

# **The Perception of PE Students and Varsity Athletes on the Adequacy of Space for Physical Education and Sports in the University of the Philippines, Diliman**

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## **Abstract**

Sports help in promoting the physical well being of people. It provides an avenue for maintaining the healthy condition of the body. It serves as a form of recreation to many people and an extra-curricular activity for students. Sports facilities are necessary in conducting PE classes and varsity practices. It is in these spaces that sports activities are allowed to occur. Therefore, there is a pressing need for providing available spaces for these facilities. The research covers sports facilities in UP that are under the supervision of the CHK only, because they are reflections of how UP prioritize and allocate land and funds for physical education and sports. By doing this study, the researcher wishes to shed light to the issues regarding the rights of the students to access good quality sports facilities and the right to be provided enough space to carry out sports activities and events, especially that UP is a state university. The researcher used a survey questionnaire for obtaining information from the PE students and varsity athletes. An interview schedule was also used as an appropriate instrument when interview with some CHK professors, varsity coaches, and other key informants were done. Ocular visits to the location of these facilities and observations of activities in that space is also used to further supplement the research findings. Two important results are presented in this paper: a) there is an adequacy of space for PE and sports in the university as perceived by PE students, varsity athletes and coaches; b) Providing the necessary and appropriate sports facilities will give confidence and motivation to PE students during their classes and to varsity athletes during sports competitions.

*Keywords: PE, sports facility, adequacy, varsity, performance*