

STUDY THE ROLE OF MASS SPORTS AND PHYSICAL ACTIVITY IN A HEALTHY EGYPTIAN SOCIETY

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Abstract

‘A healthy society is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. The enjoyment of highest attainable standard of health in one of the fundamental rights of every human being without distinction of race, political belief, economic or social condition’ Constitution of the World Health Organization (WHO), 1946. The United Nations Development Program (UNDP) has provided a definition of development as "development of the people for the people by the people" (UNDP, 1993). Egypt has been long considered as one of the most attractive countries to visit because of its historical treasures. Egypt instituted several sport-for-all initiatives in its post-colonial modernization. These included a government sports council in the 1960s and the establishment of a Ministry of Youth and Sports (MYS) in 1999. The MYS oversees national parks and seaside areas as well as a large-scale fitness mobilization walk/jog events. A major goal of MYS was to develop and maintain youth centers in all of Egypt's metropolitan areas that would service young people's needs in mass sport and physical activities(e.g., basketball, soccer, volleyball).With Egyptian population up to 80 million there are projects related to sport- for- all, events, and or organized programs (cooperative or competitive) for large groups , including the general population participating in clubs, on playing fields, in gymnasiums , community centers and community recreation programs around Egypt. These were enough for the future of mass sport participation in a great nation with a great history in sport. The International Sport Management Questionnaire (ISMQ), created by Waters (1996), in order to determine the status of sport development in Egypt it was necessary that the ISMQ be translated in to Arabic. This would ensure that Egyptian’s mass sport and activities leaders- all of whom speak Arabic as their “mother tongue”- would have every opportunity to completely understand each of the 51 question as posed specifically for mass sport and activities (and its development) and answer with accuracy, confidence, and reliability. The translation of the ISMQ was carried out by Aly& Elmahdy who are associated with this present study, then distributed to 66 Egyptian mass sport and activities leaders at different youth centers, clubs, recreation departments, in 24 out of 26 cities in Egypt. Raters were asked to provide answers to closed- and open – ended questions (n=51) on the ISMQ, which ultimately resulted in scoring. (Maximum=33 points) of eight factor components: objectives, legislation, organization, implementation, physical resources, human resources, research and evaluation, and contribution to healthy nation building. Analysis of data was through descriptive statistics (frequency distribution using a histogram graph that shows the frequency distribution of variable to evaluate the mass sport and physical activities distribution). The results showed that Egyptians practice recreation, mass sports and physical activities as a tool to promote health and prevent disease. Running, soccer, and team sports are mostly practiced in the southern part of Egypt while in the north west of the country people mostly practice aquatic sports such as beach volleyball, swimming, surfing, speed boating , fishing ,rowing, scuba diving, sailing, etc. Because of population increases over the

last decade facilities like parks, schools, clubs, beaches, water facilities, and youth centers are insufficient to meet the needs of the population. In addition, poor access to private clubs doesn't help Egypt's middle class to participate in mass sports programs and activities as long as those clubs have annual membership fees. Most of the facilities for mass sport and physical activities are located in the suburban areas cities such as Cairo, Alexandria, and Ismailia. Further south there are fewer mass sport programs and physical activities and opportunities for the Egyptian population.

Keywords: Mass sport or sport- for- all, Cross Culture, Assessment

Introduction

In Egypt most of the mass sport legislation falls under the ministry of youth control, running, soccer, game sport mostly would be practice by the south part of Egypt while the north west of the country people manly practice aquatic sports.

Municipal life, which comes closer to the lives of the people than is possible for a central administration, was known in ancient Egypt. Each city had its prefect, a sort of mayor whose business it was to provide the necessary for the civic needs of the inhabitants. The prefect, whose scarlet robes were emblematic of his office, was assisted by a judge and by a scribe. One of his functions was to regulate labor and employment. Craftsmen and artisans were strictly prohibited from changing over from one trade to another. Skilled handwork does not appear to have enjoyed an open market. Most craftsmen were attached in a more or less permanent capacity to the establishments of nobles or high officials. It follows, therefore, that there cannot have been a large or independent middle class in ancient Egypt. There was the official or ruling class, the class of the priests and, below these, the masses employed in work of every kind. Since members of what are now known as the learned professions were mostly members of the priesthood there was apparently no transitional or middle class as we know it today, not until the Middle Kingdom did the ever-swelling numbers of bureaucrats constitute a class which, without owning land and without performing manual labor, nevertheless worked for its living and became a "purchase class".

In Egypt most of the facilities for mass sport or sport activities are located in the cities such as Cairo, Alexandria, Ismailia, and as we go south to the countryside they are fewer recreational facilities and opportunities, the important of issues that deal with the economy and rights of the disadvantaged population have emerged (Elmahdy S., DiRocco P., Aly E., 2011). This study focuses on the development of the Egypt's mass sport, wellness, and physical activities. It analysis all the different areas and cities in Egypt by its different groups including the general population participating in private clubs, playing fields, gymnasiums, community centers, and community recreation programs. Culture and government in Egypt starts from the capital city Cairo and extends to the rest of the major cities in Egypt.

Most of the cities in Egypt are close to the river Nile river, and many are close to Cairo. While the major cities in Egypt get most of the attention, the authors of this study are concerned about the health of all Egyptians, including those who live far away from the centers of population. With the variety of locations, history, facilities, populations , and their advantages and disadvantages, the researchers found it important to analyze the role of mass sports, physical activities and wellness programs which are crucial to a healthy Egyptian society.

Review of Literature

The playful atmosphere during the mid-70's led to the first step of Sport for All movement in Egypt that help people of all ages to participate in games and sports. (Efstathios C. 2009). The sport for All Movement helped people to revive traditional games and sports

(Kartakoullis, 2002). In Hungary regular physical activities (PA) are not widely favored and practiced. Hungarian students at both levels rank the cultural elements cultural, socio-demographic and environmental factors these support earlier findings (Olvasztóné, Huszár & Konczos, 2007). Comparing between the Hungarian and the Austrian students the Austrian primary school students seem to have a more positive attitude to physical values than their Hungarian peers, which results higher measures of quality of life (Tibor, P., et al 2009). All these demonstrate that socio-cultural aspects do have a significant contribution to PA (Keresztes, Pluhár, Vass and Pikó, 2004). Opportunities and environmental factors for sport and physical activities are clearly important contributors to quality of life. This piece of information is also along the line of previous research (Dunn, Brown, & McGuigan 1994). It was reported by Jerzy Kosiewicz (2009) that the role of sport in the production, reproduction, and transformation of culture with the growth of sport as facilitated by the mass media, the influence of sport on the content elements of culture by the press, through television. According to J. Kosiewicz (2007), *European Countries* (Leska D. /ed./, Comenius University in Bratislava, Bratislava 2007), (d), and *movement recreation for all*, Kosiewicz J. Warszawa (2007), and (e) Kosiewicz J. & Warszawa (2007) consolidation that may lead to further unification of research on the sociology of sport and sport- for- all movement. Klügl, M. et al (2010) studied the effects of injuries on participating in physical activity and the prevention in the U.S. It mentions that physical activities which are associated with several health benefits including primary and secondary prevention of diseases and mortality rate reduction. It noted that both the American College of Sports Medicine and the American Heart Association advocate endurance training for all healthy adults. In a recent study by Roohafza, H. et al (2009) they investigate the association between lifestyle and socioeconomic factors and coping strategies in a community sample in Iran. The results showed the influence of socioeconomic status and lifestyles factors or sports participation programs aimed at improving healthy life-styles and increasing socioeconomic status could increase physical activities and sports participation.

Methodology

The International Sport Management Questionnaire (ISMQ), created by Waters (1996), in order to determine the status of sport development in Egypt it was necessary that the ISMQ be translated in to Arabic. This would ensure that Egyptian's mass sport and activities leaders- all of whom speak Arabic as their "mother tongue"- would have every opportunity to completely understand each of the 51 question as posed specifically for mass sport and activities (and its development) and answer with accuracy, confidence, and reliability. Then survey was distributed to 66 Egyptian mass sport and activities leaders at different youth centers, clubs, recreation departments, in 24 out of 26 cities in Egypt. Raters were asked to provide answers to closed- and open – ended questions (n=51) on the ISMQ, which ultimately resulted in scoring. (Maximum=33 points) of eight factor components: objectives, legislation, organization, implementation, physical resources, human resources, research and evaluation, and contribution to healthy nation building. Analysis of data was through descriptive statistics (frequency distribution using a histogram graph that shows the frequency distribution of variable to evaluate the mass sport and physical activities distribution) Appendix- A. Participants in this study were the managers of sport –for- all Organizations in different cities in Egypt. They were asked to provide answers to closed- and open-ended questions (n=51) on the ISMQ, which ultimately resulted in scoring (maximum=33 points) of eight factor components: objectives, legislation, organization, implementation, physical resources, human resources, research and evaluation, and contribution to healthy nation building (Attached appendix B). Analysis of data was through

descriptive statistics highlighting Egyptian mass sport factor components that are effectively being developed and managed.

Results

Insert Mass Sport Score Histogram Here, (Appendix-A)

The role of mass sport is critical for the enhancement of health and wellness in Egyptian society. With responses from 19 out of 24 cities around Egypt researcher found:

Objectives of the national goals for mass sport or sport- for- all 74% of the subjects agreed that healthy lifestyle is one of the main reasons to prevent chronic diseases like the ones that relate to smoking and drugs they indicate we should have women more involved in sports. They believe we should discover the talented children and work with them to help them get to the elite level. We should use the leisure time to improve attitudes about sports, and the energy of youth into positive activity. Insure daily participant in sport and different physical activities, and organize different events and activities in parallel with different age groups and gender at the national level to improve the healthy lifestyle within Egyptian Society. Manage mass sport for the nation 78% of the subjects agreed about the need to improve of the management process for sport- for- All programs through the role of all the departments that are responsible about mass sport in Egypt, such as departments of program and sport development, departments of physical education program, central department of sport activities and the Egyptian Sport- for- all Federation. Mass sport as a national project 83% of the subjects agreed about adding more national projects to improve mass sport such as , youth projects, national camp and recreation program, retirement activities, school sport activities day, national celebrations, social activities, country side activities, cities activities, special need activities for people of all ages with disabilities .Mass sport from the facilities& federal fund subjects prospective ,92% agreed that 87% of the cities must require using more federal and state funds to improve mass sport facilities for the outdoor and indoor facilities, swimming pools, public libraries, recreational centers, especially in eastern and Sothern Egypt. Mass sport as structure and leadership, 97% of the subjects agreed that Egypt needs a sector or structures that would be responsible for mass sport or sport- for- all within Egyptian society. This structure would be a national body with leadership in this area over all cities and manage mass sports programs and all youth activities. This body should have specific and special skills and experience with leadership in the field of mass sport at the national level. This resent study found the most important mass sport activities include walking, swimming, running, fishing, exercise, hunting, sports club activities national celebrations, public sports tournaments, religious celebrations, historical celebrations, The present study regarding mass sport implications found, with the lack of government support from the economic and political side, mass sport is a need for a lot of meetings, work shop, conferences, and research to discuss the need for mass sport in Egypt. Mass sport will lead to a decrease in crimes rate, fewer diseases, lower hospitals costs and better performance for workers.

Discussion

The recent study found that sport- for- all programs are important to improve the physical activities and health for people of all ages and genders within Egyptian society. In a recent study by Dimitriou, et al, (2011). Greek community sport skills learning programs helped children to achieve daily physical activities. In Egyptian social life it is important to increase sports- for- all and the education of healthy lifestyle. In a study by Richard, et al (2012) they found that one potential educational strategy rests on the idea that knowledge is not fixed but fluid and, therefore, critical education is less about the transmission of knowledge and more about equipping students with skills so that they can critically engage with uncertainty and negotiate the complexities of social life. In addition a study by Collins,

D. et al, (2012) investigated the purpose a multidimensional approach to lifelong sport and activity participation as a theoretically justified basis for research and intervention design as a new direction in participant development in sport and physical activity. This present study showed that 74% of the subjects agreed that a healthy lifestyle within Egyptian society is one of the main ways to prevent the chronic diseases, while 78% of the subjects considered that improving the management for sport- for- all programs would help in the development of the healthy lifestyles for the Egyptians. 83% of the subjects reported that adding more national and international projects can improve mass sport. 92% agreed that 87% of the cities must require using more federal and state fund to improve mass sport. 97% agreed that Egypt needs a sector or structures that would be responsible for mass sport or sport- for- all within Egyptian society.

Conclusion

The results showed that people practice sport for health and or recreation. Most of the mass sport legislation falls under the Egyptian Ministry of Youth control. According to the results, people practice sports that are popular in their city. For example running, soccer, team sports are mostly practiced by people in the southern part of Egypt, while the north west of the country practices mainly aquatic sports. Poor access to private clubs does not help middle class families to participate in sports because of expenses that are required for the annual membership fees. Not only that, but also the location for the organization for sport- for-all presents problem. Most of the facilities are located in cities such as Cairo, Alexandria, Ismailia, and as we go south Egypt has fewer wellness opportunities for the populations. Moreover, the facilities like parks, schools, clubs, beaches, Nile River, deserts, and youth centers are not enough for the population percentages in Egypt.

Practical Implications

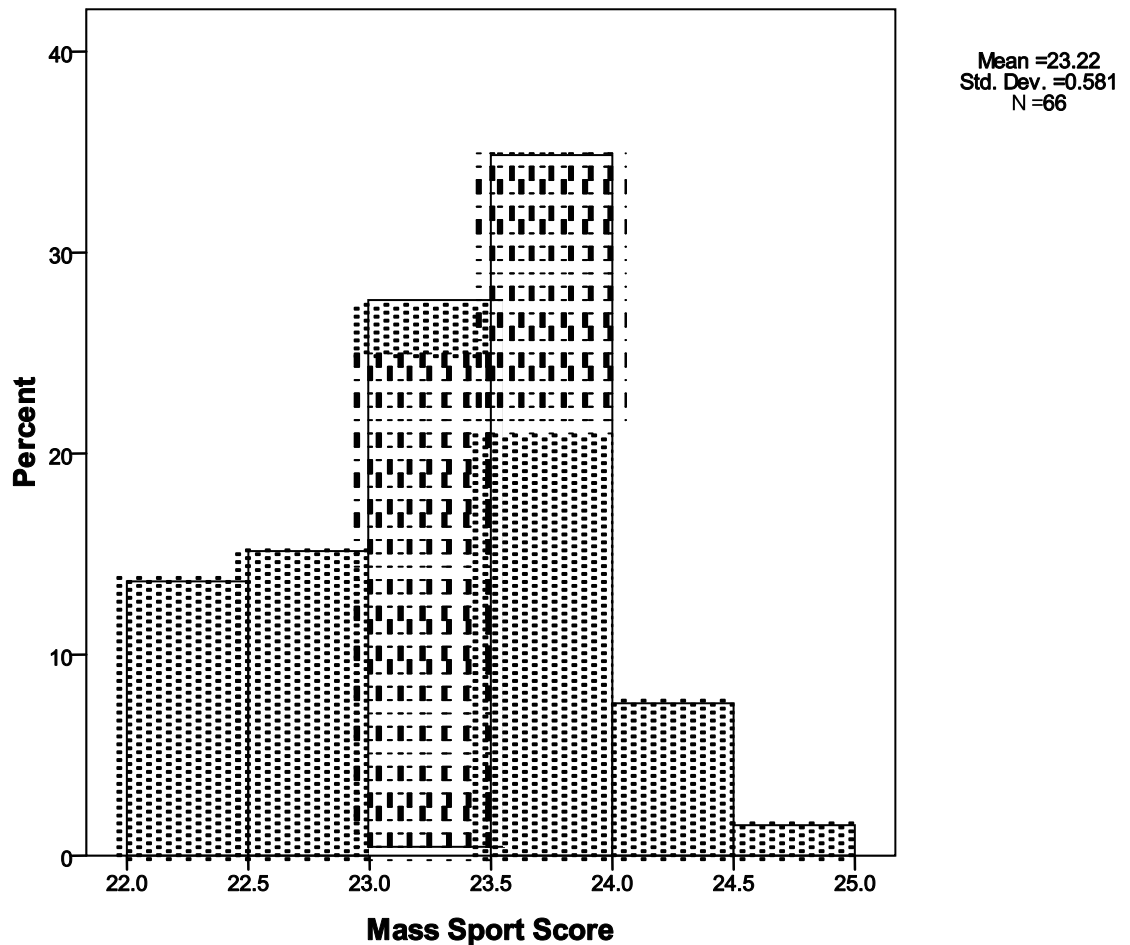
The results contribute very well to the understanding of the whole phenomena of mass sport or sport-for-all. In addition, it indicates that the Egyptian society holds analogous corresponded to the ISMQ. Participants favored practicing sport- for- all whenever possible. The opportunities for the countryside are not as good as for the suburban area. The researchers believe the advocacy strategy of working for legislation to advance accessibility within the Egyptian society by elimination of economic and financial barriers and programming restrictions would be successful in Egypt, and strongly supported by the Egyptian Ministry of Youth.

Limitations and future Research

As frequently occurs in studies involving 27 states we received responses from 19 states only. The efforts and time we put in to receive the responses was too much. In addition to data collected it took one year to get the response of the survey back by the ISMQ; it would be interesting if similar studies can use multiple to help in the development of the mass sport and sport-for-all.

Recommendations

The authors strongly recommend future studies for the future improvement and development in deficient mass sport areas and sport-for-all, not only in Egypt but in other countries. There is a need to increase research about media and mass sport, and the importance of mass sport or sport-for-all and physical activities for Egyptian citizens to ensure a healthy lifestyle, demographic research for mass sport or sport-for-all in some specific cities especially in south Egypt.



Appendix –A

The mass sport survey scores for the 66 mass sport leaders observed in the study ranged from a minimum of 22.1 to a maximum of 24.7 with a mean score of 23.2. With Std. Dev = 0.581

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INTERNATIONAL SPORT MANAGEMENT QUESTIONNAIRE (ISMQ)

Dr. David Waters, University of Wisconsin-La Crosse

(1) *Mass Sport*: Mass Sport, often called Sports for All, includes opportunities, events and/or organized programs (cooperative or competitive) for large groups, including the general population participating in clubs, on playfields, in gymnasiums, community centers, and community recreation programs.

1A. Does your nation have specific Mass Sport national objectives, mission statements, or goals?

_____ YES _____ NO

If YES, please list below the most important objectives or missions of Mass Sport:

1B. Does your nation have legislation, laws, proclamations, or civil mandates concerning Mass Sport?

_____ YES _____ NO

If YES, please name and briefly describe the most important Mass Sport legislation, laws, or mandates below (such as "Workers must have daily 15-minute break or physical activity"):

1C. Does your nation have a Mass Sport governmental section or department that is in charge of your nation's Mass Sport effort, movement, or agenda?

_____ YES _____ NO

If YES, what is the department or section name and where does it fit into your nation's organizational structure (such as Ministry of Mass Sport and Culture under the Department of Education)?

1D. Is there a Mass Sport national exercise system that a large portion of the general population participates in or does on a daily basis (such as calisthenics, tai chi movements, etc.)?

_____ YES _____ NO

If YES, please list below this national exercise system for the general population:

• What are the three (3) most popular Mass Sport physical activities in your nation?

1. _____
2. _____
3. _____

• What is your nation's most unique Mass Sport physical activity?

- Does your nation have, possess, or implement the following Mass Sport opportunities? Please mark (X or √) YES or No. If YES, proceed to rate the quality of each according to high, medium, or low scale.

	YES NO		QUALITY RATING		
	YES	NO	HIGH	MEDIUM	LOW
Indoor gymnasiums	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
National Mass Sport scheme or theme (Sport for All, Life Be In It, etc.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
National Mass Sport participation day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mass Sport festivals or games	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
National Mass Sport fitness test or standards for the general population	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Overall governmental support of Mass Sport	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Government leader (President, King, Sheikh, etc.) image or association with Mass Sport	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mass Sport physical activities or programs at local sport clubs or centers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mass Sport programs for workers at companies, factories, or other workplaces	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Political-affiliated Mass Sport associations	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Religious-affiliated Mass Sport associations	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mass Sport programs for handicapped or disabled population	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

- Please add other Mass Sport opportunities not listed above and rate their quality:

Name of other Mass Sport opportunities:	QUALITY RATING		
	High	Medium	Low
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

1E. Does your nation have or possess the following Mass Sport physical resources or facilities (such as stadiums, pools, etc.)? Please mark (X or ✓) YES or No. If YES, proceed to rate the quality of each.

	YES	NO	QUALITY RATING		
			HIGH	MEDIUM	LOW
Indoor gymnastics	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Outdoor playgrounds for children	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Outdoor sport fields for the general public	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Private-sponsored sport clubs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Government-sponsored sport clubs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sport clubs or facilities at companies, factories, or workplaces	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Swimming or aquatic facilities for the general population	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Water sports facilities (canoe, kayak, row, sail, etc.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Libraries for Mass Sport reference materials	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Walking/hiking/camping facilities and trails	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Urban exercise/walking/hiking trails	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

- Please add other Mass Sport physical resources or facilities not listed above and rate their quality:

Name of other Mass Sport physical resources:	QUALITY RATING		
	High	Medium	Low
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

- What is the most frequently used Mass Sport physical resource or facility?

- What is the most unique Mass Sport physical resource or facility in your country?

- Is Mass Sport equipment (such as balls, racquets, footwear etc.) readily available for purchase by the general population?

_____ YES _____ NO

If YES, how do you rate the cost of the equipment?

High Cost Medium Cost Low Cost

1F. Does your county have the following Mass Sport research and evaluation reporting systems?
Please mark (X or √) YES or No. If YES, proceed to rate the quality of each according to high, medium or low scale.

	YES	NO	QUALITY RATING		
			HIGH	MEDIUM	LOW
Government research and reporting	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Local or regional research and reporting	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
College or institutional research and reporting	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

- Please add other Mass Sport research and/or reporting systems not listed above and rate their quality.

Name of other Mass Sport research or reporting systems:	QUALITY RATING		
	High	Medium	Low
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

- What are the most important outlets (such as journals, federation reports, coaching manuals, magazines, etc.) for Mass Sport research or reporting in your country?

1G. Do you believe that Mass Sport contributes to overall national development?

_____ YES _____ NO

If YES, how do you rate the level at which you believe Mass Sport contributes to national development?

High Level Medium Level Low Level

1H. Does your nation have a recognized individual who is the most important person or leader of Mass Sport?

_____ YES _____ NO

If YES, please list below that individual's name, his/her title, educational institution, and/or affiliation:

1I. Overall, how do you rate the personnel involved in the delivery of Mass Sport in your nation?

High Medium Low

Scoring of the NSDI from Responses on the ISMQ

Note. The following scoring procedures were consistently and systematically utilized for scoring of the NSDI from responses on the ISMQ. Answers provided by respondent nations to ISMQ questions were the sole contributors to NSDI totals. All NSDI scoring including total and sub-factor totals for domains and/or factor components were rounded up or down to one decimal place. If two quality rating answers were provided for a given question, this resulted in averaging the two quality ratings to determine a score for that particular question. In the quality rating sections, answering YES but not providing a rating resulted in a score of two points which was the average of medium (three points) and low (one point). Leaving a question blank or answering NO resulted in a zero point score.

1. Mass Sport (33 points maximum)

1A. Objectives (5 points maximum)

Five points were given for answering YES and listing two or more Mass Sport national objectives. Four points were given for YES and one objective. Three points were given for answering YES.

1B. Legislation (5 points maximum)

Five points were given for answering YES and listing two or more quantifiable legislative descriptors, laws, or mandates for Mass Sport. Four points were given for YES and one legislative act, law, or mandate. Three points were given for answering YES.

1C. Organization (5 points maximum)

Five points were given for answering YES and listing the government department of Mass Sport and listing its place in the nation's organizational structure. Four points were given for YES and the department name. Three points were given for answering YES.

1D. Implementation (5 points maximum)

Accumulated points for listings and quality ratings of Mass Sport implementation were divided by thirteen (total number of listings/ratings) to arrive at the given point score for this factor component. The thirteen listings/ratings were scored as follows: under "national exercise system," five points were given for answering YES and listing the national exercise system (three points for YES and two points for listing); zero points were given for NO. Under "three most-popular physical activities," five points were given for listing three physical activities, three points for listing two physical activities, one point for listing one physical activity, and zero points for leaving blank. Under "quality ratings" there were eleven potential ratings--five points were given for YES and high quality, three points for YES and medium quality, one point for YES and low quality, and zero points for NO or leaving blank.

Scoring of the NSDI from Responses on the ISMQ

Note. The following scoring procedures were consistently and systematically utilized for scoring of the NSDI from responses on the ISMQ. Answers provided by respondent nations to ISMQ questions were the sole contributors to NSDI totals. All NSDI scoring including total and sub-factor totals for domains and/or factor components were rounded up or down to one decimal place. If two quality rating answers were provided for a given question, this resulted in averaging the two quality ratings to determine a score for that particular question. In the quality rating sections, answering YES but not providing a rating resulted in a score of two points which was the average of medium (three points) and low (one point). Leaving a question blank or answering NO resulted in a zero point score.

1. Mass Sport (33 points maximum)

1A. Objectives (5 points maximum)

Five points were given for answering YES and listing two or more Mass Sport national objectives. Four points were given for YES and one objective. Three points were given for answering YES.

1B. Legislation (5 points maximum)

Five points were given for answering YES and listing two or more quantifiable legislative descriptors, laws, or mandates for Mass Sport. Four points were given for YES and one legislative act, law, or mandate. Three points were given for answering YES.

1C. Organization (5 points maximum)

Five points were given for answering YES and listing the government department of Mass Sport and listing its place in the nation's organizational structure. Four points were given for YES and the department name. Three points were given for answering YES.

1D. Implementation (5 points maximum)

Accumulated points for listings and quality ratings of Mass Sport implementation were divided by thirteen (total number of listings/ratings) to arrive at the given point score for this factor component. The thirteen listings/ratings were scored as follows: under "national exercise system," five points were given for answering YES and listing the national exercise system (three points for YES and two points for listing); zero points were given for NO. Under "three most-popular physical activities," five points were given for listing three physical activities, three points for listing two physical activities, one point for listing one physical activity, and zero points for leaving blank. Under "quality ratings" there were eleven potential ratings--five points were given for YES and high quality, three points for YES and medium quality, one point for YES and low quality, and zero points for NO or leaving blank.