

# **SPORTS NUTRITION KNOWLEDGE, SOURCE OF NUTRITION INFORMATION AND DIETARY CONSUMPTION PATTERN OF UGANDAN ENDURANCE ATHLETES: A CROSS-SECTIONAL STUDY OF THE SEBEI SUB-REGION**

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## **SPORTS MANAGEMENT AND POLICY DEVELOPMENT**

Athletes' nutrition knowledge is determined by and depends on the sources of information they are exposed to and their social status. There is generally a dearth of literature on the nutrition knowledge of Ugandan endurance athletes. This study in the Sebei-Sub region of Uganda assessed endurance athletes' sports nutrition knowledge, sources of nutrition information, and dietary consumption patterns.

A cross-sectional descriptive study including 100 purposively selected (middle and long distance) athletes from four Athletic Management camps was conducted in Kapchorwa district, Uganda. Using an interviewer-administered questionnaire, trained research assistants collected demographic information, knowledge, practices, and sources of nutrition information and athletes' consumption patterns using a food frequency questionnaire. ANOVA, Independent t-test, Chi-square analysis, and Binary logistic analyses were done using SPSS® software version 23.0.

Results showed that 74.0% (n = 74) of the athletes in this study were aged between 15-17 (17.86±3.949) years with at least 2 years of experience in athletics. Most, 68.0% (n = 68) of the athletes had good nutrition knowledge while 32.0% (n = 32) had poor knowledge. About 88.0% (n = 88) knew that vitamin consumption can enhance recovery after training and all 100.0% (n = 100) athletes were knowledgeable about carbohydrates. Athletic trainers 49.0% (n = 49) and family/parents 28.0% (n = 28) were primary sources of nutrition information, while nutritionists/dietitians 5.0% (n = 5) and the Internet 4.0% (n = 4) were less consulted. Daily breakfast consumption was high at 97.0% (n = 97), and all athletes at 100.0% (n = 100) had at least three meals a day. Cereals were the most consumed food group 72.0% (n = 72), followed by legumes and nuts, 67.0% (n = 67), while the least consumed foods were milk/egg 33.0% (n = 33), fish 25.0% (n = 25) and meat/poultry 13.0% (n = 13). Age group was a significant predictor ( $p = 0.023$ ,  $\beta = 1.925$ ,  $Ex(\beta) = 6.853$ ,  $C. I = .882 - 36.096$ ) of athletes' nutrition knowledge. A unit (1.925) increase in the age of respondents from one group to another, an athlete is nearly seven times likely to be classified as having good nutrition knowledge. The nutrition knowledge differed significantly with age group ( $F = 4.566$ ,  $p = 0.013$ ), and between female and male ( $F = 21.884$ ,  $p < 0.05$ ) athletes, respectively.

Good sports nutrition knowledge was associated with adequate dietary practices ( $p = 0.009$ ). It is recommended that athletic trainers be offered supplementary training in sports nutrition to ensure proper nutrition knowledge dissemination among Ugandan endurance athletes.

**Keywords:** Athlete, Nutrition, Sport, Knowledge, Endurance, African athletes

# **INFLUENCE OF SOCIO-ECONOMIC AND PSYCHOLOGICAL FACTORS ON WAGES REMUNERATION IN WOMEN FOOTBALL IN LIBERIA.**

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**SPORTS MANAGEMENT AND POLICY DEVELOPMENT**

Women's football has become a global phenomenon attracting attention across nations. The state of remuneration in women's football has become a concern in several nations, especially in sub-Saharan Africa. In Liberia, little attention has been given to examining the socio-economic and psychological factors on wage remuneration in women in football. This study examines the impact of socio-economic and psychological factors on the wages of women in Liberian football. The theory of fair wages is the theory underlying this study.

A descriptive research design of correlational type was used, a total of 550 respondents were female athletes actively participating in football in Liberia. The methodology of the study involves a quantitative data collection procedure and survey questionnaires were administered to female football players in Liberia to obtain accurate data. Data collected was analyzed using descriptive statistics, and Pearson Product Moment Correlation (PPMC) multiple regression.

The Statistical Package for Social Science (SPSS) software version 26.0 was used for analysis at a 0.05 level of significance. Analysis from the study shows the relative contribution of independent variables on criterion variable wages remuneration. Social factors ( $\beta = -0.084$ ,  $t = -2.043$ ,  $P = 0.042$ ), psychological factors ( $\beta = -0.087$ ,  $t = -2.070$ ,  $P = 0.039$ ), and socio-demographic factors ( $\beta = -0.168$ ,  $t = -4.117$ ,  $P = 0.000$ ) contributed significantly to wages remuneration in women's football in Liberia. However, Economic factors ( $\beta = -0.008$ ,  $t = -0.183$ ,  $P = 0.855$ ) did not contribute significantly to wage remuneration in women's football in Liberia.

In conclusion, the empirical analyses and findings of this study revealed that social, psychological, and socio-demographic factors were significant determinant factors of wage remuneration in women's football in Liberia. Therefore, this study recommends the establishment of transparent wage structures in women's football, ensuring that remuneration is based on merit, performance, and experience rather than on arbitrary factors. This transparency, it is perceived, will foster trust and equity within the system.

**Keywords:** Remunerations, Women's Football, Socio-economic, Psychological, socio-demographic, Motivation

# **ORGANISATIONAL AND MANAGEMENT FACTORS AS DETERMINANTS OF EFFECTIVE SPORT SERVICE DELIVERY IN ETHIOPIAN SPORT GOVERNING BODIES**

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## **SPORT MANAGEMENT AND POLICY DEVELOPMENT**

There is an observed general low performance of Ethiopian Sport Governing Bodies (SGBs) in service delivery. Evidence shows that the trend can be corrected with proper understanding and insight into the process of organisational and management factors of these SGBs. This study therefore set out to assess the contribution of organisational and management factors as a determinants in effective service delivery in SGBs.

For this study, a descriptive survey design was adopted. Purposive sampling was used to choose 350 samples from 154 internal and 196 external stakeholders. The instruments used for the study were the key informant interview and the questionnaire. Pearson Product Moment Correlation Coefficient, and multiple regression were used to analyse the data at the 0.05 significant level while qualitative data were content analysed.

The findings confirmed that organisational and management factor variables had a significant positive relationship with sport service delivery (organisational structure ( $r=0.515$ ), organisational capabilities ( $r=0.701$ ), communication ( $r=0.549$ ), management practice ( $r=0.571$ ), materials & resources ( $r=0.527$ ) and stakeholders satisfaction ( $r=0.742$ ). Management factors jointly predicted effective sport service delivery ( $F_{3, 329} = 165.868$ ,  $R^2 = 0.612$ ); organisational factors had a joint significant contribution to effective sport service delivery ( $F_{3, 329} = 148.743$ ,  $R^2 = 0.576$ ). Further, organisational and management factor variables had a joint relative significant influence on effective sport service delivery in Ethiopian SGBs ( $F_{6, 326} = 130.81$ ,  $R^2 = 0.707$ ). Interviews revealed that there are weak relations with stakeholders, an unaligned structure of regional sport bodies with federal bodies, managers with improper experience and knowledge in sport which influences effective sport service delivery in Ethiopian SGBs.

Therefore, working together with stakeholders, structural advancement, designing rules and regulations that can serve longer time, taking correction based on feedback from stakeholders, networked structures and collaborations with local sports organisations as means of improving service delivery by means of shared burden and coordinated effort are recommended.

**Keywords:** Management, Organisation, Service delivery, Sport governing bodies

# **ORGANIZATIONAL CAPACITY AND ORGANIZATIONAL PROBLEMS OF DISABILITY SPORTS PARTICIPATION IN SCHOOLS OF INDIVIDUALS WITH SPECIAL NEEDS IN IBADAN, NIGERIA.**

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## **SPORT MANAGEMENT AND POLICY DEVELOPMENT**

The study examined organizational capacity and organizational problems of disability sports participation in schools of individuals with special needs in Ibadan, Nigeria. The tested independent variables were organizational capacity and problem variables of strategic planning, network capacity, logistics, funding sources, sport infrastructure, interest of coaches and knowledge of organizing personnel while disability sport participation was used as the dependent variable. Three research questions were answered, while eight hypotheses were tested in this study. Purposive simple random sampling technique was employed to select 345 participants out of the 2028 students with disability in Oyo state using Yamane's formula. Chain-Referral (snowball) was used to identify stakeholders, coaches, organizers and teachers involved in organizing disability sport in schools for individuals with special needs. Inferential statistics of Pearson Product Moment Correlation Coefficient (PPMC) was used to analyze a research question, while multiple regression was used to test the relative and joint contribution of all variables of hypothesis 1-8 and research question 1&2 at 0.05 level of significance. There is a composite joint contribution of strategic planning, network capacity, infrastructure, funding, logistics, interest of coaches, and knowledge of organizing personnel on disability sport participation in schools of individuals with special needs in Ibadan, Nigeria ( $F_{(7,39)}=100.210$ ,  $p=0.00$ ). The result also generated a coefficient multiple regression of  $R=0.977$  and  $R^2=0.955$ ; implying that about 95.5% of variance was accounted for by the independent variable. Strategic planning, logistics, interest of coaches, and knowledge of organizing personnel variables individually and collectively showed a positive contribution to disability sport participation, hence, there is a need to consider them on the subject of disability sport participation in schools of individuals with special needs in Ibadan, Nigeria.

Word count: 275

Key words: Organizational capacity, Organizational problems, Disability sport



**INFLUENCE OF ORGANISATIONAL PROCESSES ON SUSTAINABLE SPORT  
DEVELOPMENT OF COMMUNE OF N'DJAMENA**

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**SPORT MANAGEMENT AND POLICY DEVELOPMENT**

For several years, the world has focused its attention on the Sustainable Development Goals for 2030. As a stakeholder in society, sport has proven to be an important tool for sustainable development as a vector of peace, tolerance, of respect and education. Thus, this global reach of sport in the city of N'Djamena is slow to establish itself as a determining tool in the service of sustainable development. Despite the initiatives of the United Nations Office for Sport for Development and Peace to achieve the Millennium Development Goals, the influence of sport in sustainable development is not obvious. This study aims to examine the revised sustainability variables of the African Union sports policy that will determine the development of sport in N'Djamena. The correlational descriptive survey research design was adapted in the study. Practical, purposive and simple random sampling techniques were used to select 411 respondents; while a self- developed questionnaire was used for data collection. Descriptive statistics of means, frequency counts, percentages, and regression were used for analysis. The results showed that operational planning ( $r=0.660$ ,  $p<0.05$ ), resources ( $r=0.572$ ,  $p<0.05$ ), communication ( $r=0.744$ ,  $p<0.05$ ), sport Personal ( $r=0.626$ ,  $p<0.05$ ) and sports feedback and control ( $r=0.758$ ,  $p<0.05$ ) were independently tested to be significant on the development of sport in N'Djamena. It was established through the literature that operational planning, resources, sports personnel, sports communication, feedback and sports control separately had a positive correlation with the development of sport in N'Djamena. Furthermore, the results show the magnitude of the correlation coefficient between operational planning, resources, sports personnel, sports communication and sports feedback and control was respectively low. The positive relationship between the sustainability variables of operational planning, resources, sports personnel, sports communication, and feedback and sports control implied that an increase in each of the variables would influence the development of sport in N'Djamena. This means that on the ground, sustainability parameters are not perceptible based on the results of our respondents. Consequently, it is clear that the pillars of sustainability as cited in Agenda 21 must be further highlighted by those involved in the development of sport in N'Djamena. However, our results highlight the weak relationship between sustainability variables and the development of sport.

**Key words:** sustainable development, operational planning, organizational process and sport.

# **SOCIO-DEMOGRAPHIC AND BASIC PSYCHOLOGICAL NEEDS AS A DETERMINANT OF TALENT DEVELOPMENT AMONG FEMALE FOOTBALL PLAYERS IN RWANDA**

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## **SPORT MANAGEMENT AND POLICY DEVELOPMENT**

The research aims to understand the effect of socio-demographics and basic psychological needs on the development of talent among Rwandan female footballers. It is about what factors like socio-demographics and basic psychological needs mean to a talented girl in Rwanda who plays soccer. The ethnographic research design was adopted for the study. A purposive random sampling technique was used to sample 200 people including female footballers, administrators, and coaches of teams from school teams and local clubs that compete in different league divisions in Rwanda. The social demographic questionnaire, Basic psychological needs scale and Female participation questionnaire subjected to face and content validity with a reliability coefficient of .68 was used as the instrument for data collection. The Statistical Package for the Social Sciences (SPSS) version 22 was employed for frequencies, correlation bivariate and to assess the hypotheses formulated. Results revealed that education greatly influenced participation whereby 66% of females had attained high school level as their highest educational certificate while only 21% had gone beyond elementary level. Furthermore, other determinants such as religion, marital status, household income, and employment status influenced participation (52.5% of the sample were Catholics, 32.5% Protestants, 5.0% Muslims and 10% other religious affiliations). Regarding marital status, it was established that 84.5% were single players. The research also finds out that basic psychological needs like competencies, relatedness, and autonomy have a positive impact on female football involvement. Motivations for playing football were examined with competition being found to be an important factor as indicated by the fact that the majority (92.1%) agreed with this statement. Psychological conditions were discussed in addition to enjoyment, mastery, appearance, and social factors. A good percentage of participants believed that psychological conditions (70.9%) and enjoyment (71.2%) contributed to their participation. Correlation analysis on how social demographics are linked to psychological aspects where education level has a negative correlation with feeling pressured while religion has a positive correlation with liking people interact with them in a sports context. Living status is connected with both pressure and competence; marital status is related to income and experience of playing football; income is associated with social interactions/ experience in a sports context. The null hypothesis ( $H_0$ ) indicates that there are inverse correlations between education and talent development factors but suggests a significant correlation between education level and feeling pressured. Consequently, several correlated degrees of significance emerge for religion, living status, marital status, income, and experience and employment status signifying a sort of complexity of interplay. In essence, this research offers useful evidence on socio-demographic and psychological factors that significantly determine talent development in female footballers in Rwanda. These relationships are multifaceted hence necessitating further enquiry. Therefore, future studies should include comprehensive methodology to enhance validity and reliability; they should also explore deeper into psychological aspects as well as come up with targeted interventions that address economic impediments like financial barriers among females playing football.

Keywords: Psychological, Social, Talent development, Female, Football players

# DETERMINANTS OF EXTERNAL MIGRATION ASPIRATION OF PROFESSIONAL FOOTBALL PLAYERS IN LIBERIA

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## SPORT MANAGEMENT AND POLICY DEVELOPMENT

The concept of migration aspirations is an umbrella term that encompasses a range of thoughts and feeling about future migration, including desires, wishes, intentions, and hopes to migrate. Migration has been existing as far dated back where athletes move from one place to another for both socio-economic and other reasons. Therefore, this study investigated predictors of external migration aspiration among professional football players in Liberia, focusing on economic, socio-political, personal, environmental, and technical factors.

The Lee's Push-Pull Theory is the theory underlying this study. The descriptive survey research design of correlational type was adapted in this study. Multi-stage sampling techniques was used to select 300 respondents; while a self-questionnaire was used for data collection and the data were analyzed using the SPSS tool. The descriptive statistics of frequency counts, percentages and inferential statistics of Pearson product moment correlation and regression were used for the analysis.

Analysis from the study shows the relative contribution of independent variables to criterion variable. Economic factors ( $\beta = -0.153$ ,  $t = -2.095$ ,  $P = 0.037$ ), socio-political factors ( $\beta = 0.149$ ,  $t = 2.078$ ,  $P = 0.039$ ), and technical factors ( $\beta = -0.150$ ,  $t = 1.937$ ,  $P = 0.054$ ) contributed significantly to external migration aspiration among professional football players in Liberia. There was a significant joint contribution of all the independent variables (economic, socio-political, personal, environmental, and technical factors) to the dependent variable (external migration aspiration) ( $F_{(5, 299)} = 2.178$ ,  $P < 0.05$ ).

The findings underscore the significance of addressing economic, socio-political, personal, environmental, and technical factors to mitigate external migration aspirations of professional football players. In conclusion, the study emphasizes the need for tailored interventions by stakeholders to foster a conducive environment for professional football players. Therefore, this study recommends policies to enhance local football leagues, establishing a comprehensive sports management system, addressing social and economic factors, and engaging stakeholders in policy development.

**Keywords:** External Migration, Aspiration, Predictors, Economic factors, Environmental factors



# **STRATEGIC IMPLEMENTATION FRAMEWORK VARIABLES AS DETERMINANTS OF EFFECTIVE SPORT DELIVERY OF UNIVERSITY GAMES IN KENYA**

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## **SPORT MANAGEMENT AND POLICY DEVELOPMENT**

This thesis investigates the strategic implementation framework variables and their impact on sports delivery effectiveness in universities in Kenya. The main objective of this research is to analyse how strategic implementation frameworks, particularly resource allocation, monitoring and evaluation, and stakeholder engagement, correlate with the effective delivery of sports programmes in Kenyan universities.

A mixed-methods approach, which includes both questionnaires with high reliability (Cronbach's alpha of 0.8) and in-depth key informant interviews were used to collect data from 12 Kenyan universities across the six KUSA conferences. The data were entered into Excel before sending them to SPSS software for data analysis (statistical significance was established at  $p < 0.05$ ).

The results indicated a strong positive correlation ( $r = 0.62$ ,  $p < 0.05$ ) between effective resource allocation and sports delivery outcomes, emphasising the critical role of resource management in university sports programmes. Similarly, stakeholder engagement and monitoring and evaluation practices showed significant relationships with sports programme success, with correlation coefficients of 0.54 and 0.59 respectively, both with  $p < 0.05$ . The study concludes that, the strategic resource allocation, active stakeholder engagement, and comprehensive monitoring and evaluation has significantly enhanced sports delivery in Kenyan universities.

The research therefore gives a strong recommendation that the policymakers at the Kenyan universities should focus and give attention to these areas in order to realise effective sports delivery at their respective universities and also, the findings give a clear way forward in having the best management practices in university sports in Kenya.

**Keywords:** Strategic Implementation, Resource allocation, Stakeholder Engagement, Monitoring and Evaluation, KUSA, Kenya.

