PRACTICE AND CHALLENGES ON TRAINING SYSTEM OF PARALYMPIC ATHLETICS PROJECT IN CASE OF ARADA AND ADDIS KETEM SUB CITIES.

By:

BIZUYE NEGA

A THESIS SUBMITTED TO THE SCHOOL OF GRADUATE STUDIES ADDIS ABABA UNVERSITY IN PARTIAL FULFILLMENT OF THE REQUEREMENTS FOR THE DEGREE OF MASTERS OF SPORT SCIENCE

June 2015

Addis Ababa, Ethiopia

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SCHOOL OF GRADUATE STUDIES

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ACRONYMS

IPC:-International Paralympic committee

IOC:-International Olympic committee

ICC:-International co-ordination committee

IWAS:-International wheelchair amputee sports

IBSA:-International blind sport association

CP-ISRA:-cerebral palsy international sport recreation association

ISOD:-International sport organization for disabled

NMR:-Nuclear magnetic resonance

NPC:-National Paralympic committees

ISF:-International sport federation

PSO:-Provincial sport organization

SNS:-Sympathetic nervous system

ABSTRACT

The purpose of this study is to assess the practices and challenges on training system of Paralympic athletics project in the case of Arad and Addis ketema sub cities.

To conduct this study, for the actual applicability of method of data gathering tools the researcher employ questionnaire, to analysis the data by quantitative method could be het special attention of the researcher to obtain relevant information in the Paralympic athletics project trainees and coach at the study area where as the interviews were semi structured types and the items constructed and presented (interviewed) for those aforesaid sport manager (board) of the project.

the secondary data source of the researcher has been operationalized as the literature review which clearly showed the association of the Paralympic athletics project training and facility of training with that of the equipment of the training efficacy in a negative comportment and as the secondary data sources checklist were organized in order to observe the training facility and the other phenomena with in the study area based on the nature of the study and data source.

The data collected were organized analyzed and interpreted using simple percentage in the table major finding of the study are concerned. Majority of the respondent stated their view that, the problem are lack of training place, lack of finance, lack of sport material, lack of sport equipment, low attention of the project training, lack of follow up the trainer and coach by concerned bod, lack of food and transports are the main challenges for the Paralympic athletics project trainees and coaches.

Key terms:-facility, equipment, physical training, training system

CHAPTER ONE

INTRODUCTION

1.1. BACKGROUND OF THE STUDY

The Paralympics Sport Comprise all the sports can test in the summer and winter paralytic‟s games. Sport for athletes with an impartment has existed for more than 100 years and the first sport Clubs for the deaf were already in existence in 1888 in Berlin. The legendary sir Lauding Guttmann is Created as the man responsible for funding the Paralympics games and the Paralympics movement as whole. Guttmann was one of the leading pre-World War II neurologists in Germany and worked at the Jewish Hospital in Brasilia at this time there was many British Constitute from the war who required the service at Stoke Mandeville Guttmann was a huge believer in the power of sport to change live. He believed Sport was an excellent method of the rap lay for those with physical disability to help them build physical Strength and Self-respect. These 1960 Stoke Mandeville games are considered to be the first of the official Paralympic games. However the only disability that was included was Spinal cord injury these first Paralympic in Rome attracted 400 athletes from 23 Countries and the host nation topped the medal table ahead Great Britain. The games were not without their problem however the athletes village was not completely wheelchair accessible and military personnel stepped in to assist as athletes to be carried up and dawn stair following the 1960 games thing began to improve for disability athletes as the movement Continued to grow modernize and include more and more disability groups.

By the Toronto 1976 Paralympics Specialized racing wheelchairs were introduced and events for amputees and visually impaired athletes were held forth first time. Just four Years later at the Archery 1980 Paralympic there were events for athletes with cerebral palsy. Despite the improvement, the Paralympic games where still not Considered an equal or parallel to the Olympic Games as they were not held in the same venue as their Olympic Counter- part.

The 1980 saw a rapid growth in the Paralympics movement in 1982 the original government body for the Paralympics movement was formed known as the international Coordination Committee the world sport organizations for the disable (ICC) the ICC was established by the

international Olympic Committee (IOC) who realized that with the Paralympic movement rapidly growing the need for a single governing body to look after Para- Sport was imperative.

The ICC lobbied hard for the Paralympics games to be Considered a true equal of the Olympic game and in 1988 game were the finally Come the soul 1988 game were the first Paralympic athletes Competed in many of the well-Constructed and designed facilities used provide for the Olympics. ***www.paralympic.org***

Ethiopians participation in Paralympic games has been Sporadic. The Country made its Paralympic debut at the 1968 summer games in telaviv, ending two Competitors who both competed in both athletics and table tennis. Ethiopia more than absent from the games for almost a dcade returning in 1976 with a one man delegation Abraham Habit who entered athletics lawn bawls and table tennis. In 1980 Habit were again Ethiopia‟s only representatives this time competing only absence before sending a single runner (kiros Tekle) to the 2004 games in 2008 the Country entered a two man delegation in athletics today there are numerous event which Combine to make up the Sport of athletics in Paralympic. This Paralympic athletics game to develop by doing on the Paralympic athletics project trainers. The projects have been practices and Challenges on training system of Paralympic athletics project. I was going to forward Possible Solution

1.2. STATEMENT OF THE PROBLEM

This research is entitled Paralympic athletics project training system with specific reference to the Arada and Addis Ketema sub cities in Addis Ababa. It envisaged assessing the level of the acquired scientific knowledge and to be able to analyze the training system of Paralympic athletics project as a function of the quality training and as definite and highly specialized skill. Athletics is the most popular sport internationally for athlete disability. Athletics events at the Paralympic games attract the largest number of spectators, and offer the most events to greatest number of athletes in the world. Ethiopia is a land of outstanding competent in other athletics, this are like long distance running who are well known throughout the world. On the contrary, we could not mention a single Paralympic athletics competent who has achieved great success like that of other long distance athletics for physical impaired athletes. It is officially known that the Paralympic athletics project is not efficient and successful in practically training, For instance more to fulfill the Paralympic athletics project training program. So the main Statement of the problem in this research practice and Challenges on training system of Paralympic athletics project in case of Arad and Addis Ketema Sub city. In order to identify, practice and challenges on training system of Paralympic athletic project the researcher raises the following questions.

1.3. RESEARCH QUESTIONS

- What are the challenges and effective implement the Paralympic athletics project training?
- Are the training methods appropriate and effective for Paralympic athletes?
- Why are not there suitable training equipment‟s and facilities?
- How is the cooperation b/n the coaches, the athletes and the board?
- What is the role of the government for Paralympic athletics project training?

1.4 OBJECTIVE OF THE STUDY

1.4.1 GENERAL OBJECTIVE

To assess the practice and challenges on training system of Paralympic athletics project. The case of Arada and Addis ketema Sub cities

1.4.2. SPECIFIC OBJECTIVE

1. To assess the challenges and effective implement the Paralympic athletics project training?
2. To find out the training method of the coaches
3. To examine the availability of equipment‟s and facilities.
4. To assess the cooperation of the board with athletes and coaches
5. To assess the role of the government for Paralympic athletics project training

1.5. SIGNIFICANCE OF THE STUDY

The Paralympic athletics project training is imported for the disabled people as to know the practices and challenges

- It many contribute to the growth and problem on the Paralympic athletics project training.
- To give piece of information about the problem of the project training for the concerned bodies such as Arada and Addis ketema sub cities sport office to take measure for minimizing it,
- Provide a clue for further research in the area broadly.
- To investigate the problem of Paralympic athletic project training of the Arada and Addis ketema sub city project.

1.6. DELIMITATION OF THE STUDY

This study is delimited to Arada and Addis Ketema sub cities Paralympic athletics project trainees for the reason that there is no other sub cities in Addis Ababa have presence Paralympic athletics project training. Emphasis on the involvement of particular activities on the 30 Paralympics project training participate trainers, 2 Coaches and 2 other concerned body.

1.7. LIMITATION OF THE STUDY

The researcher was to conduct the study as much as he could however, during the process of research faced so many problem such as time constraint, lack of finance, limited document, text book, unwilling of participant.

1.8. DEFINITION OF TERMS

- **Athletics**- is an exclusive collection of sporting events that involve competitive running, jumping, throwing and walking.
- **Coach:** a person who provides organized assistance to an individual or a group of athletes in order to help them develop and improve (John.et.al:2008).
- **Disability**- any rustication or lack of ability (resulting from impairment) to perform activity in the manner or within the range Considered Normal for a human being (WHO 1980:28)
- **Equipment:** The material that aids coaches and athletes for better, accomplishment of their training and competition activities (John.et.al:2008).
- **Facility:** The area or surface where athletes perform their training or competition (Thompson: 2000).
- **Practice**- is perform an activity or exercise (a skill) repeatedly or regularly in order to improve or maintain ones proficiency.
- **Training:** A systematic process with the objectives of improving an athlete‟s fitness and performance level in a selected activity (Thompson: 2000).
- **Training system**- is committed to helping clients meet their due diligence Requirement to provide

1.9. ORGANIZATION OF THE STUDY

The final research paper was organized in to five chapter. The first chapter deals with introduction, the second chapter reviews the review of literature, the third chapter covered the research design and methodology, the fourth chapter deals on research results and discussions and finally the fifth chapter deals with summary, conclusion and recommendation.

CHAPTER TWO

2. RELATED LITERATURE REVIEW

2.1. HISTORICAL BACKGROUND OF PARALYMPIC SPORT

Traditionally, people with disabilities have been regarded as "patients" by many in the medical community and much of the general public. While such a view is somewhat understandable, it has not fostered the sense that these individuals have as much right to engage in organized sports and other recreational activities as those who do not have a disability. At least in some quarters, this view began to change in the middle of the twentieth century, with the advent of organized sport for individuals with disabilities beginning in Stoke Mandeville, England in 1948 (Bailey, 2008). As a result, various international organizations have been developed, including the International Stoke Mandeville Games Federation in 1959, International Organization of Sport for the Disabled in 1964 and the International Paralympic Committee in 1989 (Bailey, 2008). Many countries also have smaller regional organizations that play a very important role in promoting access to sporting and recreational activities for individuals with a disability. In New Zealand, the regional Para fed organizations, in conjunction with Paralympics New Zealand, provide opportunities for talented athletes with a disability to represent New Zealand on the world stage in their respective Paralympic events. Since 1988, the Summer Paralympic Games have been held directly after the Summer Olympic Games in the same city (International Paralympic Committee, 2009). The Paralympic Games continue to grow in size and prestige; the 2008 Beijing Paralympics comprised 20 sports and involved 3,951 athletes from 146 countries (International Paralympic Committee, 2009). The growth of the Paralympic Games has coincided with a change in the views of society; athletes with a disability are now often considered as „athletes" first and foremost. These changes in public perception appear to be associated with an altered research emphasis, whereby more research in this area is conducted with a sports performance rather than rehabilitative focus.

Athlete eligibility and classification a wide variety of athletes are eligible to compete in the Summer Paralympic Games. The 2008 Beijing Paralympic Games had five different disability groups including spinal injury, amputee, visually impaired, cerebral palsy and les autres (International Paralympic Committee, 2009). Les autres, which literally means "the others", is a disability group for individuals with mobility impairments or reduced physical function who do

not qualify for the other categories for athletes with physical disabilities. Athletes within the les autres classification include those with arthrogryposis, dwarfism and multiple sclerosis. From 2010, athletes with intellectual disability again became eligible to compete in Paralympic competitions, as they had done until the 2000 Paralympic Games in Sydney, Australia (International Paralympic Committee, 2010). Within each of these disability groups, disability needs to exceed a minimum threshold (referred to as minimal disability) if an athlete is to be eligible for Paralympic competition and gain a classification. The minimal disability level is sports-specific and is defined according to the degree to which a disability (impairment), e.g. hypertonia, causes a limitation to the sporting activity. There is also provision for individuals with multiple impairments to qualify for Paralympic competition, where these impairments taken together but not singly exceed the minimal disability level. Individuals who exceed the minimal disability level undergo a sports-specific classification. While somewhat different for each sport, these classifications are based on: 1) the anatomical extent of the disability i.e. site of amputation or degree of visual impairment; or 2) the functional consequence of the disability e.g. physiological effects resulting from the level of spinal cord lesion. For both approaches, the athletes are given a classification category by accredited classifiers who endear our to make the process as fair and equitable as possible. The classifiers base these clinical judgments on the results of multiple assessments and the guidelines of each sport or disability group. Using Paralympic swimming as an example, all athletes with a physical disability are classified into one of 10 groups. Those individuals with minimal disability are classified as a higher number (e.g. S10) and those with the most severe disability a lower number (e.g. S1). The sport-specific nature of this classification process means that certain individuals may be eligible to compete in Paralympic swimming but no other events. Due to the nuances of the Paralympic classification process and the considerable within and between-class heterogeneity of athletes within each Paralympic sport, there is ongoing debate on how these athletes should best be classified (Burkett, 2010; Jones & Howe, 2005; Tweedy, 2003; Tweedy & Vanlandewijck, 2011). This process must involve consideration of not only meaningful, fair competition for all athletes but also take into account administrative and financial factors that dictate the organization and conduct of major sporting events such as the Paralympic Games (Jones & Howe, 2005). As a consequence of this debate, the IPC is continually developing and refining evidence-based classifications for all sports, based on recent research findings (e.g. Beckman & Tweedy, 2009;

Crespo-Ruiz et al., 2011; MorgulecAdamowicz et al., 2010; Vanlandewijck et al., 2010). The results of some of these studies and the views of Jones and Howe (2005) challenge the use of the current functional classification systems used in a number of Paralympic sports, such as wheelchair rugby and running events. The premise of this argument is that since the functional system classifies athletes based on their ability in a variety of generic and more specific sporting tasks, it is unable to distinguish the effects of the disability versus those of their training, as Paralympic athletes can be trained in physical qualities such as strength, aerobic function, speed, flexibility, etc. (Bouten et al., 2002; Rodgers et al., 2001; Turban ski & Schmidtbleicher, 2010). This may mean that some athletes would effectively be penalized for their higher training status.

Sport for athletes with a disability has a long history. Deaf sports clubs were in
Existence in the late 19th century and by 1922 the Comité International Sports des Sour ds had formed to govern international deaf sports. For other persons with physical disabilities, sport began to be organized as part of the rehabilitation process for wounded veterans of the First and Second World Wars. The pioneer of sport for rehabilitation was Sir Ludwig Guttmann, director of Great Britain‟s National Spinal Injuries Centre at Stoke Mandeville. Recognizing the value of sport in therapy to build physical strength and self-respect, he included it as an integral part of spinal injury rehabilitation. This developed naturally into sport for recreation, and then into competitive sport.

In 1948, Dr. Guttmann organized a sports competition at Stoke Mandeville to take place in conjunction with the London Olympic Games. In 1952, the first
International competition for wheelchair athletes was held when a group of Dutch athletes participated in the Stoke Mandeville Games. This was also the year when wheelchair racing was first included, and can be marked as the birth of athletics for athletes with a disability. In 1960, 23 countries and 400 athletes participated in the Stoke Mandeville Games held in Rome, Italy, immediately following the Rome Olympic Games. Athletics events in Rome included javelin and shot put. As the Stoke Mandeville Games were initially limited to wheelchair athletes, the International Sport Organization for the Disabled was created in 1964 to organize sport for other disability groups. In 1976, all disability groups were represented at the Paralympic Games in Toronto. Over the next decade, a desire for increased co-operation and participation across all disability groups led to the creation of the International Paralympic Committee (IPC) as the international governing body for sport for athletes with a disability. In 2001, the International

Olympic Committee agreed that the host city for the Olympic Games would also host the Paralympic Games

Disability sport history is a relatively new sub-discipline. Although it will be some time before disability can be a category of analysis into cultural production and human identity in the same way as class, race and gender, it is to be hoped that publications in this field will raise the profile of disability as a distinct mode of historical inquiry. These histories with disability as a focus can broaden our knowledge and open up areas of investigation into historical continuity and change. They can also demonstrate the ways that social hierarchies are legitimated. Steve Bailey's book provides consideration of some of these analytical practices in its examination of the history of the Paralympic movement. There is little written on the sporting and leisure practices of disabled people, and examining these can tell historians about disabled people's activities, both socially and culturally in a given time and place. This book can also provide details for sociologists, anthropologists and policy-makers, as well as historians, about the nature of elite sport among disabled people, and demonstrate the similarities between people's desire to excel, regardless of whether or not they have a disability. No doubt one of the purposes of this work is to remove some of the stigma surrounding disabled people, as sport is viewed as a means for people to come together, regardless of race, gender or cultural identity. Sport can also divide, which is mirrored in the sporting movement for disabled people and their reflection of political issues within able-bodied sport in reaction to the Cold War, apartheid and other events of the period.

This will certainly be useful for students who are interested in disability sport. It provides details, including short histories of the many voluntary organizations that have been involved in sport for disabled people. There are other benefits of a publication such as this for historians, mainly surrounding access. Many historians have spent time, some of it dispiriting, in the careful study of minute books. Most historians applaud those of us with the intestinal fortitude to contextualize the records of those meetings. Additionally, the minute books from the Paralympic Committee are not in the public domain, so Bailey has had an insight that other historians who work in this particular field of study have not; therefore, he has done those historians a huge favors in providing a valuable interpretation of material unavailable to them.

The first historical practices of neurosurgeon Ludwig Guttmann, who was central to the development of wheelchair sport in the UK. In 1944 Guttmann was asked to run a specialist

Spinal Injuries Centre at a small hospital called Stoke Mandeville in Aylesbury. Part of the therapy was sport, which took the men's minds off thinking too much about their life spent in a wheelchair, and created a highly competitive atmosphere within the hospital. Experiments with sport as therapy took many forms in the early years of the hospital but the sports considered best for the men were archery and netball. In 1948 the first Stoke Mandeville Games were held in the grounds of the hospital, coinciding with the opening events of the Olympic Games in London. A yearly summer competition continued at the hospital until 1960 when the games were held in Rome following the able-bodied Olympic Games.

Rome was a catalyst for the expansion of the Stoke Mandeville Games and the next twenty years saw a movement toward combining sport for athletes with disabilities, and a move away from the isolation of sporting competition specifically for those in wheelchairs. It must be borne in mind that the Stoke Mandeville Games were only open to wheelchair athletes until 1976 Games in Toronto (the able-bodied Games were held in Montreal), where blind and amputee athletes participated. Bailey makes some connection between the protest movements of the late 1960s and the struggle for disabled people to gain the same rights as all citizens. Within this period of unrest, athletes with disabilities were changing both their social, and to a lesser extent, their sporting aspirations. Disabled sport reflected many of the issues of that period, although on a smaller scale. The question of apartheid in sport, a pressing question in able-bodied sport, was reflected in the concerns of organizations for disabled sport. Unlike able-bodied sport, multi-racial teams were fielded in disability sport by South Africa, which is an interesting juxtaposition. The number of competitions for disabled athletes grew internationally and regionally. The first Commonwealth Games for athletes in wheelchairs were held in 1962 and the first Pan-American Games were organized in Winnipeg in 1967. Winter Games were inaugurated in 1972. Bailey argues that this period was part of a significant change for the sporting federations in the establishment of a unified sporting movement for disabled people.

As the embryonic Paralympic movement develops it becomes madman is iteratively organized and Bailey follows the action off the sporting field into the Committee room. He focuses on the inevitable progression toward a united Paralympic movement, and argues that the dominance of individuals such as Guttmann, rather than uniting, divided the disabled sporting groups, which caused problems in the initial stages of assembling all associations under the one umbrella

organization. An International Co-coordinating Committee (ICC) was established in the 1980s with a number of representatives from different disabled groups. Naturally there were controversies, as the ICC endeavored to solve a number of long-term issues. The realization that there was little point in mere athletic participation, that public appeal and spectators were one of the most important aspects to modern elite sport, resulted in decisions such as the combining of different ranges of locomotors classifications to make them more appealing to the watching public. At the 1984 Los Angeles Olympics, wheelchair racing was held as a demonstration sport. This set a precedent for disabled sport to be featured at able-bodied Olympics although both games were kept entirely separate. Furthermore, the term 'Paralympics' continued to be controversial throughout this period and it took some time before the debate was finally resolved.

Bailey states that the 1988 Seoul Games heralded a new era in Paralympic sport. While this is probably because the sporting organizations were working better together than previously, this is also because the Paralympics began to imitate the able-bodied games more closely, in both positive and negative ways. Similarly to able-bodied sport, there was more focus on the nation and less on the disability. The Seoul Games were held in the same venue as the able-bodied games, which, Bailey points out, had not happened since 1964. Ongoing controversies such as logos, inclusion of athletes and the measurement of disability still continued but organizationally, the ICC handed over control to the International Paralympic Committee, which was more closely associated with the IOC.

The modern International Paralympic Committee until 2004 certain issues continued to be problematic, including: technical problems, levels of disability for competition purposes, the relationship with the IOC and the inclusion of athletes with an intellectual disability. Problems were evident at the Sydney Paralympics, including allegations that the Spanish basketball team did not meet the criteria for the correct levels of intellectual disability. Doping offences and the altering of physiognomy were increasing and elite sport for those with disabilities continued to resemble that of able-bodied people. Other issues included methods to improve athletic performance that were the preserve of the disabled sporting body. Another on-going issue was changing the attitude of the public so they were aware of the elite professional attitude of the attendees at the Paralympics. Members of the public had not changed their attitude about disabled people and their levels of competition. Spectator levels were low and it continued to be

difficult to raise public awareness. However, closer ties with the IOC meant the financial future of disabled sport was more secure than it had been previously. Moreover, the games for those with disabilities had changed from the custom of medical and rehabilitative practice to an elite national and sport specific sporting event.

While Bailey is certainly useful as a reference for any study that focuses on the Paralympics, One feels that Bailey connects much more closely with the early history of the Paralympics, with all its notions of 'making do' and its reliance on the voluntary help and make shift equipment and theories about those in wheelchairs, which is the focus of this area of international sport. Although this is a study of 'elite' sport, there was an opportunity in to historically contextual sport played by disabled people, as it has a longer history than Bailey gives it, although he does provide some background on the World Games for the Deaf. In the pre-history of the Paralympic movement Bailey does provide a fascinating account of the development of sport for wheelchair users. It is not clear if this part of provide an overall history of disabled sport, but there is a substantial amount of documentary evidence that exist detailing disabled people playing sport prior to the 1940s which is not mentioned. Crowds would turn out in London to watch the blind men of St Dunstan's, which was a hostel for blind ex-servicemen from the First World War compete in their Saturday Sports. The final of the rowing competitions for St Dunstan's were held at Henley, the same location as the Oxford and Cambridge boat race. Other homes for wounded soldiers from the First World War such as the Star and Garter held many sporting competitions. The One-Armed Golfers Association had their first tournament in 1933 at the Burgess Golfing Society of Edinburgh. Similar to the ethos of Stoke Mandeville in the 1940s, sport, particularly for those who became disabled as a result of war, was supposed to restore both a sense of manliness and confidence in a changed environment. This association between war and sport as a type of therapy for those disabled in the conflict is overlooked in its earliest inception.

What might have made the story of the Paralympics come to life more vividly was a broader context. It is easier for a reader to connect with events outside the board room, as opposed to a picture of a series of meetings, decisions and internecine disagreements which are less interesting. In relation to drug testing for example, it might have been useful to make more of what was reported in newspapers and other media especially surrounding controversies in

disabled sport. Concern surrounding the use of drugs in sports by disabled people has a long history, the first International Medical Congress on Sports for the Disabled was held in 1980

2.2. DISABILITY SPORT IN SUB-SAHARAN AFRICA

Although athletes with disabilities have integrated into mainstream sport at a rapid rate across the world, Sub-Saharan Africa remains on the periphery of disability sport participation. Disability sport, like most modern regulated sports, has diffused from the Global North to the Global South, and continues to reproduce that process of diffusion though increasingly expensive sport prostheses, adapted equipment, and coaching techniques. The colonial underdevelopment of disability services and coexisting racial inequalities has led to the uneven diffusion of disability sport across the continent, which is reflected by South Africa‟s domination of African participation in the Paralympic Games. The result is a „disability divide‟ in international sport, where the increasing access to technology and sport assistance from the Global North largely benefits a few privileged elite disability athletes, most famously South African sprinter Oscar Pastries. Presented from a historical perspective, the article traces the origins of the „disability divide,‟ concluding that integration between disabled and non-disabled athletes around the world may reinforce the continent of Africa‟s subordinate status in global capitalism through dependence on international sport aid and athletic migration

2.3. HISTORY OF ETHIOPIA PARALYMPICS SPORT

- Ethiopia‟s participation in the Paralympic Games has been sporadic. The country made its Paralympics début at the 1968 Summer Games in Tel Aviv, sending two competitors who both competed in both athletics and table tennis. Ethiopia was then absent from the Games for almost a decade, returning in 1976 with a one man delegation Abraham Habte, who entered athletics, lawn bowls and table tennis. In 1980, Habte was again Ethiopia's only representative, this time competing only in lawn bowls. Ethiopia then entered a prolonged period of absence, before sending a single runner (Kiros Tekle) to the 2004 Games. In 2008, the country entered a two-man delegation in athletics***. www.Ethio paralympic.org/sport***

Ethiopia has never participated in the Winter Paralympics, and Ethiopian athletes have never won a Paralympics medal

Much has been written about athletes with disabilities who have competed at the Paralympic Games and have then tried to qualify or have succeeded in qualifying for the Olympic Games e.g. Oscar Victorious (RSA), Natalie du Toil (RSA) and Natalya Partyka (POL). However, virtually nothing has been written about individuals who have competed in the Olympic Games and then as a result of becoming disabled due to illness or injury have then attempted to compete at the Paralympic Games. Most people above a certain age with an interest in sport will know the name Abebe Bikila. He was an Ethiopian who won the Olympic marathon gold medal twice in Rome 1960 and Tokyo 1964. In Rome he actually won running the whole race barefoot. Going for a hat-trick of wins in Mexico City in 1968 Bikila had to withdraw from the race at around 17km due to injury. What many people may not know is that in late 1969 Abebe Bikila was involved in a car accident whilst driving near his home in Addis Ababa. As a result of his accident he was left a quadriplegic and was transferred to Stoke Mandeville hospital as part of his treatment and rehabilitation. Whilst there he did what most patients at Stoke Mandeville did – he participated in sport as part of the rehabilitation process. This led eventually to him competing in the 1971 Stoke Mandeville Games. In 1972 Bikila was actually entered in the archery St Nicholas round for tetraplegics at the Heidelberg Paralympic Games, having already been a guest of honor at the Munich Olympic Games for the men‟s marathon race. However, for reason‟s so far unexplained the whole Ethiopian team failed to arrive in Heidelberg for the Games. Sadly, Bikila died aged 41 on 25 October 1973 from a cerebral hemorrhage bought on by a complication related to the accident that made him a quadriplegic four years earlier and so never actually got to compete in a Paralympic Games. ***www.Abebe Bikila history.com***

2.4. ORGANIZATION OF PARALYMPIC SPORT

2.4.1. NATIONAL ORGANIZATION OF PARALYMPIC SPORT

Since the early 1990s, sport organizations have followed a policy of Inclusion for athletes with a disability. Athletes with a disability joined the „able-bodied" national federations responsible for their sports. As part of this policy, in 1997 Athletics assumed responsibility for wheelchair athletes participating in athletics at the national level. In 2002, amputee athletes, visually

impaired athletes, and athletes with cerebral palsy were also integrated. This policy ensures that all high performance athletes, both „able-bodied" and with disabilities, receive a similar level of services and support.

At the developmental sport level, provincial disability groups, such as the British Columbia Wheelchair Sports Association and the Ontario Cerebral Palsy Sports Association, provide sport services to athletes with a disability. Locally, there are a range of organizations that provide services to the athletes. In some areas, athletes with a disability train with local able-bodied athletics clubs, while in others there may be disability-specific clubs. Most provincial sport organizations for athletes with a disability will be able to provide contact information for local groups within their province.

2.4.2. INTERNATIONAL ORGANIZATION OF PARALYMPIC SPORT

Internationally, athletics for athletes with a disability is governed by several different organizations. Overall leadership is provided by the IPC, which governs the Paralympic Games and is the recognized leader in international sports for athletes with a disability. Most international events that include athletes from multiple disability groups" fall are conducted under IPC rules. There are also several international multi-sport organizations for athletes with a disability that focus on one particular disability group. These organizations govern and conduct international competitions for athletes within that group:

International Wheelchair and Amputee Sports Federation

(IWAS) – Governs athletics for wheelchair and amputee and les autres athletes

• **International Blind Sports Federation (IBSA)** – Governs athletics for Visually impaired athletes

• **Cerebral Palsy International Sports and Recreation Association**

(CP-ISRA) – Governs athletics for athletes with cerebral palsy and simile Neuron logical disabilities

2.5. COACHING FOR PARALYMPIC ATHLETICS

Coaches are important to the success of any club. At the outset enthusiasm and commitment are more important than technical qualifications. Often, a person‟s experience as a current or former athlete makes them ideal to provide coaching support. At the fundamental level, coaching athlete with disabilities is no different than coaching able-bodied individuals. Generally speaking, most coaching already possesses the necessary technical skills and knowledge required to coach athletes with a disability. The only missing piece in their coaching toolkit is a basic understanding of a few key aspects that are unique to athletes with a disability Once the sport club is up and running ,it is recommended that attempts be made to find a certified coach or for the coach to be become certified. This topic should be explored with your affiliated provincial sport organization. The PSO may also be able to provide resources such as sample lesson plans and mentor coaches to help support the club coach. The coach is one of your club s most precious resources and it is important to acknowledge the coaches contribution to the club on a regular (annual) basis. Many communities and PSOs have community coaching awards, and it is a great idea to nominate a deserving coach to acknowledge their hard work and dedication

2.6. COACH-ATHLETE RELATIONSHIP

The coach-athlete relationship serves as a plat form from which the coach and the athlete interact unique ways in order to bring about performance accomplishments success and satisfaction .In other words the coach- athlete relationship became the principal process vehicle from which needs are expressed and fulfilled .The effectiveness of coaches tasks of providing technical, tactical and strategically instruction, as well as other tasks of planning, organizing, evaluating, directing and supporting depend up on the relationship between coach and athlete. However Mecready(1984) has argued that coaches often spend much of their time and energy on the technical and administrative elements of coaching because of their better defined and more controllable nature. Forming an athletic relationship where both the coach and the athlete feel comfortable and confident is often perceived as a formidable task because of the attitudes, feeling and motivations involved that are less controllable. However, coaches –athlete relationship in the process of coaching are risking the successful development of an athlete potential (Lyle 1999).

Coe(1999) has explained that when the athlete and the coach are in perfect harmony great things can be achieved indeed ,in track and field athletics an in many other sports effective coach-athlete relationship have been associated with top-level sport performance. Real life examples from the sport of athletics illustrate this important point .Not all coach-athlete relationships are effective and success full coaches negative approaches to coaching often influence the development of in adequate relationships with their athletes (Martens 1987; small and smith 1989). There may be coaches who subject athletes to strict, regimented and militaristic drills to fulfill their own ambition through their athletes and who do not care it they are injured, burned out or depressed .such coaches believe that winning at all cost is the only things worth striving for and they may reject many talented athletes in order to develop one who will be successful. They design training programs around the athlete with the most talent, a form of behavior that can be described as a negative coaching. According to (Ryan 1996) negative coaching approaches are arrogant, ignorant and ultimately betray the trust that is implicit within the coach-athlete relationship.

2.7. PARALYMPIC ATHLETICS TRAINING

The word 'Training' has been a part of human language since ancient times. It denotes the process of preparation for some task. This process invariably extends to a number of days and even months and years. The term 'Training' is widely used in sports. There is, however, some disagreement among sports coaches and also among sports scientists regarding the exact meaning of this word. Some experts, especially belonging to sports medicine, understand sports training as basically doing physical exercises. Sports' training is done for improving sports performance. The sports performance, as any other type of human performance, is not the product of on single system or aspect of human personality. On the contrary, it is the product of the total personality of the sports person. The personality of a person has several dimensions e.g., physical, physiological, social and psychic. In order to improve sports performance the social and psychic capacities of the sports person also have to be improved in addition to the physical and physiological ones. In other words the total personality of a sportsman has to be improved in order to improve his performance. Sports' training, therefore, directly and indirectly aims at improving the personality of the sportsman. No wonder, therefore, sports training is an educational (i.e., pedagogical) process. A definition of sports training has to be worked out in the

light of above discussed nature of training. A few definitions, however, as given by some experts, may well be presented as below: Sports training is a planned and controlled process in which, for achieving a goal, changes in complex sports motor performance, ability to act and behavior are made through measures of content, methods and organization Sports training are the basic form of preparation of sportsmen Sports training is a scientifically based and pedagogically organized process which through planned and systematic, effect on performance ability and performance readiness aims at sports perfection and performance improvement as well as at the contest in sports competition "Sports training, based on scientific knowledge, is a pedagogical process of sports perfection which through systematic effect on psycho-physical performance ability and performance readiness aims at leading the sportsman to high and the highest performance. Through active and conscious interaction with the given demands in sports training, the sportsman's personality develops according to the norms and standards of socialist society". [Harre, 1986]

2.8. LOCAL TRAINING FACILITIES

This section focuses on some of the issues that require detailed consideration when determining the project for local training facilities.

Athletics is unique in that is encompasses many different disciplines. This means that training provision for individual disciplines has often by necessity, been developed in an innovative way, adapting what-ever facilities exist to meet the needs of local athletes. Similarly the needs of a whole club and the disciplines with in it can often be difficult to fulfill without considerable compromise.

This need to compromise has proved that training areas for athletes do not necessarily require a full 200m (indoor) or 400m (outdoor) track. Many events can be simulated indoors or outdoors for training purposes.

This guidance note does not steak to provide universal solution to the provision of local training facilities but rather to establish a thought process in order to define a schedule of facilities based on the clearly identified needs in a locality.

Since the specialist use of athletics facilities may change over time, local authorities need to be advised of the implications of multi-use.

2.8.1. OUTDOOR TRAINING FACILITIES

The Paralympic athletics training at outdoor facilities in 400m synthetic tracks are used for both training and competition. The strategy also refers to outdoor training facilities and states that in less populated areas where an outdoor synthetic 400m track cannot be justified, every encouragement will be given to lower key training facilities. This may include 300m tracks as well as straight and training tracks.

2.8.2 INDOOR TRAINING FACILITIES

In door athletics facilities are functional spaces with stipulated setting out and safety clearances for track and field disciplines, and with unobstructed clear height requirements.

Facilities may consist of

- Competition facilities that provide for the full range of competitive in door disciplines with spectator provision
- Training facilities intended for full in door competitions or limited competitive use with or without spectator provision. They are best provided at or adjacent to outdoor tracks.

2.9. INTERNATIONAL PARALYMPIC COMMITTEE

The first organization dedicated to advancement of athletic opportunities for people with a disability was the International Sports Organization for the Disabled (ISOD), founded in 1964. The founders of this organization intended it to be a governing body to disability sports what the IOC was to the Olympic Games. This committee eventually became the International Coordinating Committee of World Sports Organizations for the Disabled (ICC), which was established in 1982. The ICC was tasked with advocating for the rights of athletes with a disability in front of the IOC. After the success of the cooperative effort between the ICC and the IOC, which resulted in the 1988 Summer Paralympics in Seoul, the ICC determined the need to expand and include representatives from all nations that had disability sports programs. They

also deemed it necessary to include athletes in the decisions of the Paralympic governing body. Consequently this body was reorganized as the International Paralympic Committee (IPC) in 1989.

The IPC is the global governing body of the Paralympic Movement. It comprises 165 National Paralympic Committees (NPC) and four disability-specific international sports federations. The president of the IPC is Philip Craven, a former Paralympian from Great Britain. In his capacity as head of the IPC, Craven is also a member of the International Olympic Committee. The IPC's international headquarters are in Bonn, Germany. The IPC is responsible for organizing the summer and Winter Paralympic Games. It also serves as the International Federation for nine sports. This requires the IPC to supervise and coordinate the World Championships and other competitions for each of the nine sports it regulates. Subsumed under the authority of the IPC are a large number of national and international sporting organizations and federations. The IPC also recognizes media partners, certifies officials, judges, and is responsible for enforcing the bylaws of the Paralympic Charter.

The IPC has a cooperative relationship with the International Olympic Committee (IOC). Delegates of the IPC are also members of the IOC and participate on IOC committees and commissions. The two governing bodies remain distinct, with separate Games, despite the close working relationship.

The source of the term "Paralympic" is unclear. The name was originally coined as a portmanteau combining "paraplegic" and "Olympic". The inclusion of other disability groups rendered this explanation inappropriate. The present formal explanation for the name is that it derives from the Greek preposition, Para ("beside" or "a long side") and thus refers to a competition held in parallel with the Olympic Games The Summer Games of 1988 held in Seoul was the first time the term "Paralympic" came into official use. “Spirit in Motion” is the motto for the Paralympic movement. The symbol for the Paralympics contains three colors, red, blue, and green, which are the colors most widely represented in the flags of nations. The colors are each in the shape of an *Agitos* (which is Latin for "I move"). The three Agitos circle a central point, which is a symbol for the athletes congregating from all points of the globe. The motto and symbol of the IPC were changed in 2003 to their current versions. The change was intended to

convey the idea that Paralympians have a spirit of competition and that the IPC as an organization realizes it‟s potential and is moving forward to achieve it. The vision of the IPC is, "To enable Paralympic athletes to achieve sporting excellence and to inspire and excite the world." The Paralympic anthem is "Hymn de l'Avenir" or "Anthem of the Future". It was composed by Thierry Darn is and adopted as the official anthem in March 1996.mandated by the Paralympic Charter; various elements frame the opening ceremony of the Paralympic Games. Most of these rituals were established at the 1920 Summer Olympics in Antwerp. The ceremony typically starts with the hoisting of the host country's flag and a performance of its national anthem. The host nation then presents artistic displays of music, singing, dance, and theater representative of its culture. After the artistic portion of the ceremony, the athletes parade into the stadium grouped by nation. Nations enter the stadium alphabetically according to the host country's chosen language, with the host country's athletes being the last to enter. Speeches are given, formally opening the games. Finally, the Paralympic torch is brought into the stadium and passed on until it reaches the final torch carrier often a Paralympic athlete from the host nation who lights the Paralympic flame in the stadium's cauldron.

2.9.1. CLASSIFICATION

The International Paralympics Committee (IPC) has established six disability categories. Within the six disability categories, athletes are divided according to their level of impairment, in a functional classification system which differs from sport to sport.

2.9.2. CLASSIFICATION SYSTEM

Within the six disability categories the athletes still need to be divided according to their level of impairment. The classification systems differ from sport to sport, and are intended to open up sports to as many athletes as possible, who can participate in fair competitions against athletes with similar levels of ability. The biggest challenge in the classification system is how to account for the wide variety and severity of disabilities. Consequently within most classifications there is a range of impairment.

2.9.3. MEDICAL CLASSIFICATION: BEGINNING–1980S

From its inception until the 1980s the Paralympic system for classifying athletes consisted of a medical evaluation and diagnosis of impairment. An athlete's medical condition was the only factor used to determine what class they competed in. For example an athlete who had a spinal cord injury that resulted in lower limb paresis, would not compete in the same wheelchair race as an athlete with a double above-knee amputation. The fact that their disability caused the same impairment did not factor into classification determination, the only consideration was their medical diagnosis. It was not until views on disabled athletics shifted from just a form of rehabilitation to an end in itself that the classification system changed from medical diagnosis to a focus on the functional abilities of the athlete

2.9.4. FUNCTIONAL CLASSIFICATION: 1980S–PRESENT

While there is no clear date when the shift occurred, a functional classification system became the norm for disabled athletic classification in the 1980s. In a functional system the focus is on what impact the athlete's impairment has on their athletic performance. Under this system athletes with total loss of function in their legs will compete together in most sports, because their function loss is the same and the reason for the loss is immaterial. The only exception to the functional system is the classification format used by International Blind Sport Federation (IBSF), which still uses a medically based system. Some sports are only held for certain disability types. For example, goal ball is only for visually impaired athletes. The Paralympics recognizes three different grades of visual impairment; consequently all competitors in goal ball must wear a visor or "black out mask" so that athletes with less visual impairment will not have an advantage. Other sports, like athletics, are open to athletes with a wide variety of impairments. In athletics participants are broken down into a range of classes based on the disability they have and then they are placed in a classification within that range based on their level of impairment. For example: classes 11–13 are for visually impaired athletes, which class they are in depends on their level of visual impairment. Finally there are team competitions such as wheelchair rugby. In team competitions the members of the team are each given a point value based on their level of impairment. The higher value the higher athlete's level of function. The team has a point cap that all the competitors in play at a given time must fit under. For example:

in wheelchair rugby the five players' combined disability number must total no more than eight points.

There are twenty Paralympic sports on the Summer Paralympic program and there are five Paralympic sports on the Winter Paralympics program. Within some of the sports are several events. For example, alpine skiing has a slalom and giant slalom. The IPC has governance over several of the sports but not all of them. Other international organizations, known as International Sports Federations (IF), notably the International Wheelchair and Amputee Sports Federation (IWAS), the International Blind Sports Federation (IBSA), and the Cerebral Palsy International Sports and Recreation Association (CP-ISRA), govern some sports that are specific to certain disability groups. There are national chapters for these International Sport Federations including National Paralympic Committees, which are responsible for recruitment of athletes and governance of sports at the national level.

The Paralympics have also been tainted by steroid use. At the 2008 Games in Beijing, three power lifters and a German basketball player were banned after having tested positive for banned substances. This was a decrease in comparison to the ten power lifters and one track athlete who were banned from the 2000 Games. German skier, Thomas Oelsner, became the first Winter Paralympian to test positive for steroids. He had won two gold medals at the 2002 Winter Paralympics, but his medals were stripped after his positive drug test. At the 2010 Winter Olympics in Vancouver, Swedish curler Glenn Ikonen tested positive for a banned substance and was suspended for six months by the IPC. He was removed from the rest of the curling competition but his team was allowed to continue. The 54-year-old curler said his doctor had prescribed a medication on the banned substances list. Sweden beat the United States to win the bronze medal.

Another concern now facing Paralympic officials is the technique of boosting blood pressure, known as autonomic dysreflexia. The increase in blood pressure has been shown to improve performance by 15%. This is most effective in the endurance sports such as cross-country skiing. To increase blood pressure athletes will deliberately cause trauma to limbs below a spinal injury. This trauma can include breaking bones, strapping extremities in too tightly, and using high-

pressured compression stockings. The injury is painless but it does have an impact on the athlete's blood pressure.

Trischa Zorn of the United States is the most decorated Paralympian in history. She competed in the blind swimming events and won a total of 55 medals, 41 of which are gold. Her Paralympic career spanned 24 years from 1980 to 2004. She was also an alternate on the 1980 American Olympic swim team, but did not go to the Olympics due to a boycott by the United States and several of its allies. Ragnhild Myklebust of Norway holds the record for the most medals ever won at the Winter Paralympic Games. Competing in a variety of events in 1988, 1992, 1994 and 2002, she won a total of 22 medals, of which 17 were gold. After winning five gold medals at the 2002 Games she retired at the age of 58. Neroli Fair hall, a paraplegic archer from New Zealand, was the first paraplegic competitor, and the first Paralympian, to participate in the Olympic Games, when she competed in the 1984 Summer Olympics in Los Angeles. She placed thirty-fourth in the Olympic archery competition, and won a Paralympic gold medal in the same event.

What do you do nutritionally when your training varies?

Nutrition recommendations for the day of the marathon are extremely helpful, but they do not effectively address the full range of training needs in the months leading up to the event, or those thereafter if you plan to continue to train and run other marathons

Periodization

Periodization is the concept of varying the type, intensity and duration of training in preparation for an event like a marathon, or for a season of competition. As shown in the following table, the training period is divide in to three general phases-preparation, competition, and transition. The preparation phase can be further divided in to general preparation and specific preparation, while the competition phase can be further divided in to pre-event and event. Athletes cycle through these phases over the course of a year; i.e., they have a preparation phase, followed by a competition phase, and followed by a transition phase. The cycle then repeats itself.

Nutrition periodization is the concept of having a nutrition plan that begins on your very first day of training, and flexes with you as your training varies from week to week and workout to

workout. You do not need to be an expert on periodization terminology to grasp the concept. The idea is actually pretty simple: when your training and nutrition are in synch, you maximize the performance gains from all the hard work you are putting in. but if your training and nutrition are out of synch, you not only fall short of achieving your full athletic potential, you can increase the chance of getting sick or injured as a result of your workouts. Nutrition is the most commonly overlooked element of training for most athletes. In fact, for many, nutrition only shows up on the radar screen a day or two before and the day of the competition. That approach can help you survive a marathon, but it does not allow you to achieve the full performance benefits of your workout. Nutrition periodization works hard in hand with your training to help keep you healthy, meet the demands of your workout, and achieve your very best performance.

General Preparation Phase-The Start of Training

The general preparation phase is the early portion of your training cycle. Here you are building endurance by gradually ramping up your training volume and intensity. The goal is to increase your cardiovascular endurance, without causing injury. This will prepare you for the more intense training phase that is coming up. If you have some weight to lose, and you did not lose it during the transition phase or in the off-season that precedes the start of training, do it early in the general preparation. To further guide planning and budgeting, the government also developed the National Program and Plan of Action on Disability with the following focus areas:

- Accessibility to Basic Services;
- Physical Environment and Information;
- Capacity building;
- Conflict and Humanitarian emergencies;
- Livelihoods and Employment;
- Research and Documentation;
- Monitoring and Evaluation

2.10. PHYSICAL TRAINING FOR ATHLETES WITH AMPUTEE

Amputation of the upper and lower extremities can be congenital or acquired. Majority of the acquired limb amputations are performed to the lower extremities and are due to trauma,

peripheral vascular disease, type 2 diabetes, tumors and other medical conditions (Durstine & Moore, 2003; Stead ward, 1998). As well, majority of the individuals who undergo amputation tend to be older adults above 55 years. However, many of the individuals who acquire amputation from trauma and tumors tend to be below 50 years. Amputees can be classified in the following manner (Durstine & Moore, 2003):

• Symes amputation which involves amputation of the forefoot or midfoot,
• Transtibial or below knee amputation,
• Transfemoral or above knee amputation,
• Hip disarticulation which necessities removal of the femoral hip joint.

As well, these amputations can be performed either unilaterally (involving one leg) or bilaterally (involving both legs). Obviously the type of amputation will determine the muscle available for exercise and therefore influence the individual‟s capacity for physical training. Cross sectional evidence (Wetter Hahn, Hanson, & Levy, 2002) has indicated that there is a significant relationship between body image and physical activity patterns in the amputee population. Therefore, improving the self-image of amputees may be an important step in increasing the participation in sports. Rehabilitation efforts involving individuals with lower limb amputations have emphasized restoration of mobility through proper shaping of the residuum, gait training, and proper selection and fit of prosthetic components (Wetter Hahn et al., 2002). Optimizing the improvement in these factors will maximize overall functional capacity of the individual and increase the likelihood of successful athletic performance. Currently there is limited research pertaining to the exercise testing and training of amputees. Some acute studies have validated protocols for evaluating the lactate (ventilator) threshold (Chin et al., 1997) a nd walking capacity (Brooks, Parsons, Hunter, Devlin, & Walker, 2001) in lower limb amputees. A biomechanical analysis of the long jump in female amputee athletes has been reported ((Nolan, Patritti, & Simpson, 2006)Much of the research on exercise training has focused on older adults, as this is the age group in which the largest number of amputations is performed. To date, the effects of physical training on athletes with amputation have not been reported. A brief overview of the studies that have examined the effects of physical training in the general amputee population is provided below.

Aerobic Training

(1) Training prescription

The metabolic and cardiovascular responses (oxygen uptake, heart rate and ventilation rate) during walking are significantly higher in bilateral above knee amputees using short leg or long leg prostheses compared to age matched able bodied controls (Crouse, Lessard, Rhodes, & Lowe, 1990). It is important, therefore, that amputees have sufficient levels of cardiorespiratory fitness so that they can use these prostheses in order to be able to perform their activities of daily living without undue fatigue. It is suggested that amputees be able to sustain an intensity of 50% of VO2max for successful use of their prosthesis (Chin et al., 2002; Chin, Sawamura, & Shiba, 2006).However, these recommendations are based on the evaluations of elderly amputees (above age 60)who most likely have low levels of cardio-respiratory fitness.

(2) Training mode

Although arm ergometer training can significantly improve cardiovascular efficiency and upper body strength in poorly conditioned amputees, the efficacy of this training mode on moderate to well-conditioned amputees who may aspire to compete in Paralympic sports has not been reported (Davidoff et al., 1992; Priebe, Davidoff, & Lampman, 1991; van Alste, Cruts, Huisman, & de Vries, 1985) It should be noted that when evaluating amputees for athletic performance, the training mode should be specific to the mode of athletic competition in order to maximize the transfer effects.

(3) Longitudinal Training Studies

It has been reported that (Pitetti, Snell, Stray-Gunderson, & Gottschalk, 1987)15 weeks of aerobic training on the Schwinn Air-Dyne ergometer at 60% to 80% of predicted maximum heart rate increases aerobic capacity by 25% in single or double limb amputees. This training also improves the treadmill walking economy at different intensities and is accompanied by a significant decrease in the heart rate. Research (Dulieu et al., 1997) using 31P nuclear magnetic resonance (NMR) spectroscopy has also indicted that aerobic training can improve the aerobic capacity of the non-amputated limb in unilateral amputees. In a study on in patient amputees undergoing rehabilitation that included walking with prosthesis at self-selected velocity over increasing walking distance, arm training at a workload of 60% of a maximal arm test, and analytical exercises of the non-amputated leg (dynamic contractions against low resistance), a

significant decrease in muscle acidity and increase in muscle aerobic capacity was observed subsequent to several weeks of training. Another investigation (Midha, Schmitt, & Sclater, 1999) which examined the effects of wheelchair aerobic fitness training on individuals with disabilities, including an amputee, a significant improvement was observed in cardiorespiratory fitness following training.

Resistance Training

A limited number of studies have examined the effects of resistance training on the muscular strength and endurance, gait characteristics of lower limb amputees. One investigation (Klingenstierna, Restroom, Grimsby, & Morelli, 1990) reported significant increases in peak to rqueand isometric strength in the knee flexor and extensor muscles following 8 to 12 weeks of isokinetic training at angular velocities of 60 degrees/s, 180 degrees/s and 240 degrees/s. The increase in strength was accompanied by a significant increase in the cross-sectional area of the muscle fibers increased in the amputated but not in the non-amputated leg which was also trained. This hypertrophy occurred primarily as a result of an increase in the cross sectional area of the

Type II (fast twitch) motor units. Following training, the patients managed better with their walking aids and estimated their walking ability to increase two fold compared to the pre-training value. Another report (Kegel, Burgess, Starr, & Daly, 1981) demonstrated a significant increase in muscle cross sectional area when isometric training was combined with biofeedback in four below knee amputees. A large improvement was also observed in the suspension capabilities of the stump in two of the four subjects, with the remaining two showing smaller improvements. These findings have important implications in the retraining of the gait pattern of amputees.

Circuit Training

A case study (Don achy et al., 2004) has demonstrated that a circuit training program designed to prepare an individual with a left upper and lower limb amputations for a cycling trip across the United States of America was effective in enhancing parameters of aerobic fitness and muscular strength and endurance. The four month training program, which included a resistance training circuit using variable resistance machines, cycling using a recumbent stationary bike and core stability training using stability ball exercises induced a 30.3% gain in peak VO2. The subject's

10 RM for left single limb leg press increased 36.8% and gains of at least 7.7% were seen for all other muscle groups tested. Similar studies should be conducted on a larger number of Amputees to fully understand the degree to which these individuals can adapt to training.

Other Training Modalities

Research (Yigiter et al., 2002) has suggested that proprioceptor neuromuscular Facilitation gait training can be more effective than traditional prosthetic training in improving weight bearing and gait characteristics in below knee amputees. As well, 20 minutes of dynamic balance training per day for five consecutive days on Balance Re-Trainer--a novel balance-training, fall-safe mechanical apparatus, has been shown (Matjacic & Burger, 2003)to improve duration of standing only on the prosthetic leg, timed up and go test and 10m walk in below knee amputees. The efficacy of these non-traditional methods of physical training need to be further examined in this population

2.11. TRAINING FOR ATHLETES WITH SPINAL CORD INJURY

Individuals who have spinal cord injury (SCI) are at greater risk for coronary artery disease, diabetes, unhealthy body weight, and osteoporosis. Regular physical activity provides some protection against all of these conditions. People with SCI experience major changes in various physiological systems, many of which can adversely impact their physical and functional capacity. Usually, the higher the level of the SCI, the greater the physiological impact. There are several factors that are critical in determining the physical and functional capacity of individuals with SCI:

1. If the spinal cord injury is above the level of the first thoracic vertebrae (T1, quadriplegia), then there is a loss of stimulation to the heart from the sympathetic nervous system (SNS). If this signal cannot get through, the heart rate usually does not exceed 120 to 130 beats per minute during maximal exercise. In individuals with injuries below T1, the peak heart rate during exercise is usually higher. It is determined by the amount of functional muscle mass that the individual is able to utilize during exercise.

2. Individuals with high to midlevel spinal cord injuries also have inefficient breathing patterns. Typically, the overall breathing capacity during exercise is characterized by a low tidal volume (volume per breath) and a high breathing frequency. Because they have a limited capacity to use the diaphragm, the primary inspiratory muscle, they recruit accessory breathing muscles during

exercise in order to get enough oxygen into the blood. This tends to increase the energy cost of breathing and can cause premature fatigue during exercise.

3. Because the neural signal cannot be transmitted to the muscle as a result of the SCI, all the muscles below the level of the injury are paralyzed. Therefore, the amount of muscle mass that can be recruited for physical activity is dependent upon the level of the SCI; the higher the lesion level, the lower the amount of muscle mass that can be recruited for physical activity.

4. Because of the muscle paralysis, the muscle pump (alternate contraction and relaxation of the muscles) is reduced in individuals with SCI. As a result, the volume of blood returning to the heart is reduced, and therefore, the stroke volume (amount of blood ejected during each heart beat) is also reduced. The overall effect is a significant reduction in the capacity of the heart to transport oxygen throughout the body. This will adversely affect aerobic types of activities which are dependent upon high levels of cardiac output and oxygen availability for enhanced performance.

2.12. TRAINING FOR ATHLETES WITH VISUAL IMPAIRMENT, OR WHO ARE BLIND

Visual impairment can be either congenital or acquired, and if acquired can be gradual and fluctuating, or sudden onset. Because of this, the Active Start and fundamental stages can refer to either young children going through the normal growth and development process, or to older individuals becoming active and learning/re-learning skills following acquiring blindness/visual impairment. The learning of physical skills is particularly difficult in the absence of visible action-role-models and visual cues. Research suggests that it takes up to 8 times as many trials for a child with a visual impairment to master a new skill. The safety of children engaged in physical activity and sport is always important. Many fundamental movement skills are learned during the rough and tumble of childhood play. Care-givers should protect, but try not to over-protect, physically active young children with a visual impairment, and are encouraged to contact blind sport organizations (such as the Canadian Blind Sport Association) to learn about ways to stimulate physical activity related motor development. Early orientation-and-mobility training for individuals with visual impairment is critically important, and while this training is related to "getting around" rather than to physical activity, it provides a sound starting point. The expertise and knowledge of organizations familiar with (and experienced in) working with visually

impaired individuals/athletes should be sought out. While athletes with blindness/visual impairment usually have unaltered physiology, the metabolic cost of physical activity is often much higher than that for sighted athletes. This appears to be due to increased residual muscle tension when a task is performed without visual feedback. Muscle tension can be reduced using biofeedback techniques and this should be an important part of the athlete‟s physical training regimen. Over time, this will most likely increase the self- confidence of the athlete and result in improved efficiency of the different tasks that need to be performed. The principles of physical training for individuals with blindness/visual impairment are similar to that of able-bodied individuals unless there is some accompanying cardiorespiratory, neuromuscular or metabolic disturbance.

Several factors need to be considered, however.

- ✓ Residual muscle tension is increased due to the absence of visual feedback. This results in a significantly higher than expected energy expenditure during complex functional tasks in the sporting environment.
- ✓ The additional muscle tension has the potential to cause early fatigue in individuals just getting into sport. This may pre-dispose visually impaired/blind athletes to a higher risk of tension-related muscle injury.
- ✓ Reducing the athletes‟ stress has both psychological and physical benefits. This can be achieved through a combination of increased confidence in his/ her Guide, and through progressive relaxation techniques coupled with practiced visualization.
- ✓ The gait of many blind/visually impaired runners is asymmetric, with the stride on one side of the body being shorter than the stride on the other. The more ingrained this asymmetric running pattern be comes, the harder it is to reduce or eliminate. Therefore, early attention to symmetric running should be a high priority.
- ✓ Aerobic/anaerobic and Resistance training: There are no studies that have examined the effects of physical training on individuals with visual impairment. Therefore, these individuals and athletes should adhere to the same training principles that have been developed for their able bodied counterparts. It is likely that athletes with visual impairment will respond to training in a similar manner to those without visual impairment

CHAPTER THREE

3. RESEARCH METHOD

This part was to present the different methods that are adopting collecting and interpreting data related to the study. This research method contains to Research design, Target population, Sampling and sample technique, source of data, instrument of data collection, procedures of data collection and method of data analysis.

3.1. RESEARCH DESIGN

In this study a descriptive research design method has employed. It was designed to collect systematic description of existing phenomenon in order to describe or explained what was the data has been obtained direct questioning a sample of respondents. For this purpose mainly quantitative but also quantitative data while collected from the respondents samples.

This helped to gathered different data but complementary data on the same topic to have good understanding of the research problems. The two data was collected separately however the reselects come together in the stage interpretation stage.

3.2. TARGET POPULATION

The study was conducted among administrators; Paralympic athletics project Coaches, project trainee (athletes), official committees and Arada and Addis ketema sub cities sport office.

The target population of the study is Paralympic athletic project trainer in Arada and Addis Ketema Sub city.

3.3. SAMPLE AND SAMPLE TECHNIQUE

By the time that questionnaires were distributed to the athletes 30 and 2 coaches. This constitutes the total active populations of the study out of which 30 athletes (88.23% of the total population) and 2 coaches (11.77% of the total population) has been selected as the sample of the study.

The sampling technique was employed to select research participants to answer the questionnaires were purposeful sampling technique.

3.4. SOURCE OF DATA

In collecting the data the researcher used both primary and Secondary Source of data. The Primary Source of the data includes athletes, coaches, and boards. Where-as secondary Source of data include text books, website, document, journal and newspapers

3.5. INSTRUMENT OF DATA COLLECTION

Different types of data gathering instruments have employed for the study to combine the strength and amend some of the inadequacies any one of the source of the data.

Accordingly, three complementary techniques of data collection mainly; questionnaire, interview and observation analysis were used to acquire relevant data for the study..

3.5.1. QUESTIONNAIRE

Questionnaire was used to collect relevant and first-hand information from informants; coaches and trainers. Coach and trainer questionnaires were prepared in Amharic. Based on both the coach and the trainer understanding of the issues and the type of information/data/ required for this study. In the questionnaire, open and close ended questions were included. The researcher preferred questionnaires as the main data gathering instruments because it is easier to handle and simpler for respondents to answer within a short period of time .Besides, it allows respondents to respond to questions confidentially and independently with -out any interference so as to minimize biases because of the presence of other persons though it limited further explanation on the question.

3.5.2. INTERVIEW

Interview was conducted to two office mangers in sample Paralympic athletic training to enrich the data obtained through questionnaires. The reason why structured interview was used is that it is based on a strict procedure and a structured interview guide which is not as such different from open-ended questions

3.5.3. OBSERVATION

To supplement and triangulate the information gathered through questionnaires, structured observation was used as data gathering instrument. The reason why structured observation was used is that it employs a formal and strictly organized procedure with a set of well-defined observation categories. The observation checklist consists of items used on training equipment, facility, materials and training places.

3.6. PROCEDURES OF DATA COLLECTION

I prepared a questionnaire and distributed to randomly selected 30 Paralympic athletics project trainees, 2 coach and 2 other stakeholders who were willing to give answer or responded to the questionnaires. I prepared a check list and gather the necessary information by observing the training situation and facility.

3.7. METHOD OF DATA ANALYSIS

The data analysis of the whole study would have been interpreted, based on the nature of the data collection methods and both qualitative and quantitative procedures would have been employed. Accordingly these data like interviews and the check list have been treated in a qualitative manner whereas the data that obtained via questionnaire would have been interpreted and analyzed in a quantitative manner as a result the operationalized data would have been described in the form of tabulations and in the case of tabulation percentage has been used to analyze the items of the questionnaire. Likewise in the aforesaid manner the interviewed data from those of the interviewees has been board and described qualitatively. At the end all the questionnaires that prepared for the coach and trainees as well as a board items, the check list and what have you would have been attached at the end of the paper as an appendix.

CHAPTER FOUR

4. DATA ANALYSIS AND INTERPRETATION

The collected data all the way through the distributed questionnaire to the respondent and the attendant of the study has been tried with the tabular form for analysis. Based on each table shown, there is analysis and interpretation according to the spirit and motive of the presented questions, one by one (one at a time) in fact analysis and interpretation have been tried to express the information in the manner of both quantitative and qualitative way. Each table shows the quantitative result based on the collected data under them there is also the qualitative results in a descriptive comportment and approach.

4.1. PERSONAL BACKGROUND INFORMATION

Item	Respondent	Athlete		Item	Respondent	Coach	
		No	%			No	%
Sex	M	15	50	Sex	M	2	100
	F	15	50		F	-	-
Age	15-17	4	13.3	Age	for25 below		
	18-21years	14	46.7		from 26-30	1	50
	22-25 years	9	30		from31- 35		
	26years and above	3	10		From 36-40		
					from 41-45		
					from46-50		
					from 51-55		
					Above 56	1	50
Educational level status	From grade 5 blew	4	13.3	Educational level status	Below 12 grade		
	From 5-8	9	30		Grade 12 complete		
	From 9-10	12	40		Diploma		
	From 11-12	3	10		Degree and above		
	From grade 12 above	2	6.7				

According to this profile 15(50%) of the respondents are male, and the remaining 15(50%) of the trainees response is female. Regarding to the age of the respondents 4(13.3%) of the respondents are b/n 15-17years, 14(46.7%) of the response are b/n 18-21 years, 9(30%) of the respondents are b/n22-25 years and 3(10%) of the respondents are above age 26 years .finally, the educational level of the respondents are 4 (13.3%) of the respondents are below grade 5, 9(30%) of the respondents are grade 5-8, 12(40%) of the respondents are from grade 9-10 and 2(6.7%) of the respondents are above grade 12.

According to this profile 2 (100%) of coaches are male. Regarding to the age of the coaches 1(50%) of the respondents are b/n 26-30 years and where-as 1(50%) are above 56 years. education background of the coach is 1(50%) of coaches are diploma whereas 1(50%) grade 12 complete.

4.2. ANALYSIS OF ATHLETES' RESPONSE

Table one Q# 1. As stated that, Is there Paralympic athletics training place confortable?

# of respondents who said **Yes** in percentage %	33.3%
# of respondents who said **No** in percentage %	66.7%

Description:-As the tabulation indicates that 33.3% of the participant is Paralympic athletics training place are confortable, whereas 66.7% of the respondents are not confortable. Because the Paralympic athletics project training is new, the convenient places for the impaired trainees are not fit, even the present sport fields are very narrow and the convenience is very low.

Table two Q# 2.Which stated that, Do you think that the quality and width of the training field is fit?

# of respondents who said **Yes** in percentage %	30%
# of respondents who said **No** in percentage %	70%

Description:-As the tabulation indicates 70% feel the quality and width of the training field is not fit. Where -as the rest 30% responded the opposites. because the quality and number of the field in relation with the problem of the impaired participants is not believed to give the expected services.

Table three Q# 3 stated that, Do you think that the Paralympic athletics training is……?

# of respondents who said **A**	13.3 %
# of respondents who said **B**	26.7%
# of respondents who said **C**	36.7%
# of respondents who said **D**	23.3%
# of respondents who said **E**	---

Description:-As the table indicated, 13.3% of the participants assured the training to be very good, where -as 26.7% good, 36.7% said fair, and 23.3% agreed low. Mostly the Paralympic athletics training process is processed with in the few days, i.e. it is not with in the long range of the training for efficiency.

Table Four Q#4. Stated that, How many days do you process the training in a week?

# of respondents who said **A**	3.3 %
# of respondents who said **B**	---
# of respondents who said **C**	6.7%
# of respondents who said **D**	86.7%
# of respondents who said **E**	3.3%

Description:- As the table indicated that, 3.3% of the participant assured the training is **six** days in a week, where -as 6.7% is **four** days in a week, 86.7% of the participants said that **three** days in a week, and 3.3%of the respondents agreed **two** days in a week.

Table five Q# 5 stated that, How many times did you process the competition with the other sub cities?

# of respondents who said **A**	10 %
# of respondents who said **B**	13.3%
# of respondents who said **C**	6.7%
# of respondents who said **D**	56.7%
# of respondents who said **E**	13.3%

Description:- As indicated in the table , 10% of the participants assured that competition with the other sub cities was processed **four** times in a year, where as13.3% of the respondents **three** times in a year, 6.7% of the participants **two** times in a year, 56.7% of the respondents **once** times in a years, and 13.3% of the respondents assured that there are not computation as required.

Table six Q# 6.Doyou process the self to self- competition?

# of respondents who said **Yes** in percentage %	53.3%
# of respondents who said **No** in percentage %	46.7%

Description:-As indicated in the table, 53.3% of the participants assured that the self to self – competition was processed for the possibility of representing better competent to take part in sub cities competition programs, 46.7% of the respondents assured that the self to self-competition was not processed.

Table seven Q# 7. Stated that, the degree of the support of the sub cities sport office for the training is?

# of respondents who said **A**	3.3 %
# of respondents who said **B**	----
# of respondents who said **C**	33.3%
# of respondents who said **D**	63.4%

Description:-As the table reflected 3.3% of the participants got support from the sub cities sport office for the training was very high, where- as 33.3 of the respondents was medium, and 63.4% of the participants assured that the support was low. Because there is not any person who has positive understanding for the sport of the impaired individuals.

Table eight Q# 8. How Mach is the attitude of the people towards the Paralympic athletics trainees?

# of respondents who said **A**	-----
# of respondents who said **B**	33.3%
# of respondents who said **C**	66.7%

Description:-As the table reflected, 33.3% of the respondents the attitude of the people towards the Paralympic athletics trainees is good, and 66.7% of the participants are low. Because the reason of the respondent is people do not understand the Paralympic athletics sport. Since the Paralympic sport is new or the beginning, it is in the problem of the pity to the participant and it is with the problem of the necessary support. It would be seen as an impaired activity but not as a regular sport.

Tables nine of Q# 9.stated that, Do you think that there is consideration for sport of the disabled people?

# of respondents who said **Yes**	60%
# of respondents who said **No**	40%

Description:-As the table reflected that 60% of the participant preferred there is consideration for the sport of disabled people. I believe that this activity is better than what has been happening before. Based on the principle **"inductive sport for all"** we the physical impaired members of the society are able to take part in the competitions of the part in the competitions of the festivals of the sub cities and other projects. 40% of the respondents there is no consideration for the sport of disabled people .because of the people have no understand disable person perform exactly training.

Table ten of Q# 10.of the questionnaire which stated as, Do you think that there is an adequate support of finance?

# of respondents who said **Yes** in percentage	20%
# of respondents who said **No** in percentage	80%

Description:-As the table reflected that 20% of the participants said **yes** there is an adequate support of finance where as 80% of the participants there is **not** an adequate support of finance. As far as the case of the financial support for the activities of the Paralympic sport is concerned, it is shortage of the budget.

Table eleven:-For question number 11 on the questionnaire is stated that, As far as the capability of the coach is concerned?

# of respondents who said **A**	53.3 %
# of respondents who said **B**	30%
# of respondents who said **C**	16.7%
# of respondents who said **D**	--
# of respondents who said **E**	--

Description:-As the table reflected that 53.3% of the participants the capability of the coach is concerned is very good, where -as 30% of the respondents is good, and 16.7% of the participant said fair.

Table twelve:-For question number 12 on the questionnaire is stated that, As far as the relationship with the coach is concerned?

# of respondents who said **A**	53.3 %
# of respondents who said **B**	36.7%
# of respondents who said **C**	10%
# of respondents who said **D**	----
# of respondents who said **E**	----

Description:-As usual the table describes 53.3% of the participant the relationship of the coach concerned is very good, where- as 36.7% of the respondents is good, and 10% of the respondent said fairs.

Table 13:-For question number 13 on the questionnaire which stated that, How Mach is the one anther relationship or cooperation?

# of respondents who said **A**	30 %
# of respondents who said **B**	46.7%
# of respondents who said **C**	23.3%
# of respondents who said **D**	----
# of respondents who said **E**	----

Description:-As usual the table describes that 30% of the participant is the relationship one anther is very good, where- as 46.7% of the respondent is good, and 23.3% of the participant is the relationship is fair.

Table 14:-For question number 14 on the questionnaire which stated that, Do you think that the supply of the sport material is adequate?

# of respondents who said **Yes** in percentage	16.7%
# of respondents who said **No** in percentage	83.3%

Description:-As usual the table describes that 16.7% of the participant is the supply of the sport material is adequate, where- as 83.3% of the respondent is not supply of the sport material is

adequate. Even if I could not indicate to the actual facts of the occurrence of the problem as I see, it is because it is beginning of such sport that the problem of adequate budget supply is created.

Table 15:-For question number 15 on the questionnaire which stated that, How Mach do you think are the sport materials qualities?

# of respondents who said **A**	3.3 %
# of respondents who said **B**	10%
# of respondents who said **C**	26.7%
# of respondents who said **D**	60%
# of respondents who said **E**	------

Description: - The table as it reflected 3.3% of the participant the sport material quality is very good, where -as 10% of the respondent is good, 26.7% of the respondent said fairs, and 60% of the respondent the sport material qualities are lower

Table 16:-For question number 16 on the questionnaire which stated that,

Do you believe that the supply of the sport material is due on time?

# of respondents who said **Yes** in percentage	20%
# of respondents who said **No** in percentage	80%

Description:-The table as it reflected that 20% of the participant showed that supply of the sport material is due on time where as 80% of the respondent is the sport material supply is not on time. The supply is not early before the competition begins. It is late during the time we have begun the activity. The other is, it is not clear for the trainers to have the supply earlier.

For question number 17 on the questionnaire which stated that, would mention the problem faced during the training, In general, to state the problems during the training is

-the impossibility of the supply of materials duels on time, the shortage of time, the shortage of time for the training, the shortage of the refreshment after the training, the shortage of food supply and the materials, the shortage of transport and the shortage of daily payment e t c

4.3. ANALYSIS OF COACHES RESPONSE

Questionnaire has been prepared for Paralympic athletics project coach at the study area, as of the trainees and the ramification displayed as the agreement of the method in chapter four, so long as the convenient ion that permitted the analysis of this part treated in the subsequent manner.

Table one for question#1 of the prepared questionnaire which is stated as, Have you taken the Paralympic athletics coaching training? The response showed that

# of respondents who said **Yes** in percentage	100%
# of respondents who said **No** in percentage	---

Description:-As the table displayed that all the participants agreed and perceive that those who has taken the Paralympic athletics coaching training.

For question # 2 of the prepared questionnaire is stated as, If your answer for number one is **yes** what is the qualification you have?

Description:-All participants (coaches) have first and second standard Paralympic athletics training certificate have presents.

Table two for question # 3 of the prepared questionnaire which formulated as, Why did you choose the Paralympic athletics coach?

# of respondents who said **A**	0%
# of respondents who said **B**	---
# of respondents who said **C**	50%

Description:-as the table displayed that 50% of the respondent as they have to help disable persons and the other coach to give two answers that is B and C.

Table three for question # 4 of the questionnaire that stated as, For how many years have you served in Paralympic athletics training coaching?

Those who said **A**	---
Those who said **B**	50%
Those who said **C**	---
Those who said **D**	---
Those who said **E**	50%

Description:- As the table reflects that 50% of the participant reported as those the coaching is have two years served in Paralympic athletics coaching, and where as 50% of the participant is have above 6 years served as in Paralympic athletics coaching.

Table four questions #5 on the provided questionnaire which stated that, Do you think that payment of the coach is adequate?

# of respondents who said **Yes** in percentage	---
# of respondents who said **No** in percentage	100%

Description:-As displayed the table 100% of the participants reported that as the payment is not adequate, because it is to gain a lot by exposing the hidden and the unknown to effect the build individuals.

Table five for question #6 on the provided questionnaire is stated as; Do you think that the training field is convenient?

# of respondents who said **Yes** in percentage	0%
# of respondents who said **No** in percentage	100%

Description:-As the ramification on the table confirmed that 100% of the participants reported that the training field is not convenient. It is because the impaired individuals are in law level of the understand for the aim of the project it is only during the competition.

Table six for question #7 on the provided questionnaire which stated as, the convenience of the training field for the trainer is?

Those who said **A**	---
Those who said **B**	---
Those who said **C**	50%
Those who said **D**	50%
Those who said **E**	---

Description:-As the ramification on the table showed that 50% of the participant argued that the training field for the trainer is good, and 50% of the participant argued that the training field for the trainer is low it is only Jan meda

Table seven for question #8 of the provided questionnaire that stated as, How much is the cooperation (relation) with the training

Those who said **A**	100%
Those who said **B**	---
Those who said **C**	---
Those who said **D**	---

Description:-As the table showed that 100% of the participant confirmed that the cooperation (relation) of coach with trainees are excellent. Because I have good intimacy and I struggle they to achieve better.

Table eight for question #9 of the questionnaire that stated, How Mach is the cooperation (relation) with the professional of the sub cities sport office?

Those who said **A**	50%
Those who said **B**	50%
Those who said **C**	---
Those who said **D**	---
Those who said **E**	---

Description:-As the table screened out ramification which is 50% of the participants confirmed cooperation (relation) with the professional of the sub cities sport office is very high, and 50% of the participant is confirmed the cooperation (relation) with the professional of sub cities sport office is high .Because I work after the discussion.

Table nine for question #10 on the questionnaire which stated as, For how many days does the training proceed in a weak?

Those who said **A**	---
Those who said **B**	---
Those who said **C**	50%
Those who said **D**	50%
Those who said **E**	---

Description:-As the table reflects that 50% of the participant said that the training proceeds in a weak is four days, and 50% of the participant said that the training proceed in a weak is three days.

Table ten for question #11 on the questionnaires is stated as, Does the training have plan?

# of respondents who said **Yes** in percentage	100%
# of respondents who said **No** in percentage	---

Description:-As the table displayed 100% of the participants confirmed as **yes** the training have plan. It is a yearly, once in six months, once in months and once in a week programmer.

Table eleven of the question #12 on the provided questionnaire which formulated as, Does the training have manual?

# of respondents who said **Yes** in percentage	50%
# of respondents who said **No** in percentage	50%

Description:-As the table displayed 50% of the participant confirmed as the training is have manual, and 50% of the participant confirmed as the training is have **not** manual.

Table12 for the question number 13 on provided questionnaire which stated that, Do you think that the process of the training is supported by cheek list?

# of respondents who said **Yes** in percentage	100%
# of respondents who said **No** in percentage	---

Description:-As usual the table describes 100% of the participants confirmed that **yes** the process of the training is supported by chick list. Because after recording the time and potential of the trainees within a month, 2 months, 3 months the training is processed. This is checked according to the checklist the fulfillment is arranged for the completion.

For question number 14 on provided questionnaire which stated that, from the trainees you have trained up to now, did you find any trainee who is effective? **YES,** there is one who went a broad and achieved, there was a female candidate even though she was to Mary and absent for the unknown reason.

For question number 15, As far as you are the coach, is there any support and follow up for you? Could you mention who? Undoubtedly none of at all. Anyhow, I have tried to organize competent in the name of the sub city. I have asked to create enhancement and they supplied me with the materials.

For question number 16. Would you mention the contribution for the effectiveness of the Paralympic athletics project by your-self? I want to thank Addis ketema for it was the fields where we have processed the training. They are still working in Addis ketema sub cities Paralympic athletics projects coach.

For question number 17. In general, would you mention the problems you faced or you saw during the training? Even though there was not significant problem, there were the lacks of the training field, transportation, Malaya, shorts and shoe.

4.4. QUALITATIVE DATA ANALYSIS, INTERPRETATION AND FINDINGS OF THE COLLECTED DATA VIA INTERVIEW AND WITH CHECK LIST

In view of the fact that the method of data gathering techniques (procedures) are mixed type that upholds both quantitative and qualitative data gathering and interpretation, the quantitative part of the analysis and interpretation has been done in the aforementioned manner whereas the qualitative part of the data that gathered via interview and with check list has been tried to analyze and interpret as pursue: The nature of the qualitative data by its construction has a semi-structured spirit in this regard the researcher enforces to be go through by treating each items.

Question number one:-on the interviewed item that presented in the form of would you explain about the finance provision for the Paralympic athletics trainees? The sub city sport secretion in the collaboration with the other sport offices assigns budget to support the participants. Even though there is budget from the government it is not an adequate support.

Question number two:-on the interviewed item that presented in the form of what is your suggestion about the provision of the sport materials for the trainers and the coach of Paralympic athletics project? For this question all interviewees are equally argued that the sport material supply for the trainers and coach is supplied from the Addis Ababa sport commission and same materials the sub city sport office support for the trainers for example rope, javelin and discuss.

Question number three:-on the interviewed items that presented in the form of, How much the concentration for the Paralympic athletics project trainees? Would you explain? It is thought for the process to go on parallel to the other sports. By this way the training field is arranged to fit for them, the training is given priority according to the convenience of the coach.

Question number four: on the interviewed items that presented in the form of, Do you think that the efficiency of the project trainers is adequate? Yes, the coach have adequate training better training capably in addition with the sign language has enabled us to create understanding with them .We want a cup in the yearly competition of the Paralympic sport activities.

Question number five:-on the interviewed items that presented in the form of, How many times is the evaluation for the Paralympic coach? As far as evaluation is concerned it is done once in a year but there is a monthly meeting for reporting all the training activities.

Question number six:-on the interviewed items that presented in the form of, Do you process the supervision and the follow up supported by the checklist? As the interviewees said that to clearly express and articulate the check list follow up is processed once in a week support through the check list done.

Question number seven:-on the interviewed items that presented in the form of, was there any supply of sport material or finance from the Addis Ababa regional Paralympic committee? The interviewees commonly agreed that the question is not vague; it is clear and possible to respond directly by saying even though there is not significant budget for the impaired sport activities but there was material support,

Question number eight:-on the interviewed items that presented in the form of, would you explain the contribution of Paralympic athletics project in your Sub cities for Ethiopian Paralympic team? Here all the interviewees equally argued that by saying now days the trained groups representing Addis Ababa were assigned. But there was not in the name of Ethiopian Paralympic teams represent.

Question number nine:-on the interviewed items that presented in the form of, For how long had the project stayed from the time it was established? The interviewees agreed with the researcher‟s observation and perception of the Paralympic athletics stayed for four years since the establishment.

Question number ten:-on the interviewed items that presented in the form of, Is there any supply of food and medication for the trainees of the Project? For this question and its derivation all the interviewees are equally said that now a day the follow up for food and medication was only processed during the time of the participants face problems in time of the activity. There was not food support but a small amount of money once by three month assigned for transportation.

Question number eleven:-on the interviewed items that presented in the form of, Is there any special support for the Paralympic trainees? Would you explain? The interviewees commonly agreed that the question is not vague; it is clear and possible to respond directly by saying we give the efficiency training to strong then their capability.

Question number twelve:-on the interviewed items that presented in the form of, is there any additional explanation? The interviewees commonly agreed that the question is not vague; it is clear and possible to respond directly by saying it is a very great action to let the Paralympic athletics project be for the impaired members this I want to mention in the name of the sub city.

4.5. QUALITATIVE INTERPRETATION OF OBSERVED PHENOMENA AT THE STUDY AREA

Things in the study area have been observed according to the aforementioned tabulation as what it requests and the observed phenomena are tried to interpret as pursue

The area of the study is "is there any suitable ground available for the Paralympic athletics training?" the study areas are the two sub cities centers as the researcher observed there is not convenient ground available for Paralympic athletics project trainers. "Is there any training place that has shower? Both study areas are all most of the answer was that the training place doesn‟t have any shower rooms, toilet rooms, rest rooms and cloth changing rooms as observed by the researcher. The other is "Is there any training material like shoes to equip the trainers or it is their own?" Or „there is not any sport material"? They answered that there was not any supply of sport material in this years and the coach doesn‟t have any training for the uses of the cones. It was only through the traditional ways of the usages. They also don‟t have stopwatch it is known that it is very important to know that mobility.as the participants of the discussion affirmed and as the researcher assessed (observed) that there was not water for drinking the trainers and the coach. There was not any first aid for the trainees if there was any harm during the training. The training place is not clean more over it is open to any movement. That it is not fenced. In general as the researcher was observed and informed by the concerned body that the facility of the training place is not good for Paralympic athletics project trainees. The training place was only Jane made this training place was performed other activities.

CHAPTER FIVE

5. Summary, conclusion and recommendation

The final part of this thesis deals with the summary of the major findings, conclusions and recommendations forwarded to some the problems. .

5.1. Summary

The main objective of this study is to assess the practice and challenges on the training system of Paralympic athletics project in the case of Arada and Addis ketema sub cities. These among the two sub cities were chosen using the random method. Thus a total of 30 trainees were made to fill the questionnaire. The other source of data are 2 coaches selected to fill the questionnaires and further more interviews were held to two selected board members (mangers) from sport office and the other by the researcher observation was performed by using the checklist. The data collected from all the sources mentioned above have been tabulated for analysis that include percentages and descriptive phrases and analyzed accordingly that, that could lead to the finding presented in summary as follows.

-66.7% of the respondents believed that the Paralympic athletics training place is not confortable. It is not the convenient place for the impaired trainees. These are not fit. Even the present sport fields are very narrow and the convenience is very low.

-70% of the participants confirmed that the quality, number and width of the training fields are not fit.

-86.7% of the participants, as they believed and confirmed, the training processed in a week is three times only.

-63.4% of the participants, as they affirmed, the degree of the sub cities sport office for the training is low. Because there is not any person who has positive understanding for the sport of the impaired individuals.

-66.7% of the participants, as they affirmed, the attitude of the people towards the Paralympic athletics trainees is low. The reason for such response is that the people do not understand the Paralympic athletics sport.

-60% of the participants, as they believed and affirmed the consideration for sport of the disabled people believe that this activity is better than what has been happening before.

-80% of the participants, as they believed reflected that there is not any adequate support of finance as far as the case of the financial support for the activities of the Paralympic sport is concerned it is the shortage of the budget.

-83.3% of the participants, as they affirmed, the supply of sport material is not as adequate as needed.

-60% of the participants, as they affirmed, the qualities of the sport materials are lower

-80% of the participants, as they affirmed, the supplies of the sport materials are not due on time. Even though those participants believed and affirmed about the negative association of Paralympic athletics project trainees. In general, to state the problems during the training is, the impossibility of the supply of materials were not due on time, the shortage of time, the shortage of time for the training, the shortage of the refreshment after the training, the shortage of food supply and the materials, the shortage of transport and the shortage of daily payments are all the problem of the Paralympic athletics project training.

As Questionnaire and gathered data from the coach of the appointed study area

-as of 100% of the respondent of the study, the Paralympic athletics coaching training have taken first and second standard certificate to be presented.

-As of 100% participant pronounced and reflected, the payment of the coach is not adequate. But it is to gain a lot by exposing the hidden and unknown to effect the build individuals.

-as of 100% of the participants pronounced and reflected, the training field is not convenient, because the impaired individuals are in low level of the understanding for the aim of the project.

-still as 100% of the participants believed, the relationships of coach with trainees are excellent because I believed the good intimacy and the struggle to achieve better.

-still as the 100% of the participants believed, the training has plan. It is a yearly, monthly and weekly program.

-still as the 100% of the participants as they believed, the process of the training is supported by checklist because this checklist to have been fulfilled is arranged for the completion.

-Still as the participants believed, when asked “as far as you are the coach, is there any support and follow up for you? Could you mention who?” “Undoubtedly none at all”. Anyhow, I have tried to organize competent in the name of the sub city. I have asked to create enhancement and they supplied me with the materials. . In general, have you seen any problem during the training? The majority of the trainees and coaches forwarded, the following suggestion to minimized the current challenges; Addis Ababa sport commotions and the two sub cities should fulfill the equipment‟s and facilities, there were the lacks of the training field, payment, transportation, Malaya, shorts and shoes , training places, upgrade coaches couching level, give attention as equal as other type of sport for considering the proportion of the Paralympic athletics project , and facilitate an opportunity for athletes to complete with a broad .

5.2. CONCLUSION

The major target of the study is seen to contribute for the Paralympic athletics project training in two sub cities and the area of the study is with- in the Paralympic athletics projects training system. In addition to this it creates awareness to the concerned body. Such as coaches, trainees, stakeholder, the sport commotion and board (manager) of sub cities sport office of the Paralympic athletics to effect the intended goal. Based on the discussion made in the previous chapters the researcher arrived at the following conclusions.

- As all coaches and trainees responded, the training fields are not convenient, confortable, quality wise and width of the fields are not fit for the Paralympic athletics project training.
- The educational level of the respondent coaches is to the level of the under graduation. They are with the diploma and grade 12 complete and the trainees are in the level of the under grade 5-to degree levels.
- All respondents responded that the supports for the sport materials are not due on time.
- As of all respondents the quality of sport materials are lower
- Coaches used the training plan, yearly, monthly, weakly and daily.

- Coaches used the cheek list follow-up for their trainees during the training to know their athletics performance.
- Almost all respondents answered that, the attitude of the people towards the Paralympic athletics trainees is lower.
- Even if the practical aspect of the training is going on, it is seen to be incomplete for it doesn‟t include the theoretical aspect.
- The main challenges of Paralympic athletics project training is the shortage of the finance, equipment, facilities and the transport.
- In general, the present program of the Paralympic athletics project training in Arada and Addis ketema sub cities is going on. But the requirements for the project are seen not satisfactory only because the project is very new to the people and the participants.

5.3. RECOMMENDATION

To sum up, it was suggested that the investigation must have been done according to the needs and fulfillments of the trainees. It was suggested that the coaches were supposed to seriously study the needs and requirements of the trainees in the sub cities. There, it is the need to establish the Paralympic athletics project center schools where the trainees perform their trainings in a well-organized ways to the degree the members can participate well.

That or these, it was assured that there are many remedies that can enable them to reduce the problems around the Paralympic athletics project training system. According to the findings of the study and the conclusion made, the following recommendations are supposed to be the solutions. The main problem that have challenged the practices of the Paralympic training trainees and the coaches are all the concerned bodies of the Addis Ababa athletics federation, sport commission, Paralympic committee and Addis ketema and Arada sub cities must have given support to make the Paralympic athletics project training convenient. On this basis the following are the suggested solutions.

- ✓ Need for all the necessary sport materials for the trainees and the coaches to be delivered on time.
- ✓ Need for adequate finance for the Paralympic athletics project trainees and the coaches.

- ✓ Need for better concern from the members of the government for the advancement of the Paralympic athletics project.
- ✓ Need for better arrangement of the Paralympic athletics project training place and supplies; these are like water supply, toilet, shower and wearing room.
- ✓ Need for better facilities like food and transport for the Paralympic athletics project trainees
- ✓ Need for better supply of sport materials from the sub city sport offices.
- ✓ Arada and Addis Ketema sub cities should facilitate an opportunity for Paralympic athletics project athlete to compete in other sub cities all most two times in a year.
- ✓ Arada and Addis Ketema sub cities, sport commotion, Paralympic committee and other concerned body should give due attention and follow-up for Paralympic athletics project trainees.

Moreover, the researcher tries to indicate to the need to arrange situations for the Paralympic athletics sport to be carried on in this area after the foundation to the degree area of the insinuation, group and individual inviting or paying ways for stake holders to take part in all of the activities.

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APPENDIX A

በአዲስ አበባ ዩኒቨርስቲ

በላይፍ ሳይንስ ፋክሊቲ

በስፖርት ሳይንስ ዲፓርትመንት

በሰልጣኞች የሚሞላ

በአትሌቲክስ አሰልጣኝነት ትምህርት የሁለተኛ ድግሪ የመመረቂያ ጹሑፍ በፓራሊምፒክ አትሌቲክስ ስፖርት ኘሮጀክት ስልጠና ዙሪያ ጥናት እያካሂድኩ ስለሆነ ለጥናቱ ይረዳኝ ዘንድ ከዚህ ሸኚ ደብዳቤ ጋር የተያያዙትን ጥያቄዎች በመመለስ እንዲተባበሩኝ በታላቅ አክብሮት እጠይቃለሁ፡፡

ማሳሰቢያ፡- ስምና አድራሻ መጥቀስ አያስፈልግም

ለሚደረግልኝ ትብብር ሁሉ በቅድሚያ አመሰግናለሁ፡፡

ብዙዬ ነጋ

የምትመልሱት መልስ ስርዝ ድልዝ አይኑረው መልሱን ብቻ ይክበቡት

ፆታ **ወ** ☐ **ሴ** ☐

ዕድሜ 15-17 ☐

18-21 ☐

22-25 ☐

ከ26 በላይ ☐

የትምህርትደረጃ ከ5ኛ ክፍል በታች ☐

ከ5-8 ☐

ከ9-10 ☐

ከ11-12 ☐

ከ12ክፍል በላይ ☐

1. የፓራሊምፒክ አትሌቲክስ ፕሮጀክት የስልጠና ቦታ ምቹ ነዉ ?

ሀ. አዎ **ለ. አይደለም**

1.1 መልስዎ አይደለም ከሆነ ምክንያቱን ቢገልጹ----------

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2. የስልጠና ሜዳዉ ጥራትና ብዛት በቂ ነዉ ብለዉ ያስባሉ

ሀ. አዎ **ለ. አይደለም**

2.1 መልስዎ አይደለም ከሆነ ምክንያቱን ቢገልጹልኝ----------

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3. የፓራሊምፒክ አትሌቲክስ ፕሮጀክት የስልጠና ሂደት ?

ሀ. በጣም ጥሩ ነዉ ለ. ጥሩ ነዉ ሐ. በቂ ነዉ

መ. ዝቅተኛ ነዉ ሠ. በጣም ዝቅተኛ ነዉ

3.1 መልስዎ ዝቅተኛ ነዉ ከሆነ ምክንያቱን ቢገልጹ- ----------

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4. ስልጠና በሳምንት ለስንት ቀን ታደርጋላችሁ ?

ሀ. ለ 6 ቀን ለ. ለ 5 ቀን ሐ .ለ 4 ቀን መ. ለ 3 ቀን ሠ. ለ 2 ቀን

5. አስካሁን ከሌሎች ክፍለ ከተሞች ጋር ለስንት ጊዜ ዉድድር አድርጋችኋል ?

ሀ. ለ 4 ጊዜ ለ. ለ 3 ጊዜ ሐ. ለ 2 ጊዜ መ. ለ1 ጊዜ ሠ. አላደረግንም

መልስዎ አላደረግንም ከሆነ ምክንያቱን ቢገልጹ----------

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6. የርስ በርስ ዉድድርስ ታደርጋላችሁ ? ሀ . አዎ ለ . አናደርግም

መልስዎ አዎ ከሆነ ለስንት ጊዜ ----------

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6.2 መልስዎ አናደርግም ከሆነ ምክንያቱን ቢገልጹልኝ----------

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7.ለሰልጠናዉ የክፍለ ከተማዉ ስፖርት ጽ/ቤት ያደረገላችሁ ድጋፍ ?

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

ሠ. በጣም ዝቅተኛ ነዉ

7.1 መልስዎ ዝቅተኛ ነዉ ከሆነ ምክንያቱን ቢገልጹ----------

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8.ለፓራሊምፒክ አትሌቲክስ ፕሮጀክት ስልጣኞች ህብረተሰቡ ያለዉ አመለካከትና ግንዛቤ ?

ሀ. ጥሩ ነዉ ለ. መካከለኛ ነዉ ሐ. ዝቅተኛ ነዉ

8.1 መልስዎ ዝቅተኛ ነዉ ከሆን ለምን ይመስልዎታል ምክንያቱን ቢገልጽ----------
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9. ለአካል ጉዳተኞች ስፖርት ትኩረት እየተሰጠ ነዉ ብለዉ ያምናሉ ?

ሀ. አዎ ለ. አይደለም

9.1 መልስዎ አዎ ከሆነ ለምሳሌነት ቢገልጹ----------
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9.2 መልስዎ አይደለም ከሆነ ምክንያቱ ምን ይመስለዎታል ቢገልጹ----------

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10. በቂ የፋይናንስ ድጋፍ አለ ብለዉ ያስባሉ? ሀ. አዎ ለ. አይደለም

10.1 መልስዎ አይደለም ከሆነ ምክንያቱ ቢገለጽ----------
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11. የአስልጣኙ የማስልጠን ችሎታ በተመለከተ ?

ሀ. በጣም ጥሩ ነዉ ለ .ጥሩ ነዉ ሐ . በቂ ነዉ
መ. ዝቅተኛ ነዉ ሠ. በጣም ዝቅተኛ ነዉ

11.1 መልስዎ ዝቅተኛ ነዉ ከሆነ ምክንያቱን ቢገልጹ----------
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12. ካሰልጣኙ ጋር ያላችሁ ግንኙነት?

ሀ. በጣም ጥሩ ነዉ ለ . ጥሩ ነዉ ሐ. ደህና ነዉ መ. ዝቅተኛ ነዉ

12.1 መልስዎ ዝቅተኛ ነዉ ከሆነ ምክንያቱን ቢገልጹልኝ----------
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13. እርስ በርስ ያላችሁ ግንኙነትስ?

ሀ. በጣም ጥሩ ነዉ ለ. ጥሩ ነዉ ሐ. ደህና ነዉ መ. ዝቅተኛ ነዉ ሠ. በጣም ዝቅተኛ

13.1 መልስዎ ዝቅተኛ ነዉ ከሆነ ምክንያቱን ቢገልጹልኝ----------
----------::

14. የትጥቅ አቅርቦት በቂ ነዉ ብለዉ ያስባሉ? ሀ .አዎ ለ. አይደለም

14.1 መልስዎ አይደለም ከሆነ ለምን ይመስለዎታል ምክንያቱን ቢገልጹልኝ----------
----------::

15. የሚሰጣችሁ ትጥቅ ጥራቱን በተመለከተ ?

ሀ. በጣም ጥሩ ነዉ ለ. ጥሩ ነዉ ሐ. ደህና ነው መ. ዝቅተኛ ነዉ ሠ. በጣም ዝቅተኛ ነዉ

15.1 መልስዎ ዝቅተኛ ነዉ ከሆነ ምክንያቱ ቢገልጹልኝ ----------
----------::

16. የሚሰጣችሁ ትጥቅ በጊዜዉ (በወቅቱ) ነዉ ሀ. አዎ ለ.አይደለም

16.1 መልስዎ አይደለም ከሆነ ምክንያቱን ቢገልጹልኝ----------
----------::

17. አጠቃላይ በስልጠናዉ ላይ ያጋጠሙ (አሉ) የምትሏቸዉ ችግሮች ቢገለጹ----------
----------::

አመሰግናለሁ!!

APPENDIX B

Addis Ababa University

Faculty of Life Science

Department of Sport Science

Questionnaire to be filled by Trainer

The purpose of this questionnaire is to collect relevant information regarding the practice and challenges on training system of Paralympic athletics project that faced in Arada and Addis ketema Sub cities and there by to find out possible solution

Direction:-Fill the required information below by **“ √ ”** mark.

N.B:- No need of writing you name

Respond neatly and clearly as possible as you can

Personal information

Sex M ☐ F ☐

Age for 15-17 ☐ for18-21 ☐ for 22-25 ☐

Above 26 ☐

Educational background

From grade 5 blew ☐ from grade 5-8 ☐ from grade 9-10 ☐

For 11-12 ☐ for grade 10 above ☐ for grade 12 above ☐

1. Is there Paralympic athletics training place confortable?

A .Yes B. No

If your answer is no, would you mention the reason----------

---

2. Do you think that the quality and the width of the training field is fit?

A .Yes B. No

If your answer is no, would you mention the reason----------

---

3. Do you think that the Paralympic athletics training is?

A. Very good B. Good C. Fair D. Low E. very low

If your answer is low, would you mention the reason ----------

---?

4. How many days do you process the training in a weak?

A. To 6 days B. To 5 days C. To 4 days D. To 3 days E. To 2 days

5. How many times did you precede the competition with the other sub cities?

A. to 4 times B. To 3 times C. To 2 times D. To 1 times E. No

If your answer is no, would you mention the reason----------

---

6. Do you process the self to self-competition?

A. Yes B. No

6.1 If your answer is yes, for how long is it? ----------

6.2 If your answer is no, would you mention the reason----------

---

7. The extent of the support of the sub cities sport office for the training is?

A. Very high B. High C .Medium D. lower E. very low

If your answer is lower, would you mention the reason ----------

---?

8. How much is the attitude of the people towards the Paralympic athletics trainees? A. good B. fair C. Lower

If your answer is lower, would you mention the reason----------

---?

9. Do you think that there is consideration for the sport of the disabled people?

A. Yes B. No

9.1 If your answer is yes, would you mention the example----------

---?

9.2 If your answer is no, what do you think is the reason----------

---

10. Do you think that there is an adequate support of finance?

A. Yes B. No

If your answer is no, would you mention the reason----------

11. As far as the capability of the coach is concerned?

A. Very good B. Good C. Fair D. Lower

If your answer is lower, would you mention the reason----------
----------?

12. As far as the relationship with the coach is concerned?

A. Very good B. Good C. Fair D. Low E. Very low

If your answer is lower, would you mention the reason----------
----------?

13. How much is the one anther relationship or cooperation?

A. Very good B. Good C. Fair D. Lower

If your answer is it is lower, would you mention the reason----------

14. Do you think that the supply of the sport material is adequate?

A. Yes B. No

If your answer is no, what do you think is the reason----------

15. How much do you think are the sport materials qualities?

A. Very good B. Good C. Fair D. Lower E. very low

If your answer is it is lower, would you mention the reason----------

16. Do you believe that the supply of the sport materials is due on time?

A. Yes B. No

If your answer is no, what do you think is the reason----------

17. In general, would mention the problems faced during the training----------
----

THINK YOU!!

APPENDIX C

በአዲስ አበባ ዩኒቨርስቲ

በላይፍ ሳይንስ ፋክሊቲ

በስፖርት ሳይንስ ዲፓርትመንት

በአሰልጣኝ የሚሞላ

በአትሌቲክስ አሰልጣኝነት ትምህርት የሁለተኛ ድግሪ የመመረቂያ ጹሑፍ በፓራሊምፒክ አትሌቲክስ ስፖርት ኘሮጀክት ስልጠና ዙሪያ ጥናት እያካሂድኩ ስለሆነ ለጥናቴ ይረዳኝ ዘንድ ከዚህ ሸኚ ደብዳቤ ጋር የተያያዙትን ቃለ መጠይቆች በመመለስ እንዲተባበሩኝ በታላቅ አክብሮት እጠይቃለሁ፡፡

ማሳሰቢያ፡- ስምና አድራሻ መጥቀስ አያስፈልግ

ለሚደረግልኝ ትብብር ሁሉ በቅድሚያ አመሰግናለሂ፡፡

ብዙዬ ነጋ

በአሰልጣኝ የሚሞላ

መልስዎን ሲመልሱ በሳጥኑ ወስጥ የራይት ምልክት ይጠቀሙ

ፆታ ወ ☐ ሴ ☐

ዕድሜ ከ25 በታች ☐ ከ26-30 ☐

ከ31-35 ☐ ከ36-40 ☐

ከ41-45 ☐ ከ46-50 ☐

ከ51-55 ☐ ከ56 በላይ ☐

የትምህርት ደረጃ

ከ 12ኛ ክፍል በታች ☐

12ኛ ከፍል ያጠናቀቀ ☐

ዲፕሎ ☐

ዲግሪና በላይ ☐

1. የፓራለምፒክ አተሌቲክስ አሰልጣኝነት ስልጠና ወስደዋል?

ሀ. አዎ ለ. የለም

2..በላይ በተራ ቁጥር 1 መልስዎ አዎ ከሆነ ስንተኛ ደረጃ አለዎት ቢገለጽ----------

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3. የፓራለምፒክ አትሌትክስን አሰልጣኝ ነትን ለምን መረጡት ?

ሀ. የገቢ ምንጭ ለማግኘት ለ. ሙያዉን ስለምወደዉ ሐ. አካል ጉዳተኞችን ለመርዳት

4. በፓራሊምፒክ አትሌቲክስ አሰልጣኝነት ለስንት አመት ሰርተዋል ?

ሀ. ለ 1 ዓመት ለ. ለ 2 ዓመት ሐ. ለ 3 ዓመት መ.ለ 4 ዓመት ሠ. ለ 5 ዓመት ረ. ከ 6 ዓመት በላይ

5. በአሰልጣኝነት የሚከፈልዎ ደመዎዝ በቂ ነዉ ? ሀ . አዎ ለ . አይደለም

መልስዎ አይደለም ከሆን ምክንያቱን ቢገልጹልኝ----------

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6. የስልጠና ቦታ አቅርቦት በቂ ነዉ? ሀ. አዎ ለ .አይደለም

6.1 መልስዎ አይደለም ከሆነ ምክንያቱን ቢገልጹልኝ----------

----------::

7. የስልጠና ቦታዎቹ ለሰልጣኞች ያላቸዉ ምቾት ?

ሀ .በጣም ጥሩ ነዉ ለ .ጥሩ ነዉ ሐ . ደህና ነዉ መ . ዝቅተኛ ነዉ ሠ. በጣም ዝቅተኛ

7.1 መልስዎ ዝቅተኛ ነዉ ከሆነ ምክንያቱ ምን ይመስልዎታል----------

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8.ከሰልጣኞች ጋር ያለዎት ግንኙነት ምን ይመስላል ?

ሀ እጅግ በጣም ለ. በጣም ጥሩ ሐ. ጥሩ ነዉ መ. ዝቅተኛ

8.1 መልስዎ ዝቅተኛ ነዉ ከሆነ ምክንያቱ ቢገልጹልኝ---------- ----------

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9. ከክፍለ ከተማዉ ስፖርት ጽ/ቤት ባለሙያዎች ጋር ያለዎት ግንኙነት ?

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

9.1 መልስዎ ዝቅተኛ ከሆነ ምክንያቱን ቢገልጹልኝ----------

----------::

10. ስልጠናዉ በሳምንት ለስንት ቀን ይሰጣል ?

ሀ. ለ 6 ቀን ለ. ለ 5 ቀን ሐ. ለ 4 ቀን

መ. ለ 3 ቀን ሠ. ለ 2 ቀን

11. ስልጠናዉ እቅድ አለዉ? ሀ.አዎ ለ .የለም

11.1 መልስዎ የለም ከሆነ ምክንያቱን በገልጹልኝ----------
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12. ስልጠናዉ ማንዋል አለዉ ? ሀ .አዎ ለ.የለም

12.1 መልስዎ የለም ከሆነ ምንያቱን ቢገልጹልኝ----------
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13. የስልጠናዉን ሂደት በቼክሊስት ይከታተላሉ? ሀ .አዎ ለ.የለም

13.1 መልስዎ የለም ከሆነ ምንያቱን ቢገልጹልኝ----------
----------::

14. እስካሁን ካሰለጠኑት ሰልጣኝ ዉስጥ ዉጤታማ የሆነ ሰልጣኝ አግኝተዋል በገልጹልኝ----------
----
----------::

15. እንደ አሰልጣኝነትዎ እርስዋን ከትትልና ድጋፍ ይደረግልዋታል ወይ በማን ቢገልጹልኝ----------
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----------::

16. ለፓራለምፒክ አትሌቲክስ ፕሮጀክት ስልጠና መሳካት ያበረከቱተ አስተዋጽኦ ካለ ቢገልጹልኝ----------
----

አመሰግናለሁ!!

APPENDIX D

Addis Ababa University
Faculty of Life Science
Department of Sport Science

To be answered by the coach

I want to request with great gratitude you to answer me the questionnaires attached to this co-letter for I am processing a research around Paralympic athletics project for my second degree graduation.

Notice:-No need of writing the name and the address.

I want to thank you for all the cooperation‟s beforehand.

In time you answer the questions, please put **"√"** in the box

Personal information

Sex M ☐ F ☐

Age:- below 25 ☐ 26-30 ☐ 31-35 ☐ 36-40 ☐

41-45 ☐ 46-50 ☐ 51-56 ☐ above 56 ☐

Educational level:- below 12 grade ☐ grade 12 complete ☐

Diploma ☐ Degree and above ☐

1. Have you taken the Paralympic Athletics coaching training?

A. Yes B. No

2. If you answer for number one is yes, what is the qualification you have? Would you mention?

---

3. Why did you choose the Paralympic athletics training coach?

A. to be get income B .to be love the job C. to help disable person

4. For how many years have you served in Paralympic athletics training Coaching ?

A. for 1 years B. for 2 years C. for 3 years

D. for 4 years E. above 6 years

5. Do you think that the Payment for the coach is adequate?

A. Yes B. No

If your answer is no, would you mention the reason----------

6. Do you think that the training field is convenient?

A. Yes B. No

If your answer is no, would you mention the reason----------

7. The convenience of the training filed for the trainer is?

A. Very good B. Good C. Fair D. Lower E. Very low

If your answer is lower, would you mention the reason----------

8. How much is the cooperation (relation) with the trainees?

A. Excellent B. Very good C. Good D. poor

If your answer is lower, would you mention the reason----------

9. How much is the cooperation (relation) with the professionals of the sub sites sport office?

A. Very high B. High C. medium D. Low E. Very low

If your answer is lower, would you mention the reason----------

10. For how many days does the training proceed in a weak?

A .for 6 days B. for 5 days C. for 4 days D. for 3 days E .for 2 days

11. Does the training have plan? A. Yes B. No

If your answer is no, would you mention the reason----------

12. Does the training have manual? A. Yes B. No

If your answer is no, would you mention the reason----------

13. Do you think that the process of the training is supported by checklist?

A. Yes B. No

If your answer is no, would you mention the reason----------

14. From the trainees you have trained up to now, did you find any trainee who is effective? -----
---

15. As far as you are the coach, is there any support and follow up for you? Could you mention who? ----------

16. Would you mention the contribution for the effectiveness of the Paralympic athletics project by yourself? ----------

17. In general, would you mention the problems you faced or you saw during the training? -------
---

THANK YOU!!

APPENDIX E

በአዲስ አበባ ዩኒቨርስቲ

በላይፍ ሳይንስ ፋክሊቲ

በስፖርት ሳይንስ ዲፓርትመንት

ለቢሮ ሐላፊዎች (ባለሙያዎች) የተዘጋጀ ቃለ መጠይቅ

በአትሌቲክስ አሰልጣኝነት ትምህርት የሁለተኛ ድግሪ የመመረቂያ ጹሑፍ በፓራሊምፒክ አትሌቲክስ ስፖርት ኘሮጀክት ስልጠና ዙሪያ ጥናት እያካሂድኩ ስለሆነ ለጥናቱ ይረዳኝ ዘንድ ከዚህ ሸኚ ደብዳቤ ጋር የተያያዙትን ቃለ መጠይቆች በመመለስ እንዲተባበሩኝ በታላቅ አክብሮት እጠይቃለሁ፡፡

ማሳሰቢያ፡- ስምና አድራሻ መጥቀስ አያስፈልግ

ለሚደረግልኝ ትብብር ሁሉ በቅድሚያ አመሰግናለሁ

ብዙዬ ነጋ

ለጽ/ቤት ሐላፊች /በለሙያ/ የተዘጋጀ መጠይቅ

ፆታ **ወ** ☐ **ሴ** ☐

የትምህርትደረጃ **ማስተር** ☐

ዲግ ☐

ዲፕሎማ ☐

እድሜ 20-25 ☐ 26-30 ☐ 31-35 ☐

36-40 ☐ 41-45 ☐ 46 -50 ☐

51-55 ☐ 56-60 ☐ **ከ60 በላይ** ☐

1.የፓራሊምፒክ አትሌቲክስ ፕሮጀክት ስልጣኞች የፋይናንስ /በጀት/ ድጋፍ ምንጭ በተመለከተ ማብራሪያ ቢሰጡ----------

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2.የፓራሊምፒክ አትሌቲክስ ፕሮጀክት አሰልጣኞች እና ስልጣኞች የስልጠና ቁሳቁሶች አቅርቦት በተመለከተ ያለዎት አስተያየት ምን ይመስላል ----------

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3 .ለፓራሊምፒክ አትሌቲክስ ፕሮጀክት ስልጣኞች የተሰጠዉ ትኩረት ምን ይመስላል ቢገልጹልኝ----------

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4. የፕሮጀክት አሰልጣኝ ችሎታስ በቂ ነዉ ይላሉ ቢገልጹልኝ----------

----------::

5. አሰልጣኙን በአመት ስንት ጊዜ ይገመገማል----------

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6. አሰልጣኙን በቼክ ሊስት የተደገፈ ክትትል እና ሱፐርቪዥን ታደርጋላችሁ----------
---::

7. ለክፈለ ከተማዉ (ለሰልጣኞች) ከአዲስ አበባ ፓራለምፒክ ኮሚቴ የትጥቅ ወይም የገንዘብ ድጋፍ ተደርጎላችሁ ያዉቃል ማብራሪያ ቢሰጡበት----------
---::

8. በእናንተ ክ/ከተማ እየሰለጠነ ያለዉ የፓራሊምፒክ አትሌቲክስ ፕሮጀክት ስልጣኞች ለኢትዩጵያ ፓራሊምፒክ አትሌቲክስ ቡድን ያበረከተዉን አስተዋጽኦ ቢገልጸጹልኝ----------
---::

9. ፕሮጀክቱ ከተቀቀመ /ከተመሰለተ/ ስንት ጊዜ ሆነው ----------
---::

10. ለፕሮጀክት ሰልጣኞች የምግብ እና የህክምና ክትትል እና ድጋፍ ይደረግላቸዋል ወይ ------
---::

11. ክፍለ ከተማዉ ለፓራሎምፒክ ሰልጣኖች የሚደርግላቸዉ ልዩ ድጋፍ ካለ ቢገለጽ----------::

12. ሌላ መግለፀ የሚፈልጉት ካለ----------::

አመሰግናለሁ

APPENDIX F

Addis Ababa University

Faculty of Life Science

Department of Sport Science

Interview for office manager /board/

I want to request with great gratitude you to answer me the interview questionnaires attached to this co-letter for I am processing a research around Paralympic athletics project for my second degree graduation

Notice:-I want to thank you for all the cooperation‟s before hand

Personal background information

Sex M ☐ F ☐

Age 20-25 ☐ 26-30 ☐ 31-35 ☐

36-40 ☐ 41-45 ☐ 46-50 ☐ 51-55 ☐ 56-60 ☐

From 61 above ☐

Educational background

MSC ☐ Degree ☐ Diploma ☐

1. Would you explain about the finance provision for the Paralympic athletics trainees? ---
   ---
2. What is your suggestion about the provision of the sport materials for the trainers and the coach of Paralympic athletics project? ----------
   ---
3. How much the concentration for the Paralympic athletics project trainees? Would you explain? ----------
4. Do you think that the efficiency of the project trainers is adequate? ----------
   ---
5. How many times is the evaluation for the Paralympic trainers? ----------
   ---
6. Do you process the supervision and the follow up supported by the checklist? ----------
   ---
7. Was there any supply of sport material or finance from the Addis Ababa regional Paralympic committee? ----------

8. Would you explain the contribution of Paralympic athletics project in your Sub cities for Ethiopian Paralympic team? ----------
---

9. For how long had the project stayed from the time it was established? ----------
---

10. Is there any supply of food and medication for the trainees of the Project? ----------
---

11. Is there any special support for the Paralympic trainees? Would you explain? ----------
---

12. Is there any additional explanation? ----------

THANK YOU!!

APPENDIX G

Addis Ababa University

Faculty of Life Science

Department of sport science

Observation cheek list

This observation check list is to be used for obtaining information from Arada and Addis ketema sub cites in Paralympic athletics project trainer and coaching.

Date **09/08/2007**

1 General information

1.1 Name of training center **Jane made**

1.2 Sub city **arada** and **addis ketema** woreda-----

1.3 Year of establishment-**2004**

1.4 Objective of the center----------

2 Facility

	Yes	**No**
1. Is there suitable ground available for Paralympic?	☐	☐
2. Is there training place shower rooms?	☐	☐
3. If the answer of question No 2 is yes how many Shower rooms are there? ----------	☐	☐
4. Are there training place rest rooms?	☐	☐
5. If the answer of question No 4 is yes how many Rest rooms are there? ----------	☐	☐
6. Are there cloth changing rooms?	☐	☐
7. Is the training equipped with?	☐	☐

- Shoes
- Sport wear
- Whistle
- Cones
- Stop watch
- Drinking water
- First aid

8. Is the training place clean?

9 .Is there training place have toilet

DECLARATION

"This thesis is my original work and has not been presented for a degree in any other University and that all sources of material used for the thesis have been duly acknowledged", a signature of confirmation by

1. Name, **BIZUYE NEGA** (researcher)

Signature----------

Date----------

This thesis has been submitted for examination by my approval as a university adviser

2. Advisor, **TESFAY ASEGDOM D/R**

Signature----------

Date----------