expectations for sports sciences can be categorized as follows [2, 5]:

1. Health, vigor, physical ness
2. Entertainment, experience, interaction
3. Aesthetics, show, revelation, figuration
4. Yield, activity, self-confidence
5. Intensity, adventure
6. Togetherness, institutionalism and collectivism.

On the basis of this categorization, schools in the Turkish education system are qualified as an institution that provides children and adolescents with the knowledge, skills and behaviors that will help them solve the problems they may encounter throughout their lives as well as academic skills [6]. Although each course and content given to students under the same roof of school is seen as different from each other in form, all of these courses applied to students aim to realize the general and specific goals of Turkish National Education and to bring children and adolescents to a level of education in universal norms. In school sports special, it becomes important what the general and specific goals of school sports education are and how they are structured. Ideally, school sports should be constructive, creative, individual and problem-solver, appropriate to develop potentials, democratic and critical, in other words, student-centered [7].

In a modern sense, school sports are based on different pedagogical principles than traditional physical education lesson. School sports aim to educate children and adolescents for sports, and also with sports [8]. Therefore, it has more social and functional values about life. "Absolute and objective performance" is not among the leading principles of school sports. Each child's personality development occurs according to their personal abilities, and shaping children and adolescents in the matter of interaction and function about human, nature and social areas is also among the most important educational objectives and principles of school sports [9]. Since the objectives and functions of school sports are very diverse, curriculum should be able to meet these expectations [10]. For this reason, different laws and regulations have been prepared in order to establish the legal basis of school sports activities within the Turkish National

Education system, to plan, conduct and evaluate the activities, and implementation of these activities in a certain order in line with the general and specific purposes of National Education is aimed. In this study, what is the legal basis of the school sports activities in Turkey, what kind of organization takes place in schools within the scope of school sports activities and what kind of activities are carried out was discussed chronologically, and it is also seen that it is an important deficiency that school sports activities, which have an important place in terms of Turkish Education System and History of Turkish Education, are not dealt with in detail and there are not enough studies.

2. Materials and methods

This research was carried out on the basis of case study which is one of the qualitative research methods. The case study makes a holistic description and analysis of events that are limited to a specific time and place by means of the inductive method, from a historical perspective [11]. Case study is a methodological approach where a system is examined in depth using multiple data collection to collect systematic information about how that system works and performs [12].

In order to reach the research findings, detailed literature research was conducted. In this context, the Presidency State Archive, the Library of the Board of Education and Discipline, the periodicals and university libraries in the Presidency of the National Library were scanned. The data obtained with the categories and codes formed through the findings were classified within themselves. In the data collection and analysis processes, attention was paid to whether the data were meaningful in itself. In this direction, the consistency between the purpose of the study, data collection tool and data analysis were constantly taken into consideration. In addition, content analysis was made according to the data obtained in the study.

3. Results & Discussion

With the proclamation of the republic in Turkey, as in all areas, there were several movements of innovation in the field of education and some laws and regulations has been prepared in the National Education System structure to regulate the participation of students of School Sports Activities. The laws and regulations prepared for this purpose are given in Table 1.

Table 1: List of Legislation Regulating the Activities of School Sports in Turkey

No	Name of Law/Regulation	Date and Number of Decision	Relevant Department	Medium of Publication	Date/Issue/Volume/Page of Publication
1	School Sports Clubs Instruction [13].		Deputy Minister of Education	Journal of Tebliğler	February 20, 1939 Issue: 6, Pages 22-23
2	School Sports Clubs Budget [14].	April 01, 1939 Decision No. 20/255	Physical Education and Scouting Directorate	Journal of Tebliğler	April 10, 1939 Issue 13, Page 63
3	School Sports Clubs New Academic Year Studies [15].	November 09, 1942 Decision No. 2071-2-737	Physical Training and Scouting Management	Journal of Tebliğler	November 09, 1942 Volume 5, Issue 197, Page 60
4	Some Important Points to Consider in Girls-Boys Sports Clubs and Game Nests [16].	November 14, 1947 Decision No. 2071-8 / 573	Physical Training and Scouting Management	Journal of Tebliğler	December 08, 1947 Volume 10, Issue 463, Page 213
5	School Sports Clubs Regulation [17, 18].	July 23, 1948 Decision No. 190	Turkish Education Board	Journal of Tebliğler	August 09, 1948 Volume 11, Issue 498, Pages 41-42 August 16, 1948 Volume 11, Issue 499, Pages 45-46
6	Amendment to Articles 14, 17, 18, 21, 30, 34 and 35 in the School Sports Clubs	July 12, 1954 Decision No. 154	Turkish Education Board	Journal of Tebliğler	July 19, 1954 Volume 17, Issue 808, Page

	Regulation ^[19] .				85
7	Abolition of the Clause "d" of the Article 18 in the School Sports Clubs Regulation ^[20] .	August 25, 1954 Decision No. 172	Turkish Education Board	Journal of Tebliğler	August 30, 1954 Volume 17, Issue 814, Page 105
8	School Sports Clubs and Game Nests Regulation ^[20] .	05 October 1959 Decision No. 262	Turkish Education Board	Journal of Tebliğler	August 30, 1954 Volume 17, Issue 814, Page 105
9	School Sports Clubs and Game Nests Regulation ^[21] .	04 July 1962 Decision No. 184	Turkish Education Board	Journal of Tebliğler	August 06, 1962 Volume 25, Issue 1215, Pages 170-174
10	Amendment of the Clause "a" of the Article 46 in the School Sports Clubs Regulation ^[22] .	November 28, 1962 Number of Decisions 277	Turkish Education Board	Journal of Tebliğler	December 31, 1962 Volume 25, Issue 1236, Page 315
11	Amendment of the Article 30 of the School Sports Clubs and Game Nests Regulation ^[23] .	March 18, 1969 Number of Decisions 131	Turkish Education Office	Journal of Tebliğler	April 7, 1969 Volume 32, Issue 1549, Page 107
12	School Sports Branche Regulation ^[24] .		Ministry of Youth and Sports General Directorate of In-School Physical Education and Sports	Official Gazette	December 02, 1971 Issue 14030, Pages 2-8
13	Regulation on Changing and Making Additions to Some Articles of School Sports Branches Regulation ^[25] .		Ministry of Youth and Sports	Official Gazette	November 03, 1973 Issue 14701, Pages 16-17
14	School Sports Branches Regulation ^[26] .		Ministry of Youth and Sports	Official Gazette	August 10, 1979 Issue 16723, Pages 4-21
15	School Sports Branches Regulation ^[26] .		Ministry of National Education	Official Gazette	November 09, 1981 Issue 17509, Pages 3-18
16	School Sports Branches Regulation ^[27] .		Ministry of National Education	Official Gazette	April 1, 1991 Issue 20832, Pages 2-16
17	Regulation on the Amendment of Some Articles of the School Sports Branches Regulation ^[28] .		Ministry of National Education	Official Gazette	May 2, 1997 Issue 22977, Page 23
18	Decision of the Autonomy of Turkey School Sports Federation ^[29] .		Ministry of State and Deputy Prime Minister	Official Gazette	September 21, 2006 Issue 26296
19	Memorandum of Turkey School Sports Federation ^[30] .		Head Council of Turkey School Sports Federation	Official Gazette	July 10, 2007 Issue 26578
20	Memorandum on the Amendment of Memorandum of Turkey School Sports Federation ^[31] .		Head Council of Turkey School Sports Federation	Official Gazette	May 31, 2011 Issue 27950
21	School Sports Activities Regulation ^[32] .		General Directorate of Sports	Official Gazette	November 05, 2013 Issue 28812
22	Memorandum of Turkey School Sports Federation ^[33] .		Head Council of Turkey School Sports Federation	Official Gazette	October 01, 2014 Issue 29136
23	Memorandum on the Amendment of Memorandum of Turkey School Sports Federation ^[34] .		Head Council of Turkey School Sports Federation	Official Gazette	October 25, 2018 Issue 30576
24	School Sports Activities Regulation ^[34] .		Ministry of Youth and Sports	Official Gazette	October 25, 2018 Issue 30576

When Table 1 is examined, it is seen that twenty-four legal regulations have been made in order to regulate school sports activities in Turkey by Deputy Minister of Education, Turkish Education Board, Ministry of Youth and Sports, Ministry of National Education, Turkey School Sports Federation.

Although there were different practices that were not in the scope of the legislation regarding school sports activities between 1923 and 1939, when these legal regulations were examined, it is seen that school sports activities were examined in a planned and systematic manner for the first time with the "*School Sports Dormitories Instruction*" prepared by the Deputy Minister of Education and published in the Journal of Tebliğler on February 20, 1939 ^[13]. In the mentioned instruction, in order to carry out school sports activities, units called "sports dormitories" were established in High Schools, Vocational High Schools, Boys Art Schools and Girls Institutes, Teacher Training Schools, Colleges and Universities, and a "game nest" has been established in each secondary school in order to engage secondary school students in sports games and competitions suitable for their age and ability levels and to prepare them for sports

dormitories. A sports club has been established for each faculty in universities, and each school's sports club is named after that school. It is not allowed to establish more than one sports club in a school. All sports club in a province constituted a district. The head of the district was the governor of that province, the head of the sports leagues was the cultural director of that province, the rector at universities was the head of the sports leagues, and the head of the sports club at schools was the school director. The name that the school director would propose among the physical education teachers was appointed by the Deputy Minister of Education as the head captain of the sports club. The head captain is responsible for all sports activities of the school. The head captain is responsible for organizing the programs of one-year sports activities of the sports club, presenting them to the president for approval and implementing this program after receiving his approval. According to this regulation, all students in a school are obliged to enroll the sports club of their school and participate in all sports activities where their health status is available. Students whose health conditions are not available to participate in sports activities are

preferably employed in the administrative work of the sports club. Students were only able to enter the sports club established within their own schools. A student who goes to another place during the holidays can temporarily enter the school sports club of where they go. However, such students were unable to participate in the official competitions of this school club since they were temporarily there. In some schools, girls could also become members of sports

dormitories. Female students have formed teams of sports branches for girls. In these schools, branch captains of various sports activities performed by girls were chosen by the head captain from among the girls. There were no individual or team sports competitions between female and male students. When a student graduated from the school or left the school for any reason, it is severed their connection with the sports club^[13].

Table 2: Sports Activities to Be Implemented According To the School Sports Clubs Instruction Published In 1939

No	Manner of Execution	Branches
1	Compulsory	Athletics(Runs, Throws, Jumps), Handball, Volleyball, Basketball, Swimming, Hiking, Scouting, Mountaineering and Skiing(In suitable climates, by using the materials and teachers of the military training dormitories in that area)
2	Noncompulsory(Optional)	Football, Wrestling, Boxing, Cycling, Motorcycle, Tennis, Fencing, Sailing and Rowing, Artistic Gymnastics (Parallel and Horizontal Bar etc.)

When Table 2 is examined, it can be seen that sports activities to be held in school sports clubs are divided into two categories: compulsory and optional. In addition, male students could perform sports activities in both categories, while female students were able to do compulsory activities only among themselves, their physiologic structures were the reason behind it. In the optional section, they were able to do tennis, fencing, rowing and skiing^[13].

The activities of the school sports clubs were carried out in two ways, private and official. Private competitions were organized if the cultural directors approve in weekends and national holidays in order to ensure the activities and development of sports clubs and to make students have fun^[13]. The official competitions organized within the activities of the school sports clubs are planned as the championship competitions between schools every year. The required programs for this were notified to the schools by the Deputy Minister of Education at the beginning of the academic year and were carried out in accordance with the following rules:

- The competitions appropriate for the weather of that year and belonging to various sports branches were held between the sports dormitories of the schools and the league winners were selected.
- Competitions were held between the winners of other leagues in the surrounding areas determined by the Deputy Minister of Education and the district winner were determined among them.
- The district winners were gathered in Ankara and the school winners were determined among them.
- Secondary schools and female students were not allowed to participate in these competitions^[13].

After the School Sports Clubs Instruction published in 1939, some changes were made to eliminate the deficiencies of the existing regulation from time to time when deemed necessary, the instruction was revised and published in line with the needs of the period. For this purpose, with the amendment made by Physical Training and Scouting Office with the number 2071-8 / 576, dated 14 November 1947,

It is emphasized that honest, good-natured, hardworking, disciplined students who are loyal to club, school, family and country must know that it is not right to participate in the competitions in schools or clubs without the permission of the class teachers committee and parents for students who are not successful in their lessons, who are only involved in the game, who are not interested in other lessons, and it is an honor to represent the class. For this reason, it was decided to pay attention to do sports within the pedagogical principles in

parallel with all other lessons, and to ban the student from the competitions with the proposal of the classroom teacher and the decision of the classroom teachers' board, and to try to put the general condition of the child in a normal order by taking strict measures if a student participating in the competitions representing the school or any club decreases the qualifications of diligence and morality or if they are in such situations like they fail the class or be suspended from the school^[16]. The amendments made in the regulations of the School Sports Dormitories were generally implemented on the main structure of the instruction published in 1939, and an ideal regulation was tried to be created by completing the deficiencies and needs in time. With the new regulation published for this purpose in 1948, administrative decisions were mostly focused on, and the most important topic that grabbed attention was the regulation of the relations between students and clubs. For this purpose, in the Regulation on School Sports Dormitories published on 23 July 1948 with the decision number 190; It has been decided that students enrolled in any public or private school can only register to clubs by obtaining a student license and participate in competitions representing the clubs affiliated to the General Directorate of Physical Education in the city where they are studying, only if they meet the following conditions. In order to register for a club, a student must meet the following conditions.

- To get the written permission of the parent,
- Having completed the age of 17,
- To be confirmed by a doctor's report that they are suitable in terms of their health conditions for the competitions they will enter.
- Not being in the second year of the class for any reason,
- The decision of the classroom teachers stating that there is no harm in playing in the club in terms of success and character in the lessons and having a written permission from the school administration (If the situation of the students who are allowed to play in the sports club worsens, this permission will be withdrawn by the school administration and the connection of the students in such situations with sports club will be severed).

In addition, it is stated in the instruction that students who receive a license from clubs can only participate in a competition (excluding athletics and volleyball) during the week and that the student has to choose the school in cases where both the school sports hall and the club have a competition on the same day. It was decided that some students who show high ability and have appropriate

qualifications in the school sports dormitories can participate in the competitions and these students to be trained with special programs upon the joint proposals of the National Education Directors and Regional Physical Training Directors if allowed by the ministry, students who play in a club with a student license do not change their clubs in the same city, if they go out of city, their connection with the club will be severed but they will be able to get license for another club in where they went, and if they return, they will only be able to

compete on behalf of the club they have obtained their first licence [17]. After 1948, School Sports Clubs and Game Nests Regulations published in 1959 and 1962 also regulated sports activities within both school sports clubs and game nests. According to the School Sports Clubs and Game Nests Regulations published for this purpose in 1962, the sports activities of the school sports clubs and game nests are planned as follows.

Table 3: Sports Activities to Be Implemented According To the School Sports Clubs and Game Nests Regulation Published In 1962

No	Field of Execution	Branches
1	School Sports Clubs	a) Entertaining game and gymnastics competitions, national and local folk dances and games, gymnastics and sports show with and without music, b) Athletics, Handball, Volleyball, Basketball, Wrestling, Boxing, Fencing, Cycling, Ping-Pong, Shooting and Archery (skiing and water sports in suitable climates, etc.) c) Travel and Camps
2	Game Nests	a) Entertaining game and gymnastics competitions, national and local folk dances and games, gymnastics and sports show with and without music, b) Athletics, Handball, Volleyball, Basketball, Wrestling, Boxing, Fencing, Cycling, Ping-Pong, Shooting and Archery (skiing and water sports in suitable climates, etc.) c) Game nests students do not participate in Football, Boxing and Wrestling activities. However, students who completed the age of 15, developed physically and received a "capable of doing wrestling" report from the school doctor may be allowed to do wrestling.

When Table 3 is examined, different from the School Sports Clubs Regulations published in 1939 and 1948 and the School Sports Clubs and Game Nests Regulations published in 1959, it was observed that the sports activities of the school sports clubs and game nests are clearly different from each other in School Sports Clubs and Game Nests Regulations published in 1962 [21]. The year 1971 was the beginning of a new era in terms of school sports activities. It was observed that the School Sports Clubs and Game Nests Regulation was replaced by the School Sports Branches Regulation that entered into force on 02 December 1971 with the number 4030, as it was published in the Official Gazette, while the executive institution authority was transferred from the Ministry of National Education to the Ministry of Youth and Sports. It can be said that the main structure of the School Sports Clubs Regulation was based on the School Sports Clubs and Game Nests Regulation. It has been observed that conscious and programmed conduct of sports, which is

included in the natural studies of the schools, under the light of the determined goals and basic principles, the best use of Turkish youth's leisure time, the establishment of a "Sports Branch" in all kinds of primary and secondary schools in order to conduct in-school and inter-school activities more widely and regularly which aim to improve body structures as well as the mental structures, they are among the objectives of the School Sports Branches Regulation published in 1971. One of the most important changes made was that the students were able to carry out the activities of the sports branches in the following categories by means of activities suitable for their age and abilities. These created categories are,

- Little's: Activities performed between the ages of 10-12(in primary schools)
- Stars: Activities performed between the ages of 13-15
- Young's: Activities performed between the ages of 16-19
- Biggs: Activities performed among those aged 20 and over

Table 4: Sports Activities to Be Implemented According To the School Sports Branches Regulation Published In 1971

No	Field of Execution	Branches
1	Littles	a) Entertaining game and gymnastics competitions, national and local folk dances and games, gymnastics and sports show with and without music, b) Athletics, volleyball, basketball, dodge ball, table tennis, wrestling(practice), water sports, skiing and gymnastics, c) Sports competitions, study tours and camps.
2	Stars	a) Entertaining game and gymnastics competitions, national and local folk dances and games, gymnastics and sports show with and without music, b) Athletics, volleyball, basketball, handball, fencing, cycling, table tennis, shooting and archery, water sports, mountaineering, skiing, gymnastics, wrestling, football(according to special instruction), c) Sports competitions, study tours and camps.
3	Youngs	a) Entertaining game and gymnastics competitions, national and local folk dances and games, gymnastics and sports show with and without music, b) Athletics, volleyball, basketball, handball, fencing, cycling, table tennis, shooting and archery, water sports, mountaineering, skiing, gymnastics, wrestling, football, judo, tennis, weightlifting, boxing, riding, c) Sports competitions, study tours and camps.
4	Biggs	a) Entertaining game and gymnastics competitions, national and local folk dances and games, gymnastics and sports show with and without music,

	b) Athletics, volleyball, basketball, handball, fencing, cycling, table tennis, shooting and archery, water sports and swimming, mountaineering, skiing, gymnastics, wrestling, football, judo, tennis, weightlifting, riding, boxing, c) Sports competitions, study tours and camps.
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When Table 4 is examined, school sports activities were previously categorized as school sports clubs and school nests, but School Sports Branch Regulations published in 1971 were categorized according to age ranges as little's, stars, young's and bigs [24]. The regulation published in 1971 was renewed by the Ministry of Youth and Sports for the organization and planning of school sports activities by republishing as a whole or by making partial changes due to different demands and needs over time. In 1973, the following amendment was made in the School Sports Branches

Regulation for this purpose [25]. According to the changes made, it was decided to perform the studies that the sports branches will carry out in accordance with the age and abilities of the students in the following categories.

- Little's: Students aged 12 and younger.
- Stars: Students between the ages of 13-15.
- Young's: Students between the ages of 16-18.
- Biggs: Students aged 19 and older.

Table 5: Sports activities to be implemented according to the amendment made in the regulation on school sports branches regulation published in 1973

No	Field of Execution	Branches
1	Littles	a) Entertaining game and gymnastics competitions, national and local folk dances and games, gymnastics and sports show with and without music, b) Sports Competitions: Athletics, Volleyball, Basketball, Court and Indoor Handball, Table Tennis, Swimming, Sailing (ptimist), Skiing, Gymnastics. c) Sports exercises, study tours and development camps in branches other than those listed above.
2	Stars	a) National and local folk dances and games, gymnastics and sports show with and without music, b) Sports Competitions: Athletics, Volleyball, Basketball, Court and Indoor Handball, Fencing, Cycling, Table Tennis, Shooting, Archery, Swimming, Sailing, Mountaineering, Skiing, Judo, Tennis, Gymnastics, Wrestling (practice), Football (according to special instructions) c) Sports exercises, study trips and development camps in branches other than those listed above.
3	Youngs	a) National and local folk dances and games, gymnastics and sports show with and without music, b) Sports Competitions: Athletics, Volleyball, Basketball, Court and Indoor Handball, Swimming, Sailing, Mountaineering, Skiing, Gymnastics, Wrestling, Football, Judo, Tennis, Weightlifting, Boxing, Riding, Fencing, Table Tennis, Cycling, Shooting, Archery, c) Sports exercises, study tours and development camps in branches other than those listed above.
4	Bigs	a) National and local folk dances and games, gymnastics and sports show with and without music, b) Athletics, Volleyball, Basketball, Handball, Fencing, Cycling, Table Tennis, Shooting and Archery, Water Sports and Swimming, Mountaineering, Skiing, Gymnastics, Wrestling, Football, Judo, Tennis, Weightlifting, Riding, Boxing, c) Sports competitions, study tours and camps.

After the changes made in 1973, in 1979, the entire Regulation on School Sports Branches was republished under the control of the Ministry of Youth and Sports. According to

the regulation, which contains the basic elements of the one published in 1971 in its structure, school sports activities are planned as follows.

Table 6: Sports activities to be implemented according to the school sports branches regulation published in 1979

No	Field of Execution	Branches
1	Littles	a) Sports competitions: Athletics, Basketball, Gymnastics, Skiing, Table Tennis, Handball, Volleyball, Sailing (optimist), Swimming, Wrestling (according to special instructions), b) Sports exercises, study tours and sports development camps in branches other than those written above, c) Entertaining games, national and local folk dances and games, gymnastics shows with and without music.
2	Stars	a) Sports competitions: Athletics, Shooting, Cycling, Gymnastics, Mountaineering, Fencing, Football (according to special instructions), Wrestling (according to special instructions) Judo, Skiing, Table Tennis, Archery, Handball, Tennis, Volleyball, Sailing, Swimming, b) Sports exercises, study tours and sports development camps in branches other than those written above, c) Entertaining games, national and local folk dances and games, gymnastics shows with and without music.
3	Youngs	a) Sports competitions: Athletics, Shooting, Basketball, Riding, Cycling, Boxing, Gymnastics, Mountaineering, Fencing, Football, Wrestling, Weightlifting, Handball, Judo, Skiing, Table Tennis, Archery, Tennis, Volleyball, Sailing, Swimming and Water Polo, b) Sports exercises, study tours and sports development camps in branches other than those written above, c) Entertaining games, national and local folk dances and games, gymnastics shows with and without music.
4	Bigs	Activities in the category of young's.

After 1979, similarly, in the School Sports Branch Regulation, it was observed that some articles of the regulation were changed in part and the whole regulation was

republished in 1981, 1991 and 1997. While the execution of the regulation was in the Ministry of Youth and Sports in 1979, the execution was given to the Ministry of National

Education again in the regulations in 1981, 1991 and 1997. According to the School Sports Branches Regulation in 1981,

school sports activities were carried out as follows.

Table 7: Sports activities to be implemented according to the school sports branches regulation published in 1981

No	Field of Execution	Branches
1	Little's	a) Sports Competitions: Athletics, Basketball, Gymnastics, Skiing, Table Tennis, Handball, Volleyball, Sailing (optimist), Swimming, b) Sports exercises, study tours and sports development camps in branches other than those written above, c) Entertaining games, national and local folk dances and games, gymnastics shows with and without music.
2	Stars	a) Sports Competitions: Athletics, Shooting, Cycling, Gymnastics, Mountaineering, Fencing, Football (according to special instructions), Judo, Skiing, Table Tennis, Archery, Handball, Tennis, Volleyball, Sailing, Swimming, b) Sports exercises, study tours and sports development camps in branches other than those written above, c) Entertaining games, national and local folk dances and games, gymnastics shows with and without music.
3	Youngs and Bigs	a) Sports competitions: Athletics, Shooting, Basketball, Riding, Cycling, Boxing, Gymnastics, Mountaineering, Fencing, Football, Wrestling, Weightlifting, Handball, Judo, Skiing, Table Tennis, Archery, Tennis, Volleyball, Sailing, Swimming and Water Polo, b) Sports exercises, study tours and sports development camps in branches other than those written above, c) Entertaining games, national and local folk dances and games, gymnastics shows with and without music.

When Table 7 is examined, it is determined that in the regulations published in 1979 and 1981, there are no branches such as football and wrestling among the sports activities that can be performed in the category of little's and stars, and that these are planned to be performed in the category of young's

and bigs, and that the categories of young's and bigs are merged ^[26]. After the regulation published in 1981 remained in force for ten years, the School Sports Branches Regulation was republished in 1991 and school sports activities were planned as follows.

Table 8. Sports activities to be implemented according to the school sports branches regulation published in 1991

No	Field of Execution	Branches
1	Littles	Athletics, basketball, gymnastics, handball, skiing, table tennis, volleyball, sailing(optimist), swimming,
2	Stars	Athletics, shooting, cycling, gymnastics, mountaineering, fencing, football(according to special instructions), wrestling, handball, judo, skiing, table tennis, archery, tennis, volleyball, sailing, swimming,
3	Youngs	Competitions are held in bigs.

When Table 8 is examined, it is seen that with the School Sports Branches Regulation published in 1991, the category of bigs was removed completely and branches such as football and wrestling were readded to the stars category ^[27].

After the first major structural changes initiated in 1939 and implemented in 1971, we see the second major structural change with the Turkey School Sports Federation to regain autonomy in 2006 and to create its memorandum in 2007, subsequent to the administrative changes made in 1997. The objective and responsibilities of the federation was determined according to the Memorandum of Turkey School Sports Federation as follows ^[30].

- a) To make short, medium and long-term strategic plans and programs in order to ensure the development of sports in schools and the spread of sports throughout the country, to take, implement and implement the necessary decisions and measures in these matters,
- b) To do youth setup and talent identification projects, to prepare their substructure and to ensure their implementation,
- c) To organize national and international matches, related activities, club leagues and all kinds of school sports activities, to make plans, programs and preparations for these, to determine basic principles about administrative, financial and legal structuring, to take and implement decisions and measures related to these,
- d) To make legal, administrative and financial arrangements regarding clubs, to register clubs, to take and implement decisions and measures regarding these issues that fall within the scope of the federation
- e) To represent Turkey abroad in all matters related to school sports and related organizations, to ensure the implementation of international rules and instructions,

- f) To do budget work for the realization of the objectives and purposes of the establishment of the federation, to provide sufficient financial resources and to take the necessary decisions and measures for them,
- g) To teach trainers and instructors with courses and to educate them with seminars, to organize the documents of the successful ones and register them, and to check their work regularly,
- h) To keep more people posted in the country by following domestic and foreign developments and innovations, to schedule competitions and other activities and to control their implementation,
- i) To determine the standards of the materials of the school sports organizations and to try to have them built in the country or abroad or to supply them,
- j) To settle technical and administrative disagreements that may arise due to activities between clubs and provincial representatives,
- k) To organize international courses, seminars, panels, symposiums and sports organizations,
- l) To pick the school teams and technical staff that will participate in international competitions and to get the selected players ready for the competitions,
- m) To determine what will be done for a certain system in school sports and to ensure its implementation
- n) To give scholarships and/or to reward players who become successful in international competitions,
- o) To conduct archival and statistical studies related to sports branches affiliated with the Federation, to make promotions and organizations on this subject by preparing all kinds of educational and promotional films, slides, brochures and similar visual and printed publications, and to cooperate with press and television

- organizations,
- p) To determine the rules of the game to be applied in sports branches affiliated with the Federation and the standards of the facilities to be built and the things to be done for a certain system, to ensure their implementation,
 - q) To determine the provincial representatives of the federation and to ensure that they work in coordination between each other and with the provincial directorates of sports, clubs, and institutions and organizations related to the federation,
 - r) To be engaged in all kinds of commercial activities in line with the purposes of the federation in order to generate income for the federation, to carry out the activities of commerce and renting of immovable property,
 - s) To determine the standards of the fields, halls and facilities belonging to the clubs in the country, to supervise them, to arrange the necessary regulations,
 - t) To determine, approve and allow the standards of the courses and training programs offered in sports clubs, specific to sports branches,
 - u) To cooperate with primary education, secondary education, private education and similar educational institutions and other public/private institutions, to carry out common programs, scientific research and studies, to sign a protocol for the purpose of popularizing sports branches in clubs,
 - v) To be responsible for the permission of private club competitions to be organized domestically and to control their implementation,
 - w) To ensure the implementation of international rules and all kinds of instructions set and applied by the International School Sports Federation, to represent Turkey abroad on issues related to school sports, to pay the membership fees of these organizations.

After creating the Memorandum of Turkey School Sports Federation in 2007, changes in some of its articles and holistic restructuring took place in 2011, 2014, and in 2018. In addition to this, school sports activities that were under the execution of the Ministry of National Education in 1981, 1991 and 1997, came under the rule of the Ministry of Youth and Sports and Turkey School Sports Federation by year 2007. In 2013, the first School Sports Activities Regulation was published within the restructuring. The objectives of the regulation published in the Official Gazette dated 05 November 2013 and numbered 28812 and prepared by the General Directorate of Sports were defined as programming of domestic and international sports activities of all education and training institutions affiliated to the Ministry of National Education, determining the principles of physical education and sports activities, conducting sports competitions between schools, providing tools, equipment and similar needs of competitions, determining the procedures and principles regarding the ones who will be responsible for physical education and sports work and those who will participate in sports activities^[32].

In the regulation published in 2013, it is seen that the most striking issue is the application of age criteria determined by International Sports Federations in creating age categories. Another important point was found to be related to the regulation of sports licenses of students who will participate in school sports activities. It was decided that athlete student licenses will be prepared by the school directorate through the School Sports Information Management System, student

certificate, health certificate, parent permit, TR identity number and a photo will be requested, the license will be valid during the current academic year, students will be able to choose athletics and/or chess branches in addition to the sports branch in which they compete, football and futsal licenses will be issued separately, the students who are in football competitions won't be able to play in futsal competitions, and vice versa^[32].

The last change regarding school sports activities was the School Sports Activities Regulation in 2019 prepared by the Ministry of Youth and Sports and published in the Official Gazette dated 2 November 2019 and numbered 30936^[35]. The mentioned regulation generally bears the same character as the regulation published in 2013. The organization of school sports activities carried out within the scope of the reform movements made in the education system with the proclamation of the republic in order to ensure that the participation of students studying at schools to school sports is realized in order, has experienced twenty-four different legal regulations between 1939-2019. The Deputy Minister of Education, Turkish Education Board, the Ministry of Youth and Sports and Turkey School Sports Federation was involved in the execution of these legal regulations. Studies with regulatory purposes in the organization of school sports activities include detailed legislative arrangements such as how the administrative structuring of school sports activities in schools will be, who are the head of the unit responsible for school sports activities in the public order, which administrative position is responsible for which objective, what is the administrative correspondence protocol required for the realization of the activities, providing materials, equipments and the necessary physical spaces for the realization of the competition and creating a separate budget for school sports activities. In addition, written legislative arrangements such as determining the physical education teachers, trainers, referees and athletes required for the realization of school sports activities in schools, how to make the necessary assignments, creating competition categories especially for students according to their physical characteristics and ages, determining which categories of students can participate in which sports activities, creating competition guidelines, determining the basic rules of within-schools, inter-schools, province-wide and nation-wide competitions, regulating students' relationship with the clubs and determining the disciplinary rules within the scope of school sports activities were also included.

4. Conclusions

When viewed from this point of view, school sports activities were carried out within the framework of a legislation that continues for a long time and constantly updates itself. The regulations prepared have been updated by changing either some articles or the entire of it in line with the emerging needs and demands. While school sports activities were initially categorized using the names of game nests for primary and secondary school levels and school sports clubs for high school and above education levels, gradually began to be categorized as littles, stars, youngs and bigs, in the course of time. Football, wrestling and boxing were found to be the most striking branches among school sports activities. As a result, school sports activities have been seen as a setting that exists within the education and training system, independent of physical education lessons, allowing students to realize themselves and as an opportunity for students to spend their leisure time effectively.

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