

THE EFFECT OF THE SPORTS AND PHYSICAL EDUCATION OFFERED IN HIGH SCHOOL ON SPORT ACTIVITIES OF POST- SCHOOL ADOLESCENTS

(UNIVERSITY OF NAGOYA) Toyoo Nakashima
(NAGOYAGAKUIN UNIVERSITY) Nobumitu Tubota

It is well known that education is the key which will enable people to participate in sport and recreation, acquire skills or develop an interest.

What effects have, the differences of the sports and physical education offered in school, had on the sport activities done after leaving school?

This paper is trying to examine the influence of the sports and physical education offered in high school on young men's attitude to sport and present sport activities.

Survey was made in 1972.

The subjects were 389 males of twenty-five years old and
390 males of thirty years old.

The results are found as follows.

- (1) Present sport activities were related to the sports and physical education offered in high school in the past year. It was shown clearly in the fact that the sports and physical education in high school have given the opportunity to acquire skills, develop an interest in sport and attitudes to sport, practice sports after leaving school.
- (2) But, the sports done by the greater numbers and frequently after leaving school, were not sports learnt at school, but sports not done at school at all.
- (3) Active sports players at school in the past year had more opportunities to practise sports than passive sports players then.
- (4) But, the great numbers had poor present sport activities. It is shown still by some authors that sport activities are related to age, occupation, income, leisure time, facilities available etc. Therefore, trying to inquire the influence of education on sport, we need to study it in the wider context of social and cultural environment.