



**WOLKITE UNIVERSITY COLLEGE OF NATURAL AND  
COMPUTATIONAL SCIENCE DEPARTMENT OF SPORT SCIENCE**

**TITLE**

**FACTOR THAT INFLUENCE SPORT SCIENCE TEACHERS AND STUDENTS ON  
TIME MANAGEMENT DURING PRACTICAL CLASS IN CASE OF WOLKITE  
UNIVERSITY SPORT SCIENCE DEPARTMENT**

**SENIOR ESSAY SUBMITTED TO DEPARTMENT OF SPORT SCIENCE FOR  
PARTIAL FULFILLMENT FOR REQUIREMENT OF BACHELOR DEGREE IN  
SPORT SCIENCE**

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# APPROVAL SHEET

WOLKITE UNIVERSITY COLLEGE OF NATURAL AND COMPUTATIONAL  
SCIENCE DEPARTMENT OF SPORT SCIENCE

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## **Abstract**

The research was conducted on factors that influence Sport science teachers and students on time management during practical class in the case Wolkite university sport science department. The study was used a descriptive survey method. Wolkite university teachers and third year sport science students were the total population of the study. Out of these by using simple random sampling and purposive sampling the sample of the study were selected. To collect the relevant data the researcher used both primary and secondary source of data. Thus, the result of the study shows that lack of available equipment and facility, insufficient time for practical class, behavior and discipline of students, number of students, and the distance from dormitory was influenced time management during practical class. Based on the finding, we recommend that motivating students, preparing enough facility and equipment, assigning assistant for teachers, and finally all concerned bodies should cooperate together to solve the problem.

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# CHAPTER ONE

## 1. Introduction

### 1.1. Back Ground of the Study

Sport science plays a big role in overall development of one's country. There are studies shows the importance of sport science for the overall growth of individual mentally, physically, socially and emotionally. Overall growth of individual is very important for economic growth and sustainable development of nation. From this perspective, it is the lifestyle of the individual that is crucial for health and quality of life. In this context, physical activity plays an important role in all stages of the life of the individual. It is necessary for the normal biological, social, and psychological development and health of young people, (Matej Majerič, 2016).

Time is the most crucial resource to be considered in the performance of any activity, (Akua A.et, Al, 2014). Therefore, to gate the benefits of sport wise management of time is important.

Managing time appropriately leads to achieving results easily with limited resources. Consequently, any productive system, whatever its structure, human, technology or financial support requires efficient and effective time management procedure, (Akua A. et.al, 2014).

Time management is extremely important, especially when it comes to university students because it will boost their grades and enhance their productivity, (Faisal Z.etc. 2014). Student's time is a limited resource. Like other limited resources time can be more or less effectively managed. (Bruce K. Abraham T).

## **1.2. Statement of the Problem**

Despite the significance of sport science delivering in different schools, university level is hindered by various factors; like un use of time, on the side of students toward the subject matter, shortage of equipment, forgot their groups, and etc. When it comes to practical class sport science is influenced by many problems large number of students in one section, interest of students and teachers, lack of material and facility, and etc. Effective practical class requires adequate facility and equipment, adequate time, and motivation of both students and teachers. However lack of facility and equipment, motivation of teachers and students has, and number of student has great influence on practical class in Wolkite university sport science department.

Regarding to this study; the study was attempted to find out the major factors that influence sport science teachers and students on time management during practical class in the case of Wolkite university sport science department. This study was trying to assess the effect of number of students in one section, interest of students and teachers, lack of material and facility, student's background, entrees and motivation of teachers and students on time management during practical class.

## **1.3. Research Questions**

This study will answer the following basis research questions such as:-

1. What are the major factors that influence sport science teachers and students on time management during practical class?
2. What is the effect of lack of facility and equipment on time management during practical class?
3. What is effect of lack of teachers and student motivation on time management during practical class?

## **1.4. Objectives of the Study**

This study includes both general objective and specific objective.

### **1.4.1. General Objective**

The main objective of this study was to investigate factors that influence sport science teachers and students on time management during practical class in the case of university of wolkite sport science department.

### **1.4.2. Specific Objective**

1. To find out what factors affect the time given for practical class.
2. To find out the effect of lack of sport infrastructures on time management during practical class.
3. To identify how motivation affect the time given for practical class.
4. To give possible solution for the above problem.

## **1.5. Significance of the Study**

This study believed to create more knowledge and importance of time management on sport science teachers and students during practical class.

The researchers believed that this study has intended to signify:-

1. Creates effective use of time for sport science teachers and students on time management during practical class.
2. Avoid the factors that influence sport science teachers and students on time management during practical class.
3. Teach about time management on sport science teachers and students on practical class.
4. Help to identify sport science teachers and students those who use their time effectively and efficiently.

## **1. 6. Delimitation of the Study**

This study is delimited to university of Wolkite sport science department because of two reasons:-

1. The time constriction and resources capacity of the research
2. To make the study manageable.

## **1.7. Limitation of the Study**

This study was limited by the following events

1. Shortage of time
2. Shortage of money

## **1.8. Definition of Terms**

- ✓ **SPORT**:-well-established, officially governed competitive physical activities in which participants are motivated by internal and external rewards.( Jennifer L. Walton-Fisette)
- ✓ **SPORT SCIENCE**:-Sport science is a multidisciplinary field (i.e., exercise physiology, biomechanics, motor control and motor development, sport psychology, sports nutrition, and so on) concerned with the understanding and enhancement of sports performance.( Bishop D)
- ✓ **PRACTICAL CLASS**:-regular acting in the teaching-learning of physical education.( Ejigayehu 2013)
- ✓ **TIME MANAGEMENT**:-means the maximum use of time for the productivity and achievement.( Zafarullah S et. al (2016))

## **CHAPTER TWO**

### **2. Review of Related Literature**

#### **2.1. Definition of Sport Science**

Sport science is defined as educational process that uses of physical activity as means to help individuals acquire skills, fitness, knowledge, healthy and good attitude that contribute the athletes optimal performance and wellbeing. Sport science uses physical activity to enhance the development of the whole process. Physical education includes the acquisition and maintenance of fitness for optimal health and wellbeing, (Charles Bucher, R. King, 1979).

According to Hoffman and Bishop, (2010), Sport science can be defined as the study of maximizing competitive athletic performance. This field of study is rooted in physiology, biochemistry, biomechanics, nutrition, and endocrinology. However, it specifically examines how these systems interact to maximize athletic performance and how manipulation of different training paradigms can accomplish these goals. Bishop, (2010), Sport science is a multidisciplinary field (i.e., exercise physiology, biomechanics, motor control and motor development, sport psychology, sports nutrition, and so on) concerned with the understanding and enhancement of sports performance. Sport science can be thought of as using the scientific process to guide the practice of sport with the ultimate aim of improving sports performance.

#### **2.1.1. Definition of Sport**

Sport are organized, competitive physical activity governed by rule and its meaning full opportunities to demonstrate ones competence challenge limit, (Rainer Martens,1972).

Sport as a special socio-cultural phenomenon, is a historically determined activity of people connected with the use of physical exercises, which is aimed at preparing and participating in a specially organized system of competitions, as well as individual and socially significant results of such activity, (Vasil S, 2018).

### **2.1.2. Time Management**

Time Management refers to managing time effectively so that the right time is allocated to the right activity. Effective time management allows individuals to assign specific time slots to activities as per their importance. Time Management refers to making the best use of time as time is always limited, (Prachi Juneja, 2015). Time management is considered as an inclusive process that is done through administrative functions which is deeply dependent on high personal talents and skills so it can then produce positive effects to society and individual at the same time, (Tsfaye Nigussie, 2019).

Time management plays a vital role in improving student's academic performance and achievements. Each and every student should have time management ability which includes setting goals & priorities, using time management mechanism and being organized in using time, (Shazia Nasrullah, Muhammad Saqib Khan, 2015).

Students in general have very busy and stressful lives because they are attending classes, completing assignments and studying for exams. In addition they have their own daily routines and lifestyles that are necessary for creating balance between academics and extracurricular activities. However, finding time to do everything at once can be challenging and overwhelming, (A. Vences Cyril, 2014).

Effective time management comes up with several positive outcomes such as productivity and psychological well-being. In another words effective time management provides chances such as better carrier and future planning, flourish academic achievement etc. So it can be said that time management is important at university level especially for students, (Umit Dogan, et.al, 2017).

### **2.2. Factors that Affect Implementation of Effective Time Management of Sport Science Teachers and Students.**

In the teaching learning process there are many factors that hinder attainments of the prescribed objective. It is evident that many students and teachers do not acquire the objective of sport. Those factors are facilities and equipment supplies, scheduling the class, attitude of students to learn sport science and administrative problem, (Vasiliadou O, et.al, 2009).

### **2.2.1. Time Allotted**

According to physical activity nature of the subject needs more time than any other academic subjects. It is clear that one teaching sport science more times is needed before going to the main practical class and after end the of practical class rather than any subject five minutes at start and ten minutes at the end for dressing and showering, time allows the leading learning process go in interesting way, (Ethiopian ministry of Education, 2001).

### **2.2.2. Class Size**

It indicates the amount of one class room ,when size is small it is important to input the planned activities, in other way when the class size small it is important to import the planned activities. Then the size of sport science class differs greatly from school it may vary from class to class with any one school, (Birhanu and Workinesh, 2008).

P. Smith & M. Warburton (1997), Class size has an impact on the teaching styles and methods adopted by teachers; teaching methods and forms of classroom organization have a big impact upon the quality of education provided in large classes; teachers with classes of more than 35 pupils spend a disproportionate amount of their time on planning, record keeping and managing pupil behavior.

### **2.2.3 Lack of Facilities and Equipment**

Learning facilities have been described as an effective tool for educational development in general, had a positive impact on the student's academic performance. Most of the schools did not have sufficient teaching facilities, but the available ones such as football field, basketball court, and table tennis have impact on the student's academic performance, (Joy Nkechi, 2016).

An excellence educational program doesn't correctly implemented without facility and equipment and supplies must sufficient, in sport science program the materials should participated whose students in manner of avoiding the limitation of the class time and interest. Each of sport science programs should be provided with appropriate equipment and sufficient facility for each student some of them are like field of practice, shower, balls, and appropriate sport clothes.

#### **2.2.4. Attitude of Students**

The attitude of students towards sport science plays a major role vital role for time management of sport science practical class. But some student felt that physical education programs that resulted in the experience having little value for them such as poor instructions, lack of planning and organization, Lack of motivation, too much stress.

Many students altitude towards physical education is mainly in fair so teachers of physical education are responsible to change their attitude positively is the phase education concerned with the teaching of skills acquisition than passive attitude. If the students develop positive attitude towards physical education, the teaching and learning process become higher level, (Wilson R.H, 1974).

## **CHAPTER THREE**

### **3. Research Methodology**

#### **3.1. Study Design**

The study was conducted by using descriptive survey method, and then it combines both quantitative and qualitative approach method. The study design includes data collection by questionnaire and interview. Then the information collected through questionnaire interpreted by using tables, percentage and frequency, and also the information collected through interview is interpreted through qualitative form or using words.

#### **3.2. Study Area**

The study was conducted in university of wolkite sport science department which is located in wolkite city. Wolkite city is located 156 Km North-West from Addis Ababa, the Ethiopian capital.

#### **3.3. Population of the Study**

The populations of the study are wolkite university sport science department teachers and students. There are 14 teachers and 22 students from 3rd year among them 8 are male students and 14 are female students. Generally the total populations that this study concerned are 36.

#### **3.4. Sample Size and Sampling Technique**

In the process of conducting study sampling is necessary. Regarding to this, this study was used simple random sampling techniques and purposive sampling techniques.

According to these techniques the study chooses 21 students. Among these 9 students male and 12 students are female. Also there are 14 Sport science Teachers, by using purposive sampling techniques the study chooses 3 sport science teachers. Generally the study has chosen 24 respondents from total population of 36 respondents from third year sport science students and sport teachers.

### **3.5. Data Collection Instruments**

The study collects data through both primary source of data and secondary source of data. The primary source of data will collect through questionnaire and interview. The questionnaire contains close. The secondary source data will be collected from different types of documents, manuals and other relevant sources.

#### **3.5.1. Questionnaire**

The questionnaire employed as major instruments to collect data. Close ended questionnaire was prepared to collect relevant data from respondents. Generally the questionnaires distributed to the respondents and gather more information about the problems.

#### **3.5.2. Interview**

The interview is an important data gathering technique involving verbal communication between the researcher and the subject. Interviews are commonly used in survey designs and in exploratory and descriptive studies. There is a range of approaches to interviewing, from completely unstructured in which the subject is allowed to talk freely about whatever they wish, to highly structured in which the subject responses are limited to answering direct questions , (Mathers et.al, 2000).

### **3.6. Methods of Data Analysis**

The researchers were analysis the collected data by using both qualitative data analysis and quantitative data analysis. The responses obtained from the survey questionnaire are analyzed by using descriptive statically analysis as the percentage and frequencies shortly using numbers with the cooperation of tables and percentages. The data collected from interview analyzed through qualitatively or by using the words.

## CHAPTER FOUR

### 4. Data Analysis and Interpretation

This chapter deals with describing, analyzing and interpretation of data which is obtained through questionnaire, Interview and Observations. The basic pertaining to issues is summarized in following tables as described above, questionnaire is one of the date collection instruments used to collect information which is used for the study. To achieve this objective closed ended Questionnaire was prepared, and distributed to the sport science students and teachers of respondents. And also data that was collected through interview and observations were interpreted through qualitative or in words. The researcher was analyzed and interpreted the data that are collected though questionnaire, interview and observations in the following form:-

#### 4.1 Results of Student's Questionnaire

##### 4.1.1 Backgrounds Information of Respondents

**Table4. 1 frequency distribution of Respondents characteristics**

No	Item	Category	Frequency	Percentage %
1	Sex	Male	9	47.1%
		Female	12	57.1%
		Total	21	100%
2	Age	16-20	-	-
		21-25	20	95.2%
		26-30	1	4.8%
		Above 30	-	-
		Total	21	100%
3	Study year	1 <sup>st</sup>	-	-
		2 <sup>nd</sup>	5	23.9%
		3 <sup>rd</sup>	16	76.1%
		Total	21	100%

As above tables 4.1 show that 9(47.1%) of respondents were male. And 12(57.1%) of respondents were female. On the some tables 1 show that no respondents found at the age of 16-20, 20(95.2%) of respondents were found at the age of 21-25, 1(4.8%) of respondents were found at the age 26-30. There are no respondents found at the age of above 30. And also from

this table 5(23.9%) of respondents were selected from second year and 16(76.1%) from third year sport science students.

**Table4.1. 1 the interest of students to participate practical class of Sport science**

No	Item	Frequency	Percentage %	
1.	Are you interested to participate in sport science practical class?	Yes	21	100%
		No	-	-
		Total	21	100%

According to above table 4.1.1 show that 21(100%) of all respondents were replied yes. This response show that students have high interest of participates in practical class of Sport science.

**Table4.1. 2 student's use of allotted time for practical class effectively**

No	Item	Frequency	Percentage %	
2.	How do you manage the allotted time for practical class?	Very high.	2	9.5%
		High.	13	61.9%
		Medium.	6	28.6%
		Low.	-	-
		Very low	-	-
		Total	21	100%

Regarding to this questions above table 4.1.2; 2(9.5%) of respondents were said very high, 13(61.9%) of the respondents were replied high, 6(28.6%) of respondents were replied as medium response, no respondents said the low and very low. This response show that students allotted to use practical class effectively for teaching and learning process of spot science practical class.

**Table4.1. 3 Sport Science teachers use their time effectively and efficiently.**

No	Item	Frequency	Percentage %
3.	Do sport science teachers use their time effectively and efficiently?	Strongly agree	1 4.8%
	Agree	8 38.1%	
	Average	10 47.6%	
	Disagree	2 9.5%	
	Strongly disagree	1 2.8%	
	Total	21 100%	

According to above table 4.1.3 show that 1(4.8%) of respondents replied as strongly agree, 8(38.1%) of respondents were replied as agree, 10(47.6%) of respondents replied as average, 2(9.5%) Respondents were replied as disagree, and 1(2.8%) of respondents replied as for this questions strongly disagree. Regarding to this response Sport science teachers use their time effectively and efficiently in average manner. This show that it can somewhat the practical time is affected though this one.

**Table 4.1. 4 Time influenced when students change their sport wear.**

No	Item	Frequency	Percentage %
4.	Does changing your cloth influence the mean practical class time?	Yes	21 100%
	No	- -	
	Total	21 100%	

As above table 4.1.4 show that, 21(100%) all of respondents replied yes, no respondents replied no. Regarding to this response the students practical time is influenced when they change their Sport wear.

**Table 4.1. 5 Sport Science teachers share the practical class and theoretical class equality**

No	Item	Frequency	Percentage %	
5.	Do your sport science teachers share the practical class and theoretical class equally?	Yes	12	57.1%
		No	9	47.1%
		Total	21	100%

According to above table 4.1.5, show that, 12(57.1%) of respondents were replied yes, and 9(47.1%) of respondents were said no. Regarding to this response the sport science does share practical class and theoretical class equally.

**Table 4.1. 6 the effect of distance between student dormitory and field of practice on time management during practical class**

No	Item	Frequency	Percentage %	
6.	How do you think the distance between your Dormitory and field of practice affect your time management during practical class?	Very high.	-	-
		High.	2	9.5%
		Medium.	16	76.2%
		Low.	2	9.5%
		Very low	1	4.8%
		Total	21	100%

According to table 4.1.6 show that no respondents were said very high, 2(9.5%) of Respondents replied high, 16(76.2%) of respondents were replied as medium response. 2(9.5%) of respondents were said low and 1(4.8%) of them replied very low. Regarding to this response the distance between the students' dormitory and field of practice not affect the time management of sport science students but affect sometimes.

**Table 4.1. 7 teachers prepare additional class for missed class due to different reason.**

No	Item	Frequency	Percentage %	
7.	Do your Teachers prepare additional class for missed class due to different reasons?	Yes	8	38.1%
		No	13	61.9%
		Total	21	100%

According to the above table, Regarding to the questions that teachers prepare additional class for missed class 8(38.1%) of respondents replied yeas and 13(61.9%) of respondents were

replied no. According to this response the teacher's does not prepared additional class for missed class due different reason then this problem is the most factors that influence Sport science teachers and students during practical class.

**Table 4.1. 8 the interest sport science teachers to teach practical class**

No	Item	Frequency	Percentage %	
8.	How do you think about sport science teacher's interest to teach practical class?	High.	11	52.4%
		Medium.	10	47.6%
		Low	-	-
		Total	21	100%

According to the above table 4.1.8 shot that, 11(52.4%) of respondents were replied high, 10(47.6%) of respondents were said medium and no respondents response low. This response shows that the teachers have most interesting to teach practical class of sport science.

**Table4.1. 9 teachers started the course on time to covers the given portion**

No	Item	Frequency	Percentage %	
9.	Does your Teachers prepared to start the course on time to cover the given portion?	Yes	16	76.1%
		No	5	23.9%
		Total	21	100%

As above table 4.1.9 expressed that 16(76.1%) of respondents replied yes, and 5(23.9%) of respondents were replied no. According to the response of the respondents the teachers were started the course on time to cover the given portion.

**Table4.1. 10 the affect lack of facility and equipment on time management of sport science students**

No	Item	Frequency	Percentage %	
10.	Do you think lack of facility and equipment affect your time management during practical class?	Very high.	4	19%
		High.	8	38.1%
		Medium.	5	23.8%
		Low.	4	19%
		Very low	-	-
		Total	21	100%

As above table 4.1.10 show that 4(19%) of respondents are replied very high, again 8(38.1%) of Respondents replied high, 5(23.8%) of respondents were replied medium and 4(19%) of the respondents replied low. According this response lack of facility and equipment are the most factors that influence Sport science teachers and students on time management during practical class.

#### 4.2 Results of Sport Science Teacher’s Questionnaire

**Table4. 2 Background information of respondents**

No	Category	Item	Frequency	Percentage %
1	Sex	Male	3	100%
		Female	-	-
		Total	3	100%
2	Age	21-30	2	66.7%
		31-40	1	33.3%
		41-50	-	-
		Above 50	-	-
		Total	3	100%
3	Work experience	1-4	1	33.3%
		5-8	2	66.7%
		Above 8	-	-
		Total	3	-
4	Educational level	BSC	-	-
		MCS	3	100%
		PHD	-	-
		Total	3	100%

As the above table 4.2 show that 3(100%) of teacher respondents are male, regarding to their age 2(66.7%) of Respondent is found between the age (21-30) years old, 1(33.6%) of the Respondents are found between the age (31-40) years old. Again on table 4.2 regarding to their work experience 1(33.3%) of the Respondents are 1-4 work experiences, 2(66.7) of respondent

are 5-8 work experience. Finally regarding to their educational level 3(100%) of respondents are MSC educational level.

**Table4.2. 1 the effect of lack of transportation (car service) on time management of sport science teachers during practical class**

N <sub>o</sub>	Item	Frequency	Percentage %
1.	Does the distance between your office and field of practice affect your time management during practical class?	Yes	3
		No	-
		Total	3
			100%

As the above 4.2.1 show that: 3(100%) of respondents were replied yes, and there are no responses from respondents to no. According to this response distance between office and field of practice not affect the time management of Sport Science teachers and students during practical class.

**Table4.2. 2 motivation level of students during practical class**

N <sub>o</sub>	Item	Frequency	Percentage %
2.	How you measured the motivation level of students during practical class?	Very high	-
		High	-
		Medium	3
		Low	-
		Very low	-
		Total	3
			100%

According to above table 4.2.2, Show that no respondents were replied as very high and high, 3(100%) of respondents were replied medium. there is no respondents replied as low and very low. Generally this response shows that the motivation level of students during practical class is medium.

**Table4.2. 3 student’s approach/behavior towards to practical class**

No	Item	Frequency	Percentage %
3.	Do students approach or behaviors affect your time during practical class?	Yes	-
		No	3
		Total	3
			100%

Concerning on above table 4.2.3 show that no respondents were replied yes, and 3(100%) of respondents were replied no this Responses show that students approach/behaviors not affect time during practical class. Students participate in practical class without any disturbances and perform their works in good manners.

**Table4.2. 4 the rate of equal participation of Female and male on practical class**

No	Item	Frequency	Percentage %
4.	How does female and male students are participating equally in practical class?	Very high	-
		High	1
		Average	2
		Low	-
		Very low	-
		Total	3
			100%

As above table 4.2.4 show that no respondents were replied as very high, 1(33.3%) respondents were replied as high, 2(66.7%) of respondents were replied as average. no respondents replied low and very low. According to this responses Female and male students are participate equally on practical class of Sport Science.

**Table4.2. 5 Feeling of students towards to time management during practical class**

No	Item	Frequency	Percentage %
5.	What is students feeling about time management during practical class?	Positive	2
		Negative	-
		undefined	1
		Total	3
			100%

As above table 4.2.5 show that 2(66.7%) of respondents were replied positive, no respondents response negative, 1(33.3%)respondents replied un-defined. This response indicates that the feeling and attitude of students towards to time management is positive.

**Table4.2. 6 the appropriations of time given to practical class and number of students**

No	Item	Frequency	Percentage %
6.	Do you think that time given to practical class and numbers of students are appropriate?		
	Strongly agree	-	-
	Agree	3	100%
	Neutral	-	-
	Disagree	-	-
	Strongly disagree	-	-
	Total	3	100%

Concerning on above table 4.2.6 show that no respondent were response other except agree 3(100%). Regarding to this responses the time given for practical and number of students are appropriate.

**Table 4.2. 7 students arrived on practical class on time**

No	Item	Frequency	Percentage %
7.	How do you rate student's arrival in practical class on time?		
	Very high	-	-
	High	1	33.3
	Medium	2	66.7%
	Low	-	-
	Very low	-	-
	Total	3	100%

As above table 4.2.7 show that no respondents were replied very high, 1(33.3%) respondents response high. 2(66.7%) respondents were replied medium, no respondents replied low and very low. Regarding on this response the students are arrived on practical class on time.

**Table4.2. 8 time given per week for effective learning of practical class**

No	Item	Frequency	Percentage %	
8.	The time allowed per week for practical class?	Sufficient	3	100%
		Insufficient	-	-
		Total	3	100%

According to above table 4.2.8 show that 3(100%) of respondents were replied sufficient. Regarding on this response the time allowed per week for practical class is effective practical learning.

**Table4.2. 9 How Sport science teachers manage their practical class.**

No	Item	Frequency	Percentage %	
9.	Do you manage your practical class of sport science as well?	Yes	3	100%
		No	-	-
		Total	3	100%

As above table 4.2.9 show those 3 (100%) respondents were said yes, no respondents were said no, from this responses sport science teachers manage their practical class of sport science as well.

**Table4.2. 10 the interest of students to perform practical class**

No	Item	Frequency	Percentage %	
10.	How do you satisfy the interest of students to perform practical class?	High	1	33.3
		Medium	2	66.7
		Low	-	-
		Total	3	100%

As above table 4.2.10 show that 1 (33.3%) respondent were replied high, 2(66.7%) respondents were replied medium. and there is no response from respondents low for this questions. This shows that the interest of students to perform practical class is good. Regarding on this the interest of students to perform practical class does not affect time management during practical class.

### **4.3 Results of interview with sport science teachers**

The researcher was interpreted data that is collected through interview. This method of data collection is very important to increase the quality of this research. Depending on this the researcher prepares interview. This interview was held with Sport science teachers. Regarding to this the response of respondents through interview was summarized as follows:-

#### **1. Interview regarding on what are the affect of lack of facility and equipment on sport science teachers and students on time management during practical class.**

As the respondents said that if there is full facility and equipment's the motivation and interest of students and teachers towards practical class will become high. According to the respondents lack of facility and equipment affects the participation of students in practical class, and they said that affect the motivation towards practical class. Also as respondents; the number of student and equipment in the Sport science department are not balanced (not enough); because of this teachers face difficulties to manage time in practical class. Regarding to this problem as the Respondents said that lack of facility and equipment is one of the major factors that influence Sport Science teachers and students on time management during practical class.

#### **2. Interview regarding on the motivation level of students and teachers towards to practical class?**

As the respondents justify their idea the motivation level of students and teachers are moderate. According to the respondents there are many problems that affect the motivation level of students and teachers during practical class; those are time allotted, facility, the approach of the teacher, the drill of the teacher, and the like. Regarding to this problem as the respondents said that the motivation of Sport science teachers and students are become medium. motivation is one of the major factor that influence Sport science teachers and students on time management during practical class.

### **3. Interview regarding on what is possible solution for this problem?**

As the Respondents suggest end their idea to solve this problem; first motivating the students, managing the equipment we have, using attractive teaching method. Secondly using local materials to use time effectively and make the practical class effective. On the side of students, students should be preparing themselves for practical class to manage their time. And on the teachers side teachers should be prepare themselves for practical class, develop their interest to teach students during practical class and increase the motivation level of students. In addition to this Sport science department and university should prepare enough material facility and equipment's that is used to perform Sport science practical class. Concerning on this Sport Science teachers and students can manage their practical class as well.

## CHARTER FIVE

### 5. Summary Conclusion and Recommendation

#### 5.1 Summary

The primary objective of this study was to examine factors that influence sport science teachers and students on time management during practical class in the case Wolkite university sport science department. Also the study aimed to find out the effect of inadequate material and facility, number of student in one section, motivation of student and teachers on time management during practical class. The study was used a descriptive survey method. Wolkite university teachers and third year sport science students was the total population of the study. Out of these by using simple random sampling and purposive sampling the sample of the study were selected.

The study employed two types of data such as primary and secondary data and three data collection tools. From primary source; questionnaire and interview were used and secondary source of documents and relevant data. The data gathered from questionnaire was interpreted by using descriptive method in percentage or quantitatively whereas the interview and document analysis was interpreted qualitatively in words. As the data collected from questionnaire distribute to the sample respondents the finding results are mastering skill enables learners to develop their capability in skill achievement and make the teachers and students more punctual as well as manage their time during practical class in the case of Sport science department. From the above data analysis in chapter four the researcher summarized as follows. The most common activity during which time wastage seen exist are:-

- ✓ During the period when teachers students move from their dorm to practice class field.
- ✓ Orientation new idea if the students do not attentively listen when orientation is given.
- ✓ During distribution of equipment and clothing changes.

According to the sample respondent's reply the Questionnaire the time management during practical class by teachers and students is influenced that the following factors:-

- ✓ Class size or number of students.
- ✓ Environmental condition.

- ✓ Students approach or behavior.
- ✓ In sufficient allotted time.
- ✓ Availability of the facility and equipment.
- ✓ Lack of awareness and attitude toward Sport activity.
- ✓ Punctuality during practical class from students and teachers
- ✓ Lack of transportation and etc.

The Sport science teachers and students manage the time of practical class according to respondents give their responses are as following.

- ✓ Equal division of the given time in two different pales.
- ✓ By distributing the material equally to groups.
- ✓ Assigning the leader and planning for teaching learning process.

## **5.2 Conclusion**

The objective of this study is to investigate the major factor that influences Sport Science teachers and students on time management during practical class in the case of Wolkite university Sport science department. Therefore questions that can assume attitude of teachers and students are analyzed. According to the data analyzed the following major conclusion was drawn.

- ✓ Lack of available equipment and facility which used for practical class in Wolkite University Sport science department influenced time management.
- ✓ The time allotted for practical class is not sufficient.
- ✓ Behavior and discipline of students influence the time while the teachers teaches practical class as the teacher respondent reply.
- ✓ The distance between dorm and field of practical class. During instructional orientation, during change Sport clothes, Class size, environmental conditions, student's background toward practical class, and unpunctuality of teachers influence time management.
- ✓ Class size has shown effect on time management of Sport science teachers and students during practical class because number of students per group to many that is difficult to manage the allotted time.

### 5.3 Recommendation

From the analysis and conclusion made so far the researcher was like to put the following recommendation or solutions hoping that it would be remedies for the problem investigate and will help to improve the time management during practical class of Sport science teachers and students. For this solutions given below all the responsible bodies must contribute to assure quality and standard of the education on being delivered in the department. This all responsible bodies are Wolkite university management, Sport science teacher, university community, and others should doing jointly to solve the problem of time management during practical Sport science class.

- ✓ The university should consider Sport as curriculum frill rather it must be supported internal party comprehensive education.
- ✓ To mitigate the undervaluing out looks of the students the department administration should create awareness for the community.
- ✓ Qualified technical assistance who give proper support and assistance for teachers should be assigned to manage a given time for the course.
- ✓ The students should follow the teacher orientation while he or she orient about lesson to manage the time as well.
- ✓ Wolkite university community by themselves should be responsible and participate in motivating the students to be active.
- ✓ Teacher must be encouraging the students equally during practical class to manage his/her practical class time.
- ✓ Sport facility and equipment's should be prepared for practical class properly to save time and to conduct sound lesson.
- ✓ The environment conditions should also prefer for the sport science practical class to manage and use a given time properly.
- ✓ Students should increase their interest for practical class the university schedule.
- ✓ Finally all concerned bodies should cooperate together to solve the problems which is related to sport Science practical class time management.

**APPENDIX I**  
**WOLKITE UNIVERSITY**  
**NATURAL AND COMPUTATIONAL SCIENCE COLLEGE**  
**SPORT SCIENCE DEPARTMENT**

**Questionnaires for sport science students**

This questionnaire is designed to sport science students from third year in Wolkite University.

Dear Respondents the main purpose of this questionnaire is to obtain information about factors that influence Sport science teachers on time management during practical class in Wolkite University. Hence you are kindly requested to provide genuine information for the questions which is Paramount important for the quality of the research. We would like to thank in advance for your cooperation.

**Instructions**

1. No need of writing your name
2. Choose the right option
3. Your response only be used for purpose of research

**Part -- Back Ground information**

1. Sex      a) Male                      b) Female
2. Ages      a) 16-20      b) 21-25      c) 26-30      d) Above 30
3. Study years    a) 1st year    b) 2<sup>nd</sup> year    b) 3<sup>rd</sup> year

**Part-- Study related questions**

1. Are you interested to participate in sport science practical class?  
A) Yes.                      B) No.
2. How do you manage the allotted time for practical class?  
A) Very high.    B) High.    C) Medium.    D) Low.    E) Very low.
3. Do sport science teachers use their time effectively and efficiently?  
A) Strongly agree.    B) Agree.    C) Average.    D) Disagree.    E) Strongly disagree
4. Does changing your cloth influence the mean practical class time?  
A) Yes.                      B) No.
5. Do your sport science teachers share the practical class and theoretical class equally?  
A) Yes.                      B) No.
6. How do you think the distance between your Dormitory and field of practice affect your

- time management during practical class?  
A) Very high. B) High. C) Medium. D) Low. E) Very Low.
7. Do your Teachers prepare additional class for missed class due to different reasons?  
A) Yes. B) No.
8. How do you think about sport science teacher's interest to teach practical class?  
A) High. B) Medium. C) Low.
9. Does your Teachers prepared to start the course on time to cover the given portion?  
A) Yes. B) No.
10. Do you think lack of facility and equipment affect your time management during practical class?  
A) Very high. B) High. C) Medium. D) Low. E) Very Low.

## **APPENDIX II**

### **WOLKITE UNIVERSITY**

**NATURAL AND COMPUTATIONAL SCIENCE COLLEGE**  
**SPORT SCIENCE DEPARTMENT**

**Questionnaire for sport science teachers**

This questionnaire is designed to sport science teachers in Wolkite University.

Dear Respondents the main purpose of this questionnaire is to obtain information about factors that influence Sport science teachers on time management during practical class in Wolkite University. Hence you are kindly requested to provide genuine information for the questions which is Paramount important for the quality of the research. I would like to thank in advance for your cooperation.

**Instructions**

1. No need of writing your name
2. Choose the right option
3. Your response only be used for purpose of research

**Part -- Back Ground information**

1. Sex.    A. Male.            B. Female
2. Age.    A.21-30.    B. 31-40.    C. 41-50.    D. Above 50 years
3. Educational level.    A. BSC.    B. MSc.    C. PhD
4. Work experience.    A. 1-4 years.    B. 5-8 years    C. above 8 years.

**Part-2 study related questions.**

1. Does the distance between your office and field of practice affects your time management during practical class?  
A. Yes                    B. No
2. How you measured the motivation level of students during practical class?  
A. Very high    B. High            C. Medium            D. Low            E. Very low
3. Do students approach or behaviors affect your time during practical class?  
A. Yes                    B. No
4. How does female and male students are participating equally in practical class?  
A. Very            B. High            C. Average            D. Low            E. very low
5. What is students feeling about time management during practical class?  
A. Positive.            B. Negative            C. In defined
6. Do you think that time given to practical class and numbers of students are appropriate?  
a. A. Strongly agree                    C. Neutral



**APPENDIX III**  
**WOLKITE UNIVERSITY**  
**NATURAL AND COMPUTATIONAL SCIENCE COLLEGE**  
**SPORT SCIENCE DEPARTMENT**

**Interview for sport science teachers and students**

1. What are the affect of lack of facility and equipment on sport science teachers and students on time management during practical class?
2. How is the motivation level of students and teachers towards to practical class?
3. What is possible solution for this problem?

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