

Research Article

THE EFFECT OF SPORTS COUNSELING CENTERS TO CREATE ENTREPRENEURSHIP FOR PHYSICAL EDUCATION GRADUATES

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ABSTRACT

The study is to investigate the importance of creating sports counseling centers at universities. The aim of this research is to demonstrate the necessity of creating sports counseling centers at universities and higher education institutions to create Entrepreneurship for physical education alumnus. The sample in this study includes 400 students and due to the relative equality of male and female students at the university, 200 females and 200 male students have participated in this study. The questionnaire includes 24 questions designed according to the hypotheses of the research. In the final conclusion of this study more than 90% of male and female students believe that the presence of physical education teachers and experts in sports counseling centers is very effective and they can help students to earn physical and mental health considerably and ultimately the creation of sports counseling centers in universities was necessary and these sports centers can help to increase students' general health ($P < 1\%$).

Keywords: *Entrepreneurship, Fitness, Health Problems, Sports Consulting, Students*

INTRODUCTION

One of the first steps to be taken in athletes' health is physical assessment and awareness of abilities, disabilities, and possible physical limitations of the athletes to identify and control the threatening conditions that lead to dangers and risks during the exercises.

Today various medical boards and associations are deployed in sports stadiums and facilities and perform such tests and assessments. Through checking athletes' height, weight, vision, cardiovascular health, blood pressure, asthma, respiratory problems and defects make their parents and coaches aware of their physical condition so that it is considered in the provision of training programs (Kashef, 2015).

Lack of sufficient attention to the problem of prevention of injuries among students can have numerous unpleasant consequences including physical and psychological problems, the students' mental decline, leaving practical classes, staying away from training programs and negative an inappropriate viewpoint about physical education discipline (Alizade, 2000).

In spite of reduced motion due to the industrialization of developed countries scientific innovations in sports science have increased life expectancy and longevity in these countries and the disease caused by increasingly sedentary lifestyle such as cardiovascular disease, obesity, osteoporosis, diabetes and a variety of back pain are more emphasized (Pirzadeh, 2010).

One of the sciences the scientific properties of which are clear in cultural and social dimensions and plays an effective role in physical health, happiness and leisure and increased use of muscle capabilities is sports and physical education. That is why different countries in the world have considered a special place for physical education and sports in their law and developed various organizations and institutions to expand it (Halabchi, 2001).

Research Theoretical Basis and Background

Exercising leads to happiness, vitality and high self-esteem because the depressed has no or low self-confidence. Doing sports increases inner sense of satisfaction and the person feels that he has reached great positions. Exercise is effective in the treatment of many diseases including depression. 30 minutes of exercise a day can reduce the signs of depression as much as some psycho-therapeutic methods and Antidepressants do (Abdi, 2014).

Given that the sedentary lifestyle has negative consequences on the employees' health and performance, many institutions invest on programs to provide the physical health of workers at workplace. The effects

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of the cost of such programs and their consequences in reducing absence in workplace and reduced workers' cost of medication are reviewed precisely (Hekmatpou, 2012).

Asadi and Goudarzi findings show that 55% of Tehran University professors considered physical activity effective in the quality of educational activities and 37% considered physical activity effective in the quantity of educational activities. Also, 64% of the faculty members considered physical activity effective in mental health and 58% considered it effective on physical health. 40% of the mentioned professors introduced regular physical movement as an influential factor on communicating with colleagues and students (Sean, 2005).

Yusufoğlu in the comparative evaluation of physical fitness and secondary schools Mamasani city athlete and non-athlete students' mental health and happiness found that there is a significant relationship between physical fitness, mental health and happiness of students (Arnio, 2002).

Boreham *et al.*, (2002) also concluded that there is a moderate association between physical fitness and body fat and coronary heart disease risk factors such as systolic and diastolic blood pressure and people with better physical fitness have higher cardiovascular health and lower body fat.

MATERIALS AND METHODS

Methodology

Due to the physical and mental problems faced by many male and female university students and the lack of chance to recognize them during schooling, the purpose of this study is to demonstrate the necessity of establishing sports counseling centers in universities and higher education institutions improve the general health, fitness, identifying and correcting students' various physical and mental anomalies and helping to create vitality and freshness of the young generation society by physical education experts.

Researcher made five point Likert scale questionnaire includes the options "very high, high, medium, low and very low" the validity of which is measured by the experts and its reliability is obtained as 0.78 by Cronbach's alpha test.

As the University of Tabriz is one of the largest universities in the West and North West of the country, it is selected as the population and given that the population is about 20,000 students and considering Morgan's Table 400 male and female students are selected as sample for the survey and studied in two groups.

It should be noted that this study was conducted in the second semester 2015-2016 academic year. In addition, to avoid biases the survey was not conducted on physical education students.

Data Analysis

According to Tables 1 and 2 and the results of the questionnaires, male and female students stated that physical education specialists in sports counseling centers can provide the required counseling to resolve physical abnormalities of students.

Students believe that the presence of faculty members of physical education will increase in the quality of services.

Male and female students reported that the use of experts in physical education is important to provide the essential tips and advice. More than 93% of students reported that the presence of sports consulting centers at universities is essential to increase students' general health, Tables 3 and 4, ($P < 1\%$).

Table 1: Physical Complication in Female Students

Physical Complications	Overweight	Lordosis	Drooping Belly	Low Flexibility	Joint's Pain	Muscle Weakness
Number	26	21	10	34	12	15
Percent	13	10.5	5	17	6	7.5

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Table 2: Physical Complication in Male Students

Physical Complications	Overweight	Lordosis	Drooping Belly	Low Flexibility	Joint's Pain	Muscle Weakness
Number	40	14	12	15	26	18
Percent	20	7	6	7.5	13	9

Note: Some people may develop more than one complication

Table 3: The Effective of Sports Counseling Centers to Create Entrepreneurship for Physical Education Graduates (Female)

Students' Opinion	O (%)	E (%)	$\frac{\{(E-O)-0/5\}^2}{E}$
High and Very High	90	50	31.20
Low and Very Low	10	50	31.20
Total	100	100	62.40

Table 4: The Effective of Sports Counseling Centers to Create Entrepreneurship for Physical Education Graduates (Male)

Students' Opinion	O (%)	E (%)	$\frac{\{(E-O)-0/5\}^2}{E}$
High and Very High	95	50	39.60
Low and Very Low	5	50	39.60
Total	100	100	79.20

Table χ^2 → $(P < \%5) = 3.84$ $(P < \%1) = 6.63$

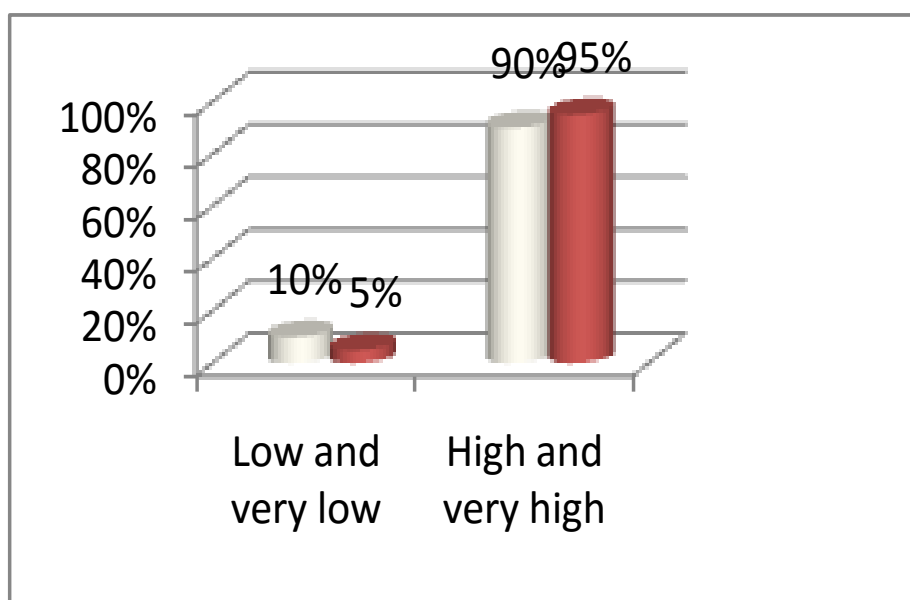


Figure 1: The Effective of Sports Counseling Centers to Create Entrepreneurship for Physical Education Graduates

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Conclusion

In final conclusion of this study, more than 90% of male and female students believe that sports counseling centers at universities can provide enhance fitness of students by programs and sufficient exercise and provide a convenient location for students' counseling about nutrition, diet and exercise and by providing good training, nutrition and exercise programs provide a substantial contribution to obtain fitness. The presence of physical education teachers and experts in these centers is very effective and can provide important contributions to students in gaining physical and mental health and finally creating sports counseling centers in universities is essential and it can help to increase students' general health, Figure 1, (P<1%).

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