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THE ROLE OF INTRAMURAL AND EXTRAMURAL SPORT PROGRAMS TO SPREAD OUT SPORT IN THE SOCIETY

Yehualaw Alemu Lake
Research scholar
Debre Markos University, Ethiopia
Email- yehualaw@gmail.com

ABSTRACT

Even though some scholars stated about the importance of Intramural and extramural sport activity, nowadays it is neglected by some African and other politically unstable countries, because of terrorist acts against mass people. Therefore, the aim of this systematic review is to show the role of intramural and extramural sport program to spread out sport in the society. As a result, the review shows that Intramural and extramural sport activity are means of obtaining physical activity and the potential to make a significant impact on daily physical activity levels, as well as it plays a great role in creating physically, mentally and socially fit citizens. In addition, it may help excel the provision of different types of sports even those sports which are uncommon in the area. Finally, it can be used as a source of talent hunting for national and international sport teams.

Keywords: sport activity, intramural sport, extramural sport

INTRODUCTION

Physical activity is critical for health, growth, and development during childhood and adolescence. Numerous reports suggest that low levels of physical activity in youth contribute to the development of chronic disease later in life, (Fuller, D. et al. 2011).

Fuller states that multi-component school-based physical activity interventions that include intramural and extramural sports opportunities are effective in increasing physical activity levels in youth in the short term. Fuller also indicated that moderate and vigorous physical activity decline dramatically during and after secondary school when young people transition to university or the job market.

Schools are an ideal place to promote physical activity in youth because they can provide widespread access to opportunities for youth to be physically active. Beyond the physical education curriculum, extracurricular activities including intramural and extramural sports may increase physical activity levels in youth.

According to (Beardsley, 1977), Intramural sports are competitive activities within an institution requiring design and direction, including programming for women’s, men’s, and co-ed events whereas extramural sports are competitive activities between institutions requiring design and direction; examples play days and inter-campus intramural competition. On the other hand, Kohl III, H. W., & Cook, H. D. (Eds.). (2013) defined these terms as follows;

Extramural sports are “Organized and supervised sports programs sanctioned by the school system that provide opportunities for competition outside the bounds of a particular school; whereas Intramural sports are ‘Organized and supervised sports programs involving within-school teams and clubs that provide opportunities for all students to participate”.
According to NISA, (1996), Intramurals began in US colleges and universities during the 19th century as students developed leisure time sporting events. Throughout the century, intramural sports were almost exclusively the only form of athletic competition for college males.

Although Until late 1800's, intramural sports were perceived by most people as little instructional or educational value; however, near the end of the century, colleges and universities began to administer intramural sports for men and the popularity increased through time. Intramural sports provide opportunities for students with a wide range of abilities to participate in competitive and noncompetitive physical activity within their own schools.

NISA, (1996), also reported that “recreational sports are viewed as an essential component of higher education, supplementing the educational process through enhancement of students’ physical and mental development”. “Students who participate in recreational sports tend to develop positive self-images; awareness of their strengths, increased tolerance and self-control, stronger social interaction skills and maturity-all gleaned from their recreational sports experiences.”

METHODS

This paper is based on analyzing various secondary sources of data, so that research articles, cases, reports of various organizations are reviewed systematically to explore the values of intramural and extramural sport programs. Therefore, articles searched based on the title and the key terms. Then 27 articles and its abstracts were taken to evaluate the methodological strategies used by the articles, finally 11 articles were fulfilled the search strategy for further review.

DISCUSSION

Intramural and extramural sports program are recreational sports organized within school, college, university and other educational non educational institutions with the objective of creating fun, enjoyment and fellowship through participating in games and competitions. Furthermore the program helps student to grow mentally, physically and socially, (Brar, S. G. & Paramvir S. 2014).

On the other hand (Ahlum, 2000), Stated that these intramural and extramural sport programs can direct students towards individual total development, which includes physical, social, emotional, spiritual, and intellectual developments.

Pope (1978) also indicated that “the purposes of intramural sports were to allow participants to feel a sense of recognition, achievement, affection, security, social approval, new experiences, and beauty and harmony”.

Elmer Mitchell is considered to be the father of intramural and extramural sports (Rothwell & Theodore, 2006). According to Rothwell activities associated with intramural and extramural sporting events can provide school students relieve from stress. “School life involves more than just academic achievement; it is also a time when young people begin to define their independence and find themselves Kane” (Anjulo, 2014).

Even if intramural and extramural sport activities have such important roles, know a days in some sort of countries like Ethiopia, Somalia, Syria, Yemen and other politically instable countries leave such a kind of sporting activities in their educational and non educational institutions, because of terrorist actions taken in mass engagement of the people.

According to the report of National intramural sport association (NISA), (1996), “participation in intramural and extramural sport activities help students to develop critical thinking skills, create new problem-solving strategies, hone decision making skills, enhance creativity, and more effectively synthesize and integrate this information environment and flourish throughout all phases of the co-curricular experience”.

The aim of intramural sport is creating of fun, enjoyment and fellowshp for the students through mass participation, for improving the physical fitness and health regardless of age, sex, races, religion
and cultural backgrounds; for developing good citizenship; for practicing the good spirit of sportsmanship and provide a basis for more effective counseling and promote better emotional climate (Benman, 2014) as cited in, (Adetunji, J. O. and Olusola, I. A. 2017)

Adetunji and Olusola, also described intramural and extramural sport activities help to develop qualities of good sportsmanship, winning and losing, cooperative attitudes, habits of good citizenship and spirit of patriotism, leadership and acceptance of leadership roles.

The following model shows how intramural and extramural sport activity spread out in a society and the benefits gain from it.

CONCLUSION

Most scholars showed that the value of being engaged or participating in intramural and extramural activity is generalized as creating physically, mentally and socially fit citizens. Furthermore, Intramural and extramural sport programs have the potential to make a significant impact on daily physical activity levels; while the reviewer concludes that the value of participating in intramural and extramural activity is more far from the specified ones. So that Intramural and extramural sport activities held in schools, colleges, universities, and other institutions help in spreading out sport throughout the society out of the institutions. It can be used also excel the provision of different types of sports in the community, even those sports which are uncommon in the area.

Sport media has a great and undeniable role as being a bridge to achieve these objectives. Media may play an important role in enhancing people’s awareness towards sport, shaping and giving direction to the beliefs, attitudes and thought of a society, it also help people to become spectators or fans towards a certain sport, finally peoples may try to be involved in their own favorite sports what they hear, what they watch and what they like which finally help reducing therapeutic costs..

REFERENCES


