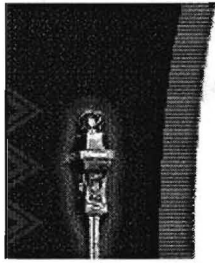


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FACULTY OF APPLIED SCIENCES

THE USE OF IMPROVISED EQUIPMENT IN TEACHING AND TRAINING OF
ATHLETICS IN SCHOOLS.

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A RESEARCH PROJECT SUBMITTED TO THE NATIONAL UNIVERSITY OF
SCIENCE AND TECHNOLOGY IN PARTIAL FULLFILLMENT OF THE
REQUIREMENTS FOR THE BACHELOR OF SCIENCE HONOURS DEGREE

IN

SPORTS SCIECE AND COACHING

BULAWAYO, ZIMBABWE

YEAR:

2013



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ABSTRACT

The purpose of this study is to establish the attitude of teachers and sports trainers on the use of improvised equipment on the teaching of athletics in schools. One hundred and twenty four teachers and sports trainers were conveniently sampled from the ten provincial teams of Zimbabwe which compete in the yearly athletics championships organized by the National Association of Secondary School Heads (NASH) and National Association of Primary School Heads (NAPH). These would answer a structured validated and reliable (0.77r) questionnaire by ticking in the boxes provided for preferred response where **SA** = Strongly Agree, **A** = Agree, **N** = Neutral/Not Sure, **D** = Disagree and **SD** = Strongly Disagree. Frequencies and percentages were calculated using Scientific Programme for Social Sciences version 16.0. The results indicated that teachers and sports trainers agree that improvisation among other things can enable learners and teachers to exploit their local environment and realise a number of benefits and skills from the exercise. It was also recommended that teachers and sports trainers can use improvisation to train in athletics activities that are being left out because of lack of equipment that include hurdles, javelin, shot put, discus, high jump, and pole vault.