

**WOLKITE UNIVERSITY
COLLEGE OF NATURAL SCIENCES
DEPARTMENT OF SPORT SCIENCE**



**ASSESSING THE PROBLEM OF CONDUCTING PHYSICAL FITNESS
ACTIVITY IN FITNESS CENTER OF WOLKITE UNIVERSITY**

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Abstract

The purpose of this study is to identify the problem of conducting physical fitness activities in fitness center in Wolkite University. The gymnasium has not full material and some materials that found in the gymnasium are not fully functional. The researcher was used qualitative and quantitative study design method and the researcher was selected 40 gymnasium trainers and 1 instructor as a sample by using simple random sampling technique and data were collected from all samples by using questionnaires, interview and observation. As the result of analyzed data lack of full materials, absence of shower room and the instructors unknowing the user's ability and so on. Absence will –trained and the gymnasium quality can be improved by using availability of full materials.

CHAPTER ONE

INTRODUCTION

1.1 Background of the study

Physical fitness is general state of health and wellbeing to perform aspects of physical exercise. Sports and any type of occupation physical fitness is generally achieved through correct nutrition exercises hygiene and rest or proper use of his/her leisure time-fitness was the capacity to carry out the day activity without undue fatigue (wrought text book p3), however with automation and changes in the life styles. It is currently consider as the major of the body ability to function efficiently and effectively in work and in leisure activity to be health to resist hypoxanthic disease and to meet emergency (groom Wikipedia. The free encyclopedia).

According to (Brain shaky (1990) physical fitness is the training from life through it's the ability to be able to with stood whatever life through its way sprinting, jumping, walking, and playing with ground children. Physical fitness is specific to individual and therefore training to improve as well as to maintain. In addition to these it also refer ones over all function of a body so people at involved in exercise for a member of rise.

- To reduce physical fitness problem.
- To reduce tension and strength of the body.
- To improve muscular strength of the body.

1.2. Statement of the problem.

Research is an important tool to solve different problems and give relative or tentative solution. The research will be initiate to conduct this study because of many problems are faced on physical fitness in fitness center of Wolkite University. In this study the researcher will identify the factors which affect the proper physical activity training in fitness center such as lack of knowledge in the participants, poor information about the benefits of physical quality exercise in the side of participant, lack of equipment in the gymnasium based on the ideas of this study was conducted to investigate the problem of assessing physical fitness in fitness center of Wolkite University.

1.3. Research questions:

- 1) Does the instructor or recommended exercise according to the goal of user's?
- 2) Are the participants eager on the expected or improvement to achieve their intended goal?
- 3) What are the major problems present around the fitness program at Wolkite university fitness center?
- 4) Do the instructors have enough knowledge about training principle related to physical fitness?

1.4 Objectives of the study

1.4.1 General objective

The general objective of the study was to investigate the problems of conducting physical fitness in the fitness center of Wolkite University.

1.4.2 Specific objectives

Specific objectives of the study were:

1. To differentiate ways and means of improving physical fitness activity programs.
2. To assess the impact of the problem on the physical fitness participations in the center.
3. To recommend possible solution about the problems on physical fitness exercise.

1.5 Significances of the study

This research was used full to identify the problems that are related to physical fitness training in fitness center of Wolkite University and show to find the way of solving such problems:-

1. This research was used as a source for the other researcher who will conduct his/her research on physical fitness.
2. This research provided a significant contribution to improve the values of the subject in sport science for the society.
3. This research can be used to create awareness among society about the importance of physical fitness in fitness center of Wolkite University.

1.6 Delimitations of the study

- Research has determined the size of the investigation area in accordance with its problems. Therefore the scope of these will be problems of assessing physical fitness activity in fitness center of Wolkite University.
- This study does not explore the outcome with the user's attained rather it is concerned with only the problems that are related to physical activity it offers room and conducted around 40 participants.

1.7 Limitation of the study

The research has been encountered through the accomplishment of this study or paper. From which finance and material shortage to get enough information and time constrain were the most factors to limit the researcher schedule and work.

1.8 Organization of the study

This research paper organized in five parts. In chapter one the introduction, statement of the problem, objectives of the study, significances of the study, Limitation and delimitation of the study and organization of the paper and definition of terms were discussed in the chapter one.

In chapter two the review of related literature and in chapter three research methodologies were presented. In the fourth chapter we have data analysis and in the last chapter we have the conclusion, summary and recommendation.

1.9 Definition of the operational terms

Exercise:- is a planned structured repetitive movement of the body designed to improve or maintain a physical fitness.

Fitness:- the ability to live a happy and will balanced life but it also includes intellectual social and emotional components

Health:- are the state of complete physical mental and social will being and not merely the absence of diseases.

Physical fitness:- the ability of the body to function effectively and efficiently to be enjoy leisure time. To be healthy, to resist diseases and to cope with emergency situations.

Physical activity:- anybody moment carried out by the skeleton muscle and requiring energy.

CHAPTER TWO

REVIEW OF RELATED LITERATURE

2.1. Components of Physical Fitness

Physical fitness component some related to general health and other related more specifically to particular sport or activities .The five components of health related physical fitness most important for health are cardiovascular fitness, muscular strength, muscular endurance, flexibility and body composition. Health related fitness contributes to your capacity to enjoy life. Helps your body with stand physical and psychological challenges and protect you from chronic disease. (Thomas D. Faheyeta,l 2002, p (32-34))

A. Cardio Respiratory Endurance

Cardio respiratory endurance is the ability of the body to perform prolonged. Large muscle dynamic exercise at moderate to high level of intensity. It depends on such factors as ability of the lung to deliver oxygen from the environment to the blood stream .The hearts capacity to pump blood .The ability of the nervous system and blood vessels to use oxygen and process fuels for exercise.

When levels of cardio respiratory fitness are low. The heart has to work very hard during normal daily activity may not be able work hard enough to sustain high –intensity physical activity in emergency. As a cardio vascular fitness improves .The heart begins to functions more efficiently .The heart pumps more blood per heart beat .Resting heart rate slow blood volume increase mood cognitive function and the ability to manage stress. Exercise to improve cardio vascular endurance also provides opportunities to have fun and to socialize. (Thomas D. Faheyetal. (2002) p(32-33).

B. Muscular strength

The amount of a muscular can produce with single maximum effort. It depends on such factors as the size of muscle cell and the ability of nerves to activate muscle cell. Strong muscles are important for the smooth and easy performance of everyday activities such as carrying groceries lifting boxes and climbing stairs. As well as for emergency situations. That helps keep the skeletal in proper alignment. Preventing back and leg pain and providing the support necessary for good posture. Muscular strength has obvious important in recreational activities strong people can hit a tennis ball harder ride cycle uphill more easily. Muscle tissue is an important element of overall body composition. The greater muscle mass means have higher rate of metabolism and faster energy use. Training to build muscular strength can help people manage stresses and boost their self. Confidence maintain strength and muscle mass is vital for health aging older people tends to use both number and size of muscle cells may of the muscle cells that theist attachment to the nervous system .Strength training helps maintain muscle mass and

function and possible helps decrease the risk of osteoporosis in older people. This greatly enhances their quality of life and prevents life threatening injuries (Thomas D. Faherental, 2002 (24).

C. Muscular Endurance

Muscular strength the ability of muscle or group of muscles to remain contract reputedly for a long period of time .It depends on such factors as the size of muscle cell. The ability of muscles to store fuel blood supply to muscles. Muscular endurance is important for goods posture for injury prevention. For example, If abdominal and lack muscles cannot hold the spine correctly, the chance of low –back pain and injury are increased. Recent research suggests that good muscular endurance in the trunk muscle is more important than muscular strength for preventing back pain .Muscular endurances performance in sports and work. The mass D. Fahey. 2003, p(33-34).

D. Body composition

The proportion of fat and fat mass (muscle, bone and water) in the body. Health body composition involves a high proportion of fat-free mass as acceptably. Low level of body fat adjusted for age and gender. A person with excessive body fat is more likely to experience a variety of health problems, Including heart diseases, diabetes, and gall bladder disease. Some type of cancer, high blood pressure, stroke, etc... However, recent studies suggest that cardiovascular endurance is more important that body composition in determining health status people who have lean but who have been low cardiovascular endurance is more important that body composition in to have higher death rate than people with high level of body fat who are otherwise fit .It appears that regular exercise and moderate level of fitness may help .Compensate for the health risk of extra body fat.

E. Flexibility

Flexibility is the range of motion in a joint or group of joints. Flexibility is related to muscle length. It depends joint structure the length and elasticity of connective tissue and nervous system activity. Although range of motion is not significant factors in everyday life activity for most people in active causes the joints and muscles. Stretching exercise can help ensure a range of motion for all major joints. (Thomas D. Fareyetal. 2002 p(34).

2.3. Importance of Physical Fitness

The primary arms of physical fitness have based on the needs of the time and place most modern school goals to provide students with knowledge skill capacity values and the enthusiasm to maintain healthy life stage to adult hood activity. On the other hand Physical fitness is also about sharpening over all cognitive ability about motor skill that via athletics. Exercise and various an others physical activities .Some of importance physical fitness maintains.

- Over all confidence bester
- Aware
- ting sport man ship and team spirit
- Developing of motor skills
- Importance of hygiene and sex education
- Enhancing over all cognitive ability
- Encouraging over all cognitive ability
- Encouraging budding sports man
- A stress buster and source of enjoyment
- Promoting health life style of adult hood
- Develop health full physical[activities
- for stress reduction
- strength peer relations

2.2. Principle of Training

Training is a systematic process. To train properly you must observe certain guidelines. You do not need to be an expert in physiology to conduct sound training programs. But you understand and practice the principles of training (American coaching effectiveness program level one (Martens et al, (1981))).

Even if there are a number of principles of performance different physical activities, paying attention for the following principles with help to create an effective safe environment for activities.

A. The principle of over load;- (exercising at higher level than normal) for physical components of fitness to improve the system must work harder than it is used to work normal. The system must experience stress so that over period of time it will improve to the point where it can easily accommodate additional stress. So, over load is gradual increase in the pregnancy, duration and intensity of the physical activity that is a part of fitness program. (Charles B .et al., 2000(50).

A muscle will only strength when forced to opprate beyond its customary intensity . The load must be progressively increased in order to further adaption over load can be progresses by;-

- ✓ Increase the resistance e.t sky to the weight by 5% per week
- ✓ Increase the number of repetitions with particular weight.
- ✓ Increase the number of sets of the exercise (work).
- ✓ Increasing the intensity, more work with high load.

B. The principles of progression;- (gradually increase the level and intensity of the exercise).

The principles of progression imply that there is an optimal level or over load that should be achieved, and an optimal period for this overload to occur. A little today and a little tomorrow is good principal to follow in any fitness program .You should starts gradually and add a little each today .The rate of slowly or too rapidly if benefits are to related to progression. Thomas D.et al., 2002 p(33).

C. The principles of specificity:- (the type of physical change that occurs are directly to the type of training used).

The benefit of physical activity is specific to the form of activity performed .There is a need for a specific type of exercise to improve a specific part of the body .(Charles B. et al., 2000 p(50)).Specifically in now viewed as one of the most important training principle to remember.

The research clearly indicates that training should be specific for each sport. There is specificity principles must consider three elements this is specifically of the energy system, specificity of mode of training and specificity of muscle group and movements pattern.

D. The principle individuality:- (No tow persons are exactly the same).

According to this principle , people have different idea about their goal for fitness program. I Motivation and state physical fitness .A fitness program for one person will not necessarily satisfy the needs of another person. (Thomas D.et al., .2000p (34).

E. The principle of reversibility:- (“the benefit achieved from over load last only as long as over load continuous”). Discus results in loss of benefits achieved as result of ever load. Most or the adaptation stimulated by training are reversible. The training principle that fitness improvements are lost when demands on the body are lowered. Adapting to a reduction in training. (Thomas D. fahel et al., 20002p (34).

F. The principles of Diminishing returns:- (“the beginner is the pastes to changes”). Beginners may improve their fitness more quietly than that of advanced individuals .When the beginners start the physical activity program the initial training results in large increases in fitness .As the training program progress and player becomes fitter, the amount of improvement is less. When designing training programs. It is important to remember that fitness levels do not improve at the same rate as player become fitter. (Elizabeth Quinn. About .com guide) update December (16.2010).

2.3. Training Guidelines

According to Thomas D. Fahey, (2002) p (40) the following guidelines will make your exercise program were effective and successful.

A. Training the way you want your body to change: - stress your body such that it adapts in the desired direction .To improve performance in particular sport. Practice that sport or the movements used in it.

B. Train regularly:- Consistency is the key to improving fitness . Fitness improvements are if too pass between exercise sessions.

C. Get shape Gradually:- An exercise program can be divided in to two phases. The beginning phase, during which the body adjusts to the new type and level of activity. The maintenance phase in which the targeted level of fitness it maintained over the long term.

D. Warm–up before exercise:- Warming up can decrease your chance injury by helping your body gradually progress from rest to activity .Reduce muscle stiffness both the joint surface in lubricating fluid . In addition, increase blood flow to the muscle.

E. Cool Down after exercise:- During exercise as much as 90% of circulating blood is directed to the muscle and skin- up from a little as 20% during rest. If you suddenly stop moving after exercise the amount of blood returning to your heart and brain may be insufficient and you experience dizziness a drop in blood pressure or other problems so, cooling down at the end of a work out help safely restore circulation to its normal resting condition. But all the above mentioned training guidelines are currently organized as FITT principle and have a target role for health related physical fitness training.

2.3.1 The FITT Guidelines

The FITT (Frequency Intensity Time and Type of activity) will help you to see limits on how often you should in add exercise. How hard the exercise is? How long you should spend in add exercise session? Add what type of activity you perform Respectively (Charles B.et al., 2002. p(52).

Frequency of Exercise (how often):- Development fitness requires regular exercise optimum exercise frequency. Express in number of day per week.

Intensity of Exercise (how hard):- Fitness benefit occurs when you a person exercise harder than his or her normal level of activity .Appropriate exercise intensity vary with each fitness components.

Time (Duration):- Fitness benefits occur when you exercise for an extended period of time .The greater the intensity of exercise the lesser time needed to obtain fitness benefit.

The Mode of Activity (the type of activity):-exercise in which you should engage varies with each fitness component and with your personnel fitness goal .So, the following table shows exercise recommendation for health related physical fitness participants related to FITT guidelines for adults. (Thomas D. Farley. 2000p (40)

Table 2- 1 Exercise to develop and maintain cardiovascular endurance and body composition.

Frequency of training intensity of training	<ul style="list-style-type: none"> • 3-5 days per week • 55/65-90% of week • 40/50-58% of maximum oxygen up take resource (VO₂ Max) • The lower intensive vale/ 55-64% MHR
Time /duration	20-60 total minute of the continues for the lower intensity activity conducted for the long period of time (more than 30 minutes)
Type	<ul style="list-style-type: none"> ✓ Walking, hiking, running ,jogging ✓ Cycling, bicycling, running, cross country skiing, aerobic dance ✓ Rope skipping ✓ Rowing ✓ Stair climbing ✓ Swimming

The Major Function that are Affecting the correct Benefits of Physical Fitness Training

Knowledge:- Lack of adequate knowledge about the scientific training principle and health related physical quality can affect the benefits of exercise recommended for an individual. Every training program needs high specialized knowledge for application and benefits. In any specific exercise setting. The need harmonized information of several field of study such as nutrition, anatomy, physiology, and sport medicine explanation about physical fitness components exercise.

Economy:- In adequate facility will affect the proper implementation of exercise. Such as lack of training room, machines and other equipment same fitness centers do not have congest for hilling a well –trained instructor and then they become forced to hire an inefficiency person with less salary. So, economical problems load to incorrect training benefits related to physical components.

Documentation: - professional can also facilitate adherence to the exercise program by having the participant records of his or her performance. Such as medical history, current performance and other biological characteristics. Record keeping helps the individual focus on the task and provide a means for documentation progress towards the goal.

CHAPTR THREE

RESEARCH METHODOLOGY

3.1 Study Design

The researcher was design to explore the problem of conducting physical activity in fitness center of Wolkite University. The activity have explain deals and continue but when the apparent. In the methodology indicates steps would take to answer every quotation address the objectives set. Therefore, for immediate conjunction of the study, the researcher investigates the study by using descriptive research method. Because method describes clearly the cause and problems of the study area.

3.2 Description of the Study Area

This study was conducted at Wolkite University which is a public university located in Wolkite, Ethiopia. The university campus is located in the city of Wolkite, situated around 352 kilometers southwest of Addis Ababa. It is recognized as the leading national university, as ranked first by the Federal Ministry of Education for four successive years (2009 - 2012).The University offers various programs and courses of study, which lead toward degrees in different fields. It was established in December 1999 following the amalgamation of the Wolkite College of Agriculture (founded in 1952) and the Wolkite Institute of Health Sciences (founded in 1983).Wolkite University is well known for the natural atmosphere of its campuses. While urban campuses, there are indeed in the middle of tropical forests, and thus, home of untamed animals such as monkeys. Friendly life of such animals with human has created a unique atmosphere in the academic environment of the university.

3.3 Study population

This research focused on a largely population or practical reasons. The target population who include in this study was around 30 male and 10 female physical exercise participants at fitness center of Wolkite University.

3.4 Sample size

All participants were taken as a sample size for this study.

3.5 Data collection Instruments

One of the most components of research design is the research instruments. Because they gather or collect data in simple manner. There are many type of data gathering tools in research from these the researcher used these are questionnaire, interview and observation.

3.6 Source of data

This study used primary data source. In primary source, the data was directly gathered from participants using questionnaire, interview and observation.

3.7 Data Collection Procedure

The researcher will collect the data through questionnaires, which distribute to 30 male and 10 female customers

- ❖ Questionnaire was prepared
- ❖ Asking the permission of participants and teachers to filling the consent.
- ❖ Distributing the questionnaires that was prepare to participants
- ❖ Collecting the questionnaires from the respondents

3.8 Data Analysis Method

To analysis and interpret the data both qualitative and quantitative technique was employed. The data was gatherer through open ended questionnaire analyzed through qualitative techniques and the data gathered through closed ended questionnaires analyzed and interpreted in such a way that can transmit the idea of the research. Finally possible conclusion and recommendations was forwarded.

3.9 Ethical issues and Codes of Conduct

The study was dealt with ethical issues; it was protected the privacy of research participants and make guarantees and confidentiality in risk of harm as result of their participation. Therefore, the study was conducted according to Wolkite University rules, policies and codes relating to research ethics. And verbal consent was given and inform to the concerned bodies permission was obtained from the department of sport science then an informed verbal consent was be received from each study subjects and anyone who was not be willing to take part in the study had full right to do so.

CHAPTER FOUR

RESULTS AND INTERPRTATION

The analysis and interpretation of data done both qualitatively and quantitatively

4.1 Analysis of respondent's response

Table 4.1: general characteristics of the respondent

No	No. of respondent		Percent	
	Participant	Degree		
Education level		BSC	40	100%
		Total	40	100%
	Instructor	---	1	100%
		Total	1	100%
	Participant	Male	30	75%
Gender		Female	10	25%
		Total	40	100%
	Instructor	Male	1	100%
		Female	-	-
		Total	1	100%
	Participant	22-27	28	70%
Age		26-30	12	30%
	Instructor	30-35	1	100%

As the above table1 shows educational level the result shows all participants were BSC degree. In accordance with Gender 75% of the respondent were male and 25% of the respondent were females the result shows that the majority of the gymnasium exercise participants were male.

As indicated in the above table 4.1 shows that 70% of the respondent age 22-27 and the age of 15% of the respondent is a 26-30. The results shows that the age of majority gymnasium exercise participant were between 22 and 30.

Table 4.2 Fitness participants was started doing physical activity

Item	Alternative	Frequency	Percentage%
Q1.When did you start physical activity?	One year ago	14	35%
	Two year ago	10	25%
	Three year ago	10	25%
	Four year ago	6	15%
	Total	40	100%

From the table 4.2. Frequently distribution of the sample the respond who were presented with the question to say about where they stated performing physical activity as the table Indicated that 35% participants are started physical activity exercise one year ago and 25% two year and 25% three years ago and the remaining 15% four years ago.

The result shows that the majority gymnasium exercise participant people start doing physical activity one year ago.

Table 4.3.frequency of the exercise and participating

Item	Alternative	Frequency	Percentage%
Q2.For how many days in a week you do physical exercise?	3 days	28	70%
	4 days	8	20%
	5 days	4	10%
	6 days	-	-
	Total	40	100%

It is cleared from the above table 4.3 that the highest number of respondent around 70% performs a physical activity for 3 days per week in the gymnasium. The 20% of the respondents

are doing for 4 days and the 10% of the respondents doing for 5 days per week. Most of the subject performs physical activity for 3 days per week. Still the research didn't observe trains that perform weight gaining exercise rather fat burning. So fat burning training program exercise at least 6 days per week. They also largely shown that no good frequency of exercise guideline in the gymnasium.

Table 4.4 Fitness who had taken per –exercise physical fitness test before starting the exercise

Item	Alternative	Frequency	Percentage%
Q3. Have you ever tested your fitness level before starting physical activities in gymnasium?	Yes	24	60%
	No	16	40%
	Total	40	100%

From the above table 4.4 it is found that the number of respondent who said “yes “or “no” for the question whether per exercise physical fitness test had been taken or not ?. As the table four exercise shows that 60% of them have repaid saying it is presented this implies also most of them around 40% are not identify their own level of physical capacity and also the instructor could not identify easily every individual capacity to how feel and give proper response for exercise load.

In the case nobody can prepared well organized and planned exercise program in accordance with the proper application of training principals without principles and guideline every and cannot improve physical component and also not achieve any intended goal.

Table 4.5 what type of fitness component you measured

Item	Alternative	Frequency	Percentage%
Q4. If you answer question number 3 is yes what type of fitness component you measured.	Cardiovascular endurance	12	30%
	Muscular strength endurance	8	20%
	Flexibility	6	15%
	Fat percentage	14	35%
	Total	40	100%

Table 4.5 shows that 30% of the respondent has been test their cardiovascular endurance while the anther 20%, 15% and 35% of the respondent have been understand the correct muscular strength endurance, flexibility and fat percentage before starting exercise in the gymnasium respectively.

In accordance with the data gained from table five still large number of subject had taken only cardiovascular endurance and fat percentage test so as we know recommended exercise without understanding weakness and strength said is hind's effectiveness of the work.

Table 4.6 what is your goal to come in the gymnasium

Item	Alternative	Frequency	Percentage%
Q5.what is your goal /objective/ to come in the fitness center.	To develop muscle	20	50%
	To maintain weight	12	30%
	To loss-fat	8	20%
	Total	40	100%

As table 4.6 show that 50% of the participant where intended the goal to develop their muscle. The remaining as 30% and 20% of the respondent were to maintain their weight and to loss their fat level. Most of the participant goal was to develop their muscle. Even through the majority are responded that “to develop muscle “but the few off to loss fat amount.

Table 4.7 what type of exercise is recommended to develop your muscle by your instructor.

Item	Alternative	Frequency	Percentage%
Q6.If your answer is to develop muscle in question 5. What type of exercise your instructor recommended?	Aerobic exercise	18	45%
	Machine free weight	10	25%
	Stretching exercise all	12	30%
	Total	40	100%

As table 4.7 indicates that 45% of the respondent said recommended aerobic exercises are able to develop their muscle. The other 25% of respondent are problem machine and free weight exercise was recommends. The 30% of the respondent are stretching exercise all.

In accordance with the data gained from table seven the respondents exercise aerobic exercise to develop their muscular it indicates that there are problem to apply scientific training of principals as well, because aerobic activities mostly used for burring purpose rather than weight gaining exercise.

Table 4.8 what is the ability of your instructor to lead the activity and training the fitness participant

Item	Alternative	Frequency	Percentage%
Q7.What is the ability of your instructor to lead the activity and training of the participant.	High	12	30%
	Moderate	24	60%
	Low	4	10%
	Total	40	100%

As table 4.8 indicates what they could say when they evaluate their fitness instructor ability of leading instructor and their quantity , in table 8 ,among the total respondent trains 30% perceived the instructor as having high ability to instruct the physical activities while 60% said as moderate about the ability to instructor.

Those who have taken account 10%of the total respondents answered low on the ability of the instructors, so as indicated above on table the term moderate and high tells as the majority agrees that heir instructor have a potential to instructor the fitness program.

Table 4.9 what is the relationship the intended goal of the client and the exercise given

Item	Alternative	Frequency	Percentage%
Q8.what is the relationship between the intended goal of the client and the exercise given?	Highly related	18	45%

Moderately related	10	25%
Low related	6	15%
No related	6	15%
Total	40	100%

As table 4.9 indicates that participants selected to represents from whole population 45% of them are agreed on that the exercise which are offered at center of gymnasium is highly related with their goals and the 25% of them agreed moderately related.

The remaining 15% of them agreed low and not related .As they explained in the gym are to burn fat and develop subject of fitness indicated about the relationship between their goal and exercise is as highly related. Even if they assume the with large group.

Table 4.10 is there only miss-communication between you and your instructor during training session?

Item	Alternative	Frequency	Percentage%
Q9.Is there any miss – communication between you and your instructor during practices?	Yes	12	30%
	No	28	70%
	Total	40	100%

As shown above on table 4.10 most of the participants answered the question related to communication 70% of them said there is no miss communication and the remaining 30% said there is miss communication between instructor and them.

Table 4.11 is there any equipment problem in the gymnasium

Item	Alternative	Frequency	Percentage%
Q10.Is there any equipment problem in gym?	Yes	30	75%
	No	10	25%
	Total	40	100%

From table 4.11 the number of respondents who said “Yes” or “No” for question whether equipment problems have in the gym or not?

As the table 11 shows that 75% of the participants have replied saying “Yes”. The remaining 25% if the participant says “No”. So the data gained from the respondents instruct that their lack of equipment in center of gymnasium to perform the physical fitness component exercise.

Q11. What are the major problems on the effectiveness of training?

- * The problem of equipment
- * There is scarcity of shower
- * The shortage of time
- * The unknowing of the levels of the user's

Q12. What are other factors related to physical fitness?

- * Lack of weight and height measurement
- * Lack or insufficient shower rooms

Q13. What do you think about the possible solutions of the problem?

- * Provide additional shower station and maintain the damaged machine.
- * Separated training performs for new comers

Personal advice for each participant on which exercise will be better and what dietary, and life style modification needed for each participant.

4.2 analysis and Interpretation from Interview

1. Do you have taken pre exercise medical evaluation before starting training?

- * According to the instructors response there have not taken any medical evaluation before starting the training. However, some of the instructors tried to take measures by asking the trainer with orally without only instruments measure.

2. Do you conduct any actual fitness test for your user's before starting training?

- * According to the instructors response one of the instructor said that yes any actual fitness measure was taken for user's before starting the exercise. But two instructors were not taking any measure before starting the exercise.

3. What types of measures do you take to improve the performance your user's?

- * From the instructor response they take frequency intently .And time and type principle to measure the improvement of user's performance .By taking day to day improvement measures were taken by adding load and change the intensity.

4. If there is any problem related to gym, mention it?

- * According to the instructors response the trainers were not reach on time in the training place.
- * Lack of material and space.
- * Lack of maintenance to the materials.
- * Lack of assistance coach.
- * Lack of time.
- * User's' interest was not fulfilling at time. The space was not enough to arrange the gymnastic instruments.

5. Mention some possible solutions about the gymnastic that gives full service for you?

- * According to the instructor response the possible solution for those problems.
- * Building up gymnasium that is sufficient for materials to hold renewing the material buying the new material.

CHAPTER FIVE

SUMMARY, CONCLUSION AND RECOMMENDATION

This chapter of the research paper is filled with manifesting the basic outcome of the research (summary, conclusion, and recommendation). These points are explained in the form thought to give accumulative feature of the research in an attempt to answer those questions as what features have made problems on the physical fitness exercise gymnasium.

5.1 Summary

The main purpose of the study was the problem of conducting physical fitness activity in fitness of Wolkite University. This study to answer the following basic questions:-

1. Does the instructor recommended exercise according to the goal of user's?
2. Does the instructor have enough knowledge about physical activity?
3. Are the participants are eager on the expected result or improvement to achieve intended goal?
4. What are the major problems present around the fitness program at Wolkite university fitness center?

5. Does the instructor has enough knowledge about training principle routed physical fitness?

- The researcher investigated the study using descriptive research method
- * The total population who were include in this study was account 40 female and male physical exercise participants at fitness center of Wolkite university .
- * The sample size of the study was containing all participants from those 30 and 10 male and female participants respectively would studied.
- * The data was collected by three different data collecting instrument those are questionnaires, interview and observation.
- * The trainers were not reaching on time in the training place /lack of punctuality. Lack of material and space and they were not enough to arrange the gymnastic instruments.
- * The age of majority gymnasium exercise participant people were between 22 and 30.
- * 75% of the majority of the gymnasium exercise participants was male.
- * 30% and 35% of the number of subject had taken only cardiovascular endurance and fat percentage test.
- * 50% of participant goal was to develop muscle.

- * Most of materials that found in gymnasium are not enough to perform the fitness exercise.
- * The large numbers of user's had not taken the per-existed medical evaluation

5.2 Conclusions

According to the data and interpretation of this study, the researcher identified the major problems that revolve around the topic under investigation and summarize as follows.

Based on the data analysis and interpretation in the following finding have been provided by the respondent the researcher concludes that:

- * Most of the respondent believes that the materials found in the gymnasium are not enough to perform the fitness exercise.
- * Most of the respondent who join gymnasium for the purpose of well-being of health.
- * Most of materials that found in gymnasium don't satisfy the need of their user's.
- * Lack of enough knowledge on the trainers limited facility supply and the large number of participants and other related factors have made the distract and functionless on physical fitness exercise and training program.
- * Most of the respondent response that:- the lack of materials, the lack of shower room ,the lack of understanding the user's ability, lack of time to exercise activity, and the user's interest were not fulfill at time

5.3. Recommendation

The main aim of the study is to review the core problems affect the issues as well as try to suggest a possible solution feels the gap as much as possible.

Based on the above result the researcher recommended the following points:

- * Before the beginning every exercise setting participants should fulfill different necessary conditions.
- * The researcher highly recommended for fitness centers to fulfill all materials which are necessary to perform the fitness exercise.
- * The electronic machine like treadmill needs proper care in order to use the machine for longer period of time. Because the treadmill doesn't give service at the present time.
- * The researcher recommended for fitness centers that all not functional materials need periodic maintenance in order to give full service for the user's.

- * The gymnasium center should have well-trained and professional trainers who have knowledge about the existing gymnasium.
- * The researcher recommended that the instructors are key feature in developing the trainees mind and body with applicable knowledge.

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Appendix I

WOLKITE University

College Of Natural and Computational Science

Department Of Sport Science Questionnaire for User's

The main aims of this questionnaire are to identify and understand major problems of conducting fitness in center of Wolkite University.

Dear participants first to all we would like to say you from bottom of my heart and also my gratitude is endless for help me to fill this questionnaire.

So please, we need the following questions to respond me in the period of time general instruction.

- ✓ Do not write your name
- ✓ Read carefully and give real information
- ✓ Choose the best answer and mark" on the given box

GENERAL INSTRUCTION

1. Age
Sex
Educational level.....

Question

1. When did you start physical activity?
1 year 2 year year 4 year
2. For how many days in a week you do physical exercise?
3 days 4 days 5 days 6 days
3. Have you ever tested your fitness level before starting physical activities in gymnasium?
Yes No
4. If you answer question number 3 is yes what type of fitness component you measured.
A, cardiovascular endurance
B, muscle level / strength/ endurance
C, fat-percentage
D, flexibility
E, if any other test pleas state
5. What is your goal /objective/ to come in the fitness center?
A, to develop your muscle
B, to maintain your weight
C, to loss -fat
6. If your answer is to develop muscle in question 5 what type of exercise your instructor recommended?
A, aerobic exercise callisthenic
B, machine exercise free-weight exercise
C, stretching exercise all

7. What is the ability of your instructor to lead the activity and training of the participant?
A, high B, moderate C, low

8. What is the relationship between the intended goal of the user's and the exercise given?
.....

9. Is there any miss-communication between you and your instructor during practices?

10. Is there any equipment problem in gym?
A, Yes B, No

11. What are the major problems on the effectiveness of training?

12. What are other factors related to physical fitness?

13. What do you think about the possible solutions of the problem?

Appendix II

WOLKITE University
College of Natural and Computational Science
Department of Sport Science

The main aims of this questionnaire are to identify and understand the major problems of conducting physical fitness center of Wolkite University.

Dear participants first of all we would like to say thank from bottom of any heart and my gratitude is endless for help to fill this questionnaire.

So please, we needs the following question to respond me in the period of time

GENERAL INSTRUCTOR

Read carefully and give real information

1. Do you have taken pre exercise medical evaluation before starting training?

2. Do you conduct any actual fitness test for your user's before starting training?

3. What type of measurement do you use to improve the performance of your user's?

4. If there is any problem related to gymnasium mention it?

5. Mention some possible solution about the gymnasium to make it state and gives to full service?