



## Effectiveness of Sports Clinic: An Impact Study

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### ABSTRACT

### ARTICLE INFO

**The purpose of the study.** This study assessed the effectiveness of this Sports Clinic Program of the Bataan Peninsula State University at Brgy. Pto. Rivas Ibaba, Balanga City, Bataan as it investigated the level of the social impacts to the participants of the programs were determined.

**Materials and methods.** The survey questionnaire was developed by the Sports Science Cluster of Bataan Peninsula State University and was validated by experts within the province. The result of the survey was analyzed through basic statistical treatment. Interviews were also conducted to the participant to further enhance the quantitative data gathered.

**Results.** The result of the survey results that participant strongly agree that the BPSU Sports Clinic support their understanding the sport, it supports the athlete's self-awareness on sport, BPSU Sports Clinic supports the athlete's technical skills and the coaching staff have high commitment to athletes.

**Conclusions.** Based on the interview conducted with the participants and stakeholders, there is a strongly agreement that the objectives set for this program were attained.

**Keywords:** *Impact study; university extension services; extension program effectiveness; community development.*



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### INTRODUCTION

Considerable number of studies were conducted exploring the role of sports clinic in the past few years. Discipline like sports psychology and sports science in correlation to athletes' performance giving new multi-disciplinary studies which giving unique insights to talent identification using new multi-disciplinary approaches (Baker et al., 2019). These investigations help to uncover the best predictors of future performance, and these new strategies in examining the variables in potential elite athletes are good to counter biases in talent identification (Mann et al., 2017) While Traditional physiological testing continues in other sports programs despite poor predictability and limited specificity and trainability differs among individuals. Therefore, "once only" testing during adolescence may be misguided. (Pearson et al., 2006) Sport results depend on various factors which arise from an athlete or his or her environment.

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Genetic potential of athletes and their development, an adequate and systematic training process, high level of motivation, pedagogic, and professional work are the key factors to success in sport. Selectivity is one of the main characteristics of sport. Initial selection - talent identification is a universal interdisciplinary field of genetics, kinesiology, biomechanics, sport medicine, physiology, and developmental psychology. Initial selection is closely related to gift talent of an individual. Who is gifted, who talented? Giftedness is a wider term, talent narrower. Gifted students are those who show great success in various fields. Talented students are those who show great potential and success in one field. As cited in the study of Milan (2018). In recent times, experts in sports have identified that most talented athletes discover the game at their later years, this is because more priority is given to the seniors (18+) while the kids (8 -14 years old) are being neglected. Scholars have found that sports participation among youth has permitted a positive development and it is great for youth's social character in society. For instance, Watson (2011) stated that sport participation can enhance feeling of connectedness and develop self-concept. Furthermore, sport can enhance individual in the process of learning as supported by Fatemah & Pavirash (2012) that sport can stimulate physical, emotional and mental for learning to take place. It portrays that through sport, not only positive character can be develop but it can stimulate learning as well for education purposes.

It is well established in literatures that 4-5 years old is the stage where there is distinction between left and right hemispheres of the children's brain. Specialization lets children to build a sense of laterality and directionality and enhancement of motor coordination and body recognition in space. Thus, having sports for children allows the development of their overall physical health.

In addition, the apparent and objective advantages of participation in sports for children and adolescents are plentiful and span multiple domains, involving physical, physiological, and social development. First and foremost, participation in sports fosters vigorous physical activity and energy expenditure. In 1999, the Centers for Disease Control reported that only 50% of youth engaged in regular exercise, illustrating the need for school and community organizations to promote and facilitate physical activity (Merkel, 2013).



In line with this, Barangay Captain Mr. Ricky Bustamante write a request letter to the BPSU Extension Office to conduct sports clinic in their barangay to promote physical health and help in the drug campaign through sports program, Due to these observations, the Bataan Peninsula State University) College of Education program organized a sports clinic program that served as recreation and identification of talents as extension program in order to properly address the needs of the youths. This Sports Clinic have included 100 pupils in Barangay Pto. Rivas to learn specific sports: Badminton, Table Tennis, Arnis and Chess.

General objective: The general objective of the project is to promote a sustainable community development through education and sports. Saturday is the usual time wherein our children or students often stay longer at home doing variety of activities as pastime. Pro-active and responsible parents often look for activities that their children will surely enjoy and have fun while learning new things. Specific objectives: Physical activity is vital to the holistic development of young people, fostering their physical, social and emotional health. The benefits of sport reach beyond the impact on physical well-being and the value of the educational benefits of sport should not be under-estimated.

Sports clinic covers the following events: table tennis, basketball and chess, arnis and aerobics. Promoting and delivering physical health and sports services to the grassroots has been one of the prime services of the University in its extension programs over the years. It is our collective goal to empower communities and their people to take charge of their health. By using simple tools which are adapted to the local context, communities can be mobilized to address priority health needs. Health and health-related services is one of the cores and pioneer extension projects of the University led by the College of Education. The promotion of physical health to the community contributes to their overall well-being.

The Sports Clinic Program aims to: 1) Instill in the minds of the participants the importance and desirable values which can be acquired or developed thru participation in sports or dance related activities. 2) Provide opportunity to develop skills to highest possible level. 3) Offer alternative learning pastime activities for students. 4) Promote social experience by meeting other people. 5) Empower the participants by giving them

the "edge to survive," develop self - confidence improve grace and fitness; 6) And encourage the participants to be involved in lifetime sports and fitness related activities.

## MATERIALS AND METHODS

This study employs descriptive survey research using quantitative approach, it is defined as "the collection of data from a sample of individuals through their answers to questions" (Check & Schutt, 2012). This kind of research permits for a diversity of approaches to recruit participants, collect data, and develop several techniques of instrumentation.

The survey questionnaire was developed by the Sports Science Cluster of Bataan Peninsula State University and was validated by experts within the province. The result of the survey was analyzed through basic statistical treatment. Interviews were also conducted to the participant to further enhance the quantitative data gathered.

## RESULTS AND DISCUSSION

This research inquiry: Effectiveness of Sports Clinic at Brgy. Pto. Rivas, Ibaba, Balanga City, Bataan: An Impact Study have the following survey result:

*Table 1. Table 1. Sports Clinic support on understanding the sport.*

Questions	Mean	Description
The Sports Clinic helped my family to understand my sport.	4.7	Strongly Agree
The Sports Clinic helped my family/ parent/s to be familiar with the demands of my sport.	4.6	Strongly Agree
The Sports Clinic helped people around me to understand my sport.	4.3	Agree
The Sports Clinic open my eyes to more competitive training to push my performance.	4.6	Strongly Agree
The Sports Clinic open my family/parents' eyes to more competitive training to push my performance.	4.7	Strongly Agree
The Sports Clinic helped me find teammates in my sport.	4.5	Strongly Agree
Total	4.6	Strongly Agree

This table indicates that the participants strongly agree that BPSU Sports Clinic supports the participants' personal understanding of the sport.

*Table 2. Sports Clinic support to athlete's self-awareness on sport.*

Questions	Mean	Description
The Sports Clinic helped me understand the level of my ability.	4.8	Strongly Agree
The Sports Clinic helped me to understand the basic skills in my sport.	4.7	Strongly Agree
The Sports Clinic helped me to understand the advanced skill in my sport.	4.8	Strongly Agree
The Sports Clinic helped me to understand the need in order to succeed in sport.	4.7	Strongly Agree
The Sports Clinic helped me to understand balancing study and sport.	4.8	Strongly Agree
The Sports Clinic helped me to understand how to manage all the factors of my life.	4.8	Strongly Agree
<b>Total</b>	<b>4.8</b>	<b>Strongly Agree</b>



*Effectiveness of Sports Clinic: An Impact Study.*

This table indicates that the participants strongly agree that BPSU Sports Clinic supports the participants' self-awareness regarding the sport.

*Table 3. Sports Clinic support to athlete's technical skills.*

Questions	Mean	Description
The coaches of the sports clinic help me to better know my sport.	4.8	Strongly Agree
The coaches of the sports clinic help me to mentally to train and compete in my sport.	4.7	Strongly Agree
The coaches of the sports clinic help me to know the available support in my sport.	4.8	Strongly Agree
The coaches of the sports clinic help me to understand the science of my sport.	4.7	Strongly Agree
The coaches of the sports clinic help me understand the technical side of my sport.	4.8	Strongly Agree
The coaches of the sports clinic help me understand the national standards in my sport.	4.8	Strongly Agree
<b>Total</b>	<b>4.8</b>	<b>Strongly Agree</b>

This table indicates that the participants strongly agree that BPSU Sports Clinic supports the participants' technical skills on their sport.

*Table 4. Sports Clinic coaching commitment to athletes.*

Questions	Mean	Description
The coaches of the sports clinic help me improve my skills in my sport.	4.6	Strongly Agree
The coaches of the sports clinic monitor my progress in line with the standards.	4.6	Strongly Agree
The coaches of the sports clinic are fully committed to his/ her duties as a coach.	4.8	Strongly Agree
The coaches of the sports clinic give specific individual coaching	4.8	Strongly Agree
The coaches of the sports clinic are open to learning and trying new techniques	4.7	Strongly Agree
The coaches of the sports clinic are flexible to my individual needs as a person and athlete	4.7	Strongly Agree
<b>Total</b>	<b>4.7</b>	<b>Strongly Agree</b>

This table indicates that the participants strongly agree that BPSU Sports Clinic supports the participants' technical skills on their sport.

## CONCLUSION

This research inquiry: Effectiveness of Sports Clinic at Brgy. Pto. Rivas, Ibaba, Balanga City, Bataan: An Impact Study indicates that the participants strongly agree that the participants strongly agree that BPSU Sports Clinic supports the participants' personal understanding of the sport; the participants also strongly agree that BPSU Sports Clinic supports the participants' self-awareness regarding the sport; BPSU Sports Clinic supports the participants' technical skills on their sport and the participants strongly agree that BPSU Sports Clinic supports the participants' technical skills on their sport.

The impact of this type of community extension include impact and attainment of the objective of the program are very well documented. The implementers are assured that the programs have positive impact on the part of the beneficiaries. Clearly, findings generated in this study affirm the positive impact of the Sports Clinic Program that improve the quality of life of the people. Assessing either the implementation of the program or the impact can stand to know the contribution of the program to

beneficiaries. The outcome of the action plan includes continuous improvement of the programs.

With regards to the attainment of objectives. It is important that the views of affected people be taken into consideration. Ideally, all affected people or groups contribute to the selection of the variables assessed through either a participatory process or through review and comment on the decision made by responsible officials and the interdisciplinary team (Socio- Economic Impact Analysis, 2015). Based on the interview conducted with the participants and stakeholders, there is a strongly agreement that the objectives set for this program were attained.

In terms of acquisition of skills in different sports, most respondents strongly agreed that the sports clinic allowed them to discover their talents in different sports, develop skills, techniques, and practice application required for sports participation in the future. Based on the interview conducted, these sports clinic helped other participants to easily join in sports competition in schools. With the strong support of the barangay council headed by the barangay chairman, the sports clinic was considered a success because it was able to promote healthy and active lifestyle in the barangay especially among the youth.

In terms of project sustainability one of challenges that the college face in the implementation of the during the onset was to how to sustain it. Sustainability of the project needs to be carefully thought of so that the gains of the project will not be wasted. The college of education through MAPEH department offered trainings on officiating and training in cooperation with SK officials. The SK officials were trained in sports training and officiating so that barangay can continue the sports clinic and run their own sports tournaments and clinic.

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## APPENDIX

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