

## **New and Innovative Methods in the Development of Sport for All, Especially in Rural Areas; Case Study in Sistan and Baluchestan Province**

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**ABSTRACT**— The aim of this study is to provide new and innovative methods in the development of sport, especially in rural areas in the province of Sistan and Baluchistan. For the purpose of this research, applied research, but the research method is descriptive. The study of controlling research conditions, is a survey. In terms of size, wide and in terms of scope, a study, and In terms of time, is a cross-sectional study. So in this research is descriptive-survey method was used to identify the characteristics of the population, the situation and the nature is available. The research method a field investigation of twigs. Research assessment tool, a questionnaire is made up of five options (likert scale). Geographic scope of this study, Sistan and Baluchestan Province and the Statistical sample is 185 people. The results show that the efforts of indigenous and local sports and implementation of local festivals with low costs, according to the houses of rural sports and engaging Khvdafrad, enabling mosques Sports Association, the sports Azdstgahhay new and modern, advertising and acquaint the public with benefits. The greatest impact on the development of sport and sport for the people of this province.

**KEYWORDS:** Sport-development-urban and rural-Sistan-new methods and innovative

### **Introduction**

Since today's sport, especially public sport, increases life expectancy through the promotion of public health, it is regarded as an indicator of human development in societies, also, due to increase of health and vitality in the community decreases health care costs and increases labor productivity of society, and in this way helps multilateral development of the community. Furthermore, public sport in a society has desirable functions of increasing empathy and social participation, fortifying solidarity, helping the process of socialization of individuals, and strengthening social ties. Sports, physical education, and physical activity have privileged positions in today's world not only because of educational and health effects but also because of the human need to move and act. Sport as a health and vitality related behavior is of considerable interest, in a way that lots of beauty and health institutions around the world using psychological and sociological sciences have started far-reaching research on the causes and predictors of inclination and participation in physical activities, and also identifying factors affecting them. Research conducted on the effects of exercise on physical and mental health, lifetime, happiness, expansion of social relations, and enrichment of leisure have led to the rise of people's participation in sport and particularly their participation in a variety of popular sports in the world, and that is why today the most advanced countries all over the world compete with other countries in planning and organizing their popular sports and are frequently offering creative programs for the growth of sport. Of course, each country which lags behind these rising waves, cannot, in any way, fill the created gap, and finally, differences in productivity of the effects of exercise and physical activity would be clear (Website: <http://en-paper.wowart.ir>). During the recent years, age of catching cardiovascular disease has been reduced, therefore, heart attack cannot be limited only to people over age of 50. It's clear that, automation of today world also overshadowed human life, in a way that, mortality statistics are increasing on a daily basis. In the current situation which, bad food habits have increased among Iranian household, undoubtedly, smoking and common physical inactivity in organizations also contribute to the problem and lead young and old to the magnitude of the disaster which is heart attack. Today, with all segments of society engaged in smoking, its damaging effects have been seen in the cardiovascular system, which this in turn leads to increased levels of blood harmful cholesterol, blood clots, increased platelet adhesion to the vessel wall and, finally, increased mortality due to cardiovascular events by 50 percent. However, today, with the proliferation of fast and fried food and lack of fruits and vegetables in the daily diet, weight gain and harmful blood fats are seen, because, following a high-fat, high-calorie, and salty diet would cause high blood pressure, diabetes and arteriosclerosis. Therefore, it is worthwhile to indicate the effects of inactivity on double increase of risk in cardiovascular events, because inactive life will increase body mass and weight gain.

Larsen (2002) in a study conducted in Denmark found that, people motivation to participate in sports activities is not to achieve high positions, and the Olympic motto (faster, higher, stronger), but healthiness, vitality, and social relationships are important reasons for participating in sports (Larsen, 2002). Among the most important topics in the field of development of public sport, which should be carefully evaluated, are factors affecting people's tendency toward sport activities. Among these, factors such as socioeconomic status and indices of level of education, economic status, family density could be cited (Lisa, 2002). Lipid disorder is an important factor in cardiovascular disease which is clear in diabetic patients. Also, effects of non-modifiable factors such as age, gender, family history, and race can be reduced by changes lifestyle and medical care .Being repetitive, lack of flexibility in existing public sports, new lifestyle, urbanization, arrival of new agricultural tools in countryside, intolerant culture of women's participation in sport, need for indoor salons and places for women, insufficient awareness of the dangers of physical inactivity, improper physical activity, hurting in the gym, lack of sports facilities and suitable gym in some villages, existence of emerging entertainment (computer, tablet, mobile, ...), lack of challenging, exciting, and motivational exercise provide the grounds for lack of interest in public sports in cities and villages. Therefore, if policy makers are planning for society, they should pay attention to the demands and needs of society, because the needs of communities are highly evolving and getting closer to each other. If there is made no effort to recognize these needs and attitudes, and there is no planning for them, we would have a passive and inevitable role against every day changes and time, energy, and budget would be wasted. This study aimed to identify factors affecting the attitudes of citizens in Sistan and Baluchestan toward public sports. Therefore, identifying these factors may provide necessary grounds for the development of public sports, which is a social demand.

### **Methodology:**

This is a practical descriptive survey, this micro study considers a vast scope and regarding time is a cross-sectional one. The data collection instrument is a 5-point Likert scale questionnaire; also in this research, library and web resources, magazines, and conducted thesis were used. The present study is conducted in Sistan and Baluchestan Province.

### **Population, samples, and sampling method:**

Population of this study were 185 people, including managers and Physical Education experts at the General Office of Youth and Sport of Sistan and Baluchestan and affiliated counties, members of the Steering Council of Sports in Sistan and Baluchestan, faculty members of Sistan and Baluchestan universities, heads of village and tribal councils, scholars and dignitaries of selected villages and counties. Which in terms of scholars and dignitaries of selected villages and counties regarding geographical diversity of Sistan and Baluchestan Province, based on historical information and geographical location province was divided into three zones of A) Sistan region that includes five cities (Zabol, Zahak, Hirmand, Nimroz, and Hamoon) that cities of Zabol and Hirmand were selected randomly; B) Sarhad region of Baluchestan including Zahedan, Khash, and Mirjaveh, which cities of Zahedan and Khash were selected randomly; C) Makoran region of Baluchestan, which includes the cities of Saravan, Sibo Suran, Mehrestan, Iranshahr, Dalgan, Nikshahr, Sarbaz, Chabahar and Konarak, that cities of Chabahar, Iranshahr and Sibo Suran were selected randomly. For other members, sampling was based on the warrant provided by the General Office of Youth and Sport of Sistan and Baluchestan and the University of Sistan and Baluchestan province.

Due to the specialized nature of research and the limitations of the sampling, the entire population were selected as sample ( $N = n$ ), that fortunately all 185 questionnaires were completed and returned.

### **Instrument**

The data collection instrument is a 5-point Likert scale questionnaire. The questionnaire is composed of nine components which contains 88 questions.

### **Validity**

Validity of the questionnaire was approved by the professors and professionals of physical education, therefore, 7 questions from the first component (familiarity with public sport), 11 questions from the second component (power structure in the family), 15 questions from the third component (trust in the sport and non-sport staff and authorities), 7 questions from fourth component (informing of mass media), 5 questions from the component five (skill and expertise in the field of sport), 6 questions from the component sixth (relatives' view about sport), 12 questions from the seventh component (Price and beneficiary of participation in public sport), 9 questions from eighth component (access to sport facilities) and 16 questions from the components of the ninth (tendency to participate in public sport) were remained.

### **Reliability**

The correlation coefficient between the two tests (test-retest) of the questionnaire was obtained equal to 0.86, which is indicator of satisfactory reliability of this questionnaire.

### **Data analysis**

To analyze the data, in describing the characteristics of the sample, descriptive statistical methods (frequency, percentage, etc), in tabulation (one-dimensional, etc.) concentration and scattering indices were used. And for bivariate relationships analysis of variance, t-test, Pearson correlation, and multivariate regression analysis was used for multivariate analysis.

## **Findings**

In this section descriptive findings are presented. These findings include independent and dependent variables along with intended components for each of them. The index of tendency to participate in public sport show that 55.53 percent of respondents had a high or very high tendency toward participation in public sports. 31.03 percent estimated their tendency as moderate. 13.43 percent had a low tendency toward this index.

## **Analytical findings**

Analytical topics include the relationship between independent and demographic variables, and also, based on the hypotheses, the relationship of independent and demographic variables with dependent variable.

### **The relationship between demographic variables and tendency to participate in public sport**

In this part, findings are investigated based on the hypotheses and the relationship of independent and demographic variables with dependent variable.

## **Results**

There is no significant relationship between gender and tendency to participate in public sport. Means that, males and females almost have a same level of tendency toward participation in public sports. Accepting of 5 percent error, it seems that the educational level affects tendency toward participation in public sports. Amongst different educational levels, individuals of elementary level had the lowest level of tendency, while those with a high school level had the most tendency to participate in public sports in comparison to other academic groups. Accepting of 5 percent error, there is a significant relationship between kind of business and tendency to participate in public sport. Soldiers and unemployed had the least tendency, and students had the most tendency to participate in public sports.

### **The relationship between power structure in the family and tendency to participate in public sport**

Analysis of variance revealed that, there is a significant relationship between power structure in the family and tendency to participate in public sport. The obtained average for any kind of power structure in the family shows that, as much as families move toward freedom and democracy their family members' tendency would increase toward public sport.

### **Relationship between independent and dependent variables**

There is no significant relationship between fatalism and tendency to participate in public sport. Means that, being fatalist or not does not affect the tendency to participate in public sport. There is a weak and positive correlation between trust in the sport and non-sport staff and authorities and tendency to participate in public sport. In other words, with the increase of trust among citizens their tendency would increase toward public sport. Correlation coefficient was equal to 0.083, which is a weak one, but it is statistically significant. Informing of mass media has positive effect on tendency to participate in public sport. Correlation coefficient was equal to 0.268, which is a weak one, but it is statistically significant. Skill and expertise in the field of sport has positive effect on tendency to participate in public sport, which is a weak. The strongest correlation exist between Price and beneficiary of participation in public sport as an independent variable and tendency to participate in public sport as a dependent variable. The obtained correlation coefficient was equal to 0.513. Means that, if citizens feel that their participation in public sports is associated with benefits, certainly will participate in this kind of sports.

### **Access to sport facilities has a significant effect on tendency to participate in public sport.**

Trust in relatives and trust in different organizations have a significant effect on tendency to participate in public sport. The correlation coefficient between these two variables and dependent variable were 0.167 and 0.152 relatively. The correlation coefficient between trust in the sport staff and authorities and dependent variable was 0.075. Comparison of these three kinds of trust revealed that trust in relatives has a stronger effect on tendency to participate in public sport. As much as relatives have positive view toward public sport citizens' tendency would be affected and increased toward public sport. The obtained correlation coefficient was equal to 0.269. Social cohesion also has a significant and positive but weak effect on tendency to participate in public sport. In other words, as much as citizens have a stronger cohesion and solidarity with their neighbors their tendency would increase toward public sport. How much effective citizens believe themselves would affect their tendency toward public sport. As much as they feels themselves effective their tendency would be increased toward public sport. Correlation coefficient was equal to 0.117, which is a weak one.

## **Multivariate analysis:**

In this part of analysis, multiple relationships between variables are investigated, the aim is to find the level and share of the effect of independent and demographic variable on tendency to participate in public sport. For this purpose, multivariate regression analysis was used. Based on the proposed ideas, assumed effective factors on tendency to participate in public sport include fatalism, trust in the sport and non-sport staff and authorities, Skill and expertise in the field of sport, price and beneficiary of participation in public sport, access to sport facilities, trust in relatives, trust in state organization, relatives' view about sport, social cohesion, informing of mass media, and power structure in the family. These variables were entered in stepwise method, which finally, variables of price and beneficiary of participation in public sport, Skill and expertise in the field of sport, relatives' view about sport, informing of mass media, trust in the sport and non-sport staff and authorities, trust in relatives, and power structure in the family were remained. A total of 32.4% of the variance of these variables will explain

tendency to participate in public sport. Thus, variables of fatalism and access to sport facilities didn't become significant. Based on the obtained results, as said in the relationships between independent and dependent variables using Pearson correlation coefficient, all the investigated variables which had a significant relationship with tendency to participate in public sport, had a positive relationship. It is worthwhile to mention that, there was a positive relationship between trust in the sport and non-sport staff and authorities and dependent variable in bivariate analyses, but there was a negative relationship between trust in the sport and non-sport staff and authorities and dependent variable in multivariate analyses.

Amongst the investigated variables, price and beneficiary of participation in public sport had the most effect and trust in the sport and non-sport staff and authorities had the least effect on tendency to participate in public sport?

**Recommendations:**

**A: The development of sport**

1. Assignment of free sports facilities to active sports committees in the field of public sports
2. Organizing management, legal, and structural status of public committee
3. Credit enhancement for permanent use of public and private sport facilities by schools and universities in return for paying tuition
4. Estimating the actual needs of fee management of country's amateur sport (Section A of Article 13)- helping privatization of amateur sport (Section B of Article 13)
5. The impossibility of the acquisition of the lands with sport use and equitable distribution of these places in different city districts
6. Changes in shape, design, color, and architecture of sport complex
7. Organizing and laying a groundwork for sustainable development of privatization in amateur and professional sports
8. The creation of specific walking tracks in all cities of the country as a national project
9. Expert and realistic consideration toward the sports of villages
10. Serious attention to the management and development of human resources and making them applicable
11. Development of program and perspective of Sports and Youth
12. Development of cultural and educational programs
13. Activating local and native sports, and rural houses of sport
14. Multiple use of sport facilities
15. Urban planning and practical strategies
16. Designing cycle day
17. Installment of public sport facilities in parks
18. Inclusion of public sport in school curriculum
19. Organizational fitness programs
20. Public sports such as volleyball
21. Identifying and recommending of prominent people in public and recreational sports in specific time periods (school and university sports, the armed force sports, Worker sports, employee sports, rural sports, manager sports, kindergarten sports, pioneer sports, and disabled sports)
22. Determining and granting signs of honor in different levels of public sport
23. Developing incentives and regulations for participants in public and recreation sports (pay bonuses to people who engage in sports at different levels).
24. Holding native and local festivals with the participation of the people themselves in a low cost

**B: Institutionalization of the culture of public sport**

1. People's Attention to maintaining the health
2. Increasing public awareness in order to institutionalize the culture of sport and recreation
3. Development of information sources in the field of public sport
4. Inclusion of programs and education of public and recreational sports in public educational institutions (kindergartens, schools, universities, prisons, factories, armed forces, mosques, religious site, cultural sites)
5. Use of existing capabilities, in other words, different sport committees developed by public sport federation, such as: Mosques Sports Association, Committee of Natural Sports, Committee of Fishing,...
6. Innovative use of new equipment to encourage people to participate in public sports, such as the following examples: Glassy tennis tables, ring boards, tank wheels, Triple walking shoes (Triple skating), tetra walking trousers, controlled double tennis, golf training facility, standing Football, windy horse riding, standing chess table, archery field, snakes and ladders

**Table1 :** Distribution programs regarding the familiarity with the sport

Title		Very low	Low	Medium	High	Very High	Total
Stations morning	The frequency	49	76	147	102	7	185
	Percent	12.86	19.94	38.59	26.78	1.83	100
Bodybuilding	The frequency	49	98	143	57	34	185
	Percent	12.86	25.72	37.53	14.96	8.92	100
Competitions places	The frequency	42	89	145	90	15	185
	Percent	11.02	23.35	38.07	23.62	3.94	100
Sports such as kite festivals	The frequency	46	84	135	71	45	185
	Percent	12.07	22.05	35.43	18.63	11.82	100
Exercise homes	The frequency	39	82	142	81	37	185
	Percent	10.24	21.52	37.27	21.26	9.71	100
Sports clinics	The frequency	83	10	52	8	32	185
	Percent	44.46	5.4	28.1	4.32	17.29	100
Sports neighborhoods	The frequency	23	64	52	25	26	185
	Percent	12.43	34.59	28.1	13.51	14.05	100

**Table 2:** Respondents distribution based on family power structure

Total		Completely opposed	Disagree	partially	agree	Completely agree	Total
In our family nobody Does not interfere in Working Other Because Believe Anyone His way Goes through.	The frequency	32	37	45	59	12	185
	Percent	17.32	20.21	23.88	31.5	7.09	100
In our family	The frequency	37	41	81	17	10	185
	Percent	19.95	22.05	42.78	9.45	5.77	100
Usually When parents decide for their children Explain that reason.	The frequency	5	14	64	75	27	185
	Percent	2.36	9.71	33.86	39.11	14.96	100
problems and protests children with parents Talking solve.	The frequency	.5	4	63	79	42	185
	Percent	0.26	2.1	33.6	41.73	22.31	100
If parents desire their children to behave contrary, Instead of punishing him guide.	The frequency	1	10	60	87	27	185
	Percent	0.79	5.51	32.02	46.46	15.22	100
Parents are consulted in decision-making on various issues of children.	The frequency	3	10	81	71	20	185
	Percent	1.84	5.77	43.31	37.53	11.55	100
Parents teach their children to behave, who is head of the family.	The frequency	7	24	77	60	17	185
	Percent	4.2	12.86	41.21	32.02	9.71	100
Earnestly parents for the children, their crackdown.	The frequency	2	20	81	64	18	185
	Percent	1.84	10.76	42.78	34.91	9.71	100
If child does not Obedience the parents is punished..	The frequency	23	43	64	48	7	185
	Percent	12.6	22.83	34.91	25.46	4.2	100
Parents believe that their children if pay attention they are saucy.	The frequency	27	50	69	32	7	185
	Percent	14.96	26.77	37.01	16.8	4.46	100
if the children ask parents to do something, you should do it without question.	The frequency	22	41	74	36	12	185
	Percent	12.07	21.78	39.9	19.95	6.3	100

**Table 3** Distribution of participants on the basis of trust in the authorities and staff sports and non-sport organization

Title		Very low	Low	Medium	High	Very High	Total
Have Skills and experience.	The frequency	20	49	84	26	6	185
	Percent	10.76	26.25	44.88	14.17	3.94	100
Having clarity on duties	The frequency	17	50	86	26	6	185
	Percent	9.19	26.77	45.67	14.17	4.2	100
Accountability and Responsibility in matters Different	The frequency	27	58	67	27	6	185
	Percent	14.7	30.97	36.22	14.96	3.15	100
Effort and seriousness in solving assignments	The frequency	21	51	77	31	5	185
	Percent	11.29	27.82	41.47	16.27	3.15	100
Effort and seriousness To solve Duties	The frequency	19	53	76	31	6	185
	Percent	10.5	28.08	40.94	16.8	3.67	100
Employees and officials act in accordance with the laws and regulations	The frequency	17	52	81	28	7	185
	Percent	9.97	27.56	43.31	15.22	3.94	100
Having the ability and experience necessary for performing tasks	The frequency	16	48	77	36	8	185
	Percent	8.66	25.98	40.94	19.95	4.46	100
Having the knowledge and skills necessary to handle the affairs	The frequency	18	48	78	32	9	185
	Percent	10.24	25.98	41.73	17.06	4.99	100
Having the commitment and work ethic	The frequency	20	46	75	37	7	185
	Percent	11.29	25.2	39.9	19.95	3.67	100
Honesty in behavior and practice	The frequency	20	47	81	29	8	185
	Percent	11.55	25.2	43.04	15.75	4.46	100
The financial health	The frequency	19	48	84	27	7	185
	Percent	10.76	26.25	44.88	14.17	3.94	100
Deferential attitude to the people	The frequency	21	47	81	28	8	185
	Percent	11.55	25.2	43.04	15.75	4.46	100
Interest rate And patiently enough To meet people	The frequency	31	43	82	26	10	185
	Percent	16.8	22.83	43.31	14.17	2.89	100
Confidence in their performance	The frequency	16	48	91	26	4	185
	Percent	8.66	25.72	48.56	13.91	3.15	100
Benefit certain number of actions taken	The frequency	15	51	77	36	6	185
	Percent	8.66	26.77	41.47	19.95	3.15	100

**Table 4:** Frequency distribution of respondents according to media informing the population

<b>Title</b>		<b>Completely opposed</b>	<b>Disagree</b>	<b>partially</b>	<b>agree</b>	<b>Completely agree</b>	<b>Total</b>
Mass media (TV and radio) are to increase awareness of the sport..	The frequency	4	6	29	105	41	185
	Percent	2.89	3.15	15.49	56.96	21.52	100
Social media are changing the behavior of people in sports activities.	The frequency	1	11	55	76	42	185
	Percent	0.79	6.04	29.92	40.68	22.57	100
The activities of sports supplies is consistent with the objectives of physical education and sport..	The frequency	6	21	82	57	18	185
	Percent	3.67	12.6	43.83	29.92	9.97	100
The development of public sports and activities that are associated with the health and wellbeing of the majority of people, is one of the axes of sports broadcasting.	The frequency	4	21	75	69	16	185
	Percent	2.36	11.29	40.42	37.01	8.92	100
The target of most exercise programs broadcasting fill the viewer's time.	The frequency	6	36	64	55	24	185
	Percent	3.67	19.69	34.65	29.13	12.86	100
To select the type and form of mass media programs and sports topics of the survey are different groups of people.	The frequency	13	31	71	54	16	185
	Percent	7.87	16.54	37.53	29.4	8.66	100
Television advertising by the Council with the aim of encouraging them to sports activities or physical education specialists produced.	The frequency	8	29	76	57	15	185
	Percent	4.99	15.75	40.42	30.45	8.4	100

**Table 5:** Distribution of respondents based on skill and experience in the field of sport

Title		Completely opposed	Disagree	partially	agree	Completely agree	Total
Educational institutions (schools and universities) attitudes (awareness) to change the sport.	The frequency	4	22	69	65	25	185
	Percent	2.89	12.07	36.75	34.91	13.39	100
Educational institutions, people's behavior (participation in physical activity) to exercise change..	The frequency	2	23	73	71	16	185
	Percent	1.84	12.6	39.11	37.53	8.92	100
The development of public sports and activities that are associated with the health and wellbeing of the majority of people, is one of the topics of the curriculum of educational institutions..	The frequency	4	21	72	69	19	185
	Percent	3.15	11.29	38.85	36.48	10.24	100
In universities and schools, the hours devoted to sports is enough..	The frequency	39	36	59	43	8	185
	Percent	21.26	19.69	31.76	23.1	4.2	100
Those who engage in public educational institutions, sports are the best specialists.	The frequency	17	39	77	43	9	185
	Percent	9.97	21	41.21	22.83	4.99	100

**Table 6** Distribution of respondents According to a bystander's perspective

Title		Completely opposed	Disagree	partially	agree	Completely agree	Total
In our family did not care about the sport..	The frequency	12	47	71	46	9	185
	Percent	6.82	25.72	37.27	24.67	5.51	100
If I sometimes show interest in the sport by ignoring people I encounter.	The frequency	23	51	61	43	7	185
	Percent	12.86	27.56	32.81	22.83	3.94	100
In our family at all costs not allocated to sports.	The frequency	19	47	70	38	11	185
	Percent	10.24	24.93	37.27	21.26	6.3	100
Exercise is very important in the eyes of friends and acquaintances.	The frequency	5	19	76	63	22	185
	Percent	2.89	10.24	41.21	34.12	11.55	100
Friends and acquaintances I devote part of their time to the sport..	The frequency	6	18	71	74	16	185
	Percent	3.15	9.71	38.06	39.63	9.45	100
Friends and acquaintances are often encouraged me to exercise.	The frequency	9	20	85	54	17	185
	Percent	4.99	11.02	45.14	28.87	9.97	100



**Table7** Distribution of respondents based on the outcomes of sport (costs and benefits)

<b>Title</b>		<b>Completely opposed</b>	<b>Disagree</b>	<b>partially</b>	<b>agree</b>	<b>Completely agree</b>	<b>Total</b>
Health Promotion wants to engage in a long time that many people do not.	The frequency	16	26	43	61	20	185
	Percent	8.92	14.7	22.57	32.55	21.26	100
I do not think participating in sports party have no effect on me.	The frequency	36	91	39	16	3	185
	Percent	19.95	48.56	20.73	8.92	1.84	100
Public participation in sports, it is not worth the trouble.	The frequency	46	81	36	18	4	185
	Percent	25.2	43.04	19.95	9.71	2.1	100
Those who exercise have what I want to exercise my hands.	The frequency	55	86	28	14	2	185
	Percent	29.4	46.72	14.96	7.87	1.05	100
By participating in sports party, I do not think in my life I find more peace and order.	The frequency	36	69	35	33	12	185
	Percent	19.42	36.75	19.16	18.37	6.3	100
Party participation in sports provides a chance to meet with more people.	The frequency	22	50	25	61	27	185
	Percent	11.55	26.77	14.17	32.81	14.7	100
Public participation in sports has an important role in maintaining health.	The frequency	16	4	37	79	49	185
	Percent	9.71	2.36	20.21	41.73	25.98	100
Strengthen public participation in sports and physical stamina is growing.	The frequency	1	6	37	75	66	185
	Percent	0.52	3.15	19.95	40.42	35.96	100
Public participation in sports has certain psychological comfort.	The frequency	2	4	35	91	53	185
	Percent	1.05	2.1	19.69	48.29	28.87	100
Participation in Health Promotion in improving their relationships with others.	The frequency	1	4	54	76	50	185
	Percent	0.79	2.36	28.87	41.21	26.77	100
Public participation in sports programs is likely to injure it.	The frequency	18	38	61	56	12	185
	Percent	9.71	21	32.81	29.92	6.56	100
Public participation in sports can be gained more respect for themselves.	The frequency	3	16	70	71	25	185
	Percent	2.36	8.92	37.01	38.32	13.39	100

**Table 8** Distribution of participants according to the sports facilities

Title		very bad	Bad	Neither good nor bad	Good	very good	Total
How to access the parks with sports equipment..	The frequency	57	27	91	6	4	185
	Percent	30.71	14.7	48.82	3.15	2.62	100
The number of parks in the locality or region of residence.	The frequency	54	42	66	15	8	185
	Percent	29.92	22.57	34.91	8.4	4.2	100
The number of vehicles and fitness equipment in the park.	The frequency	43	45	78	10	9	185
	Percent	23.36	23.88	41.99	5.77	4.99	100
The fit between the applicant and parking space.	The frequency	41	42	79	17	6	185
	Percent	22.31	22.83	42.26	9.45	3.15	100
Safety and sense of security in the park.	The frequency	48	34	69	19	15	185
	Percent	25.72	18.37	36.75	10.5	8.66	100
Access to sport facilities in the neighborhood or region of residence.	The frequency	48	42	72	17	6	185
	Percent	25.72	22.57	38.32	9.97	3.41	100
Saloons and sport facilities in the locality or region.	The frequency	48	46	64	19	8	185
	Percent	25.46	25.2	34.12	10.5	4.72	100
The size and capacity of sport facilities.	The frequency	31	42	91	17	4	185
	Percent	17.06	23.1	48.03	9.71	2.1	100
The fit between the applicant and the sport facilities.	The frequency	31	42	84	24	4	185
	Percent	17.32	22.57	44.88	12.86	2.36	100

Most respondents have assessed the sports facilities themselves poor neighborhood or area.

**Table 9** Distribution of participants according tend to sport

Title		Completely opposed	Disagree	partially	agree	Completely agree	Total
Sports programming to determine community needs and interests of different groups of people exercise their survey.	The frequency	6	9	33	94	43	185
	Percent	3.94	5.77	17.32	50.39	22.57	100
Public sports and recreation because of its role in health and social demands of society must be based macro programming.	The frequency	2	5	45	80	53	185
	Percent	1.05	3.15	24.41	43.31	28.08	100
Current sports structures and strategies, in order to strengthen the public exercise of their action.	The frequency	3	18	61	72	31	185
	Percent	2.1	9.97	32.55	38.32	17.06	100
Iran now needs to win popular sports.	The frequency	3	15	56	68	43	185
	Percent	1.84	8.4	30.71	36.22	22.83	100
With the development of popular sports in our country priorities, such as football, volleyball, basketball, wrestling, and like them.	The frequency	6	11	49	68	51	185
	Percent	3.15	6.3	27.03	36.22	27.3	100
Health Promotion can be developed and promote sport.	The frequency	3	9	46	84	43	185
	Percent	1.84	5.25	25.2	44.88	22.83	100
Open athletics championship and should be	The frequency	2	11	46	85	41	185

considered simultaneously and in sync with each other.	Percent	1.05	6.04	24.93	45.93	22.05	100
Given the global approach, in coordination with other countries to Health Promotion should be strengthened.	The frequency	2	5	45	90	43	185
	Percent	1.31	3.15	24.93	47.51	23.1	100
Due to less expensive facilities and the use of natural spaces, public investment in sports to be strengthened.	The frequency	2	8	42	88	45	185
	Percent	1.05	4.99	22.83	46.98	24.15	100
When it passes the way I see someone is exercising, enjoy.	The frequency	3	15	53	76	38	185
	Percent	1.84	8.4	28.08	41.21	20.47	100
In this case, I desire at the same time I joined them and I exercise.	The frequency	4	17	66	68	30	185
	Percent	2.1	9.97	35.43	36.48	16.01	100
If I can be of help to lead My people around me to exercise, do not hesitate.	The frequency	3	14	69	79	21	185
	Percent	1.84	8.4	36.75	41.99	11.02	100
I have a serious decision to be part of my time to sport a week or ten days.	The frequency	4	16	64	77	24	185
	Percent	2.1	9.45	34.65	40.94	12.86	100
Each time an application from an organization be held on Health Promotion forward.	The frequency	9	27	91	46	12	185
	Percent	4.99	15.22	48.03	25.2	6.56	100
If you need assistance in Health Promotion to the authorities am organizer.	The frequency	10	22	89	55	9	185
	Percent	5.25	12.6	47.77	29.13	5.25	100
When people gaze Health Promotion hurts me.	The frequency	24	37	69	38	17	185
	Percent	12.86	20.21	36.75	20.47	9.71	100
Health Promotion privileged society.	The frequency	43	37	57	31	17	185
	Percent	22.83	19.95	30.18	17.06	9.97	100

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