

The Study of Current Conditions and Needs of students belonging to the Nagasaki International University Sports Club

Abstract

Nagasaki International University has 12 strength-designated clubs, 8 athletic clubs and 11 sports clubs, and a diverse and large number of students in the university. In this study, as a basic survey for improving the competitiveness of university club activities, we investigated the needs of students and examined the support such as training and training session that sports students demand from the university. The results showed that more than 90% of the members of the designated strength clubs were engaged in club activities four or more days a week on weekdays. The results of the needs assessment showed that many respondents wanted to engage in physical training (16.3%) and conditioning (12.4%) in order to improve their level of performance, as well as seeking courses and information on physical training (12.4%), psychological training (10.4%) and conditioning. As for what they would like to see from the university, a number of comments were received from intensely designated and athletic clubs that spend a very large amount of time in clubs compared to the less active athletic clubs, indicating the need to consider specific support for student needs.