

## Addressing the Effectiveness of Athletics Intramural Programs in Tehran Medical College

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### Abstract

The purpose of this study was to Evaluate the effectiveness of Athletic Intramural Programs in Tehran Medical Unit. The research community was all male and female students in Tehran Medical college of whom 150 were randomly chosen. It was descriptive research study whose data were collected with a researcher-made questionnaire. To determine the factors determining the relationship between academic achievement, student satisfaction levels, gender and educational groups of subjects participated in this program, we applied  $\chi^2$  tests. Extracurricular sports programs in Qom and Tehran Medical Units were highly effective ( $P < 0.05$ ). There was no significant difference between gender and subjects participation in extracurricular sports activities ( $P = 0.581$ ). Also, there was no significant difference between students' satisfaction and their participation in extracurricular sports programs ( $P = 0.055$ ). Participation in extracurricular sports programs were affected by educational groups and humanities students had participated in these activities more than other students ( $p = 0.002$ ).

**Keywords:** Leisure Time, Effectiveness

### Introduction

The middle school intramural program is an extension of the regular physical education instructional program, including the development of movement skills, health-related fitness, and personal and social responsibility, conducted before and/or after school among students in the same school. All intramural activities are treated equally in terms of resources, facilities, selection of staff, and allocation of supplies and equipment.

Intramural programs should provide students with a variety of interesting, diverse, and challenging activities to accommodate differing levels of need, skill, readiness, and interests. Each school's program should be individualized to reflect the needs and interests of all its students. The primary reason for participation is enjoyment of the learning activities rather than pressure to compete and win, as in athletic competition. Such an environment will enable students to extend learning of the benefits of movement, develop positive attitudes, increase self-esteem, enjoy positive social interactions, and broaden their fitness and leisure horizons.

Many studies have been done in the field of organization and sports management make it clear that the sports organization need useful and effective managers having the required managerial skills. Robert Katz groups managerial skills as conceptual, technical and human .

Hence, skills of managers mentioned above involve correct processing of data and understanding (conceptual skills), use of technology (technical skills) and work with humans (human skills) to effectively achieve the intramural goals of physical education departments at universities (effectiveness).

### **Research Methodology**

It was descriptive research study whose data were collected with a researcher-made questionnaire .The research community were all male and female students in Tehran Medical college of whom 150 were randomly chosen . To determine the factors determining the relationship between academic achievement, student satisfaction levels, gender and educational groups of subjects participated in this program ,we applied  $\chi^2$  tests.

### **Results**

Extracurricular sports programs in Qom and Tehran Medical Units were highly effective ( $P < 0.05$  ). There was no significant difference between gender and subjects participation in extracurricular sports activities ( $P = 0.581$  ). Also, there was no significant difference between students' satisfaction and their participation in extracurricular sports programs ( $P = 0.055$ ). Participation in extracurricular sports programs were affected by educational groups and humanities students had participated in these activities more than other students ( $p = 0.002$ ).

### **Conclusion**

Chi-square test results showed that in relation to the students` level of educational success and participation in extracurricular sports activity, there was a significant difference between their educational success and participation in extracurricular sports activities. The reason is they are mentally and physically more prepared to deal with stress and improve academic achievement of students.

Chi-square test showed that there was no significant difference between students' satisfaction and participation in extracurricular sports programs at universities . Likely , lack of significance was due to the fact academic programs and extracurricular sports don't meet the various needs of the students . There was no significant difference between gender and

subjects participation in extracurricular sports activities ( $P=0.581$  ). Possibly, both genders were equally interested in intramural sports activities.

Results from Tehran Medical research shows that extracurricular activities have been effective.

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