A Phenomenological Study of Sports Development in Schools and Society of Ardabil City from the Perspective of Teachers and Professionals

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Abstract

Purpose: The aim of current research is study the lived experiences teachers and professionals regarding the obstacles governing development of sports at school and community level to provide solutions in Ardabil city.

Methods: The qualitative research method is phenomenology. The interviewees of the research included all the teachers and specialists of Ardabil city in the academic year of 2022-2023. Data were collected using in-depth and semi-structured interviews; in this way, the research questions were answered through interviews with people.

Result: Teachers, in response to a question about the necessary measures to regularly do sports and pay serious attention to it by students at the school level, factors such as the professionalization of coaches and increasing their efficiency, the appropriate way of teaching and teaching sports, strengthening the efficiency of sports classes, strengthening its facilities and strategies , the way of implementing physical education in schools, the solutions of creating unity in the way of implementing sports and strengthening the curriculum content. On the other hand, experts were exposed to a question with the concept of necessary measures to enrich the student teachers of physical education in line with the development of sports in teacher training centers.

Conclusion: In the interview with the teachers, the majority of them emphasized the existence of obstacles and challenges in the category of physical education and provided solutions for it. The experts also pointed out the existence of various obstacles around the axes; Individual causes, social causes and family causes were divided and in general, social solutions, desirable executive planning and programs.

Keywords: Phenomenology, physical education, challenges, solutions.

Introduction

The progress and evolution of humans in any society requires development and progress in all aspects of life, including political, economic, social, educational, etc. Meanwhile, the development of sports as a category for expanding health and fitness among the society is necessary. So that the World Health Organization has considered insufficient physical activity as the fourth cause of death in the world in such a way that it is caused by this issue in about 6% of deaths in the world (World Health Organization, 2009: 12). In this sense, paying attention to sports and physical activities is very important. Paying attention to sports and its development has noteworthy effects and benefits that strengthen the double attention to the development of sports in society. In this regard, among the effects of sports are: cognitive strengthening of people (Ludiga et al., 2023), the development of self-confidence, emotional stability, favorable emotional interactions, reduction of resting heart rate, cardiovascular fitness, weight loss, reduction of fat and blood pressure, increase of flexibility and range of motion of joints, increase Muscle strength, eliminating the feeling of fatigue, reducing anxiety and stress, reducing depression, reducing aggression, increasing vitality and freshness, increasing tolerance to problems, strengthening guidance and leadership in oneself, sociability, life expectancy, increasing optimism, increasing empathy, Intimacy and friendship (Savari, 2012: 39), improving cognitive disorders of the elderly (Ren et al., 2023), improving the physical and mental health of cancer patients (Lavin-Perez et al., 2023), predicting and treating osteoporosis (Fisher et al., 2023), improving brain health (Jessos et al., 2023) and so on. Therefore, it should be noted that sports and its development have great effects and benefits in terms of all its indicators, and it forces us to pay special attention to its development and evaluation. On the other hand, it should be noted that not paying attention to

sports and its dimensions has adverse consequences and affects the society. With numerous reviews and revisions and a deep look at the content and concepts of the data, it can be found that the main category in the succession of sports organizations is meritocracy (Farhangian & et.al, 2021). Based on this, it can be pointed out that the lack of exercise and its development at the community level causes increased mortality due to heart attacks, increased blood pressure, increased stress, reduced productivity (Salehi-Imran and Abedini-Beltrak, 1392: 96), obesity, joint pain, boredom, Fatigue, heart attacks, etc. (Sawadi, 2012). According to the report of the World Health Organization (2014), from 2000 to 2016, the amount of excess weight caused by inactivity in people over 18 years old has increased by 11.9%. Also, in another estimate made by the World Health Organization, this organization assessed the level of inactivity and inactivity in the country at about 34% and stated that in 2020, 50% of Iranians will have the problem of inactivity or inactivity (Mazloumi Mahmoudabad et al., 2016). Bliss et al. (2023) investigated the benefits of regular aerobic exercise on cerebrovascular function and cognition in the elderly. Garcia-Chico et al. (2023) in a study titled "Exercise and Breast Cancer Symptoms: A Narrative Review of Cancers" concluded that an active lifestyle, and especially regular physical exercise, had beneficial effects on all major symptoms. Associated with breast cancer and therefore may help counteract disease progression or associated burden. Andersen et al. (2022) in a study titled "Do prostate patients benefit from exercise interventions?" A systematic review and meta-analysis concluded that exercise is effective in improving metabolic health in men with prostate cancer with aerobic exercise as the preferred method. Mahmoudi et al. (2021) reached results in a research entitled "Investigating the impact of physical factors on the development of student sports with the mediating role of human capital". Qadri et al.

(2019) in a research entitled "Strategic model of sports development in the police force", reached some results. He stated: Based on the results of the research, six main categories were identified in the causal section, which include the components of the needs and expectations of the beneficiaries, legal and regulatory requirements, and development of sports participation, structural factors, the need for financial resources and infrastructure, and the need for the development of communications. Therefore, the present research was conducted to answer the following questions.1- What problems and challenges are there in the way of realizing the mission of physical education and developing sports in schools and society?2- What measures and solutions should be done to overcome the existing challenges and shortcomings? 3- How and with what actions can we accustom students to regular exercise and pay serious attention to it and culture it as an integral part of people's lives?4- In your opinion, what are the obstacles to the development of sports in Ardabil province?5- The teachers listed challenges for the development of sports in Ardabil province; accordingly, what solutions do you offer to overcome them?6- What measures should be taken in the in-service courses and training courses for student teachers of physical education in the path of sports development?

Materials and Methods

This research is part of qualitative and phenomenological research. Phenomenology means the study of lived experience or the world of life, which is lived and experienced by a person, and does not mean the world or reality separate from man. In the research approaches of phenomenology, there are two methods of descriptive phenomenology (Husserl) and culpability phenomenology (Heidegger). Although both researchers examine the lived experience, but in the descriptive phenomenology approach, the description of the phenomenon and the lived experience is done without interpretation, and a detailed description, it is explained by presenting categories and classifications of experiences, and in Heidegger's interpretive phenomenology, description is not the main goal of the researcher, and the researcher clearly interprets the meanings of people's lived experiences (Maustakas, 1994). Therefore, the current research was conducted based on Husserl's descriptive phenomenological method.

The potential participants in this research were all the teachers working in Ardabil city in the academic year 2022-2023 and education specialists (people who work as professors in the field of educational sciences and psychology) in Ardabil province. To select the subjects and their number, a targeted approach and theoretical saturation criterion were used: according to the theoretical saturation approach, no new information was obtained in 21 interviews of teachers and 19 interviews of experts, and the interviews were stopped. The condition for selecting the statistical sample was, firstly, the desire to participate in the research and secondly, having the experience of teaching for at least one year in virtual form.

It should be noted that teachers were interviewed face-to-face and face-to-face, in the form of open-ended questions, and in the What Sapp program, and after the interviews, the answers provided in text or audio were implemented in the form of a collection of objects and collected Ethical considerations, by providing the necessary explanations about the importance and goals of the research, no coercion in the answer, no receiving personal information of the teachers, confidentiality and no disclosure of opinions to others, ensuring the deletion of the audio file after taking notes, using the results only for promotion. And improving the quality of education and informing the teachers and parents of the research results. In the present study, in-depth and semi-structured interviews were used to

obtain research data, as well as a two-way conversation, and as it was acknowledged, the tool used for data collection was a semi-structured interview. In which an attempt was made to investigate their lived experiences related to the subject of the research through interviews with teachers and experts. After conducting the interviews, the answers provided in the form of text or audio were implemented and compiled in a collection on paper. To analyze the text of interviews of teachers and parents, the open coding method attributed to Strauss and Corbin (2008) was used. In other words, based on this approach, the interviews were analyzed at several levels. In the open coding phase, the written text of the interviews of teachers and experts was carefully read by the researcher and divided into smaller parts. These components were compared, conceptualized and categorized in a constant process. In the axial coding, the categories that were identified in the previous stage were more organized and connected to each other with a new combination. This process was done in such a way that more general categories were identified and their relationship was clarified. Finally, a selective coding, which is actually a summary of the research findings, is specified for each interview question. Also, for the answers of all three groups of teachers and experts, all three stages of open, central and selective coding were used. In addition, in order to ensure the correctness of the researchers' interpretation and understanding of the statements of each participant, if necessary, they were contacted again and the correctness of the interpretations was checked with their opinion, and necessary changes were made if necessary.

Finally, in order to achieve credibility, transferability and trust or verifiability of interview questions and participants' answers, techniques such as the use of triangulation or triangulation technique, member control technique, technique of obtaining detailed parallel information and self-review of researchers (Abbaszadeh, 2013:19-34) was used.

Results

Teachers' questions

1- What problems and challenges are there in the way of realizing the mission of physical education and developing sports in schools and society?

Table 1. Challenges in the development of sports in schools and society

Selective coding	Axial coding	Open coding
In the development of sports in schools and society	School reasons	-Lack of sports facilities at the school level - Lack of proper sports planning in schools - Not paying enough attention to sports lessons in schools - Focusing on football games at school level - Inappropriate encouragement of students in sports competitions in schools - Lack of spirit of cooperation and teamwork in the field Sports in schools - poor and unfavorable school infrastructures in the field of sports - lack of use of various cultural programs and shows in the field of sports development - lack of attention to parents' sports opinions - lack of friendly and good relationship between school staff and students - lack of connection between school education and Student sports - lack or weakness of cooperation between teachers and school coaches in the flourishing of children's talent in the field of sports - lack of attention to the interests and tastes and differences of students in the field of education - the existence of discrimination among students by school officials in the field Sports - Lack of support from teachers and coaches for students in the field of sports - Weakness of textbooks in the field of sports(The present data is consistent with the theory of dynamic

		systems; Because this theory emphasizes cultural influence for success in sports (Phillips et al., 2013))
	Management weaknesses	-The lack of appropriate sports mechanisms at the level of cultural and sports organizations - the multiplicity of responsible organizations in this field and the weakness of coordination among them - the weakness of the public sports monitoring system at the community level - the lack of specialized human resources in the field of sports in society -(The present data is in accordance with the theory of arousal, because this theory refers to paying attention to individual differences in order to succeed in sports (Vaez Mousavi and Mousavi, 2013)). The inconsistency of governmental and non-governmental organizations In the field of sports - weakness and inadequacy in providing budgets for public sports - lack of review and monitoring of dedicated budgets in this field - lack of use of current knowledge and international experiences in the field of sports - lack of coherent programs in the country for public sports - non-priority of sports Universal and individual at the level of macro-planning - lack of deepening and continuity of sports programs in key institutions such as radio and television, etc. - lack of skills and knowledge for planning in the field of sports at the community level - lack of coherent links within and between sports programs - unwillingness Private sectors in investing in the field of sports - lack or weakness of the necessary education in the field of healthy lifestyle with the focus on sports to families by the government - failure to create safe social and economic conditions for the people of the society for their desire to do sports - lack of enlightenment of the people of the society about sports by various types Specialists - lack of support for organizations and research organizations in the field of sports - lack of a suitable society-oriented platform for the development of sports .
	Weakness of the media in sports	- The weakness of the media in strengthening people in the field of sports - the harmfulness of media programs - the lack of necessary training for the development of sports in the media by the relevant organizations - the lack of suitable and correct programs and films for children and teenagers in the field of sports.

Teachers, as educational leaders, were exposed to a question called the challenges in the direction of physical education in schools and society; among the challenges, they named school causes, management weaknesses and the media's weakness in sports.

2- What measures and solutions should be done to overcome the existing challenges and shortcomings?

Table 2. Solutions to face the challenges of physical education in schools and society

Selective coding	Axial coding	Open coding
Solutions to face the challenges of physical education in schools and society	Family solutions	-Strengthening social factors along with physical factors - Helping children to develop skills and strategies in adapting to different environments for physical activity. - Involving children in indoor activities such as working in the garden, washing the car or cleaning the house - limiting The time of watching TV and other sedentary activities such as computer games to less than 2 hours a day - Helping children to practice sports skills - Participating in competitions as much as the family can afford - If possible, you should go to watch competitions with your children - Including recreational physical activities in The format of family programs - familiarizing children with various sports that they can do. - Positive attitude and attitude towards children's activity and physical fitness - Being a role model for children in terms of physical activity - Not getting involved with children in their favorite sport (The present data can be aligned with the dual passion model, because this model emphasizes passion and interest for success in sports (Vaez Mousavi and Mousavi, 2013)) - Explaining the effects Exercise to children by parents-transferring some tasks with physical activity to children.
	Religious solutions	- Spreading the culture of sports by scholars, authorities and preachers-Promoting the culture of sports by preachers (The two present data are in line with the theory of dynamic systems, because this theory emphasizes cultural influence for success in sports (Phillips et al., 2013))-Making series and films in the field of emphasizing religion on sports-Enriching the religious beliefs of teenagers and young people in the field of sports-Inserting a culture of good deeds centered on sports in the society-Receiving detailed suggestions and criticisms from scholars and religious jurists in the field of sports - Explaining the principles and basics of sports from the perspective of religion by scholars and authorities - Alignment of the existing laws in the field of sports development with religion - Conducting many and varied researches in line with the relationship between religiosity and sports - Planning the dimensions and important components of religious responsibility for all people in the society in the field of sports and health development in the society.
	Recognizing, explaining and justifying children	-Recognizing the sports talents of people in the society - talking and persuading the people in the society in line with the benefits of sports - encouraging and supporting people while doing public sports (This data is in accordance with the theory of motivation for progress, because this theory emphasizes the need of people to increase morale and motivation to promote sports (Vaez Mousavi and Mousavi, 2013: 28)) - using their savings and experiences in the field of sports for children - correctly answering children's questions in the field of sports - Asking children's opinion about sports - Knowing the developmental characteristics of teenagers by teachers and parents - Knowing the mental and psychological conditions of children - Getting to know the effective ways of communicating with children.

On the other hand, in order to answer a question about the necessary solutions to confront the challenges in the development of physical education in school and society, the teachers mentioned factors such as family solutions, religious solutions and recognition, explanation and justification of children among these solutions.

3- How and with what measures can we accustom students to regular exercise and pay serious attention to it and culture it as an integral part of people's lives?

Table 3. Necessary measures to do sports regularly and pay serious attention to it by students at the school level

Selective coding	Axial coding	Open coding
Necessary measures to do sports regularly and pay serious attention to it by students at the school level	Professionalization of trainers and increasing their efficiency	- Division of professional teachers in schools - Division of physical education teachers in all grades - Taking advantage of difficult procedures to attract physical education teachers - Employing other teachers to compensate the professional force - Defining the full duties of physical education teachers - Presenting the demands of physical education teachers to parents - Holding explanation and justification sessions for Sports teachers - providing advice to parents through expert teachers - justifying the range of sports rights to sports teachers - assessing the need for teachers to serve while serving - conducting psychology courses for teachers - emphasizing the physical presence of teachers in explanation and skill training classes - designing necessary courses for teachers New arrivals - updating sports teachers - providing software facilities for explanation and justification classes(The present data is in accordance with the theory of dynamic systems, because this theory refers to the factor of family support for success in sports (Phillips et al., 2013)) - using teaching manuals for teachers.
	The proper way to teach and teach sports	Using a teaching method suitable for each of the teachers - choosing teaching methods suitable for students' skills - using integrated methods for teaching - using new teaching methods in education.
	Strengthening the efficiency of sports classes	Implementation of various plans for sports classes - making sports classes attractive for students - teaching various types of sports - equipping schools and repairing the appearance of schools - use gyms as much as possible - exercise should be for one hour at the elementary level - in the matter of physical education in order to attract They should not be strict in sports - formation of necessary centers for corrective movements - formation of a cordial relationship between the coach and trainer - regular and dynamic presence of teachers in the classroom - organization of sports Olympiads in schools - talent search at the school level - care and attention to the diversity of students in the matter of learning.
	Strengthening its facilities and strategies	-Using and inviting donors to equip schools - cooperation with other institutions in the field of sports facilities - using the facilities of other institutions in the field of sports - cooperation with sports teams for the use of students - inviting families to provide sports facilities - establishing the necessary rules in the field of budget

		allocation for Sports from the side of factories and organizations-Using other institutions to sponsor student sports-Cooperation of the Ministry of Health, Education and Culture in terms of popularizing a dynamic lifestyle-Using sports teachers to design sports venues.
	How to implement physical education in schools	- Justification of the necessary framework and scope in the sports class - conducting sports classes with cheerfulness and happiness - caring and paying attention to the students' game - defining and explaining the necessary goal for the students - explaining and justifying the benefits and positive effects of sports for the students(The present data is in agreement with the goal theory of progress, because the present theory emphasizes the necessity of a specific goal for success (Vaez Mousavi and Mousavi, 2013)) - forming a feeling of need for sports in Students-Using a variety of games in the matter of sports-Taking care of learning basic skills in elementary years-Forming and implementing native and local programs-Using new technologies for sports-Using psychology basics to attract students to sports-Providing responsibility to students-Separating education and Games in the field of sports - holding various exhibitions in the field of sports.
	Solutions to create unity in the implementation of sports	- The program-orienteers of physical education hours - preparation of the necessary arena for students' activity in sports outside of school - strengthening the motivation of students to research and study about sports(This data is in accordance with the theory of motivation for progress, because this theory emphasizes the need of people to increase morale and motivation to promote sports (Vaez Mousavi and Mousavi, 2013: 28)) - encouraging and providing positive treatment to students in the field of sports (The present data is in line with Skinner's theory, which emphasizes the necessity of encouragement for success (Seif, 2015))- calling for dynamic and active recreations to strengthen sports -Evaluation and diagnosis of problems of stature structure among students by physical education teachers -Definition of various disciplines for sports in each grade - Execution of various sports plans continuously and continuously(The current data can be in line with the theory of targeted training, because the current theory refers to the duration of sports and its continuation for sports success (Vaez Mousavi and Mousavi, 2013)).
	Reinforcement of curriculum content	-Paying attention to all non-physical dimensions such as social, psychological, etc.- Introducing various types of sports to students-Teaching and explaining how to do sports activities outside of school- Removing extra and boring content- Defining and explaining daily sports activities in textbooks and programs Textbook - justification and explanation of the consequences of neglecting sports at the level of textbooks - localizing the content of textbooks - teaching all kinds of rules and regulations during sports.

According to Table 3, teachers in response to a   question about the necessary measures for

regular exercise and serious attention to it by students at the school level, factors such as the professionalization of coaches and increasing their efficiency, the proper way of teaching and teaching sports, strengthening the efficiency of sports classes, strengthening Its possibilities and strategies, the way of implementing physical education in schools, the solutions of creating unity in the way of implementing sports and strengthening the curriculum content were expressed.

Expert questions

1- In your opinion, what are the obstacles to the development of sports in society and schools has it?

Table 4. Obstacles in the field of sports development in society and schools

Selective coding	Axial coding	Open coding
Obstacles in the field of sports development in society and schools	Individual causes	-Some people suffer from physical complications - some people get annoyed after exercising - some people are ashamed of exercising - some people's inability to exercise - not accompanying their peers in exercise - wrong belief that exercise is for young people - weak personality of people - lack of self-esteem and Self-confidence - lack of communication skills with sports people - depression caused by the existence of problems - drug addiction - people's unwillingness to exercise - some people's fear of getting hurt during exercise - increasing age of some people - luxurious and sarcastic view of sports - Some people were not used to exercise - Some people consider exercise useless and difficult - Not knowing the correct lifestyle - Not knowing the correct way to exercise - Not enjoying some exercise - Observing the lack of change in the body when using exercise - Not committing to a permanent exercise - not having enough time - not having energy and patience - not having interest (The present data can be aligned with the dual passion model, because this model emphasizes passion and interest for success in sports (Vaez Mousavi and Mousavi, 2013))- not having a companion.
	Family causes	- Absence of a sports atmosphere in the family - the presence of many problems in the family - failure to lead children to sports from the beginning of life - lack of familiarity of families with sports - lack of regular and continuous participation of parents and children in sports(The current data can be in line with the theory of targeted training, because the current theory refers to the duration of sports and its continuation for sports success (Vaez Mousavi and Mousavi, 2013)) - lack of authority for children in choosing sports - lack of walking with Children in short distances - Not encouraging children to go for regular walks(The present data is in line with Skinner's theory which emphasizes the necessity of encouragement for success (Seif, 2015)) -Not appreciating children for winning in competitions or even if they lose - Parents focusing on winning - Parents criticizing children during sports and being sad about their losses - Not taking children to sports fields -Lack of facilities for going to sports fields.
	Social causes	Lack or weakness of sports culture at the community level - lack of facilitating access to sports tools - extreme poverty of families at the community level - lack of promotion of sports at the community level - lack of encouraging people to exercise at the community level by experts(The present data is in line with Skinner's theory which emphasizes the necessity of encouragement for success (Seif, 2015)) - lack of public education in the field of sports in the

community - Job environments with low mobility- lack of orientation of people to sports as a tool for entertainment- confusion of the youth and teenagers of the society in the field of marriage, economy and their jobs and unwillingness to categories such as sports- lack of provision of necessary necessities for children- improper nutrition of children in Home - Lack of transportation to and from sports facilities - Lack of children's accompaniment and approval by parents - Lack of out-group trust - Lack of trust in friends and companions to participate in sports - Lack of trust in educational centers to support sports issues - Lack of sports space Suitable in society - Lack and inappropriateness of sports equipment in society - Weakness in management and proper culture - Not interested in sports with others - Low quality of sports equipment.

Experts, as teachers, were in line with the question of obstacles in the field of sports development in society and schools. According to Table 4, they considered factors such as individual causes, social causes, and family causes to be among the obstacles to the development of sports at the level of society and schools.

2- The teachers listed challenges for the development of sports in Ardabil province; accordingly, what solutions do you offer to overcome them?

Table 5. Necessary solutions to deal with the challenges of sports development in society and schools

Selective coding	Axial coding	Open coding
Necessary solutions to deal with the challenges of sports development in society and schools	Social solutions	- Creating suitable sports programs in society - Creating diverse sports opportunities in society(The current data is in line with the theory of dynamic systems, because this theory emphasizes the need for space and facilities for success in sports (Phillips et al., 2013)) - Planning sports for children after school - Creating sports spaces and places - Combating corruption and harmful and illegal entertainment (The present data is in line with the theory of dynamic systems, because this theory emphasizes cultural influence for success in sports (Phillips et al., 2013)) - Cooperation of sports centers with schools and other institutions in society(The current data can be in line with the theory of targeted training, because the current theory refers to the duration of sports and its continuation for sports success (Vaez Mousavi and Mousavi, 2013)) - Making it attractive Sports environments - Establishing social justice - Institutionalizing sports in welfare centers and prisons - Implementing integrated cultural and sports programs - General sports planning in society - Continuously implementing general sports programs in society - Monitoring and monitoring general sports in society - Continuity of research in institutions , especially in sports institutions in the field of sports.
	Desirable executive planning	- Continuous evaluation and monitoring mechanisms should be foreseen in all sports programs - different specialists should be used in sports planning - detailed and codified plans should be made as much as possible for all sports at the community level - community-oriented organizations and the capabilities of the private sector should be used to the maximum extent in implementing Plans should be implemented - sports planning should be done with the participation of organizations at the national, provincial and local levels in all stages of policy making, planning, implementation and evaluation - cultural,

		religious, social, economic and gender differences should be taken into account in sports planning - The use of international cooperation and the experiences of other countries in sports planning should be considered - Sports planning should be continuous and sustainable (The current data can be in line with the theory of targeted training, because the current theory refers to the duration of sports and its continuation for sports success (Vaez Mousavi and Mousavi, 2013))- The development of public sports should be considered as the mission and public culture governing all institutions - The supervisory and executive structure should be reformed.
	National programs, plans and projects	- Designing and compiling a public sports monitoring system and presenting an annual report - Compiling a strategic document for planning public sports and finding support for its realization - Prioritized studies in the field of public sports planning - Monitoring and evaluating the operational plan of the strategic document for sports development - Pathology of the country's sports system - Public education Community members in the field of sports - implementation of current programs such as sports promotion schools.

Specialists were also exposed to the challenges that teachers listed in the field of physical education development in schools and society. According to Table 5, they expressed solutions to overcome these challenges. They listed factors such as social solutions, optimal executive planning and plans, plans and national projects among the solutions in this area.

3- What measures should be taken in the in-service courses and training courses for student teachers of physical education in the path of sports development?

Table 6. Necessary measures to enrich student teachers of physical education in line with the development of sports

Selective coding	Axial coding	Open coding
Necessary measures to enrich student teachers of physical education in line with the development of sports	Synergy, interaction, culture building and gaining experiences	- Cooperation between the Ministry of Sports and Farhangian University - interaction and cooperation of the Ministry of Education with the Ministry of Sports(The present data is in line with the theory of dynamic systems, because this theory emphasizes cultural influence for success in sports (Phillips et al., 2013)) - cooperation and synergy with other institutions of physical education and sports - cooperation with other institutions and ministries to provide students and teachers - interaction and cooperation with the guardians of sports - creating a cultural context It is necessary to attract physical education instructors - necessary culturalization in the field of physical education by all kinds of institutions and ministries - providing necessary awareness in the field of health to student teachers - creating a sense of need in student teachers for the society's need for sports and education - creating continuous and continuous physical education classes and workshops For student teachers - Participating student teachers in holding sports Olympiads in schools - Participating student teachers in all kinds of sports competitions - Holding all kinds of sports camps.
	Improving the skill of	- Promotion and development of the dignity and dignity of physical education in the university and society - increasing the material and

physical education, teaching profession and providing facilities and facilities	spiritual value of physical education students (The current data is in line with the theory of dynamic systems, because this theory emphasizes the need for space and facilities for success in sports (Phillips et al., 2013)- special attention of the society to the positive role of sports and sports teachers in the health of the society - improving the social attitude of teacher training universities to the field of physical education(The current data is in line with the theory of dynamic systems, because this theory emphasizes the need for space and facilities for success in sports (Phillips et al., 2013)- providing a suitable dormitory to the students and its proximity to the sports facilities (The current data is in line with the theory of dynamic systems, because this theory emphasizes the need for space and facilities for success in sports (Phillips et al., 2013)- providing standard sports facilities to the teacher training centers - allocating the necessary resources and budget to the teacher training centers in terms of attention to sports - creating desirable sports spaces at the university level - standardizing sports spaces in the university - allocating sports halls Suitable for teacher training centers (The present data is consistent with the criterion of dynamic systems; Because this theory emphasizes the necessity of space and facilities for success in sports (Phillips et al., 2013)- Allocation of necessary software infrastructure in the university - Acquainting student teachers with the use of various media in physical education - Giving access to student teachers in order to achieve all kinds of sports research findings.
Political, economic, social and cultural solutions	Creating coordination between officials in teacher training centers in order to promote sports - making the necessary decisions in the field of sports in the university itself - providing higher education in the field of sports at the level of teacher training centers - employing student teachers in the sports management of schools - providing the necessary facilities for student teachers - Equipping students' karousi schools with sports equipment - paying special attention to the welfare of teacher training centers - accepting physical education as a science in teacher training centers - encouraging student teachers to go to the library in the field of sports - creating belief in the role of student teachers of physical education in the health of people at the level University-Development of working group culture among students in the field of sports (The present data is consistent with the theory of dynamic systems; Because this theory emphasizes cultural influence for success in sports (Phillips et al., 2013)-Necessary financial support for students' sports research-Employment of student physical education teachers in the field of entrepreneurship and income generation.
Providing the best teaching methods in the field of sports	- Teaching the appropriate coverage of the teacher training course to student teachers - visual introduction of sports actions and movements to student teachers - using sports tools and equipment in explaining to student teachers - using various techniques and appropriate methods of teaching physical education to student teachers - teaching how to use educational games in physical education bell to student teachers - Applying the necessary measures to student teachers to prevent them from injuries in sports - Training to design necessary programs for student teachers for the participation of disabled students in sports.
Compilation	-Forming a working group of experts to formulate theories and practical

and embedding of theoretical and practical units	concepts of physical education in university courses - creating a unit with physical education content in the university curriculum - integrating concepts and materials of physical education in other courses - presenting the dimensions of physical education for student teachers and evaluating this In his internship - presenting assignments to students based on research in the field of physical education - examining all dimensions of physical education in classes and learning how to deal with them correctly - considering actual practical courses in the university - examining the relationship between theories and applications of physical education - student teachers request from Guide teachers to make the class more available in physical education-providing action research to students about physical education issues.	
Explanation and justification of students, teachers and university staff	-Establishing physical education workshops - explaining the importance of physical education for students - teaching how to communicate the theoretical and practical concepts of physical education to students - introducing students to the new way of teaching physical education concepts - explaining the importance of aligning students' speech and behavior in the discussion of physical education management - raising students' awareness From the consequences of not paying attention to physical education in schools - teaching how to guide students in dealing with the challenges of physical education - teaching how to manage the classroom to minimize the challenges of physical education - teaching how to institutionalize physical education in students - enriching teachers in terms of the basics of education physical education by specialists - creating necessary courses for professors on how to present physical education lessons - encouraging professors to research in the field of physical education - informing students and teachers about all the conditions of the school and students in the field of sports - teaching how to create a creative atmosphere in the university in the field of sports.	

On the other hand, experts were exposed to a question with the concept of necessary measures to enrich the student teachers of physical education in line with the development of sports in teacher training centers. They provided useful information in this regard. According to Table 6, factors such as synergy, interaction, culture building and gaining experiences, improving physical education skills, teaching profession and providing facilities and facilities, political, economic, social and cultural solutions, providing desirable teaching methods in the field of sports, compiling and embedding theoretical units and the practical, explanation and justification of students, teachers and university staff were listed.

Discussion

Sports and its development is necessary and necessary for the society and its realization needs investigation and pathology. On the other hand, in accordance with these existing injuries and identified challenges, one should look for a solution in this area and try to implement this issue in the face of the challenges of the development of sports. Based on this, in the present research, an attempt was made to address the challenges and necessary solutions in the development of sports at the level of society and schools, so that in this way, efforts were made to elevate the issue of sports at the level of society and schools.

First, teachers were exposed to questions about

the development of sports at the community and school levels. In the first question, which was based on the challenges in the path of physical education, issues such as school reasons, they considered managerial weaknesses and the weakness of the media as among the prevailing challenges in the development of sports and physical education at the school and community level. Among the solutions, they considered family solutions, religious solutions and recognition, explanation and justification of children. In this regard, it should be acknowledged that the family, as the most important center of human life, plays a very important role in the education of people. Family members, especially parents, can play an effective role in strengthening physical education in children with the necessary cooperation and providing necessary training in the field of physical education in the form of various games, activities and household chores. Preachers and preachers can enrich the people of the society by telling hadiths, narrations and sayings of religious elders in line with the development of sports in them, and in this way, many people of the society, especially the religious people, will have enough attention in this matter. Explaining, justifying, and explaining sports, its types, benefits, and the consequences and effects it can have been useful in the development of sports. And about the necessary measures to regularly do sports and pay serious attention to it by students at the school level, among these measures are factors such as the professionalization of coaches and increasing their efficiency, the proper way of teaching and teaching sports, strengthening efficiency. Sports classes, strengthening its facilities and strategies, how to implement physical education in schools, solutions to create unity in the way of implementing sports and strengthening the curriculum content were expressed. In this, it should be mentioned that the first step to strengthen the issue of sports and physical education at the school level and consequently in the society is the presence of

professional and expert teachers and trainers in this field, so that they, with the correct guidance of trainers in this field, can teach people how to Familiarize yourself with the correct performance of physical education. Therefore, the existence of professional and skilled people in the matter of physical education is very necessary. Undoubtedly, the integration of curriculum basics in the field of physical education with its practical aspect is also important in this regard, and each of these cases without the other will leave the teaching of physical education incomplete at the university level. On the other hand, explaining and justifying students, teachers, professors and university staff in line with the benefits, importance, positive consequences and effects of physical education is very necessary and necessary. On the other hand, it should be kept in mind that many teachers and students are teachers who, despite their interest and importance towards physical education, are unaware of the best and effective methods of teaching the basics of physical education. Therefore, it is necessary for the education specialists and professors to pay sufficient attention to the teaching of various effective teaching methods in the field of physical education to the student teachers.

Conclusion

Therefore, it should be acknowledged that the results of the present research are in line with the result of Mahmoudi et al (2021), Gaderi et al. (2019) and Sohrabi et al. (2021) and Talebpour & et.al (2023) are consistent. In explaining these findings, it can be said that:" the research result of point to the positive relationship between human resources and the development of student sports and the results of their findings also indicated that several theoretical approaches for the development of sports in different fashion countries have been considered, such as so-cietal, elitist, economic, educational-ethical, political, scientific, and religious approach-as. And the development of

strategic entrepreneurship in sports organizations can be used as a basic tool to increase competitiveness, develop an entrepreneurial culture, and attract financial and human resources". Finally, according to the findings, the following suggestions can be made: 1- At the level of teacher training centers, explanation and justification of people in the field of physical education should be done in the form of various workshops and briefing sessions. 2- Families should also familiarize their children with physical education, its benefits and positive consequences at the home level. 3- Strengthening the curriculum content of students in terms of physical education; it is necessary to reduce the extra items and increase the necessary information. 4- It is recommended that the Ministry of Education familiarizes the teachers with various suitable and effective teaching methods in line with the desired teaching of physical education lessons. Their explanation should be held in various dimensions of the physical education category. 6- It is suggested that another research be conducted based on the necessity of familiarizing teachers, school staff and families with the physical education category.

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