"STUDY ON STUDENTS' PERFORMANCE IMPROVEMENT IN SPORTS AT EASTERN UNIVERSITY SRILANKA"

ALEXANDER SAMSAN

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DEPARTMENT OF MANAGEMENT

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Abstract

Sports seem to be very important in the world, Society wise, country wise, and else where all over. Every human being from the birth to the death has the right to develop their body healthily. Further today sports has now become as a business. To day most of the institutions are giving prominence for sports to carry out their affairs.

Most of the youngsters are getting employment be course of their sports activities such as sports manager, sports training instructor, sports materials sales representatives, sports medical officer and soon.

Education is an additional experience practically throughout. Self confidence exploring him, self controlling these three matters mostly fulfills his life pattern. Like wise sports also plays an important part. Self confidence is a must. This arises from the sports activities. That is why sports are included in education on different fields. For example schools, higher educational institutions, universities could be stated.

When compare to the development of sports in the eastern university a survey will have to be made for the up liftment of sports, because the sports activities in the other universities are well advance which is noteworthy.

Hence, this survey on performance management, commitment and involvement, training, resource development and motivation are my observation.

Further 120 questioners were put forward to obtain an assessment

The suggestions and Reponses were obtained on the SPSS method. It is shown in the chart.

The results shown in the survey will prove how the development could be done, where sports are concerned and importance to that, to develop the sports activities in the eastern university.

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