A STUDY ON THE CAUSE OF LIMITED PARTICIPANTS OF ELITE ATHLETS IN SHORT DISTANCE RUNNING: THE CASE OF SELECTED ATHLETICS CLUBS, OROMIA REGION

BY

ALMAZ TEFERI

A THESIS SUBMITTED TO THE SCHOOL OF GRADUATE STUDEIES OF ADDIS ABABA UNIVERSITY IN PARTIAL FULFILLMENT OF THE REQUIREMENTS FOR THE DEGREE OF MASTER OF SCIENCE IN SPORT SCIENCE

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ACRONYMS

OAF	Oromia Athletics Federation
IAAF	International Association of Athletics Federations
UKA	United Kingdom Athletics
DNA	deoxyribonucleic acid

ABSTRACT

The purpose of this study was to investigate the cause of limited participation of elite athletes in short distances running at some selected athletic clubs in Oromia regional state. To achieve the purpose of the study descriptive survey design was employed. The study area covers four athletics clubs namely, Bishoftu, Gelan, Sululta and Holeta Athletics Clubs in Oromia Regional State which were selected from 21 athletics clubs by using the methods of purposive sampling. From four athletics clubs and Oromia Athletics Federation, 66 participants were selected by using random sampling techniques. The subjects of the study include 6 Oromia athletics officers 8 coaches, 4 clubs managers and 24 male athletes and 24 female athletes. To collect relevant data questioners and interview were used. The data collected through questioners were analyzed quantitative and qualitative methods.

The result of the study indicated that the clubs use more of the traditional and non-scientific method of training in addition to lack of proper facilities and equipment, shortage of standardized training area and convenient running track, absence of continuous use training inputs, inadequate knowledge and skill of trainers, low level of attention and support and poor/inadequate nutritional feeding system that resulted in limited participation and performance of athletes in short distance running.

However, the interest of athletes in short distance was found to be rated very high. To increase the participation and performance of the athletes in short distance running, the researcher recommends that Oromia Athletics Federation works more to improve the training methods, access to proper facilities and equipment and proper nutrition with more support and attention to the clubs in the region.

Key term: -participation, facilities, Limitation, method of training, short distance running.

CHAPTER ONE

INTRODUCTION

1.1. Back Ground of the Study

The pure sprint events include the 100 meters, 200 meters, 400 meters, and the 4x100 and 4x400 relays. Sprinting is the art of running as fast as possible. Power and coordination are the essential elements in the production of speed. Coordination can be improved through practicing good running mechanics. Speed is mostly an essential factor; however, both coordination and speed can be improved through proper training.

Sprinting can be broken down into four phases: the start, acceleration, maintaining momentum and the finish. (Suzie et al., 2007) As elaborated by United Kingdom Athletics (UKA, 2009), speed is the capacity to travel or move very quickly. Like all the components of fitness, speed can be broken down into different types. It may mean the whole body moving at maximal running speed, as in the sprinter. Speed includes maximal speed which is running as fast as you can may involve whole body or limb movement, optimal speed or controlled speed in the approach to a jump, making a throw or the best average speed for whatever distance you are walking or running, acceleration speed the rate of change in speed.

Reaction time is the time between a stimulus and the first movement of the athlete. It includes the reaction to the gun in the crouch start but also to how quickly an athlete responds to something in an event Speed.

Several studies including (Macarthur, D.G. and K.N. North,2007) show that the Athletic performance is a complex human trait influenced by environmental parameters such as diet, training, and opportunity, and heritable factors, that is, genetic makeup.

The Sprints (100m-400m) Sprinting is the art of running as fast as possible. Power and coordination are the essential ingredients in the production of speed. Coordination can be Speed is mostly an inherent factor; however, both coordination and speed can be improved through proper training. Mechanics of running is explained in the Running Basics section.

Sprinting can be broken down into four phases: the start, acceleration, maintaining momentum and the finish. The two main components that increase speed are how long steps are (stride length) and how quickly they are made (stride frequency). The study indicated that the clubs use more of the traditional and non-scientific method of training in addition to lack of proper facilities and equipment, shortage of standardized training area and convenient running track, absence of continuous use training inputs, inadequate knowledge and skill of trainers, low level of attention and support and poor/inadequate nutritional feeding system that resulted in limited participation and performance of athletes in short distance running.

Therefore, the researcher is interested to investigate the causes behind the limited participation of elite athletes in short distances running at some selected athletic clubs in Oromia regional state.

1.2 Statement of the problem

Several reports by Oromia Athletics Federation (OAF) showed that the number of short distance running elite athletes is far less than that of middle and long distance, especially 5000 meters and 10,000 meters running athletes Oromia athletics federation (OAF, 2015).However, the reason or the causes of the limited participation of the athletes in short distance running is not known and nor are there previously conducted studies on this issue. Therefore, the researcher is interested to investigate the causes behind the limited participation of elite athletes in short distances running at some selected athletic clubs in Oromia regional state.

1.3. Research questions

Based on the stated problems, the following are research questions which are considered under this study. These are:-

1. What are the major causes or reasons for the limited participation of elite athletes in short distance running in the selected athletics clubs in Oromia Region?
2. Why are elite athletes underperforming in short distance running in the selected clubs of Oromia Region?

1.4. Objectives

1.4.1. General objective

The main objective of this study is to investigate the causes or reasons for the limited participation of elite athletes in short distance running in four selected athletics clubs in Oromia.

1.4.2. Specific objective

1. To identify the specific causes that limit the participation of elite athlete in short distance running in the case of the selected clubs in Oromia Region.
2. To recommend alternative approaches to increase the number of elite athletes who participate in the short distance running.

1.5. Significances of the study

- ✓ The result of this study could be important to improve the participation of elite athletes in short distance running and could positively impact the results of athletics clubs and federations.
- ✓ According to proposed study, the findings of this research would give insights into the existence of specific causes or reasons for limited participation of elite athlete in short distance running in the case of the selected clubs.
- ✓ Moreover, it would assist the clubs and federations to design or seek specific interventions for each of the causes to improve athletes`

participation and thereby improve the results of the clubs and finally contribute to the results of the region and the country.

- ✓ It can also serve as source reference for other researches in the same area.

1.6. Delimitation of the study

Oromia Regional State is the largest of all nine states of Ethiopia. The region has 21 athletic clubs in various zones and town administrations. (OAF, 2015) However, due to limited financial resources and time constrain, this research would not address the situation in all of the athletic clubs in the region.

Therefore, although a broader scope and a larger sample size would be desirable to examine the extent of causes for less participation of elite athletes in short distance in the region and to make generalizing conclusions, the data collection would be delimited to only four athletics clubs namely, **Bishoftu**, **Gelan**, **Sululta** and **Holeta** Athletics Clubs in Oromia Region.

1.7 Limitation of the study

In conducting the research, the limitations are related to insufficient literatures on similar topic, financial problem and shortage of time.

1.8 Operational definitions of terms

- ❖ Athlete: is one who takes part in any sport of contest involving physical activity
- ❖ Athletics**:** Track and field sports which embrace events in Jumping, running and throwing.

- Club: is the team, which competes in sporting competitions.
- Cause: is major factor that contributes for the occurrence of injury.
- Elite Athlete: Individual or team, professional player or national or international level player.
- OAF:-Oromia Athletics Federation
- Participation: the action of taking part in something.
- Short distance: is a race that encompasses all 100m, 200m, 400m4x100m, and 4x400m, 100m hurdle and 110 hurdles.

1.9 Organization of the study

This study is divided in to five chapters. Chapter one deals with the back ground of the study, statement of the problem, the basic research questions, objective of the study, significances of the study, delimitation and limitations of the study, operational definition of key terms and organization of the study. The second chapter is review of related literatures. The third chapter deals about research methodology and procedures of the study. The fourth chapter is about presentation and interpretation of the data finally, fifth chapter provides summery, conclusion and recommendations of the study.

CHAPTER TWO

REVIEW OF RELTED LITERATURE

2.1. A Genetic Influence on Muscle Function and Athletic Performance

Heritability plays an important role in human performance. Researchers estimate that performance related traits important to elite athletes have heritability values of about 50% for maximal oxygen uptake (VO2max), 42-46% for cardiac output, 40-50% for muscle fiber type proportions, and 67% for explosive muscle power (Macarthur et. al, 2004).

Thus it is probably favorable to possess the right blend of genes that are conducive to an athlete's specific discipline, especially for muscular strength and endurance. Today, athletes and coaches are curious about the possible role of genetics in determining who will be a champion.

Coaches would like to know if an athlete's genetic background could be used to help select those who have a better chance of succeeding. Athletes wonder if the genes they have inherited might help or limit their abilities to perform at high levels in various sports. Genes are parts of the DNA molecules in every cell of the body that carry information responsible for the subsequent production of specific chains of amino acids, which are then used to develop specific proteins. The genotype is the total combination of the thousands of genes within the body, that is, the genetic potential of a person.

2.2 Genetics and Training

The genes also determine the speed and extent to which our body's performance characteristics respond to exercise training, diet, and other environmental factors (Bouchard et al., 1997). The speed of a sprinter is determined in large part by physiology. There are two types of muscle fibers, slow-twitch and fast-twitch fibers. Slow-twitch fibers are more efficient in using oxygen, fast-twitch fibers fire more rapidly and generate more force. Sprinters have a high percentage of fast-twitch muscle fibers, fibers that contract quickly. The Gene ACTN3 – which produces a protein (Actinic-A, alpha-actinin-3) in the fast-twitch muscle fibers has been linked to increase sprinting performance.

2.3 Muscle Fiber Types and Athletic Performance

According to (Peter J L Thompson, 1991)we have seen how muscles are made up of bundles of muscle fibers. Not all muscle fibers are the same. Simply, there are two major types of muscle fiber found in each muscle: Fast twitch fibers slow twitch fibers each individual in each of their muscles has a mixture of fast twitch muscle fibers and slow twitch fibers. Different people have different percentages of fast and slow twitch fibers. These percentages are determined at birth by heredity but some of the fibers may be changed by the type of training the athlete does. The fast twitch muscle fiber is like the engine of a sprint type racing car. It can produce high speed movement for short periods of time. The chemical reactions involved in this fast movement mean

that the athlete cannot use the fast twitch fibers for very long. A slow twitch muscle fiber produces less power and speed but can operate for much longer periods. It produces waste products that are easily disposed of and for this reason slow twitch fibers are very important in endurance events. For the athlete who has predominantly slow twitch fibers, sprint training will improve their speed.

The fastest speed attainable will still be far less than for an athlete who has a greater percentage of fast twitch fibers. Conversely, endurance training will improve the endurance of the athlete who has a high percentage of fast twitch fibers but the final endurance of that athlete will still not be as good as the athlete who has a higher percentage of slow twitch fibers to begin with.

2.4 A Philosophy for Coaching the Sprint Events

Coaches and athletes in all sports have surrendered to the belief that speed, like height, is a trait predetermined by genetics and something that cannot be significantly improved by training. The truth is, speed can be significantly improved through training and an awareness of the essential techniques common to the fastest sprinters. The development of running speed is not simply a gift of genetics.

Speed is a skill, and it can be learned and developed by athletes at every level of competition. Our genetic endowments influence everything we do; however, we are not limited to the level of abilities demonstrated by our ancestors. The depth of performance potential waiting to be discovered in us all is limited only

by our attitudes. The dramatic improvement of athletic skills and the acquisition of new ones are within the grasp of any performer. Success is found where coaches demonstrate these expectations for the athletes they coach. Regardless of the race distance, the single most important performance component is speed. When distance runners cross the finish, they are not commended for their great aerobic capacity.

The hurdler doesn't earn style points for technical merit or grace of execution. What matters most in races of all distances is the speed demonstrated from the start to the finish line; therefore, every track athlete should have a speed development program regardless of his or her event. In the absence of a team-based speed-development program, excellent sprint prospects can often be overlooked. Coaches should not expect to see the skill of speed demonstrated by all of their best candidates for the sprint events before learning has even begun. If athletes do not show obvious sprinting ability at an early age or on the first day of training, coaches should not necessarily direct them toward some other even specialty. Over time, the ability to run faster and to sprint capably can be developed. Labeling athletes before their training has begun and limiting them to middle-distance and distance events can be a tragic error.(John et al, 2012)

2.5 Coaching the Mechanics of Sprinting

The process of achieving faster sprint times begins with training to improve the sprinting mechanics of the athlete. This can be achieved through carefully choreographed drills. (John et al, 2012)

Dorsiflexion

A key principal to understand is the importance of dorsiflexion the foot (pulling the toe-up) while sprinting. A visible technique in all great sprinters, this important joint position is exhibited throughout proper mechanics. It can be demonstrated with this exercise: Raise your arm as if to flex your biceps, but keep the muscle relaxed. Place your free hand on its bicep. Now turn your wrist-in (the "walk-like-an-Egyptian" poses). What happens to the muscle? It seems to disappear. Now turn your wrist back to its original position.

The biceps comes back to life! This exercise illustrates how joint positions determine muscle recruitment. If your wrist is in the wrong position, your bicep simply turns off and is useless to you. In the same way, ankle positions determine which muscles are active during running. When the ankle is dorsiflexion so the toes are pulled up, you can feel the gastronomies (calf) muscle go to work. When functioning, it allows an athlete to pull the leg through the recovery phase (heel-to-butt) in less time during the running stride. The result is less time wasted in the air; therefore, a key mechanical principle in running at any speed is keeping the toe up! When that same leg reaches to land on the next stride, once again the ankle should be dorsiflexion. With the toe-up at landing, the ankle works like a spring-board and muscle

elasticity moves the athlete off the ground in less time. Less time on the ground or in the air gets every runner to the finish line faster.

Drills for speed

- **Ankling Drill**

- Objectives: To limit time spent on the ground and to develop an elastic response in the ankle joint.
- Beginning with a walk, with each small step taken, step no higher than the top of the opposite ankle. Emphasize the ankles remaining dorsiflexed throughout the drill. The look of the drill is that of a quick-shuffle action. As tempo increases, an elastic response in the ankle increases. Arms and legs should be active with the elbows loosely positioned at 90-degrees. In ankling, horizontal speed is insignificant. The focus is on limiting the time spent on the ground. Athletes should be instructed to listen to their steps and try not to make a scuffing noise with their shoes. Verbal Cues: “toes up,” quickfeet,” hotground, ”fastshuffle”, spring-board action.”

- **High-Knee Butt-Kick Drill**

- Objective: To reduce the time necessary for recovering the foot from the ground to the buttocks by using the gastrocnemius muscle to fold the calf tightly against the hamstrings.
- The technical focus of the butt-kick drill is the ankle, which should be dorsiflexed throughout the exercise. Beginning with a jog, proper ankle

position should be maintained as the heels quickly fold-up under the buttocks. A contact “slap” should be audible. Special care should be taken to ensure the knee is lifted and the thigh approaches a parallel position as each heel slaps underneath the buttock. Once again, avoiding scuffing the running surface is key. This drill is an excellent exercise to simultaneously improve a sprinter’s arm-action by driving the elbows back quickly in sync with the legs. Verbal Cues: “elbows back, “toes up,” "heels up," “hands like hammers.”

- **“A” Drills**

- Objective: To improve efficiency of movement and to establish the best mechanical position in which to begin the next stride.
- The names we tend to give exercises can distract us from proper execution. “High knee Drills” are perhaps the best example. Getting the knee high isn’t sufficient; therefore, the “A” series avoids any confusion with the use of a generic name. In the “A” Drill, the toe, heel and knees should come up simultaneously. The calf should be kept tightly folded against the hamstrings and thigh parallel to the ground as the footsteps over the opposite knee. To complete the stride cycle, the thigh is then driven back down to and then past the perpendicular position at landing and the foot pulls the ground back underneath the hips.

- **Fast Claw Drill**

- Objective: To re-pattern neuron-muscular movements and create improved vertical leg speed.
- This exercise is performed one leg at a time. It begins with the athlete standing erect with the thigh of the active leg blocked in a parallel position, the toe should be up and ankle cocked, and the heel of the support leg off the ground. To begin, the thigh is driven down to a perpendicular position as fast as possible, and the foot recovered back up as quickly as possible. The knee joint remains loose allowing the lower leg to swing out naturally. The cyclical action used in previous drills applies here. The Fast Claw Drill can be performed continuously, for a designated number of repetitions or on command.

- "**B" Drills**

- Objective: To reduce breaking forces at ground contact by generating high levels of negative (backward) foot speed. (Can also be used to simulate the sensation of hurdle clearance.)

The single characteristic that most distinguishes developing sprinters from elite sprinters is the ability to produce negative foot speed. This exercise allows athletes to experience the sensation of pulling the running surface back underneath them. When this negative or backward foot speed is at least equal to the velocity of the hips traveling forward, little deceleration occurs as the foot

lands. The “B” Drill begins with the same action as the “A” series with the toe-up, heel up, knee-up and the foot stepping over the opposite knee. When the thigh blocks in a parallel position, it should be quickly re-accelerated back to a support stance. In the “A” series of drills, the speed of the leg through the stride cycle is the same. In the “B” Drill, the speed of thigh driving back toward the ground is noticeably faster than the recovery action.

The front-side movement dominates the exercise. Contrary to popular opinion, it is not necessary for the sprinter to try to kick-out the lower leg in front of him or her. This action will occur naturally as a result of the quick change of direction in the thigh position.

2.6 Short distance races

- **Sprint Hurdles**

Races with hurdles as obstacles were first popularized in the 19th century in England. The first known event, held in 1830, was a variation of the 100-yard dash that included heavy wooden barriers as obstacles. A competition between the Oxford and Cambridge Athletic Clubs in 1864 refined this, holding a 120-yard race (109.72 m) with ten hurdles of 3-foot and 6 inches (1.06 m) in height (each placed 10 yards (9.14 m) apart), with the first and final hurdles 15 yards from the start and finish, respectively.

French organizers adapted the race into metric (adding 28 cm) and the basics of this race, the men's 110 meters hurdles, has remained largely unchanged. The origin of the 400 meters hurdles also lies in Oxford, where

(around 1860) a competition was held over 440 yards and twelve 1.06 m high wooden barriers were placed along the course. The modern regulations stem from the 1900 Summer Olympics: the distance was fixed to 400 m while ten 3-foot (91.44 cm) hurdles were placed 35 m apart on the track, with the first and final hurdles being 45 m and 40 m away from the start and finish, respectively. Women's hurdles are slightly lower at 84 cm for the 100 m event and 76 cm (2 ft. 6in) for the 400 m event. By far the most common events are the 100 meters hurdles for women, 110 m hurdles for men and 400 m hurdles for both sexes. The men's 110 m has been featured at every modern Summer Olympics while the men's 400 m was introduced in the second edition of the Games. Women's initially competed in the 80 meters hurdles event, which entered the Olympic programmer in 1932. This was extended to the 100 m hurdles at the 1972 Olympics, but it was not until 1984 that a women's 400 m hurdles event took place at the Olympics (having been introduced at the 1983 World Championships in Athletics the previous year). The men's 110 m has been featured at every modern Summer Olympics while the men's 400 m was introduced in the second edition of the Games. Women's initially competed in the 80 meters hurdles event, which entered the Olympic programmer in 1932. This was extended to the 100 m hurdles at the 1972 Olympics, but it was not until 1984 that a women's 400 m hurdles event took place at the Olympics (having been introduced at the 1983 World Championships in Athletics the previous year).

- **100m –** The shortest running event in athletics, the 100m sprint requires the athlete to start well, leaving the block with immense power and speed.
- **200m-** As with the 100m, the 200m requires instant acceleration but it also needs stamina to maintain the speed for duration of the race.
- **400m –** The distance of one circuit around the track, the 400m requires the whirs maintain enough stamina and energy to make a sprinting finish at the end of the race (http://en. Talkathletics.co.UK)

Relay - The relay most commonly consist of 4x400m sprint with four runners each completing one leg of the race contestants are allowed to change lanes in relay events, with the exception of the first runner who will be disqualified if they do not stay in line. Athletic rules stipulate that contestants must pass a baton to the next runner on completion of their own leg within a market change over zone. Relay races are the only track and field event in which a team of runners directly compete against other teams. Typically, a team is made up of four runners of the same sex. Each runner completes their specified distance (referred to as a leg) before handing over a baton to a team mate, who then begins their leg upon receiving the baton. There is usually a designated area in which athletes must exchange the baton. Teams may be disqualified if they fail to complete the change within the area, or if the baton is dropped during the race. A team may also be disqualified if its runners are deemed to have willfully impeded other competitors. Relay races emerged in the

United States in the 1880s as a variation on charity races between firemen, who would hand a red pennant on to team mates every 300 yards. There are two very common relay events: the 4×100 meters relay and the 4×400 meters relay. Both events entered the Olympic programmed at the 1912 Summer Games after a one-off men's medley relay featured in 1908 Olympics. The 4×100 m event is run strictly within the same lane on the track, meaning that the team collectively runs one complete circuit of the track. Teams in a 4×400 m event remain in their own lane until the runner of the second leg passes the first bend, at which point runners can leave their lanes and head towards the inner-most part of the circuit. For the second and third baton change over team mates must align themselves in respect of their team position leading teams take the inner lanes while team mates of the slower teams must await the baton on outer lanes.

2.7 Nutrition for the Athlete

Sport nutrition is built upon how nutrients such as carbohydrate, fat, and protein contribute to the fuel supply needed by the body to perform exercise. They get converted to energy in the form of adenosine triphosphate or ATP. It is from the energy released by the breakdown of ATP that allows muscle cells to contract the food acts in the body as a fuel, providing energy and chemicals for movement, growth and to keep the body healthy. What we need nutritionally is affected by our age, gender, physique, level of physical activity and state of

health. The different types of nutrients are: Carbohydrate, Protein, Fat, Vitamins, Minerals, Water and Fiber.

The importance of proper nutrition for the performance of athletes requires a due attention both by the athletes and coaches. According to Edward et al, 2012, proper nutrition is vital for track and field athletes. Extreme workloads require hyper nutrition and proper timing of food intake. Athletes should eat healthy snacks even during training sessions. It is best to have several small meals daily rather than one large meal for food to be utilized optimally. Similarly, other study by Zegaw, 2012, have emphasized that athletes should eat balanced diet and enough calories to cover the load and to maintain the body.

- **Carbohydrate**

Carbohydrate is an important fuel for exercise. It is stored as glycogen in your liver and muscles, and must be re-stocked each day. Approximately 100 g glycogen (equivalent to 400 kilocalories) may be stored in the liver, and up to 400 g glycogen (equivalent to 1600 kilocalories) in muscle cells. The purpose of liver glycogen is to maintain steady blood sugar levels. When blood glucose dips glycogen in the liver breaks down to release glucose into the bloodstream. The purpose of muscle glycogen is to fuel physical activity. The more active you are, the higher your carbohydrate needs. Guidelines for daily intakes are about 5–7 g per kg of body weight per day for moderate duration/low intensity daily training. Those who do moderate–heavy endurance training should consume 7–

10 g per kg body weight per day; and those training more than 4 hours per day are advised to consume 10 g or more per kg body weight per day. To promote post-exercise recovery, the 2003 IOC Consensus conference recommends consuming 1 g per kg BW per hour during the first four hours following exercise.

- **Protein**

Amino acids from proteins form the building blocks for new tissues and the repair of body cells. They are also used for making enzymes, hormones and antibodies. Protein also provides a (small) fuel source for exercising muscles. Athletes have higher protein requirements than non-active people. Extra protein is needed to compensate for the increased muscle breakdown that occurs during and after intense exercise, as well as to build new muscle cells. The IOC and IAAF both recommend between 1.2 and 1.7 g protein/kg BW/day for athletes or 84–119 g daily for a 70 kg person. This is considerably more than a sedentary person, who requires 0.75 g protein/kg BW daily. Some athletes eat high protein diets in the belief that extra protein leads to increased strength and muscle mass, but this isn't true it is stimulation of muscle tissue through exercise, not extra protein that leads to muscle growth. As protein is found in so many foods, most people – including athletes – eat a little more protein than they need. This isn't harmful – the excess is broken down into urea (which is excreted) and fuel, which is either used for energy or stored as fat if your calorie intake exceeds your output.

- **FAT**

Some fat is essential it makes up part of the structure of all cell membranes, your brain tissue, nerve sheaths, bone marrow and it cushions your organs. Fat in food also provides essential fatty acids, the fat-soluble vitamins A, D and E, and is an important source of energy for exercise. The IOC does not make a specific fat recommendation, but the American College of Sports Medicine (ACSM) and American Dietetic Association recommend fat provides 20–25% of calorie intake for athletes compared with the UK government recommendation of 33% for the general population. Therefore, about 20–33% of the calories in your diet should come from fat. 'Bad' fats (saturated and Trans fats) should be kept to a minimum (the UK government recommends less than 10% of calories), with the majority coming from 'good' (unsaturated) fats. Omega 3s may be particularly beneficial for athletes as they help increase the delivery of oxygen to muscles, improve endurance and may speed recovery, reduce inflammation and joint stiffness.

- **Vitamins and minerals**

While intense exercise increases the requirement for several vitamins and minerals, there is no need for supplementation provided you are eating a balanced diet. The IOC and IAAF believe most athletes are well able to meet their needs from food rather than supplements. There's scant proof that vitamin and mineral supplements improve performance, although supplementation may be warranted in athletes eating a restricted diet.

2.8 Effects of Altitude on Performance of Elite Track-and-Field Athletes

The effect of altitude or location of the area where the athletes train can have an impact on the performance of the athletes. As shown by some studies including Michael J, Will G. and Stephen C. 2015, lower barometric air pressure at altitude can affect competitive performance of athletes in sports. After investigating the lifetime track-and-field performances of athletes placed in the top 16 in at least 1 major international competition between 2000 and 2009, they discovered that men's and women's sprint events (100–400 m) showed marginal improvements of ~0.2% at altitudes of 500–999 m, and above 1500 m all but the 100- and 110-m hurdles showed substantial improvements of 0.3–0.7%. Some middle- and long-distance events (800–10,000 m) showed marginal impairments at altitudes above 150 m, but above 1000 m the impairments increased dramatically to ~2–4% for events >800 m. There was no consistent trend in the effects of altitude on field events up to 1000 m; above 1000 m, hammer throw showed a marginal improvement of ~1% and discus was impaired by 1–2%.They finally concluded that in middle- and long-distance runners, altitudes as low as 150 to 299 m can impair performance. Higher altitudes (≥1000 m) are generally required for enhancements in sprinting, triple and long jump, or hammer throw.

2.9 Availability of standard sport facilities and equipment and performance of Athletes

Having the right quality and quantity sports facilities and equipment is an integral parts of sports development. To a large extent, this is partly what makes the difference between the sports culture of developed and developing nations. In the developed world, sports facilities and equipment of the appropriate standard are available of promote the athletes performance (Ojeme, 2000).In line with this argument, Talabi (1998) opined that most developing countries wish to arrive at the level of developed countries over night. While developed countries are putting so much into providing excellent facilities, equipment and conducive environment for athletes, developing countries seems to lag behind in the provision of these amenities and expect their players or athletes to excel in the international arena. Development countries are not paying enough attention to starting well so, ending up finishing badly or poorly.

IAAF also states that the sporting activities of the population as a whole are dependent on the organization structures (school sports, sports for all, competitive sports and leisure sports) and on access to the relevant sports facilities. (IAAF, 2008) In addition, IAAF recommends sports facilities for Track and Field athletics are generally required for daily training as well as for staging regional or local competitions. IAAF emphasizes that track and field facilities are usually designed as multi-purpose facilities (tracks with playing fields inside) and therefore constitute key sports facilities.

CHAPTER THREE

RESEARCH DESIGN AND METHODOLOGY

3.1. Research method

The study involved a descriptive research method since the aim of the research was up to describing fact and telling on existing condition of the issue under discussion in causes of limited participation of elite athletes in short distance running in case of athletics clubs in Oromia Region. Both quantitative and qualitative methods will be applied in order to investigate the problems.

3.2. Source of the data

The data was collected from primary and secondary sources. The primary sources of data collected thought questionnaire and interview from athletes, coaches, Athletics federation and Clubs managers and secondary sources internets sources, relevant books, journals that were related to the topic under study.

3.3. Population and Sampling Techniques

The domain of the study included four athletics clubs from the whole Oromia athletics clubs. The samples of athletics clubs were Bishoftu athletics clubs, Gelan athletics clubs, Sululta athletics clubs and Holeta athletics clubs in Oromia Regional State. In selected clubs total population are 166 the population was stratified in to groups (players, coaches and sport officer). The four athletics clubs taken as a sample were selected from 21 athletics clubs

using the methods of purposive sampling. In its totality, data was collected from 66 subjects, i.e., 6 Oromia athletics officers, 8 coaches, 4 clubs managers and 48 athletes. The researcher assumes that these subjects would give the necessary and enough information on the topic under study.

3.4. Instrument of data collection

For betterment of the study, data were collected using both questionnaire and interview in order to collect reliable data. All information obtained through these instruments were organized and framed to suit the final analysis.

3.4.1. Questionnaire

Questionnaire was used to gather relevant data from Oromia athletics officers, coaches, all clubs managers and athletes. Besides questionnaire is easier to handle and simple for respondents to fill in within a short time. The researcher validated the instrument that were developed before the actual data collection was started ;the instrument were given to advisor and research professionals in Oromia youth and sport affairs bureau so as get valuable comments on strength of the questionnaires. The questionnaires were prepared in Amharic language for all respondents in order to avoid language barriers. The questionnaires included both open and close ended.

3.4.2. Interview

Interview is a one on one directed conversion with and individuals using series of questionnaire designed to cause extended responses and it uses a form of verbal questionnaire as its data gathering. In order to collect the relevant data from sample, the researcher was made an interview for the concerned bodies of the athletics clubs by using structured system of interview.

A structured questionnaire, on the other hand, is one in which the questions asked are exactly decided in advance. When used as an interviewing method, the questions are asked exactly as they are written, in the same sequence, using the same style, for all interviews. Nevertheless, the structured questionnaire can sometimes be left a bit open for the interviewer to amend to suit a specific context

3.5. Procedures of data collection

The following procedures of data collection were used to investigate cause of limited Participation of Elite athletes on short distances running on some selected athletic clubs in Oromia regional state. The relevant information was gathered through the designed questionnaires and interviews. In conducting the study, the following relevant procedures were used first data was assessed to get information from what have been done in relation to the problem. Second, before distributing the prepared questionnaire to respondents it was tested as a pilot .The questionnaires were revised depending up on suggestion collected during the try out and was administered to the concerned

respondents at each of the four clubs and OAF to be filled and returned them back.

3.6. Method of data analysis

The data gathered through questionnaire and interviews were analyzed qualitatively and quantitatively. Questionnaire data were analyzed by quantitative method through numerical and percentage system. Whereas the interview data were analyzed by qualitative method based on the data analysis, interpretation was made to reach a certain finding. Finally, as output of the research, conclusion and recommendation were proposed based on the findings.

CHAPTER FOUR

DATA ANALYSIS AND INTERPRETATIONS

This chapter deals with analyzing, presenting, and discussing the data collected through questionnaires and interview. A total of 66 copies of the questionnaires were distributed to 6 respondents from OAF, 48 Athletes, 4 Mangers and 8 coaches. Out of the distributed questionnaires, all (100%) were filled and returned from all the respondents to the researcher.

Based on the responses obtained from the respondents, the analysis and the interpretation of the gathered data are presented in the following tables.

4.1. General information about respondents

Table 1 4.1.1. General information about respondents of Oromia Athletics Federation officer

	Characteristic	**No**	**%**
Sex	Female		
	Male	6	100%
	Total	6	100%
Age	26-35	2	33%
	36-40	2	33%
	Above 50	2	33%
	Total	6	100%
Educational level	First degree	2	33%
	Master's degree	4	67%
	Total	6	100%
Work experience	7 – 9	5	83%
	More than10	1	17%
	Total	6	100%

As indicated in above table 1 6(100%) are male. This simply shows that all responded Oromia Athletics Federation officer are male. The age ranged shows that 2(33%) responded Oromia Athletics Federation officer are ranged 26-35, and Oromia Athletics Federation officer are age ranged 2(33%), 36-40 whereas remaining 2(33%), above 50.As clearly indicate in the above table majority of Oromia Athletics Federation officer are have Master's degree. As shown in above table majority of Oromia Athletics Federation officer work experience ranged in 7-9.

Table 2 2 4.1.2. General information about respondents of coaches

	Characteristic	**No**	**%**
Sex	Female		
	Male	8	100%
	Total	8	100%
Age	26-35	5	63%
	36-40	1	13%
	41-50	2	25%
	Total	8	100%
Educational level	Certificate	2	25%
	First degree	4	50%
	Master's degree	2	25%
	Total	8	100%
Work experience	4- 6	5	63%
	7- 9	2	25%
	More than10	1	13%
	Total	8	100%

As indicated in above table 2 8(100%) are male. This simply shows that all responded coaches are male. The age ranged shows that 5(63%) responded

coaches are ranged 26-35, and coaches are age ranged 1(13%), 36-40 whereas remaining 2(25%), 41-50.As clearly indicate in the above table majority of coaches have first degree. As shown in above table majority of coaches work experience ranged in 4-6.

Table 3 4.1.3. General information about respondents of manager

	Characteristic	No	%
Sex	Female		
	Male	4	100%
	Total	4	100%
Age	17-25	1	25%
	36-40	2	50%
	41-50	1	25%
	Total	4	100%
Educational level	First degree	3	75%
	Master's degree	1	25%
	Total	4	100%
Work experience	4-6	1	25%
	7-9	2	50%
	More than10	1	25%
	Total	4	100%

As indicated in above table 3 4(100%) are male. This simply shows that all responded manager are male. The age ranged shows that 1(25%) responded manager are ranged 17-25, and mot of manager are age ranged 2(50%), 36-40 whereas remaining 1(25%), 41-50.As clearly indicate in the above table majority of manager have first degree. As shown in above table majority of manager work experience ranged in 7-9.

Table 4 4.1.4. General information about respondents of Athletes

	Characteristic	No	%
Sex	Female		
	Male	4	100%
	Total	4	100%
Age	17-25	1	25%
	36-40	2	50%
	41-50	1	25%
	Total	4	100%
Educational level	First degree	3	75%
	Master's degree	1	25%
	Total	4	100%

As clearly indicated in the above table 3 about 24(50%) of athletes are female and 24(50%) of athletes are male. This simply shows that the numbers of female and male are equal number. The age range show that 41(85%) athletes are lies in the range group of 17-25 whereas the remaining 7(15%) are group member age of 26-35. This shows that most number of athletes is lien in 17-25 range groups. As it shown on the above table 10(21%) athletes responded is Preparatory School Complete, but majority of population which is 27(56%) are High School Complete, 4(8%) athletes responded is Diploma, 5(10%) of them are 1st Degree and 2(5%) is Certificate Educational level.

Table 5 the major reason for limited number of elite athletes who participate in short distance running is traditional and non-scientific method of training

Response	OAF		Athletes		Mangers		Coaches	
	Count	%	Count	%	Count	%	Count	%
Strongly agree	3	50%	20	42	3	75%	1	13%
Agree	1	17%	8	17	1	25%	3	38%
Partially agree	1	17%	9	19	0	0%	2	25%
Disagree	1	17%	9	19	0	0%	2	25%
Strongly disagree	0	0	2	4	0	0%	0	0%

As indicated in the above tables 1,large percentage of respondents, in all samples, except managers, strongly agree that traditional and non-scientific method of training is the major reason for limited number of elite athletes who participate in short distance running. Half (50%), 42% and 75% of Oromia Athletics Federation (OAF), athletes and coaches, respectively expressed their strong agreement to the reason limiting the participation of athletes in short distance running. However, the percentage of managers (13%) who strongly agree to the reason is fewer than that of OAF, athletes and coaches.

On the other hand, 17%, 19% and 25% of the respondents from OAF, athletes and coaches, respectively expressed their disagreement that the major reason for limited number of elite athletes who participate in short distance running is traditional and non-scientific method of training. Based on the opinion of the majority of the respondents, the traditional and non-scientific method of training can be taken as the major reason for limited number of elite athletes who participate in short distance running.

Table 6. The physiological and biological nature of your athletes is not suitable for short distance running and thus it is the reason for limited number of elite athletes who participate in short distance running.

Response	OAF		Athletes		Managers		Coaches	
	Count	%	Count	%	Count	%	Count	%
Strongly agree	2	33%	7	15%	3	75%	0	0%
Agree	0	0%	7	15%	1	25%	0	0%
Partially agree	1	17%	15	31%	0	0%	4	50%
Disagree	3	50%	13	27%	0	0%	4	50%
Strongly disagree	0	0%	6	13%	0	0%	0	0%

As it can be witnessed from the table 2 above, half (50%) of the respondents from OAF and Managers expressed their disagreement that the physiological and biological nature of your athletes is suitable for short distance running and thus it is the reason for limited number of elite athletes who participate in short distance running. Nevertheless, one third (33%) of OAF, half (15%) of athletes and 75% of the Managers conveyed their strong agreement that the physiological and biological nature of your athletes is suitable for short distance running and thus it is the reason for limited number of elite athletes who participate in short distance running. Overall, more than half of the respondents from athletes, half of the respondents from OAF and managers, and three quarters (75%) of the Managers believe that the physiological and biological nature of your athletes is not suitable for short distance running and thus it is the reason for limited number of elite athletes who participate in short distance running. Although it is not detail as to what they respondents mean by unsuitability of the athletes for short distance running, the result is very consistent with the evidences (Bouchard et al., 1997) that the physiology of the athletes determines the performance and hence their participation in the athletics of sprinter.

Table 7.The limited number of elite athletes who participate in the short distance running is due to poor/inadequate nutritional feeding system.

Response	OAF		Athletes		Managers		Coaches	
	Count	%	Count	%	Count	%	Count	%
Strongly agree	2	33%	25	52%	1	38%	3	25%
Agree	0	0%	3	6%	1	25%	0	0%
Partially agree	3	50%	13	27%	1	25%	4	50%
Disagree	1	17%	5	10%	1	25%	1	13%
Strongly disagree	0	0%	2	4%	0	0%	0	0%

Table 3 above shows that one third of the respondents from OAF (33%) and more than half of the athletes (52%) and more than two-fifths of the managers (38%) and a quarter of the coaches(25%) strongly agree that the limited number of elite athletes who participate in the short distance running is due to poor/inadequate nutritional feeding system. On the other hand, half of the respondents from OAF (50%), just more than a quarter of the athletes (27%), half of the managers and a quarter of the coaches partially agree with the statement. The proportions of respondents who disagree with the statement are 17%, 10%, 13% and 25% from OAF, athletes, managers and coaches,

respectively showing more number of respondents agreeing that poor/inadequate nutritional feeding system is a cause for the limited number of elite athletes who participate in the short distance running. This result is also agrees with nutritional recommendations in athletics. For example, according to Edward et al, 2012, proper nutrition is vital for track and field athletes. Extreme workloads require hyper nutrition and proper timing of food intake. Athletes should eat healthy snacks even during training sessions. It is best to have several small meals daily rather than one large meal for food to be utilized optimally. Similarly, other studies (Zegaw, 2012) have also emphasized that athletes striving for excellence should train hard and to train hard they should eat balanced diet and enough calories to cover the load and to maintain the body.

Table 8.The weather condition in which your club is located is a reason for limited number of athletes who participates in short distance running.

Response	OAF		Athletes		Managers		Coaches	
	Count	%	Count	%	Count	%	Count	%
Strongly agree	1	17%	13	27%	1	25%	2	25%
Agree	0	0%	5	10%	1	25%	3	38%
Partially agree	2	33%	22	46%	1	25%	0	0%
Disagree	2	33%	7	15%	1	25%	3	38%
Strongly disagree	1	17%	1	2%	0	0%	0	0%

From the table 4, it can be seen that 17%, 27%, 25% and 25% of the respondents from OAF, athletes, managers and coaches, respectively strongly agree that the weather condition in which their club is located is a reason for limited number of athletes who participates in short distance running. However, significant number of respondents from OAF 33%, managers (25%) and a quarter of coaches 38% disagree with the statement about the effect of location of the clubs on the number of athletes who participate in the short running. More than two fifths of athletes (46%) partially agree about the location of the clubs on the number of athletes in the short running. Although not many studies were conducted to show the altitude to affect the

participation of athletes in the short distance running, the result found here is somehow in agreement with the effect of altitude on the performance of the athletes and thus participation of athletes in short distance running. Higher altitudes (≥1000 m) are generally required for enhancements in sprinting in short distance running. (Michael, et al, 2015)

Even though the overall respondents of the study partially agree on the altitude or location of the club at which athletes train limiting their participation, a study by John Davis, 2016, found out that the impact of the altitude on the performance of the athletes is most relevant when running fast. Indeed, sprint times in the 100m or the 200m are significantly faster at higher altitude than for long distance training runs, which are run at much slower speeds, the oxygen-deprivation of high altitude dominates, slowing the athletes down.

Table 9. How do you rate the interest of athletes towards short distance running in your club?

Response	OAF		Athletes		Managers		Coaches	
	Count	%	Count	%	Count	%	Count	%
very high	3	50%	12	25%	1	25%	1	13%
High	1	17%	7	15%	0	0%	1	13%
Moderate	0	0%	15	31%	2	50%	4	50%
Low	2	33%	8	17%	1	25%	2	25%
very low	0	0%	6	13%	0	0%	0	0%

Table 5 above illustrates the interest of athletes towards short distance running in the surveyed clubs. A large majority of respondents from OAF 50%very high, athletes 31%, and managers50% and 50% coaches that the interest of athletes towards short distance running is rated at moderate. However, just under a third of respondents from OAF (33%) rated the interest of athletes to be low in their club. In general, most of the respondents rated the interest of athletes to be moderate.

Table 10. The limited number of athletes who participate in the short distance running is due to the lack of proper facilities and equipment.

Responses	OAF		Athletes		Managers		Coaches	
	Count	%	Count	%	Count	%	Count	%
Strongly agree	4	67%	26	54%	1	25%	5	63%
Agree	2	33%	8	17%	0	0%	2	25%
Partially agree	0	0%	6	13%	2	50%	1	13%
Disagree	0	0%	3	6%	1	25%	0	0%
Strongly disagree	0	0%	5	10%	0	0%	0	0%

Table 6 above presents the proportion of respondents on the negative impact of lack of proper facilities and equipment on the number of athletes who

participate in the short distance running. As it can be witnessed from the table, over two thirds of respondents from OAF 67%, more than half of respondents from athletes 54%, just under two thirds 63% of coaches and a managers quarter of strongly agree that the limited number of athletes who participate in the short distance running is due to the lack of proper facilities and equipment. The findings from the coaches in the surveyed clubs is not consistent with the responses of the coaches in the Ethiopian national coaches of short distance running athletes where they 4 (100%) coaches indicated there is no appropriate facilities and equipment for the short distance athletes. (Tesfaye, 2012) However, one in ten respondents from the athletes interviewed (10%) strongly disagree and a quarter of coaches (25%) disagree with the statement.

The result shows that availability of proper facilities and equipment can increase the number of number of athletes who participate in the short distance running. This result is consistent with other previously conducted researches. For example, the availability of standard sport facilities and equipment (as cited in Awoma, Napher, &Arainwu , 2015) is directly related with the development of athletes in all fields of athletics. In addition, it is recommended (IAAF, 2008) that to increase the participation of athletes in sports including short distance running, it requires to avail the necessary and relevant facilities.

Table 11. The shortage of standardized training area and convenient running track in your club is a reason for the limited number of athletes who participate in short distance running.

Responses	OAF		Athletes		Managers		Coaches	
	Count	%	Count	%	Count	%	Count	%
Strongly agree	5	83%	26	54%	1	25%	7	88%
Agree	0	0%	3	6%	0	0%	1	13%
Partially agree	1	17%	7	15%	2	50%	0	0%
Disagree	0	0%	12	25%	1	25%	0	0%
Strongly disagree	0	0%	0	0%	0	0%	0	0%

Another question asked in this study was if the shortage of standardized training area and convenient running track in clubs is a reason for the limited number of athletes who participate in short distance running. A large majority of respondents from OAF (83%) and Coaches(88%) and more than half of the athletes strongly agreed that the shortage of standardized training area and convenient running track in your club is a reason for the limited number of athletes who participate in short distance running. On the other hand, similar proportion of athletes and Managers (25%) disagree with this statement. According to International Association of Athletics Federations (IAAF, 2008),

sports facilities for Track and Field athletics are generally used for daily training as well as for staging regional or local competitions. Therefore, in line with this recommendation and the finding of this study, the number of standardized training areas and convenient running tracks in the clubs should be increased to increase number of athletes who participate in short distance running.

As it is seen from table-8, the greatest proportion of the respondents from OAF 67%, athletes (42%) and managers (63%) expressed their strong agreement that the absence of continuously use training inputs (modern and scientific training methods such as manuals, video clips) led to limited number of elite athletes who participate in short distance running. While three quarter of coaches (75%), under two-fifths of managers and less than a fifth (17%) of respondents from OAF agreed, only 8% of the athletes disagreed with the statement. This finding is consistent with the previously conducted study, (Tesfaye, 2012) about the availability of trainings inputs such as manuals and videos on the participation and performance of athletes where all 4[100%] coaches indicated that are lacks of the training inputs and needs to improve in availability and use to increase the participation and performance of the short distance running athletes.

Table 12. Because your club does not continuously use training inputs (modern and scientific training methods such as manuals, video clips), there are limited number of elite athletes who participate in short distance running.

Responses	OAF		Athletes		Managers		Coaches	
	Count	%	Count	%	Count	%	Count	%
Strongly agree	4	67%	20	42%	0	0%	5	63%
Agree	1	17%	14	29%	3	75%	3	38%
Partially agree	1	17%	10	21%	1	25%	0	0%
Disagree	0	0%	4	8%	0	0%	0	0%
Strongly disagree	0	0%	0	0%	0	0%	0	0%

From table 9, while less than two-fifths of the athletes (38%), a quarter of managers (25%) and none (0%) of the respondents from OAF and coaches strongly agree, less than a fifth (17%) of the respondents from OAF, under a quarter of athletes (21%) , less than two-fifths of the managers (38%) and half of the coaches partially agree that there are limited number of elite athletes who participate in short distance running because the performance and ability of short distance running athletes is less than that of middle and long distance

running athletes. However, half of the respondents from OAF (50%), just under a fifth of the athletes (19%), and a quarter of managers and coaches (25%) disagree with the statement.

Table 13. Because the performance and ability of short distance running athletes is less than that of middle and long distance running athletes, there are limited number of elite athletes who participate in short distance running.

Responses	OAF		Athletes		Managers		Coaches	
	Count	%	Count	%	Count	%	Count	%
Strongly agree	0	0%	18	38%	0	0%	2	25%
Agree	1	17%	11	23%	1	25%	1	13%
Partially agree	1	17%	10	21%	2	50%	3	38%
Disagree	3	50%	9	19%	1	25%	2	25%
Strongly disagree	1	17%	0	0%	0	0%	0	0%

As indicated in table 10, half (50%) of 6 the respondents from OAF, less than a third of the athletes (29%), none of the managers (0%) and a quarter of the coaches (25%) strongly agree that the inadequate knowledge and skill of

trainers/coaches on short distance running is a reason for limited number of elite athletes who participate in short distance running. On the contrary, while none of respondents from OAF, less than a fifth of the athletes (17%), half of the managers (50%) and none of the coaches (0%) disagreed, 17% of the respondents from OAF, 6% of the athletes, 0% of the managers and coaches strongly disagreed with the statement.

Table 14. The inadequate knowledge and skill of trainers/coaches on short distance running is a reason for limited number of elite athletes who participate in short distance running

Responses	OAF		Athletes		Managers		Coaches	
	Count	%	Count	%	Count	%	Count	%
Strongly agree	3	50%	14	29%	1	25%	0	0%
Agree	0	0%	12	25%	1	25%	2	25%
Partially agree	2	33%	11	23%	2	50%	2	25%
Disagree	0	0%	8	17%	0	0%	4	50%
Strongly disagree	1	17%	3	6%	0	0%	0	0%

It is stated that (Mackenzie, B. (2005) trainers or coaches should have the necessary knowledge and skills to direct the athlete in all aspects of training.

Without the adequate and proper skills it will be very difficult to attain the goal of producing adequate number of winning athletes. This result shows that the majority respondents (except managers) believe that the trainers need to improve their knowledge and skills on short distance to increase the number of elite athletes who participate in short distance running.

Table 15. Unlike the middle and long distance running athletes, the absence of model athletes who represent the country and have been successful in international arena is a reason for limited number of elite athletes who participate in short distance running.

Responses	**OAF**		**Athletes**		**Managers**		**Coaches**	
	Count	%	Count	%	Count	%	Count	%
Strongly agree	2	33%	14	29%	1	25%	2	25%
Agree	2	33%	12	25%	0	0%	1	13%
Partially agree	0	0%	11	23%	2	50%	1	13%
Disagree	2	33%	8	17%	1	25%	4	50%
Strongly disagree	0	0%	3	6%	0	0%	0	0%

According to the table 11 above, more than a third of respondents from OAF (33%), less than a third of athletes (29%), similar a quarter of managers and

coaches strongly agree that unlike the middle and long distance running athletes, the absence of model athletes who represent the country and have been successful in international arena is a reason for limited number of elite athletes who participate in short distance running. On the other hand, while a third of the respondents from OAF (33%), a quarter of athletes (25%), and none of the managers and coaches agreed, a third of the respondents from OAF (33%), less than a fifth of the athletes (17%), significantly half of the managers and a quarter of coaches disagree with the statement.

Table 16. The inadequate availability of competitions to evaluate the performance of short distance running athletes is a reason for limited number of elite athletes who participate in short distance running.

Responses	**OAF**		**Athletes**		**Managers**		**Coaches**	
	Count	%	Count	%	Count	%	Count	%
Strongly agree	2	33%	5	10%	2	50%	2	25%
Agree	4	67%	9	19%	1	25%	1	13%
Partially agree	0	0%	21	44%	0	0%	2	25%
Disagree	0	0%	12	25%	1	25%	3	38%
Strongly disagree	0	0%	1	2%	0	0%	0	0%

As clearly indicated in the table 12 above, a significant proportion of respondents from OAF strongly agreed (33%) and agreed (67%) that the inadequate availability of competitions to evaluate the performance of short distance running athletes is a reason for limited number of elite athletes who participate in short distance running. Similarly, while half of the coaches expressed their strong agreement, a quarter of them agreed with the statement. However, none of the respondents from OAF, a quarter of athletes and coaches and just under two-fifths of the managers disagreed that that the inadequate availability of competitions to evaluate the performance of short distance running athletes is a reason for limited number of elite athletes who participate in short distance running.

Overall, this result shows that inadequate availability of competitions to evaluate the performance of short distance running athletes is a reason for limited number of elite athletes who participate in short distance running. This has been validated in the report by university of Edinburgh, Elaine, 2002, that states the lack of competition to evaluate the performance of athletes affects their number and thus recommends that more competitions should be organized as the primary means of selection and developing more number of potential young athletes.

Table 17. Unlike middle and long distance running athletes, the reinforcement incentives given to short distance running athletes is often low or inadequate and thus this is a reason for limited number of elite athletes who participate in short distance running.

Responses	OAF		Athletes		Managers		Coaches	
	Count	%	Count	%	Count	%	Count	%
Strongly agree	2	33%	17	35%	2	50%	4	50%
Agree	2	33%	3	6%	1	25%	0	0%
Partially agree	0	0%	7	15%	0	0%	0	0%
Disagree	1	17%	16	33%	1	25%	3	38%
Strongly disagree	1	17%	5	10%	0	0%	1	13%

As observed in table 13, similarly more than a third of respondents from OAF (33%) and athletes (50%) and half of the managers and coaches (50%) strongly agreed that unlike middle and long distance running athletes, the reinforcement incentives given to short distance running athletes is often low or inadequate and thus this is a reason for limited number of elite athletes who participate in short distance running. However, just under a fifth of the respondents from OAF (17%), more than a third of the athletes (25%), and under two-fifths of the managers and a quarter of coaches disagreed with the

statement. This is simply shows that the low reinforcement incentives given to short distance running athletes is a reason for limited number of elite athletes who participate in short distance running.

Table 18. Unlike for the middle and long distance running, the low level of attention and support given by your athletics clubs to short distance running is a reason for limited number of elite athletes who participate in short distance running.

Responses	**OAF**		**Athletes**		**Managers**		**Coaches**	
	Count	%	Count	%	Count	%	Count	%
Strongly agree	3	50%	14	29%	0	0%	4	50%
Agree	2	33%	12	25%	1	25%	1	13%
Partially agree	0	0%	5	10%	2	50%	1	13%
Disagree	1	17%	9	19%	1	25%	2	25%
Strongly disagree	0	0%	8	17%	0	0%	0	0%

As indicated in table 14, significant proportion of respondents from OAF (50%), athletes (29%) expressed their strong agreement with the statement that unlike for the middle and long distance running, the low level of attention and support given by your athletics clubs to short distance running is a reason for limited number of elite athletes who participate in short distance running. However,

while under a fifth of the respondents from OAF (17%) and athletes (19%), a similar a quarter (25%) of managers and coaches disagreed with the statement. Overall, the result shows that low level of attention and support given by athletics clubs towards short distance running is reason for limited number of elite athletes who participate in short distance running.

Table 19. Unlike for the middle and long distance running, the low level of attention and support given by Oromia athletics federation to short distance running is a reason for limited number of elite athletes who participate in short distance running.

Responses	**OAF**		**Athletes**		**Managers**		**Coaches**	
	Count	%	Count	%	Count	%	Count	%
Strongly agree	1	17%	8	17%	0	0%	1	13%
Agree	2	33%	11	23%	2	50%	2	25%
Partially agree	0	0%	10	21%	2	50%	1	13%
Disagree	2	33%	10	21%	0	0%	4	50%
Strongly disagree	1	17%	9	19%	0	0%	0	0%

Table 15 illustrates that a significant proportion of respondents from OAF (33%), athletes (23%), mangers (50%) and coaches (25%) agreed that unlike for the middle and long distance running, the low level of attention and support

given by Oromia athletics federation to short distance running is a reason for limited number of elite athletes who participate in short distance running. On the other hand, the proportion of respondents who disagreed with the statement is 33%, 21%and 50%for OAF, athletes, and coaches, respectively. In general, the result shows that the attention and support given by Oromia Athletics Federation towards short distance running should improve to increase the number of elite athletes who participate in short distance running.

Table 20. In most of the cases, in which of the running distance category do athletes prefer to participate in

Responses	**OAF**		**Athletes**		**Managers**		**Coaches**	
	Count	%	Count	%	Count	%	Count	%
Short distance running	0	0%	1	2%	0	0%	0	0%
Middle-distance running	3	50%	3	6%	0	0%	2	25%
Long distance running	3	50%	44	92%	4	100%	6	75%

As it can be seen on table 16 in which of the running distance category do athletes prefer to participate in OFA response 3(50%) athletes prefer to participate in Long distance running and 3(50%) athletes prefer to Middle-distance running, the majority of Athletes Response 44(92%) athletes prefer to

participate in Long distance running, all managers 4(100%) replied Long distance running , the majority of coaches respondents 6(75%) athletes prefer to participate in Long distance running. These findings indicate that the majority of athletes prefer to participate in Long distance running.

Table21. In your opinion, the results registered in short distance running are adequate or satisfactory.

Responses	**OAF**		**Athletes**		**Managers**		**Coaches**	
	Count	%	Count	%	Count	%	Count	%
Yes	0	0%	2	4%	0	0%	1	13%
No	6	100%	46	96%	4	100%	7	88%

From above table 6(100%) OFA of respondents said that “No”,46(96%) athletes of respondents said that “No”, all of the managers 4 (100%) replied “no and most of the coach 7(88%) replied “No” the results registered in short distance running are no adequate or no satisfactory. This is shows that majority population respondents they agree with the results registered in short distance running are no adequate or no satisfactory.

- **Interviews responded**

Interviews are one of the researcher data gathering tools. Interviews are also systematic conversion between investigators and in front, invited for obtaining information relevant to specific study. Coaches, Oromia Athletics federation officers and Clubs managers were interviewed in this research.

The interview questions and the respective responses are organized as follows:

1**. What do you think should the athletics coaches and athletes do to increase the number of athletes who participate in the short distance running? Or what do you think should be done to increase the number of athletes who participate in the short distance running?**

Response: There has to be a more scientific way of talent identification by coaches during selection of athletes for short distance running. The criteria for selection should include physiological and biological nature of the athletes. The best experiences observed in long and middle distance running in Oromia athletics clubs should be expanded into short distance running field as well.

2. What is expected from Oromia Athletics Federation to increase the number of athletes who participate in the short distance running?

Response: Coaches, Oromia Athletics federation officers and Clubs managers respondents emphasized on the importance of paying equal attention to all fields of running taking also the short distance running discipline as one of the priority areas both by the OAF and the clubs. In addition, more awareness creation should be made by OAF towards short distance running and the

incentives given to the athletes must be similar with long and middle distance running.

3. Please list the causes/reasons that you think has affected athletes not have to equal or similar interests to participate in the short distance running unlike middle or long distance running?

Response: The following are the reasons expressed by Coaches, Oromia Athletics federation officers and Clubs managers respondents that have affected the interest of athletes to participate in short distance running:

- The low level of attention and support given by athletics clubs and Oromia athletics federation.
- The traditional and non-scientific method of training.
- The lack of proper facilities and equipment for short distance running.
- The absence of international competition on short distance running.
- The inadequate knowledgeable and skill of trainers/coaches on short distance running.
- Inadequate availability of competitions to evaluate the performance
- The absence of standardized training area and convenient running track for clubs.

CHAPTER FIVE

SUMMARY OF FINDINGS, CONCLUSION AND RECOMMENDATION

5.1. Summary

The main objective of this study is to investigate cause of limited Participation of Elite athletes in short distances running on some selected four athletics clubs of athletic clubs in Oromia regional state. In order to achieve this objective basic questions were raised.

1. What are the major causes or reasons for the limited participation of elite athletes in short distance running in the selected athletics clubs in Oromia Region?
2. Why are elite athletes underperforming in short distance running in the selected clubs of Oromia Region?

In order to carry out the study descriptive method with qualitative and quantitative approach was accepted. The study employed questionnaires and interview as data collection tools. The purposive sampling technique used to select athletics clubs.

The collected data were analyzed using percentage and table; interview was described by using description approach. The major finding of the study is summarized as following.

- The way coaches selected the athletes is not scientific or when coaches selected the athletes couldn't use criteria that helps for short distance running.
- There is no sufficient and standardized training area and convenient running track for clubs.
- The absence of international competition on short distance running.
- Motivation, attention and support given by athletics clubs and Oromia athletics federation and stake holders are low level because of:
    - The absence of international competition on short distance running.
    - There is no sufficient and standardized training area and convenient running track for clubs.
    - The lack of proper facilities and equipment for short distance running.
    - The absence of results registered in short distance running is not adequate or dose not satisfactory.
    - They don't give equal attention and support for short distance running like the middle and long distance running.

5.2. Conclusion

In this study, an attempt has been made to investigate the cause of limited participation of elite athletes in short distances running on some selected four athletics clubs of athletic clubs in Oromia regional state. Based on the findings of investigation, the following conclusions are made.

- ✓ As indicated in the findings of the study, major reason for limited number of elite athletes who participate in short distance running is traditional and non-scientific method of training.
- ✓ Based on the findings of the study, the low level of attention and support given by Oromia athletics federation to short distance running is a reason for limited number of elite athletes.
- ✓ lack of proper facilities and equipment
- ✓ inadequate knowledgeable and skill of trainers/coaches on short distance running
- ✓ shortage of standardized training area and convenient running track
- ✓ luck of reinforcement incentives given to short distance running athletes
- ✓ According to the findings of the study, the coachesdo not continuously use training inputs (modern and scientific training methods such as manuals, video clips).
- ✓ The study also found out that the nutritional feeding system at the athletic clubs is not adequate and it is impacting the performance and participation of the athletes in the short distance running. Thus, proper nutrition (balanced diet and enough) which is vital for sprinter athletes to make them more suitable and successful in their discipline.
- ✓ The study also showed that there are shortages of competitions to evaluate the performance of short distance running athletes. Therefore,

it will be important to organize more competitions as one of the means to select and develop more number of potential young athletes in short distance discipline.

5.3. Recommendation

After the whole data analysis process the research identify the major cause of limited Participation of Elite athletes in short distances running on some selected four athletics clubs of athletic clubs in Oromia regional state. Based on the nature of the problems the research tries to identify the major cause of limited Participation of Elite athletes in short distances running. The recommended point in order to minimize the problem presents as follows:-

- The respected sport organization at the national and regional level according to their hierarchy should have to create awareness among coaches, athletes and different stake holders about short distances running.
- The Oromia athletics federation should support, control and supervise the clubs of short distance running.
- Appropriate and scientific training method should be conducted at all clubs on short distance running.
- All club managers and stake holders should support, control and supervise the clubs of short distance running.
- The Oromia sport commission and Oromia athletics federation should be crate appropriate environment for short distance running clubs.
- All respected groups sport office members at all level, coaches, athletes and stake holders should have to work closely and cooperatively to overcome the problems.
- All clubs coach must involve and play there to overcome the problems.
- The facilities and equipment for the short distance athletes at the targeted clubs were shown to be inadequate both in quantity and quality.

Since, this was also indicated to be one of the factors affecting the participation of athletes in short distance running, OAF and the club administrators need to seek ways to improve the situation.

- To solve the concerns identified about the knowledge and skills of trainers, it is advisable to provide additional training and skill transfer opportunities for the coaches.

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APPENDIX

ADDIS ABABA UNIVERSITY

COLLEGE OF NATURALSCIENCE

DEPARTMENT OF SPORT SCIENCE

SCHOOL OF GRADUATE STUDIES

Questionnaires for Oromia Athletics Federation

The aim of this questionnaires is to collect information about the causes of limited participation of elite athletes in short distance running in case of athletics clubs in Oromia Region.The investigator appreciates your honesty and positive response for each question as this has a great value for the success of this study.

I. Background information

Please, tick (√) mark your choice from the following alternatives in the box in front of the options:

1. Sex: Male ☐ Female ☐
2. Age: 17-25 ☐ 26-35 ☐ 36-40 ☐ 41-50 ☐ above 50 ☐

II. Educational level

Primary school complete ☐ High school complete ☐ Certificate ☐

Diploma ☐ First degree ☐ MSc/MA ☐

III. Work experience in years:

1-3 ☐ 4-6 ☐ 7-9 ☐ More than 10 ☐

Instruction: Please, encircle your choice from the given alternatives for each question

1. The major reason for limited number of elite athletes who participate in short distance running is traditional and non-scientific method of training.
    a. Strongly agree
    b. Agree
    c. Partially agree
    d. Disagree
    e. Strongly disagree
2. The physiological and biological nature of your athletes is not suitable for short distance running and thus it is the reason for limited number of elite athletes who participate in short distance running.
    a. Strongly agree
    b. Agree
    c. Partially agree
    d. Disagree
    e. Strongly disagree
3. The limited number of elite athletes who participate in the short distance running is due to poor/inadequate nutritional feeding system.
    a. Strongly agree
    b. Agree
    c. Partially agree
    d. Disagree
    e. Strongly disagree
4. The weather condition in which your club is located is a reason for limited number of athletes who participates in short distance running.
    a. Strongly agree
    b. Agree
    c. Partially agree
    d. Disagree
    e. Strongly disagree
5. How do you rate the interest of athletes towards short distance running in your club?
    a. Very high
    b. High
    c. moderate
    d. Low
    e. Very low
6. The limited number of athletes who participate in the short distance running is due to the lack of proper facilities and equipment.
    a. Strongly agree
    b. Agree
    c. Partially agree
    d. Disagree
    e. Strongly disagree
7. The shortage of standardized training area and convenient running track in your club is a reason for the limited number of athletes who participate in short distance running.
    a. Strongly agree
    b. Agree
    c. Partially agree
    d. Disagree
    e. Strongly disagree

8. Because your club does not continuously use training inputs (modern and scientific training methods such as manuals, video clips), there are limited number of elite athletes who participate in short distance running.
    a. Strongly agree
    b. Agree
    c. Partially agree
    d. Disagree
    e. Strongly disagree
9. Because the performance and ability of short distance running athletes is less than that of middle and long distance running athletes, there are limited number of elite athletes who participate in short distance running.
    a. Strongly agree
    b. Agree
    c. Partially agree
    d. Disagree
    e. Strongly disagree
10. The inadequate knowledgeable and skill of trainers/coaches on short distance running is a reason for limited number of elite athletes who participate in short distance running.
    a. Strongly agree
    b. Agree
    c. Partially agree
    d. Disagree
    e. Strongly disagree
11. Unlike the middle and long distance running athletes, the absence of model athleteswho represent the country and have been successful in international are a reason for limited number of elite athletes who participate in short distance running.
    a. Strongly agree
    b. Agree
    c. Partially agree
    d. Disagree
    e. Strongly disagree
12. The inadequate availability of competitions to evaluate the performance of short distance running athletes is a reason for limited number of elite athletes who participate in short distance running.
    a. Strongly agree
    b. Agree
    c. Partially agree
    d. Disagree
    e. Strongly disagree
13. Unlike middle and long distance running athletes, the reinforcement incentives given to short distance running athletes is often low or inadequate and thus this is a reason for limited number of elite athletes who participate in short distance running.
    a. Strongly agree
    b. Agree
    c. Partially agree
    d. Disagree
    e. Strongly disagree

14. Unlike for the middle and long distance running, the low level of attention and support given by your athletics clubs to short distance running is a reason for limited number of elite athletes who participate in short distance running.
    a. Strongly agree
    b. Agree
    c. Partially agree
    d. Disagree
    e. Strongly disagree
15. Unlike for the middle and long distance running, the low level of attention and support given by Oromia athletics federation to short distance running is a reason for limited number of elite athletes who participate in short distance running.
    a. Strongly agree
    b. Agree
    c. Partially agree
    d. Disagree
    e. Strongly disagree
16. In most of the cases, in which of the running distance category do athletes prefer to participate in
    a. Short distance running
    b. Middle-distance running
    c. long distance running

    Please, list your reasons in detail_____

    _____
17. In your opinion, the results registered in short distance running are adequate or satisfactory.
    a. Yes
    b. b. No
18. If your answer is 'Yes" to question number 17, please explain/list your reasons _____

    _____
19. If your answer is 'No' to question number 17, please explain/list your reasons_____

    _____
20. Please, list any reason (*not raised in the questionnaire*) for the limited number of elite athletes who participate in short distance running._____

_____

THANK YOU

Interviews for Oromia Athletics Federation, Athletics Club Managers and Coaches

Please, provide your responses for the following Questions as appropriate.

1. What do you think should the athletics coaches and athletes do to increase the number of athletes who participate in the short distance running? Or what do you think should be done to increase the number of athletes who participate in the short distance running?

_____

_____

_____

2. What is expected from Oromia Athletics Federation to increase the number of athletes who participate in the short distance running?

_____

_____

_____

_____

3. Please list the causes/reasons that you think has affected athletes not have to equal or similar interests to participate in the short distance running unlike middle or long distance running?_____

_____

_____

THANK YOU

አዲስ አበባ ዩኒቨርሲቲ

የስፖርት ሳይንስ ትምህርት ክፍል

መመሪያ :-

የዚህ መጠይቅ ዋና ዓላማ የአጭር ርቀት ሯጮች በክለብ ዉስጥ ማነስ/ዉስን መሆኑ ምክንያት/ መንስኤ ለማግኘትና በተገቢው ሁኔታ ለማመልከት ነው።መጠይቁ የአጭር ርቀት ሯጮች በክለብ ዉስጥ ማነስ/ዉስን መሆኑ ምክኒያት/መንሴ በተገቢው ሁኔታ ለማመልከት ነው።

ስለዚህ መጠይቁን ተረድቶ መመላት ለጥናቱ ዓላማ መሳካት ወሳኝነት አለው።

ጊዜዎን ሰውተው ምላሽ ስለሰጡኝ አመሰግናለሁ።

ማሳሰቢያ፡

1. በመጠይቁ ላይ ስምዎን መግለጽ አያስፈልግም
2. ለጥናቱ ይበጃል ተብሎ ለአትሌቶች ና ለአሰልጣኞች የተዘጋጀውን መጠይቅ በመረዳት ምላሽ እንዲሰጡን ከእንግሊዘኛ ወደ አማርኛ ተተርጉሟል።
3. ኃላፊነትበተሞላበትሁኔታለመጠይቁየሚሰጡትምላሽለጥናቱዓላማመሳካትእጅግወሳኝነው።

ክፍልአንድ

1. የክለቡ ስም_____
2. ክለቡ የሚገኝበት አድራሻ ሀ. ቀበሌ _____ ለ. ከተማ _____ ሐ.ዞን _____የመላሹ ፆታ☐ ወንድ ሴት☐
3. የመላሹ እድሜ 17-25☐ 26-35☐ 36-40☐ 41- 50☐ ከ50 በላይ☐
4. የመላሹ የትምህርት ደረጃ

   አንደኛ ደረጃ የጨረሰ☐ ሁለተኛ ደረጃ የጨረሰ☐ ዲፕሎማ☐ ሰርተፊኬት☐ የመጀመሪያ ዲግሪ☐ ሁለተኛ ዲግሪ ☐

5. የስራ ልምድ 1-3☐ 4-6☐ 7-9☐ ከ 10 ዓመት በላይ☐

አዲስ አበባ ዩኒቨርሲቲ

የስፖርት ሳይንስ ትምህርት ክፍል

ለኦሮሚያ አተሌቲክስ ፌዴሬሽን፤ ለክለብ ማኔጀሮች፤ ለአሰልጣኞና ለአትሌቶች የተዘጋጀ መጠይቅ

መመሪያ፡- እባክዎን ከሚከተሉት ምርጫዎች የሚስማሙበትን ያክብቡ፡፡

1. ለክለባቹ ለአጭር ርቀት ሩጫ የሚሰጠዉ የስልጠና መንገድ ሳይንሳዊ ባለመሆኑ ምክንያት ለታዋቂ የአጭር ርቀት ሩዋጭ አትሌት ቁጥር ማነስ መንሰኤ /ምክንያት/ ይሆናል፡፡
   ሀ. በጣም እስማማለዉ ለ. እስማማለሁ ሐ. በከፊሉ እስማማለሁ
   መ. አልስማማም ሠ. በጣም አልስማማም
2. በተፈጥሮ የሀገራችን አትሌቶች የጡንቻ ና የዘረመል (ጂን) አፈጣጠር/ ባዮሎጂካል ና ፊዚኦሎጂካል አፈጣጠር ለአጭር ርቀት አመቺ ባለመሆኑ የአጭር ርቀት ሩዋጭ አትሌት በክለባቹ ማነስ መንሰኤ /ምክንያት ይሆናል፡፡
   ሀ. በጣም እስማማለዉ ለ. እስማማለሁ ሐ. በከፊሉ እስማማለሁ
   መ. አልስማማም ሠ. በጣም አልስማማም
3. አትሌቶቻቹ የሚከተሉት የአመጋገብ ስነስረአት ወይም ለአጭር ርቀት አትሌቶች ተብሎ /ተለይቶ የሚዘጋጅ የምግብ አይነት ስለማይመገቡ ታዋቂ የአጭር ርቀት ሩዋጭ አትሌቶች ቁጥር በክለባቹ ማነስ መንሰኤ /ምክነያት ይሆናል፡፡
   ሀ. በጣም እስማማለዉ ለ. አልስማማ ሐ. በከፊሉ እስማማሉ
   መ. አልስማማም ሠ.በጣም አልስማማም
4. ክለቡ ያለበት የአየር ሁኔታ ለታዋቂ የአጭር ርቀት ሩዋጭ አትሌት በክለባቹ ቁጥር ማነስ መንሰኤ /ምክንያት ይሆናል?
   ሀ. በጣም እስማማለዉ ለ.አልስማማ ሐ.በከፊሉ እስማማሉ
   መ. አልስማማም ሠ.. በጣም አልስማማም

5. የታዋቂ የአጭር ርቀት ሩዋጭ አትሌት በአጭር ርቀት ያላቸዉን ፍላጎት እንዴት ያሰቀምጣሉ?

   ሀ. በጣም ከፍተኛ ለ.ከፍተኛ ሐ.መካከለኛ መ.ዝቅተኛ ሠ.በጣም ዝቅተኛ

6. ለአጭር ርቀት ሩዋጭ የሚያስፈልገው ምቹ ሁኔታና የሚያስፈልጉ መስሪያዎች በቂ ባለመሆናቸዉ ለታዋቂ አጭር ርቀት ሩዋጭ ቁጥር ማነስ መንስኤ /ምክነያት ይሆናል፡፡

   ሀ. በጣም እስማማለዉ ለ. እስማማለሁ ሐ. በከፊሉ እስማማለሁ

   መ. አልስማማም ሠ. በጣም አልስማማም

7. ለክለባቹ ደረጃውን የጠበቀ የመሮጫ ትራክ፣ ልምምድ (training) መስርያ ቦታ በቂ ና ምቹ አለመሆኑ ለታዋቂ የአጭር ርቀት ሩዋጭ ቁጥር ማነስ ምክንያት ይሆናል፡፡

   ሀ. በጣም እስማማለዉ ለ. እስማማለሁ ሐ. በከፊሉ እስማማለሁ

   መ. አልስማማም ሠ. በጣም አልስማማም

8. ሳይንሳዊ የሆነ ስልጠናን ለመስጠት የተለያዩ ግብኣቶችን (materials) ማለትም ማኑሎችና ቪዲዮ ክሊፖችን ክለባቹ በተከታታይ አለመጠቀሙ ለአጭር ርቀት ሩዋጭ ቁጥር ማነስ ምክንያት ይሆናል::

   ሀ. በጣም እስማማለዉ ለ. እስማማለሁ ሐ. በከፊሉ እስማማለሁ

   መ. አልስማማም ሠ. በጣም አልስማማም

9. የአጭር ርቀት ሩዋጭ አትሌቶች ብቃታቸዉ /ችሎታቸው ከመካከለኛ ና ከረጅም ርቀት ሩዋጭ አትሌት ጋር ሲነጻጸር አነስተኛ በመሆኑ ለታዋቂ አጭር ርቀት ሩዋጭ ቁጥር ማነስ ምክኒያት ይሆናል፡፡

   ሀ. በጣም እስማማለዉ ለ. እስማማለሁ ሐ. በከፊሉ እስማማለሁ

   መ. አልስማማም ሠ. በጣም አልስማማም

10. የክለቡ አሰልጣኝ በአጭር ርቀት ላይ ያለው/ት እዉቀት ወይም ችሎታ ማነስ ለታዋቂ የአጭር ርቀት ሩዋጭ አትሌት ቁጥር ማነስ ምክንያት ይሆናል፡፡

    ሀ. በጣም እስማማለዉ ለ. እስማማለሁ ሐ. በከፊሉ እስማማለሁ

    መ. አልስማማም ሠ. በጣም አልስማማም

11. ከዚህ በፊት በአጭር ርቀት ከክለባቹም ሆነ ከሌላ ክለብ እንደመካከለኛና ረጅም ርቀት ሩዋጭ ሀገርን ወክለዉ ዉጤታማ ወይም ምሳሌ/ ሞዴል የሆኑ አትሌቶች ባለመኖራቸዉ ለታዋቂ የአጭር ርቀት ሩዋጭ አትሌት ቁጥር ማነስ መንሰኤ /ምክንያት ይሆናል፡፡

ሀ. በጣም እስማማለዉ ለ. እስማማለሁ ሐ. በከፊሉ እስማማለሁ

መ. አልስማማም ሠ. በጣም አልስማማም

12. የክለቦች የአጭር ርቀት ዉድድር/የመመዘኛ ዉድድር በቂ አለመሆኑ ለታዋቂ የአጭር ርቀት ሩዋጭ አትሌት በክለባቹ ቁጥር ማነስ መንሰኤ /ምክኒያት ይሆና፡፡

ሀ. በጣም እስማማለዉ ለ. እስማማለሁ ሐ. በከፊሉ እስማማለሁ

መ. አልስማማም ሠ. በጣም አልስማማም

13. ከዉድድር በኃላ ለአጭር ርቀት አትሌቶች የሚሰጠዉ የመበረታቻ ሽልማት ከመካከለኛና ከረጅም ርቀት አትሌቶች እኩል / በቂ ባለመሆኑ ለታዋቂ የአጭር ርቀት ሩዋጭ አትሌት ቁጥር ማነስ መንስኤ /ምክንያት ይሆናል፡፡

ሀ. በጣም እስማማለዉ ለ. እስማማለሁ ሐ. በከፊሉ እስማማለሁ

መ. አልስማማም ሠ. በጣም አልስማማም

14. የአትሌቲክስ ክለባችሁ ለአጭር ርቀት ሩዋጭ አትሌቶች ከመካከለኛና ረጅም ርቀት አትሌቶች እኩል ትኩረት አለመስጠቱ ለታዋቂ የአጭር ርቀት ሩዋጭ አትሌት ቁጥር ማነስ መንስኤ /ምክንያት ይሆናል፡፡

ሀ. በጣም እስማማለዉ ለ. እስማማለሁ ሐ. በከፊሉ እስማማለሁ

መ. አልስማማም ሠ. በጣም አልስማማም

15. የኦሮሚያ አትሌቲክስ ፌደሬሽን ለአጭር ርቀት ሩዋጭ አትሌቶች ከመካከለኛና ረጅም ርቀት አትሌቶች እኩል ትኩረት አለመስጠቱ ለታዋቂ የአጭር ርቀት ሩዋጭ አትሌት ቁጥር ማነስ መንስኤ /ምክንያት ይሆናል፡፡

ሀ. በጣም እስማማለዉ ለ. እስማማለሁ ሐ. በከፊሉ እስማማለሁ

መ. አልስማማም ሠ. በጣም አልስማማም

16. በአብዛኛዉ አትሌቶች ከሚከተሉት ርቀት በየትኛዉ ዘርፍ መሳተፍ ይፈልጋሉ?

1. በአጭር ርቀት 2. በመካከለኛ ርቀት 3. በረጅ ምርቀት፡-እበክዎን ምክንያቶቹን በደንብ ይዘርዝሩ_____

17. በአጭር ርቀት የሚገኘዉ የክለቦች ዉጤት በቂ ነዉ/አመርቂ ነዉ::

1. አዎ 2. አይደለም

18. ለጥያቄ ቁጥር 17 መልስዎ አዎ ከሆነ ምክንያቶትን በደንብ ይዘርዝሩ_____

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19. ለጥያቄ ቁጥር 17 መልስዎ አይደለም ከሆነ ምክንያቶትን በደንብ ይዘርዝሩ_____

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20. በክለቦች ዉስጥ የታዋቂ የአጭር ርቀት አትሌት ማነስ ወይም የአትሌቶቹ ቁጥር ዉስን መሆን ዋና ዉምክኒያት /መንሴ ይሆናል ብላው የሚያስቡ ከሆነ በመጠየቁ ዉስጥ ያልተካተተ ወይንም ያልተነሳ ካለ ይጠቀስ_____

_____

_____

አመሰግናለዉ

ለኦሮሚያ አተሌቲክስ ፌዴሬሽን፤ ለክለብ ማኔጀሮች ና ለአሰልጣኞ የተዘጋጀ ቃለ መጠይቅ

1. **የአጭር ሩጫ ታዋቂ አትሌት ቁጥር ዉስንነትን ወይም ማነስ በክለብ ዉስጥ እንዳይኖር ለማድረግ ከአትሌትና ከአሰልጣኝ ምን ይጠበቃል ወይም ምን መደረግ አለበት?**_____

2. **የአጭር ርቀት ታዋቂ አትሌት ቁጥር ዉስንነትን ወይም ማነስ በክለብ ዉስጥ እንዳይኖር ለማረግ ከኦሮሚያ አትሌቲክስ ፌዴሬሽን ምን ይጠበቃል ወይም ፌዴሬሽኑ ምን ማድረግ አለበት?**_____

3. **በክልላችሁ ዉስጥ ታዋቂ የአጭር ርቀት ሩዋጭ አትሌት እንደ መካከለኛና ረጅም ርቀት ሩዋጭ አትሌት ወደ አጭር ርቀት እንዳያዘነብሉ ወይም በብዛት ፍላጎት እንዳይኖራቸዉ ያደረጋቸውን ዋና ዋና ምክንያቶች ይዘርዝሩ.**

DECLARATION

This thesis does not contain materials that have been accepted for any other degree of masters in any University.

Name Almaz Teferi

Signature _____

Approved by

Dr. Sahlemichael Bizuneh _____

Advisor Signature

Addis Ababa University School of Graduate studies

This thesis has been submitted for examination with my approval as University advisor

Name _____

Signature _____

Date of submission April, 2016