

**ASSESSING THE AVAILABILITY OF SPORTS RECREATIONAL FACILITIES AND
SERVICES TO THE RESIDENTS OF TORORO MUNICIPALITY**

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A RESEARCH REPORT SUBMITTED TO THE FACULTY OF SCIENCE AND EDUCATION

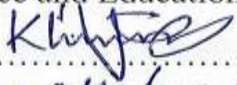
IN PARTIAL FULFILMENT OF THE REQUIREMENTS FOR THE AWARD OF A

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DECLARATION

I KIPLIMO TONNY do declare to my full understanding that this research report is my own original work unless otherwise stated. And where such has been the case the reference has been quoted. The same work has not been submitted for any award in any university or institution of higher learning or for publication. I therefore present it for the award of a Bachelors degree of Science and Education of Busitema University.

Sign. 

Date. 18th/05/2023

APPROVAL

The research work titled "Availability of sport recreational facilities and services;" A case of Tororo Municipality, Tororo district was done under my supervision. I therefore certify that I have read this research report and it is fully adequate for examination.

Signature Joseph Mugeru Date 16.05.2023

Mr. Mugeru Joseph

(Supervisor

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ABBREVIATIONS AND ACRONYMS

ASRA	Active Sports Recreational Activities
CRF	Community Recreational Facility
CSF	Community Sports Facilities
DACNS	Daily Average Clients Number per Service
HCRF	High Class Recreational Facilities
HOD	Head of Department
LCRF	Lower class recreational facilities
PA	Physical Activities
PE	Physical education
PRF	Physical Recreational Facilities
PRF	Private Recreational Facilities
PRS	Physical Recreational Services
RPA	Recreational Physical Activities
SRA	Sports Recreational Facilities
SRF	Sports Recreational Facilities
SRR	Sports Recreational Resources
TCNRAS	Total Clients Number Received for all Services
UBR	Urban Community Residents

DEFINITION OF KEY TERMS

TERM	DEFINITION
Accessibility to sports recreational facilities	It refers to the degree of the closeness and acquisition of recreational facilities and services to and by the people.
Aerobics and sports halls	These are halls that are used to provide active physical recreational services (APRS) for health fitness.
Availability of sport recreational facilities	It is ability of sports recreational services to be utilized by the service users while promoting an active and healthy lifestyle.
Community-based facilities	This refers to facilities that are community-owned and equipped purposely to provide specific or all recreational physical services to the people of the municipality.
Free urban spaces	Refers to the free spaces owned by either an individual or the government but are currently not in use for the purpose for which they were established for and are being used for performances of physical recreational and leisure activities by the community residents. They are totally not equipped.
Higher class sports recreational facilities	Refers to those facilities that fully provide well guided physical recreational services to the service consumers under use of sports recreational resources.
Hypocritical aerobic and dance hall facility managers	These are ignorant facility managers and owners who confused, generalized to confuse community residents over the relationship between aerobics and dance halls as being similar in all aspects of providing aerobic services yet in actual sense they don't meet the requirements of aerobics and sports halls.
Play grounds	These are institutional sports fields that have been established by government and community schools for competitions and trainings. They are freely accessible at any time of the day, serving as both recreational and leisure services in addition to the competitions and trainings intended.
Public recreational facilities	This refers to facilities that are government-owned and equipped purposely to provide specific or all recreational physical services to the people of the municipality.
Sports recreational resources	This refers to the equipment; materials and instrument present in the sports recreational facilities which are used during the instruction process.
The lower class SRF	Refers to those facilities that are common and do not totally provide guided SRS to the service consumers because they are not equipped with material and human resources necessary for use in guided performance of SRA.

DEDICATION

I dedicate this research to my parents; Mr. Sande Francis and Miss Chebet Amina together with my blood brother; Kiplangat Elijah and my sisters; Chemusto Fatuma, Chemutai Asha, Chepkwemoi Sifa, Chemos Esther and Chebet Joy. Above all, to my beloved wife Miss Chepkwemoi Diana, together with my two children; Shama Kiplimo and Phinhas Kiplimo for all their support to my efforts.

ABSTRACT

Physical recreational activities are specialized activities done with specialized equipment within specialized sports facilities closely supervised and instructed to cater for service user's abilities. Since physical activities are basic necessities for healthy lifestyle for urban citizens who are physically inactive with sedentary behavior. There is need for available sports recreational facilities to provide diverse, accessible and well afforded sports recreational services. This lay a basis for studying the availability of sports recreational facilities and services to the people of Tororo municipality. The main aim of this study was to suggest strategies for raising equal distribution of recreational services and facilities close to the people with the aim of limiting their costs of acquiring services for a physically active, social and healthy lifestyle. This study employed a mixed method of interviews and questionnaires. There were 116 respondents aged between 25-65yrs, the findings identified 68 Sports Recreational Facilities (SRF) in Tororo Municipality with an average percentage distribution of SRF 13(20%) per divisions. This study categorized SRF based on how they fulfilled factors for SRS availability i.e. higher classes and lower class SRF. The former was private business orientated, closely distributed, employed instructors with necessary physical activity resources, charging high costs for service provision, attracted a small number of community residents though their number was boosted by high diversity of SRF with SRS less available to the highly dense residential population within the municipality due to high service costs. The later were community-based or public but being free of charge, closely distributed in some areas and scattered in other areas, publically owned, lacked employed instructors as well as without physical activity resources. Generally, the study found out that SRS and SRF are below average in Tororo municipality. The study is hoped to lay a basis for policy making to promote a physically healthy lifestyle.

TABLE OF CONTENT

Contents	
DECLARATION	Error! Bookmark not defined.
APPROVAL	iii
ACKNOWLEDGEMENT	iv
ABBREVIATIONS AND ACRONYMS	vi
DEFINITION OF KEY TERMS	vii
DEDICATION	viii
ABSTRACT	ix
TABLE OF CONTENT	x
CHAPTER ONE: INTRODUCTION	5
1.0 Over View	5
1.1 Background of the Study.....	5
1.2 Objectives.....	6
1.2.1 General Objective	6
1.2.2 Specific Objectives	6
1.2 Research Questions	6
1.4 Limitations of this study.....	6
1.5 Significance of the study	6
1.5 Justification of the study	6
1.6 Scope of the study	6
1.6.1 Geographical Scope.....	6
1.6.2 Content Scope.....	6
1.7 Time Scope.....	7
CHAPTER TWO: LITERATURE REVIEW	8
2.0 Introduction	8
2.1 Availability of sports recreational facilities and their services	8
2.2 Distribution of sports recreational facilities	8
2.2.1 Number of sports recreational facilities.....	8
2.2.2 Distribution of sports recreational facilities in the community	8
2.3.1 Presence of Sports Recreational Services in Sports Recreational Facilities	9
2.3.2 How sports recreational services made available in sports recreational facilities.....	9
2.3.3 Economic Activities for Physical Fitness	9
2.4 Strategies for increasing the availability of sports recreational service	10
CHAPTER 3: METHODOLOGY	11
3.0 Introduction	11
3.2 Research Design.....	11
3.3 Study Area.....	11
3.4 Target Population	11
3.5 Data Collection.....	11

3.5.1 Methods of Data Collection	11
3.5.1.1 Survey.....	11
3.5.1.2 Key Informant interviews.....	12
3.5.1.3 Observation	12
3.10 Study Variables	12
3.13 Ethical Consideration	12
CHAPTER 4: RESULTS	13
4.0 Introduction	13
4.1 Demographic Characteristics of Respondents.....	13
4.2 Number and Distribution of Sports Recreational Facilities	13
4.2.2 Distribution and Accessibility of Sports Recreational Facilities in Tororo Municipality Divisions.....	14
4.3.1 Presence of Sports Recreational Services in SRF of Tororo Municipality	15
4.3.2 How Sports Recreational Services are made Available in the Sports Recreational Facilities.....	17
4.4 The strategies for increasing the availability of sports recreational facilities and services to attract residents	18
CHAPTER:	20
5.0 Introduction	20
5.1 Demographic Features of the Respondents.....	20
5.2.1 Number of Sports Recreational Facilities in Tororo Municipality.....	20
5.2.2 Distribution of Sports Recreational Facilities in Tororo Municipality.....	20
5.3 How Sports Recreational Services are being promoted in Sports Recreational Facilities.....	21
5.3.1 Presence of Sports Recreational Services in Sports Recreational Facilities	21
5.3.2 Availability of Sports Recreational Services in Sports Recreational Facilities.....	21
5.3.3 Economic Physical Activities that provide Physical Fitness.....	21
5.4 Respondents suggested Strategies on increasing the Availability of Sports Recreational Services.	21
5.5 Conclusions	22
References	24
APPENDIX 1: Interview Unit for the Sports Officers	26
APPENDIX 2: Questionnaire Guide for Facility Managers.	277
APPENDIX 3: Questionnaire Guide for Community Residents	29
APPENDIX 4: Introductory Letter For Data Collection.....	32

CHAPTER ONE: INTRODUCTION

1.0 Over View

This chapter presents the background of the study, problem statement, research objectives, and research questions, significance of the study, conceptual framework and the scope of the study.

1.1 Background of the Study

Physical and mental health is one of the most crucial necessities in our daily life that every human being has to be concerned with. It is linked with physical activity and daily human behavior. And it is well known that physical activities have a direct link with physical health and enables active lifestyle and proven that regular participation in physical activities helps to prevent and manage non-communicable diseases such as obesity, stroke and cardiovascular diseases including diabetes and maintain a healthy body weight among all age groups. Mentally, it helps to improve mental health free from depression, anxiety and disturbances. WHO recommends that, young children ought to be physically active in a moderate intensity of physical activities throughout the day with short periods of rest, those of 5-17yrs should have at least 60minutes of moderate to vigorous PA daily, including aerobics, muscle and bone strengthening activities with limited time of sedentary recreational life such as watching? And for age group between, 18-65years, there should be at least 5hrs (150-300minutes) spent in moderate and intense PA such as aerobic PA, muscle and born strengthening activities daily. Meanwhile other categories of people such as pregnant women, disabled, adults, adolescents etc. should have slow to moderate activities. Physical inactivity due to sedentary lifestyle and physical inactivity is one of the leading risks of non-communicable diseases and death of between 70-80% deaths compared to the 20-30% death due to insufficient active lifestyle globally. The summation of the above, make aloud call for sports recreational activities though others can get involved in the elite sports. Sports recreational activities are linked with sports recreational facilities and the quality of recreational facilities determines the promotion of physical recreational activities and services to the community better. Recreational facilities include the indoor and outdoor facilities such as play grounds, aerobics and sports halls, gyms swimming pools, sports grounds, etc. each facility with its similar equipment and resources used for specific activity performance. The number of recreational facilities again determines the accessibility and to a significant extent also determines the availability of services when it comes to the summative costs of services including transportation. What determines much the availability of recreational services is the distribution of the SRF in an area? Such services in the scattered recreational facilities become less available than services in the less equally distributed facilities. Furthermore, the services in the closely distributed (multi-facility concentrated location of facilities) also have their services less available meanwhile, services in the evenly distributed facilities are much more available, in that increasing order. Therefore, even if the number of sports recreational facilities becomes great and are not equally or equally distributed, services still remain less available compared to when the facilities are less and equally distributed.

Recreational facilities cannot be said to provide SRS when they don't provide specific recreational services for which they were established for, and therefore the availability of specific services/ physical activities and even more activities determine more the availability of physical activities. This explains the level of functionality SRF and level of availability of SRS in the recreational facilities. Therefore, though the number and distribution of sports recreational facilities determines a better availability of the Sports Recreational Facilities, they don't substantially determine the availability of SRS. The availability of this services have been determined by critical analysis of these service availability in their specific recreational facilities that is why facilities might be present in the area but redundant in providing their services to the people thus make services less or unavailable. Recreational facilities cannot be said to be fully providing their recreational services as expected when they are not equipped with necessary resources and equipment that are used in performance of specific recreational activities. Similarly, services cannot be said to be available when the instructors that guide performance of the activities are absent.

The number and distribution of SRF, that has long been discussed about with their service may be willing, ready and fully equipped for service provision that service would fully be available to the people as having been said about, but keeping them constant, varying important factors the type of ownership of SRF which equally correlates with the costs for which services are provided, also plays a significant role in acquisition of SRS in the sports recreational facilities. And the tendency of this SRF owners of the facilities to equally supply recreational facilities in good numbers, avail equipment and resources, employ instructors with moderated service provision costs, has no doubt in providing and making high quality services be affordably acquired by the service users.

In Tororo municipality where the study was carried out, it has been assumed that, like in other urban areas which register good number of death as a result of non-communicable diseases due to physical inactivity and moderate activity and with high number of cases of non-communicable diseases such as obesity, cardiovascular diseases. With references to Liberia which also faces the same problem, there was no doubt that some gaps as described above remain unturned in Tororo municipality and, therefore, there was need to find out the availability of sports recreational

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