

**PROVISION AND UTILISATION OF SPORT FACILITIES AS  
DETERMINANTS OF SUCCESS IN SOME SELECTED COMPETITIVE  
SPORTS**

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**A RESEARCH PROJECT SUBMITTED TO THE DEPARTMENT OF  
HUMAN KINETICS AND SPORTS SCIENCE, FACULTY OF  
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## **CERTIFICATION**

We the undersigned certify that this work was carried out by **Eguagie Eloghosa Hillary** with Matriculation Number **EDU1703488** of the Department of Human Kinetics and Sports Science, Faculty of Education, University of Benin, Benin City, for the award of B.Sc. (Ed) in Human Kinetics and Sports Science.

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## **DEDICATION**

I dedicate this work to God for the wisdom, inspiration and grace given to me.

## **ACKNOWLEDGEMENTS**

I am deeply grateful to God for the grace to initiate and finish this research work.

I am grateful for the life of my supervisor, Mr. C. O. Aluya. Thank you sir for being patient and also taking time to guide me in the course of this work.

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## ABSTRACT

*Sports facilities and equipment are key in ensuring proper training and improving the performance levels of athletes and other sports participants. This study was carried out to assess the provision and utilisation of sports facilities as determinants of success in selected competitive sports.*

*The University of Benin was selected as the study area and the adequacy and quality level of available facilities and equipment for various sports was assessed. The survey research design was employed and data was collected from a total of 100 participants using structured questionnaires designed by the researcher. Data collected was analysed using simple frequencies and percentages and presented in tables.*

*The results of the study revealed that inadequate facilities for sporting activities cause a lack of interest in participation and that modification of certain equipment to suit the needs of the athlete can improve performances. It has also been revealed that supervision of training using facilities, maintenance and repair of equipment contribute to better performance in competitive sports. Generally, there is an indication that the availability of adequate sporting facilities and equipment is essential for success in competitive sports. The facilities for most sports were judged to be inadequate. However, the quality of the available facilities was deemed to be generally good. Based on the findings of the study, it is therefore concluded that the provision and utilisation of sports facilities is a determinant of success in selected competitive sports.*

# CHAPTER ONE

## INTRODUCTION

### **Background to the Study**

A large number of people's life revolve on sports. Sports are activities requiring skill and physical effort in which a person or team competes against another or for amusement. Through active and passive engagement, sports have the potential to alter the complete human psyche (whole-man). Sports have the power to change a person's physical, moral, social, mental, and emotional aspects of personality. Sports participation in a learning environment has been shown to promote academic growth, better health and wellness, and participant emotions of security and accomplishment. Sports players in every sector of society take use of these advantages as well (Steinburg, 2018)

The security and safety of athletes and spectators must be ensured by sports organizations, who are expected to take reasonable safeguards. They face the danger of causing harm or injuries as well as legal problems if they don't take the amount of care that is reasonable and wisely expected of a coach, physical educator, or teacher in keeping a safe environment and suitable equipment. Nobody can be expected to risk being in an unsafe environment, a risky play area, an unsecure locker room, or a field or court that isn't frequently inspected and maintained. There are many issues to take into account while developing a risk management plan for sports arenas, facilities, equipment, and supplies.

Facilities are really fixed/permanent structures used in sporting stadiums. There are several athletic venues built for many sports, not just one. Nowadays, particularly at the social and

community levels of sports and recreation, many improvised and modified facilities or locations are used, and they may not be the safest alternatives. Therefore, when this occurs, facilities management must ensure that the facility does not in any way endanger players or spectators. Facilities must be used responsibly. Even the safest location may become dangerous depending on how a game is played, how the courts are set up, or how people move through it (Diejomoah, Akarah & Tayire, 2015).

Any equipment or structures that jut out or protrude should be cushioned and covered. All glass surfaces need reinforcement, protection, or both. The sun may provide an undesirable danger in a small space since it can temporarily impair players' eyesight, increasing their chance of slipping from equipment or losing sight of the ball or an opponent. This may result in their colliding with an opponent or being briefly rendered blind by a ball. In a limited region, this danger is unnecessary. It could be necessary to use curtains or shades to reduce this danger, or the activity or equipment may need to be relocated out of the sun's direct line of sight.

Thoroughly inspect each exit and entry. It is best to leave the doors leading into the play areas open. Before renting, using, or purchasing a building, pitch, track, or pool, make sure it has been thoroughly inspected and approved by the governing body and/or the local authority inspectors. Additionally, the entry of latecomers should be watched, especially once competitions have begun, if the playing or practice areas extend close to the entrances, as is frequently the case with volleyball and basketball courts. Check everything before using it while utilizing facilities that are shared or have many uses, which is a typical trend nowadays. It's possible that the previous users did not follow your strict safety guidelines. They could have fled the institution in a dangerous situation.

turned out to be risky. Activities should be postponed until unsafe grounds can be utilized again and should not be used. It is wise to be cautious and terminate the activity in severe circumstances if the harmful state cannot be corrected.

Temporary buildings and supplies that are installed in athletic venues for usage and then removed or returned when the activities are over are referred to as equipment. The manufacturer's or the organization overseeing the sport's instructions or recommendations should be carefully followed while assembling or disassembling equipment. These recommendations could include things like the appropriate assembly and disassembly of equipment, lifting and handling of equipment, checking equipment for functionality, positioning equipment for optimal safety while in use, and storing equipment properly after use. Regarding the equipment needed for performances, each sport has its own rules and requirements. To guarantee the safe use of equipment and facilities, a number of principles are essential. These include monitoring of usage, location, inappropriate size, pre-competition inspections, maintenance, equipment modification, and repairs (Ekuri, 2018).

All participants in the sport, from the management team to the competitors, are accountable for maintaining the equipment. This means routinely inspecting the equipment to make sure it is not damaged and reporting for repairs as needed. It is important to keep track of incorrect procedures, missing components, and equipment damage. Equipment wear and tear is reduced by making sure it is handled and cared for appropriately. Equipment adjustments are often not required since they might be troublesome if they modify the way the equipment works. As a result, any equipment changes must stay within the parameters of the purposes for which they were intended. Prior to the equipment being used, all work performed on sporting equipment and facilities should be properly supervised by qualified individuals.

It is crucial to make sure that all tools and materials are removed from the area before they are put back into use. It is vital to inspect the equipment before a competition to make sure that it is set up in accordance with the manufacturer's or organizing body's instructions. This is due to the fact that using defective or broken equipment might result in an athlete's harm or even death, hence it should be removed and replaced or fixed. Equipment that cannot be moved owing to its weight or size may either be covered up until it is repaired or have a notice prohibiting use. In order to prevent circumstances that might be dangerous for everyone concerned, it is also crucial that equipment be housed or kept in settings that are acceptable, safe, and suitable. For younger sports players in particular, using equipment that is either too big or too little is a challenge. Helmets, guards, and pads are a few examples of oddly sized equipment that won't provide the user with the optimum level of protection. Since most protective gear is designed to endure a certain amount of force, it is possible that it will be broken and not be able to protect the user if it is not suited to the level of the participants, their age, size, and/or expertise. Therefore, it is crucial to make sure that the participant's age and size are taken into account while choosing equipment and attire. Finally, it goes without saying that sports need proper supervision of all activities. Coaches, teachers, referees, educators, parents, or senior team members are examples of those who may act in a supervisory capacity and protect the safety of individuals under their care. Organizations involved in sports take care to guarantee that equipment is only utilized by or under the supervision of certified individuals. If a coach or instructor overlooks this, as well as the organization's leader, who is aware of this wrongdoing, they may be acting negligently (Ekuri, 2018).

People participate in a broad range of competitive sports, which may be either indoor or outdoor. The availability and use of sporting facilities and equipment, such as courts and pitches for ball games, rooms with weights for exercise, and gymnasiums, in educational institutions is crucial for enabling people to engage in physical activity, meet the demands of physical education, and

compete in sports. The use of these resources is controlled by the development of efficient use schedules, correct operation and maintenance of these resources, and even the preparation of plans for acquiring additional ones (Alsaudi, 2015). According to many studies, Nigeria has access to a variety of sporting facilities, such as football fields, basketball, tennis, volleyball, and badminton courts, as well as horizontal bars, weights, and posts for hockey and basketball (Ekuri, 2018).

Excellent-quality programs are necessary for good sports practice and competition, and this includes the supply of adequate training facilities and equipment to achieve high and remarkable results. Sporting participation and performance are negatively impacted by the lack of or inadequate standard equipment and facilities in a number of different ways (Bailey, 2006).

In Nigeria, the growth of sports has not gotten enough attention, and as a consequence, many locations have subpar or broken facilities for practicing sports. This has contributed to the poor performances and low success rates in contests that Nigerian athletes have experienced throughout time, along with other problems including bad coaching, a lack of desire, and poor aesthetic characteristics of the training environment. Numerous studies have linked better athletic performances and greater sporting success to the availability of facilities for sports training (Ogundairo, 2010).

Another issue that needs consideration is the security of sporting venues. This safety may be jeopardized by several aspects, such as how a sport is played or the design of the fields and courts, among other things (Ekuri, 2018). Sport facilities should be utilized, thus it is important that the areas where sporting goods are stored and used be maintained dry, clean, well-ventilated, and secure. Additionally, it has been shown that making information on how to use and care for

certain items, such as sports shoes, leather goods, and other protective gear, makes using sport equipment easier and more appealing (Maxwell, 2006).

Heartley (2011) emphasized the difficulty of participating in sports when these facilities are few while pointing out that poor maintenance of equipment and facilities is a factor of poor results in sports at all levels. Collins (2011) proposed that educators and sports administrators have a key role to play in the upkeep of sporting goods and facilities that are under their control because of this.

There must be appropriately established and supplied facility management principles, of which there are four: planning, organization, leadership, and control, in order to fulfill goals linked to athletic events in educational institutions. The fundamental duties of managers and administrators may be summed up in these four ideas. Administrators must plan by determining the facilities, equipment, and resources needed to meet these objectives, while the execution of such plans may be impacted by positive and negative variables that may modify the original course of action chosen. To guarantee that the action plan is executed successfully and efficiently, organization is necessary. When organizing, it's important to keep everyone on the same page, distribute responsibilities correctly, and prevent making excessive expenditures. Administrators and coaches should collaborate to decide how sports participation should be conducted. Another crucial function of administrators is to provide leadership and guidance. The purpose of this is to keep an eye on the coaches' and players' behaviors in order to help them achieve their objectives. In order for this to be successful, a positive work atmosphere that promotes positive connections and problem-solving abilities is required. The main way to do this is via effective communication. The aforementioned also pertains to management, which is intended to create high standards for athletes' involvement in and performances in sports (Haruna, 2013).

Due to contests held specifically for them, higher education institutions in Nigeria are among the main competitors in major athletic events. These include the West African University Games (WAUG), the Higher Institution Football League (HIFL), and the Nigerian University Games Association (NUGA) competitions. Each of these competitions often features the University of Benin.

A year after the inaugural West African University Games, which were held in Ibadan in 1965, NUGA was established there in 1966. In 1970, NUGA joined FISU, the World Federation of University Games. The group now has more than 80 federal, state, and private colleges as members. Athletics, Badminton, Basketball, Chess, Cricket, E-sport, Football, Handball, Hockey, Judo, Karate, Scrabble, Squash, Swimming, Table Tennis, Taekwondo, Tennis, and Volleyball are among the 18 sports that have been accepted for the tournament. During NUGA games, a lot of notable Nigerian athletes who competed on an international level were discovered. Numerous top competitors in NUGA competitions throughout the years have finished their undergraduate degrees as professional athletes. The University of Port Harcourt squad won the 26th Edition of the NUGA Games, which were most recently hosted on the University of Lagos campus. With a total of 37 medals, including 8 gold, 9 silver, and 20 bronze medals, the University of Benin came in fifth position.

The top league in Nigeria for male football teams from higher education institutions. The league's inaugural season began in 2018 and included 16 clubs, including the UNIBEN Royals of the University of Benin. The league was founded in 2017. The University of Agriculture, Makurdi's UAM Tillers won the inaugural season. The competition's second season, which was played in 2019, saw the addition of 32 teams. The UNICAL Malabites won the league championship after the season on penalties. Due to COVID-19, the 2020 season was ruined and

the UNIBEN squad was not present. The LEADCITY Gladiators of Lead City University in Ibadan were the winners of the game that was played among players. Twenty-five teams competed in the 2021 season, and the University of Maiduguri's UNIMAID Warriors won the competition. The UNN Lions defeated the UNIBEN Royals in the quarterfinals. The Kogi State University's KSU Steelers won the competition's 2022 edition, becoming them the first state university to accomplish so.

The ECOWAS Students' Games, often known as the WAUG, were originally held in Ibadan, Nigeria in 1965. Since then, they have taken place once every four to six years. Six times in all, at Ibadan (1965), Lagos (1971), Ife (1975), Benin City (1995), Ilorin (2012), and Port Harcourt (2013), Nigeria has hosted the tournament (2018). 13 different Olympic sports are now played throughout the competition. The University of Port Harcourt won the most recent competition with a total of 75 gold, 36 silver, and 24 bronze medals, repeating their success from the 2012 competition, when they were also named victors.

### **Statement of the Problem**

There have been several studies done on the accomplishments and achievements of athletes competing in athletic events in Nigeria. The availability and use of equipment and facilities have been recognized in several of these studies as a crucial element that affects performances and accomplishments (Ogundinghe, 2006; Ekuri, 2018). In many educational institutions in Nigeria, the equipment and facilities used for sports are often insufficient or in poor condition, with just a few schools able to properly maintain their facilities (Diejomoah, Akarah & Tayire, 2015). The safety of the venues, the modification and sizes of sport equipment, and the monitoring of practice and performances have all been judged crucial when taking into account sports facilities

as determinants of sport performances (Ekuri, 2018). In light of this, the purpose of this research is to ascertain how the availability and use of sports facilities affect competitive sports success.

### **Research Questions**

The following research questions would be considered during the course of this study.

- a. What is the influence of inadequate facilities and equipment on success in competitive sports?
- b. Does the University of Benin have adequate sporting facilities and equipment?
- c. What is the quality level of the sport equipment and facilities in the University of Benin?

### **Research Hypothesis**

- a. Provision and utilisation of sports facilities has a significant influence on the success in competitive sports in the University of Benin.
- b. Provision and utilisation of sports facilities does not have any significant influence on the success in competitive sports in the University of Benin.

### **Aim and Objectives of the Study**

The aim of this study is to assess the provision and utilisation of sports facilities as a determinant of success in some selected competitive sports in the University of Benin.

The specific objectives of the study are to:

- a. To determine the influence which inadequate facilities have on success in sports at the University of Benin.
- b. To evaluate the adequacy of sports facilities in the university.
- c. To ascertain the level of quality of the sport facilities in the university.

### **Significance of the Study**

This present study would provide information on how inadequate facilities affect the performances and success of athletes in competitive sports which would be useful to students, athletes, educators, sports administrators, government and policy makers in terms of knowing the influence of these facilities and how to plan for, provide and make use of better and improved facilities.

Also, it is expected that information gathered from this study will add to the body of existing knowledge on the subject, while also serving as a point of reference to future studies on the subject of facilities and how they affect successful performances in sports.

### **Scope/Delimitation of the Study**

This study seeks to examine the influence of the provision and utilisation of sport facilities on the success in competitive sports. The study is delimited to students of the University of Benin.

### **Limitation of the Study**

The study sample is limited to a population which is predominantly composed of students and as such may not be representative of the entire Nigerian population. Another limitation for this

study is the potential refusal of respondents to provide sensitive information and give data which may be self-supporting.

### **Definition of Terms**

**Sport:** any activity which involves physical exertion and skill, and features an individual or team of individual competing against another for entertainment.

**Facility:** a facility is a place, amenity or piece of equipment which is designed to serve a certain purpose.

**Performance:** a performance refers to the action or process of carrying out a task or a function

**Success:** this is defined as the accomplishment of an aim, goal or a purpose.

## CHAPTER TWO

### LITERATURE REVIEW

This chapter presents the review of related literature and would be discussed under the following headings:

- Concept of sports and sports facilities/equipment
- Provision and utilization of sport facilities as a determinant of success in competitive sports
- Utilization and maintenance of sports facilities
- Summary of reviewed literature

#### **Concept of sports and sports facilities/equipment**

Sport is define as an activity, contest, game, or physical exertion-required activity that is often carried out in accordance with a set of rules. It is seen as planned spontaneous activities, competitions, games, or as a process that helps people become physically healthy, mentally relaxed, and skilled (Bolarinwa, 2021). Sport may bring about friendships, health, fulfillment, fitness, recognition, a sense of accomplishment and triumph, and fun, but it can also bring about grief, tiredness, despair, disappointment, disease, injuries, and in very rare circumstances, even death.

Sport is described by Ademola (2014) as any competitive activity that utilizes an individual's mental or physical abilities in order to substantially improve their emotional, physical, social, financial, and intellectual well-being. It may be an amateur or professional endeavor. It is often done in one's own time or as a kind of support for a person. In sports, rewards may take the form of money.

value, honors, or awards. Sports are purely competitive affairs between people as well as between nations and continents, with little room for imagination. Sport is essential for students, physical educators, and communities as a whole (Bolarinwa, 2021) It touches on every aspect of life, and when properly organized and managed, it may foster an atmosphere in which societal views can be shaped into a good character via a process of social stimulation (Ademola, 2015). Sport has been shown to be an essential instrument for fostering social contact and integration among young people participating in contests or events for glory, distinction, or renown (Bolarinwa, 2021).

### **Sports facilities**

Sports facilities are items that are utilized in sports that are long-lasting, non-movable, fixed, and static. Training centers, stadiums, gymnasiums, and sports federations are all examples of sports facilities. While specifically speaking, sports facilities include running tracks, swimming pools, badminton courts, handball courts, volleyball courts, basketball courts, long jump pits, etc., these facilities may accommodate a variety of sports activities or events such as training sessions, competitions, etc. Many sporting facilities are permanent structures with extended lifespans; as a result, they cannot be transferred from one location to another. A typical example of a sports facility is a sports complex (Oladipo, 2021). A sports complex is a collection of sporting venues. Sports facilities like field stadiums and tracks, indoor arenas, baseball stadiums, swimming pools, football stadiums, etc. may be used for physical education lessons or as places to train players.

Sport facilities are essential for encouraging athletic events or activities among kids, students, and teens. According to Owoeye and Yara (2010), facilities are a critical component in the

operation of any events, programs, or organizations since they greatly influence how well any social system or organization, including a health program, functions.

The effectiveness and high productivity of athletic activities are enhanced by the proper availability of sport facilities (Bolarinwa, 2021). Sports facilities are designed to encourage the spirit of sportsmanship, leisure, sports, and to improve physical well-being. Sports facilities and equipment are vital in attaining the aims of sports and physical education because they serve as labs for physical education where games are played or performed (Rintaugu and Nteere). A playing field or court, for instance, is a space set aside for sports like cricket, basketball, tennis, football, volleyball, badminton, etc.

The growth and practice of sports depend on having the appropriate number and quality of facilities. This explains, at least in part, the variations between sport cultures in industrialized and developing nations. In industrialized nations, there are sufficient and high-quality sports facilities, which improves athletes' performances (Ojeme, 2013). Many developing nations want to quickly catch up to industrialized nations in terms of development. While underdeveloped countries struggle to offer these facilities yet strive to generate world-class athletes or players, developed countries are making more efforts to provide exceptional facilities and an enabling atmosphere for sportsmen (Awoma et al., 2015).

It might be difficult to distinguish between a country's sport standards and the quality of the facilities used to house or train athletes. It is clear that there are not enough facilities in Nigeria's federal or state governments to support all the athletes that compete there. This explains why a Nigerian's sporting accomplishments significantly increase when he goes outside of his country (Ekpe, 2011). According to Adamu (2002), Nigerian athletes' biggest problem is the lack of facilities and equipment, which prevents them from competing successfully overseas. A good sports program will only be successful if there are sufficient sporting facilities available. As

crucial as providing great incentives for athletes is the provision of quality facilities. The lack of sports facilities in Nigeria is a hindrance to the success of sport administration. It has been noted that Nigerian athletes do poorly in international athletic competitions because they are not exposed to cutting-edge facilities (Bolarinwa, 2021). In the presence of excellent facilities, athletes or sportsmen often exhibit a high degree of sportsmanship. Many of Nigeria's playing fields or grounds, according to Dankadai (2011), have been turned into residential areas, and the handful that are still in use at the majority of educational institutions are in bad condition.

### **Types of sports facilities**

Basically, there are two types of sports facilities which are; indoor and outdoor sports facilities.

**Indoor sport facilities:** These are buildings or materials that can be easily built inside or contained within a gymnasium to support educational programs. These could include a physical facility or structure with amenities like a typical swimming pool, showers, changing areas, and foyers as well as hallways and teaching stations (Oladipo, 2021).

**Outdoor sports facilities:** As is the case with most school fields or open fields, they are facilities that are erected outside or left in the open to support athletic programs and physical education. Examples include volleyball, handball, hockey, tennis, basketball, and football courts, sports fields, and arenas for field and track events (Oladipo, 2021).

### **Importance of availability of sports facilities**

Sports facilities are crucial because they provide athletes with motivation, which is a necessary condition for them to reach their full potential, according to Bolarinwa (2021).

People are motivated by an inner power that keeps them striving to fulfill their goals. Motivation is the cornerstone of all athletic endeavors and successes, and exposure to top-notch sporting venues only strengthens one's will and thirst for excellence. Ample excellent amenities will not only guarantee a cheerful atmosphere but will also promote the growth of higher athletic performance. In many schools, sports participation is hampered by a lack of basic sporting infrastructure. According to Robert (2012), 68% of the students said that having access to sports facilities was crucial in selecting whether or not to continue attending college sports. Youth participation in competitive sports is encouraged by the availability of sports facilities, which ultimately contributes to the success of athletic events or programs..

### **Provision and utilization of sport facilities as a determinant of success in competitive sports**

The term "sport" is used to refer to any activity that calls for competition between two or more individuals. Sport is the primary aspect of human kinetics, and it encompasses activities like swimming, cycling, dancing, grappling, gymnastics, athletics, and games (Mgbor and Ogbonna, 2010). Sportsmen should have access to favorable conditions for competition and training. The term "conducive" in this sense refers to well-organized, well-kept, and well-maintained sporting facilities, as well as to medical assistance and competent coaching. Athletes won't have the desire, passion, commitment, or drive to win and achieve if they aren't provided or used. Adequate sports facilities will guarantee success in competitive sports, limit health and safety risks, and offer an enjoyable atmosphere for athletes (Bolarinwa, 2021). For effective sports performance and motivation, suitable sports facilities are also essential.

The establishment of suitable sports facilities, according to Ominu and Omoruyi (2011), would not only guarantee success in competitive sports but also encourage young socialization and peaceful coexistence in Nigeria via collaboration, group interaction, service to others, and healthy competition. Sports facilities and activities provide people of all races, genders, ages, abilities, and cultural backgrounds with the chance to acquire sports-related skills, good social attitudes, mental growth, and orientations (Bolarinwa, 2021).

Athletes' degree of involvement in sports affects their chances of success in competitive sports. The availability of sports facilities determines the amount of engagement in sports since it has been noted that facilities are essential for meaningful involvement in sports, whether amateur, competitive, recreational, or school sports. As mentioned by

Facilities are the lifeblood of sports, according to Akindutire and Oyeniya (2010), therefore both competitive and leisure sports need them. These amenities include things like swimming pools, sports fields, sports arenas, and courts for playing, among others. Sports participation depends on the availability of suitable facilities, and most sports cannot be played without them. Additionally, it has been noted that when sports facilities become less accessible, athletic events and activities become less frequent. Therefore, having access to or having available sports facilities is a factor in determining success in competitive sports (Sayyid et al., 2021).

### **Competitive sports**

Sports are a kind of athletic competition. Competitive sports are those in which participation requires the highest level of professional activity that a person is capable of. In other words, participating in competitive sports requires a significant physical commitment.

However, Spacey (2020) contends that all sports have the potential to be competitive. This is the primary distinction between sports and leisure, entertainment, or other forms of recreation. Sports may serve as a competitive environment and a means of developing life skills. Here are some instances of competitive sports. Soccer, basketball, and other sports. In competitive sports, where players put so much effort and time into striving for their best performances, stress is inevitable.

### **Benefits of competitive sports**

**Encourages higher standards of achievement:** people tend to apply more efforts when the expected outcome is of utmost importance. With the application of greater efforts comes higher improvement in different areas such as physical fitness, skills, teamwork.

**Builds discipline:** in competitive sports people push themselves harder in matches and in training. This extra effort results in improved level of fitness as well as expanding individual's' perception of what they can achieve.

**Build teamwork:** the best instance to show the importance of teamwork in order to achieve success is competitive sports. Working together towards a common goal is the best way to build friendship. It is this shared experience and emotion that builds trust within a team

### **Risks in competitive sports**

Overloading and training not correctly carried out entails health risks;

- Tendons, muscles and joints can be destroyed by techniques and movement sequence not correctly executed.
- Mineral deficiency can result from unbalanced diet not adapted to training.
- Sports injuries resulting from fatigue, falls or accidents can have long-term consequences.
- Short and long term damage to heart can result from many competitive sports.

- Permanent fatigue and drop in performance can occur due to lack of recovery.

### **Utilization and maintenance of sports facilities**

Sports facilities will quickly deteriorate if they are provided without sufficient administration and upkeep. Provision and upkeep will improve competition and performance safety and health in sports. In order to assure greater performance when participating in sports, the safety of athletes is a concern in competitive sports. When a facility is utilized repeatedly, its quality degrades. As a result, maintaining sports facilities is essential to keeping them in excellent shape and preventing injury to players or other sports participants. Government-owned sports facilities are deteriorating as a consequence of budget shortages. The upkeep of sports facilities will guarantee both their longevity and their capacity to accommodate sporting activities or programs. According to a research by Adiele and Morgan (2018), many sporting facilities are not kept up to date. Prior to contests, there are uneven inspections and maintenance checks, which has put competitors in danger and caused injuries.

### **Summary of reviewed literature**

A research titled "The sport facilities and sports performance in Iran: resource curse theories" was conducted by Fereidouni et al. (2015). The study's objective was to determine the relationship between government spending on sports infrastructure and athletic achievement, which was determined by the number of medals won by the 31 Iranian provinces between 2010 and 2012 at the most recent Asian and Olympic Games. The research revealed that competitions, population, and the level of private sector investment in sports facilities all influence competitive sport success in Iran's provinces. Additionally, the provinces' sports facilities get inadequate funding from the government, which has contributed to the athletes' poor athletic results. Sports facilities get greater funding from the private sector than from the government. As a result, they advised the Iranian government to provide more money to sports in order to upgrade the facilities

in Iran's regions. Additionally, the privatization of sports would be a welcomed move in Iran since it will assist to upgrade the sporting infrastructure across the provinces. The study's findings also indicate that the government should host more competitions throughout the provinces to guarantee success in competitive sports, however this cannot be done without the availability or development of sporting facilities. Furthermore, because of their larger potential to contribute to athletic achievement, populous provinces should get more funding in order to build sports facilities that can accommodate the local athletes and improve sports performance.

A research titled "availability of facilities and equipment for sports administration in the local government areas of Delta State, Nigeria" was conducted by Diejomoah et al. (2015). They said that, on a worldwide scale, sporting facilities are essential to the success and growth of sports. The three branches of government in Nigeria are responsible for providing suitable sporting facilities. The research evaluated how much support there is for grassroots sports development in terms of sports infrastructure. The research used a descriptive survey approach with 400 participants. According to research, Delta State's local governments offer facilities for sports including badminton, soccer, volleyball, and athletics. While there were no other sports' facilities accessible.

The standard facilities and equipment were evaluated by Ekuri et al. (2018) as a factor in the Cross River State's strong athletic performance at the national sports festival. The study used a descriptive survey research technique and included 344 participants, including athletes and sports professionals. These people' responses to questionnaires were utilized to gather data. According to the study's findings, there are sufficient facilities for sports including table tennis, swimming, tennis, athletics, squash, and marathons. Judo, weightlifting, boxing, and wrestling are the only sports with suitable facilities outside of the state capital. While sports like basketball, taekwondo, cycling, cricket, handball, hockey, badminton, and volleyball have insufficient infrastructure on

both levels. The state's inadequate facilities had a substantial impact on how well Cross River State athletes performed in national sporting events.

The impact of sports infrastructure and initiatives on participation in sports at Saudi Arabian institutions was examined by Sayyid et al. in 2021. They said that different elements, such as sporting infrastructure, have an impact on sports participation. In order to gather the data, 643 students were randomly selected from 25 Saudi Arabian institutions and given questionnaires. The study's findings indicate that insufficient sports facilities at universities have an impact on students' engagement in sports. Lack of involvement in sports will make sporting activities or events unsuccessful, and this is often brought on by the availability and supply of sports facilities that are insufficient. Less sports programs will be conducted as a consequence of a lack of sports facilities. The survey also showed that students' engagement in sports has been impacted by the lack of sports programs. The study's findings led to the conclusion that offering sports facilities would motivate students to take part in competitions since they will often utilize them. As a consequence of students participating in sports, the availability, supply, and usage of sports facilities will result in success in competitive sports.

Due to a lack of sufficient sports facilities, youth and many students do not participate in athletic events or activities. That is to say, the success of competitive sports is dependent on the availability and use of sports facilities, which means that a lack of involvement in sports will result in the failure of sports programs. According to Adeyeye et al. (2013), the availability of sports facilities would increase people's desire or incentive to excel in sports. As a result, providing sports facilities may motivate young people to do sports. According to Okoro et al. (2016), there are several elements that might motivate young people, particularly teenagers, to participate in competitive sports, but the main one that stands out among these aspects is sports facilities, especially when they are appropriate and contemporary. As a result, child sports

participation is influenced by variables such as suitable facilities. Additionally, having access to top-notch facilities is necessary for participating in sports since they enable players to train or practice and raise their level of physical activity.

## **CHAPTER THREE**

### **METHODOLOGY**

This chapter is described under the following headings:

- Design of the Study
- Population of the Study
- Sample and Sampling Technique
- Research Instrument
- Validity of the Instrument
- Reliability of the Instrument
- Method of Data Collection
- Method of Data Analysis

#### **Design of the Study**

The survey research design was used to obtain data in this study. This method accurately measures the characteristics of the whole population through the study of a sample which is considered to be representative of the whole population. This method was chosen by the researcher as it suits the type of research under study.

#### **Population of the Study**

The population which this study evaluated consisted of male and female sports participants and coaches within the University of Benin, Edo State.

The estimated total population of athletes and sports coaches within the study area used for this study is one thousand (1000).

### **Sample Size and Sampling Techniques**

The sample size for the study was 100. The simple random sampling procedure was employed in the selection of survey participants. Simple random sampling is a technique which allows the researcher to randomly select a subset of participants from a population. It enables every member of the population to have an equal chance of being selected, thereby ensuring high external validity (Thomas, 2022). A total of one hundred (100) athletes and coaches were selected randomly from the University of Benin sports complex and the University of Benin Gym and the questionnaires were administered to these respondents.

### **Research Instrument**

The instrument used for collection of data was a questionnaire which the researcher designed. It bore the title “Provision and Utilisation of Sports Facilities as a Determinant of Success in some Selected Competitive Sports”. The questionnaire was divided into two sections: the first for demographic data and the second for the research items.

### **Validity of the Instrument**

The instrument used was validated by the project supervisor and two experts in the Department of Human Kinetics in the Faculty of Education to ensure its suitability for the retrieval or collection of the required data.

### **Reliability of the Instrument**

The reliability of the questionnaire for the collection of data was determined using the test-retest reliability test which produced a reliability value of 0.728.

### **Method of Data Collection**

Visits were made by the researcher to the UNIBEN Sports Complex and the Gym and selected respondents were administered with the questionnaires. These were then filled and immediately returned to the researcher. A total of 100 questionnaires were distributed, filled and returned. The data collected was then compiled for analysis.

### **Method of Data Analysis**

The data obtained from the questionnaires were analysed using simple percentages. This method was chosen as it allowed for survey analyses and aided the researcher in drawing valid conclusions on the investigation and in the suggesting recommendations.

## CHAPTER FOUR

### PRESENTATION OF RESULTS AND DISCUSSION OF FINDINGS

In this chapter, the summary of the data collected from respondents and the results of the research are discussed.

#### PRESENTATION OF RESULTS

##### SECTION A: Demographic Information

**Table 4.1: Summary of demographic data**

<b>Question</b>	<b>Options</b>	<b>Frequency (%)</b>
<b>Gender</b>	Male	45 (45.0)
	Female	55 (55.0)
<b>Age of respondent</b>	Below 20	18 (18.0)
	21 – 30	81 (81.0)
	31 – 40	1 (1.0)
<b>Role in sports</b>	Sports player	92 (92.0)
	Coach	4 (4.0)
	Administrator	4 (4.0)

*Source: Field Survey (2022)*

The demographic data of the participants of this study is presented in Table 4.1. The results show that there were more female (55.0%) participants than male (45.0%) participants. The majority of the participants were aged between 21 - 30 years (81.0%) with those aged between 31 - 40 years being the least in number (1.0%). Concerning their roles in sports, 92.0% of the respondents

indicated that they are sport players, with 4.0% each stating that they are either coaches or sports administrators.

**Table 4.2: The influence of adequate facilities and equipment on success in sports?**

<b>Question</b>	<b>Options</b>	<b>Frequency (%)</b>
<b>Do inadequate facilities cause lack of interest in sports participation?</b>	Yes	99 (99.0)
	No	1 (1.0)
<b>Can equipment can be modified to suit athletes requirements?</b>	Yes	88 (88.0)
	No	12 (12.0)
<b>Do maintenance and repair of equipment ensures increased use time?</b>	Yes	90 (90.0)
	No	10 (10.0)
<b>Are adequate facilities are essential for success in sports?</b>	Yes	100 (100.0)
	No	-
<b>Does supervision of training with facilities ensures better performances?</b>	Yes	100 (100.0)
	No	-

*Source: Field Survey (2022)*

The opinions of the respondents on the influence of adequate facilities and equipment on success in competitive sports is shown in Table 4.2. The vast majority of the respondents (99.0%) opined that the absence of adequate facilities and equipment leads to lack of interest in sports participation. Approximately 88.0% of the respondents indicated that sporting equipment can be modified to suit the requirements of athletes, while 12.0% disagreed. Ninety percent of the participants were of the view that proper maintenance and repair of equipment ensures that the use time of these equipment is increased, while 10.0% were of a contrary opinion. However, all the participants (100.0%) agreed that supervision of training with equipment is essential for

successful performances in sports and that the availability of adequate facilities is crucial for success in competitive sports.

**Table 4.3: Adequacy of sporting facilities and equipment in the University of Benin**

<b>Sport</b>	<b>Options</b>	<b>Frequency (%)</b>
<b>Athletics</b>	Adequate	42 (42.0)
	Inadequate	58 (58.0)
<b>Basketball</b>	Adequate	60 (60.0)
	Inadequate	40 (40.0)
<b>Board games</b>	Adequate	41 (41.0)
	Inadequate	59 (59.0)
<b>Boxing</b>	Adequate	27 (27.0)
	Inadequate	73 (73.0)
<b>Football</b>	Adequate	86 (86.0)
	Inadequate	14 (14.0)
<b>Handball</b>	Adequate	41 (41.0)
	Inadequate	59 (59.0)
<b>Hockey</b>	Adequate	29 (29.0)
	Inadequate	71 (71.0)
<b>Judo</b>	Adequate	47 (47.0)
	Inadequate	53 (53.0)
<b>Swimming</b>	Adequate	38 (38.0)
	Inadequate	62 (62.0)
<b>Table tennis</b>	Adequate	54 (54.0)
	Inadequate	46 (46.0)
<b>Taekwondo</b>	Adequate	50 (50.0)
	Inadequate	50 (50.0)
<b>Tennis</b>	Adequate	56 (56.0)
	Inadequate	44 (44.0)
<b>Volleyball</b>	Adequate	52 (52.0)
	Inadequate	48 (48.0)
<b>Weightlifting</b>	Adequate	28 (28.0)
	Inadequate	72 (72.0)

<b>Wrestling</b>	Adequate	25 (25.0)
	Inadequate	75 (75.0)

*Source: Field Survey (2022)*

Table 4.3 shows the views of the survey participants as regards the adequacy of facilities and equipment for sports in the University of Benin. A higher number of respondents (58.0%) were of the view that the facilities for athletics are inadequate. The same is the case for board games and boxing where 59.0% and 73.0% of the participants opined that the available facilities and equipment are inadequate. However, 60.0% and 86.0% respectively were of the opinion that the facilities for basketball and football in the University are adequate. The facilities for hockey, judo and swimming were categorised as inadequate by 71.0%, 53.0% and 62.0% of the respondents. The facilities for table tennis and tennis were deemed to be adequate by higher percentage of the respondents i.e. 54.0% and 56.0%, respectively. The opinions of the respondents concerning the adequacy of facilities for taekwondo were equally distributed (50.0%). The facilities for volleyball were opined to be adequate by 52.0% of the participants with 48.0% in disagreement. The majority of respondents held the view that the facilities for weightlifting and wrestling are inadequate i.e. 72.0% and 75.0%, respectively.

**Table 4.4: The quality level of the sport equipment and facilities in the University of Benin**

<b>Sport</b>	<b>Options</b>	<b>Frequency (%)</b>
<b>Athletics</b>	Very good	13 (13.0)
	Good	65 (65.0)
	Poor	19 (19.0)
	Very poor	3 (3.0)
<b>Basketball</b>	Very good	15 (15.0)
	Good	63 (63.0)

	Poor	20 (20.0)
	Very poor	2 (2.0)
	Very good	16 (16.0)
	Good	36 (36.0)
<b>Board games</b>	Poor	41 (41.0)
	Very poor	7 (7.0)
	Very good	1 (1.0)
	Good	38 (38.0)
<b>Boxing</b>	Poor	51 (51.0)
	Very poor	10 (10.0)
	Very good	40 (40.0)
	Good	49 (49.0)
<b>Football</b>	Poor	9 (9.0)
	Very poor	2 (2.0)
	Very good	10 (10.0)
	Good	55 (55.0)
<b>Handball</b>	Poor	33 (33.0)
	Very poor	2 (2.0)
	Very good	2 (2.0)
	Good	26 (26.0)
<b>Hockey</b>	Poor	64 (64.0)
	Very poor	8 (8.0)
	Very good	6 (6.0)
	Good	47 (47.0)
<b>Judo</b>	Poor	44 (44.0)
	Very poor	3 (3.0)
	Very good	2 (2.0)
	Good	51 (51.0)
<b>Swimming</b>	Poor	30 (30.0)
	Very poor	17 (17.0)
	Very good	12 (12.0)
	Good	62 (62.0)
<b>Table tennis</b>	Poor	23 (23.0)

	Very poor	3 (3.0)
	Very good	11 (11.0)
<b>Taekwondo</b>	Good	50 (50.0)
	Poor	36 (36.0)
	Very poor	3 (3.0)
	Very good	10 (10.0)
<b>Tennis</b>	Good	58 (58.0)
	Poor	30 (30.0)
	Very poor	2 (2.0)
	Very good	10 (10.0)
<b>Volleyball</b>	Good	52 (52.0)
	Poor	34 (34.0)
	Very poor	4 (4.0)
	Very good	2 (2.0)
<b>Weightlifting</b>	Good	37 (37.0)
	Poor	50 (50.0)
	Very poor	11 (11.0)
	Very good	1 (1.0)
<b>Wrestling</b>	Good	41 (41.0)
	Poor	46 (46.0)
	Very poor	12 (12.0)

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*Source: Field Survey (2022)*

Table 4.4 presents the summary of the views of the respondents as regards the quality levels of sports equipment and facilities in University of Benin. The facilities for athletics were deemed to be good by 65.0% of the respondents and only 3.0% thought the quality was very poor. Basketball facilities were opined to be good by 63.0% with only 2.0% of the respondents thinking they were very poor. The quality of facilities for board games were generally good according to the respondents (52.0%). The facilities for boxing were thought to be generally poor (61.0%). Football facilities were deemed to be good in the opinion of a majority of the respondents (89.0%). Most of the respondents held the view that the facilities for handball in the

University were generally of good quality (65.0%). The facilities for hockey were deemed to be generally poor by most of the respondents (72.0%). The opinions of the respondents regarding the quality of judo facilities were marginally of good quality (53.0%). Swimming facilities were thought to be generally good (53.0%). A large percentage (74.0%) of the respondents were of the view that facilities and equipment for table tennis were generally of good quality. Similarly, for taekwondo, 61.0% of the respondents thought that the facilities and equipment were adequate. A large percentage (68.0%) of the respondents were of the view that facilities and equipment for tennis were generally of good quality. For volleyball, most of the respondents (62.0%) opined that the facilities were of good quality, generally. The facilities of weightlifting were deemed to be poor by a higher number of the respondents (39.0%). In the same vein, a higher percentage of the respondents thought that the equipment and facilities were of poor quality (58.0%).

### **Discussion of Findings**

The findings from this study have shown that there is a general agreement that the provision and utilisation of sports facilities and equipment are important contributors to success in selected competitive sports.

Most of the respondents supported the views that the absence of adequate facilities and equipment leads to lack of interest in sports participation, sporting equipment can be modified to suit the requirements of athletes, proper maintenance and repair of equipment ensures that the use time of these equipment is increased, supervision of training with equipment is essential for successful performances in sports and that the availability of adequate facilities is crucial for success in competitive sports (Adeyeye *et al.*, 2013). This indicated a general high level of agreement that sport equipment and facilities are essential for success in competitive sports. Similar claims have been reported in previous studies (Ogudinghe, 2006; Ojeme, 2009; Haruna,

2013). These studies have also suggested that in addition proper administration of sports is necessary to ensure that these facilities are provided with plans for utilisation (Ekuri, 2018).

Additionally, only the facilities for the major competitive sports including football, basketball, table tennis, tennis and volleyball were found to be adequate according to the views of the respondents. Those of the other sports outlined were deemed to be inadequate by a higher number of the survey participants. Ekuri (2018) reports that in Cross River, football, table tennis and table tennis were found to have adequate facilities while hockey, judo and handball had inadequate facilities. The inadequacy of these facilities could be a reason for poor performances by athletes in these disciplines (Diejomoah *et al.*, 2015).

On the quality levels of the available facilities for the various sports, they were deemed to be generally of good quality for all assessed sports with the exception of boxing, hockey, weightlifting and wrestling which were all considered to be generally of poor quality. This poor quality is considered a reason for the poor participation of students of the institution in these sports (Adeyeye *et al.*, 2013; Okoro *et al.*, 2016).

Summarily, based on the responses supplied by the survey participants, it is inferred that the first hypothesis which states that “Provision and utilisation of sports facilities has a significant influence on the success in competitive sports in the University of Benin” is accepted, while the alternate hypothesis is rejected.

## CHAPTER FIVE

### SUMMARY, CONCLUSION AND RECOMMENDATIONS

In this chapter, the summary, conclusion and recommendations for the study are outlined.

#### Summary

This study was carried out to evaluate provision and utilisation of sports facilities as determinants of success in selected competitive sports in the University of Benin. Additionally, the adequacy and quality levels of the facilities available for the various sports in the University were assessed. The research was conducted to explore the following questions:

1. What is the influence of inadequate facilities and equipment on success in competitive sports?
2. Does the University of Benin have adequate sporting facilities and equipment?
3. What is the quality level of the sport equipment and facilities in the University of Benin?

The instrument for the collection of data was a structured questionnaire which was designed by the researcher. The simple random sampling technique was used to select a representative number of 100 participants including athletes, coaches and sports administrators for the survey. The questionnaires were distributed to these participants who then filled and returned them immediately. Data collected was analysed using frequency counts and percentages, and presented on tables.

## **Findings**

The summary of the findings of the study are as follows:

Regarding the influence of adequate facilities and equipment on success in sports, it has been shown that the presence of inadequate facilities for sporting activities cause a lack of interest in participation and that modification of certain equipment to suit the needs of the athlete can improve performances. It has also been revealed that supervision of training using facilities, maintenance and repair of equipment contribute to better performance in competitive sports. Generally, there is an indication that the availability of adequate sporting facilities and equipment is essential for success in competitive sports.

On the adequacy of the sports facilities in the University of Benin, it is shown that only the most common sports including football, basketball, table tennis, tennis and volleyball had facilities which are adequate. The facilities for most other sports were deemed to be inadequate.

Regarding the quality of the available facilities for sports in the University of Benin, they were generally of good quality for the majority of the sports. The only exceptions to this were boxing, hockey, weightlifting and wrestling which were all considered to be generally of poor quality.

## **Conclusion**

Based on the findings of the study, it is therefore concluded that the provision and utilisation of sports facilities is a determinant of success in selected competitive sports. This is so due to the fact that proper facilities improve participation, make training easier and more attractive and can be adjusted to suit the athlete. They also enable the work of coaches to be more effective.

However, it has also been pointed out that maintenance and repair of damaged facilities and equipment is necessary as this is a major contributing factor the use time of these equipment and, therefore, contributes to performance and, hence, success in the selected sport.

### **Recommendation**

Based on the above submissions, the following recommendations are made:

- To improve the performance of its athletes in competitive sports, the University of Benin sports administrators should ensure that adequate facilities for training are provided.
- The use of new and modern facilities by athletes should be encouraged by coaches at all levels.
- Proper maintenance of facilities and repairs where necessary are recommended to ensure lengthened use of these facilities and equipment. Also, properly qualified coaches with knowledge on how to effectively use such equipment should be a priority.

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## APPENDIX

**DEPARTMENT OF HUMAN KINETICS AND SPORTS SCIENCE  
FACULTY OF EDUCATION  
UNIVERSITY OF BENIN  
BENIN CITY**

Dear Respondent,

I am a final year student of the above-named department and institution, carrying out a study titled: Provision and utilisation of sports facilities as a determinant of success in some selected competitive sports. I will greatly appreciate it if you gave your honest opinion by answering the questions asked herein. The information gathered from this exercise is solely for academic purpose only and would be treated with utmost confidentiality.

Thank you.

Yours Faithfully,

Eguagie Hillary Eloghosa

### **SECTION A: DEMOGRAPHIC DATA**

**Sex:** Male [  ]      Female [  ]

**Age of respondent:** Below 20 [  ]      21 - 25 [  ]      Above 25 [  ]

**Role in sports:** Sports player [  ]      Coach [  ]      None [  ]

## SECTION B: RESEARCH ITEMS

**Instructions:** Kindly read the following questions and indicate by ticking (✓) in the appropriate column.

**RESEARCH QUESTION 1:** What is the influence of adequate facilities and equipment on success in competitive sports?

S/N	Sport	Yes	No
1.	Do inadequate facilities cause lack of interest in sports participation?		
2.	Can equipment can be modified to suit athletes requirements?		
3.	Do maintenance and repair of equipment ensures increased use time?		
4.	Are adequate facilities are essential for success in sports?		
5.	Does supervision of training with facilities ensures better performances?		

**RESEARCH QUESTION 2:** Does the University of Benin have adequate sporting facilities and equipment?

S/No.	Sport	Adequate	Inadequate
1.	Athletics		
2.	Basketball		
3.	Board games		
4.	Boxing		
5.	Football		
6.	Handball		
7.	Hockey		
8.	Judo		
9.	Swimming		

10.	Table tennis		
11.	Taekwondo		
12.	Tennis		
13.	Volleyball		
14.	Weightlifting		
15.	Wrestling		

**RESEARCH QUESTION 3:** What is the quality level of the sport equipment and facilities in the University of Benin?

S/No.	Sport	Very Good	Good	Poor	Very Poor
1.	Athletics				
2.	Basketball				
3.	Board games				
4.	Boxing				
5.	Football				
6.	Handball				
7.	Hockey				
8.	Judo				
9.	Swimming				
10.	Table tennis				
11.	Taekwondo				
12.	Tennis				
13.	Volleyball				
14.	Weightlifting				
15.	Wrestling				