Journal of Studies and Researches of Sport Education

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A Suggested Perception of a Course That Takes into Account the Concepts of Health Awareness and Sport Cultures Among Al-Aqsa University Students

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Article information

Article history:
Received 23/3/2023
Accepted 25/4/2023
Available online June,2023

Keywords:
Health Awareness, sports culture

Abstract

This study aims to identify the proposed vision for a course that takes into account the concepts of health awareness and sport culture among Al-Aqsa University students. The study sample includes (64) male and female physical education lecturers in the Arab world for the year 2021, which were chosen randomly. To achieve this, the researcher prepared a list to identify the topics that must be available in the subject of health awareness and sport culture, consisting of (31) paragraphs. The results of the study conclude that the total degree of the specifications required for the development of health awareness and contemporary sport culture at Al-Aqsa University in the light of academic standards from the point of view of physical education lecturers in the Arab world is large with a relative weight of (75.50%). In addition, the results show that there are no statistically significant differences due to the gender variable. The researcher recommends the necessity of activating the level of sport activities for the purpose of developing and enhancing the concepts of health awareness and sport culture for students according to certain foundations and standards, creating the necessary environment for that, and including some subjects related to health, food and sport awareness among the university's compulsory requirements.

DOI: https://doi.org/10.55998/jsrse.v33i1.391

Introduction and study problem:

The world is living at this time in an era in which knowledge and technology sciences are accelerating and distances are converging. Also, developed countries and many developing countries are making efforts, and devoting capabilities and wealth; in order to build upscale civilized societies that interact with the changes of the times, and prepare to face the challenges of the future.

In view of the massive knowledge explosion that the current era is witnessing in all fields, which resulted in a significant increase in the volume of human knowledge. Therefore, it is necessary to confront the knowledge explosion and work to keep the educational process in line with the developments that are taking place in order to keep pace with the times(Ali, 2021; Anwar, 2022; Saeed, 2021). That is why the current period witnessed serious attempts to develop education, organize and direct the educational situation in order to achieve the desired educational goals with the least time and effort for the purpose of human development(Hassan Al-Asadi et al., 2021; Mohammed & Firas, 2021).

Courses are considered a basic pillar of the curriculum, and they should be organized according to educational foundations and standards, foremost of which are that these courses are closely related to students' lives, their levels, the demands of their growth, society and its needs, and knowledge and its development(Abdulhakeem, 2022; Anwar Altaee, 2022; Hassan Al-Asadi et al., 2021). At that time, the curriculum defines the broad lines and educational contents of the curricula. It also draws the general methods that help the distinguished teacher, deals with the study of literary, cultural and artistic topics, and contributes to achieving the general and specific goals of those courses and evaluating the teaching process (Al-Anzi, 2011). The curricula play a major role in the educational process. They are the tools used by the educational institutions and schools to achieve the stated goals. The curricula are the materials and content of the educational process (Zahran, 2016)(Alsaeed et al., 2023).

Universities around the world are scientific beacons that are concerned with the development of all social, health and sport aspects for their students. Where this interest is not focused on the development of these aspects only; rather, it is based primarily on interest in the student and his inclinations, desires, and attitudes. Therefore, those in charge of these institutions had to pay more attention to developing students' attitudes towards health awareness and the importance of practicing sport activities(Anwar & Amal, 2021; Hussein, 2021; Thabit et al., 2021).

Studying and understanding behavioral practices that are harmful to health and attitudes towards health and healthy behavior is the first step towards finding health resources and working on developing them. By identifying the factors and trends that hinder health in order to work on modifying them, which is ultimately reflected in healthy growth, health development planning, and the development of appropriate and qualitative prevention programs. This is consistent with what the World Health Organization (WHO) advocates for the development of health education programs to discover health risk factors and structural behavioral causes of disease that can be socially influenced and overcome (Radwan and Rishka, 2013).

The World Health Organization indicated in its report for the year (2000) that there are about 57 million deaths annually due to chronic diseases. It has also been shown that the causes of

these diseases including high cholesterol, high blood pressure, obesity, smoking, wrong eating habits, and lack of physical activity can be avoided. The emergence of these diseases was also associated with some cultural and social variables, health habits, social status, economic level, gender, race, and exposure to psychological stress (Nawasra, Owais, and Hourani, 2018).

Taylor points out that the studies and researches conducted in the field of healthy behavior indicate a philosophy that good health is the product of cumulative personal achievement (Al-Nader, Al-Qudah and Al-Alwan, 2016).

And since understanding human behavior requires knowledge of the foundations of health education and, we find that it deals with the areas of sport activity. It is an established fact that the behavior of any individual is the result of the interaction of his biological characteristics with the characteristics of his surrounding home, and that these factors determine his attitude towards individuals and things. This requires adopting the concepts of health education and educating the importance of practicing sport activity(Hassan Al-Asadi et al., 2021; Mohammed & Firas, 2021). As for the concepts of health education, this means providing the community with the necessary expertise in order to influence their information, practices, and attitudes regarding the importance of practicing sports activities and the extent of its impact on the health of the individual, so that the individual has correct and sound behavioral patterns. This means that one of the basic tasks of health education is to work on forming sound health attitudes in general, whether at the level of the body, mind or human soul (Al-Emad, Al-Safadi and Abu Hweij, 2011).

There are many studies that dealt with the concept of healthy behavior related to human behavior, and the importance of practicing sports activity. These studies varied between interest in the measure of healthy behavior, or a study of the importance of practicing sports activity on human health, and the most important of these studies are the following:

Arton, Hazel, Hoekstra, and Start (2010) in the US conducted a study aimed at increasing health behaviors among undergraduate students in medical sciences and providing health education programs through some prescribed curricula. To achieve the objectives of the study, the researchers developed two scales: the first measures demographic variables such as; age, gender, and specialization, the second measures a healthy lifestyle. The two scales were distributed as pre and post tests to a sample of 201 undergraduate students of medical sciences. The participating students were divided into two groups: experimental and control. The experimental group received health education programs to learn a healthy lifestyle. While the control group was not exposed to any educational programs, and the results showed that there were statistically significant differences among the training group members in the field of sport activities and nutrition, and their healthy lifestyle also improved(Ali, 2021; Mohammed & Firas, 2021).

As for the studies that examined the relationship of healthy behavior with other life concepts such as: (health status, lifestyle, general health, self-reporting of disease, and health control). It included Cheon eta/ (2014) from Japan, which aimed to find out the relationship between healthy behavior and health status in general. Mental health was measured by recognizing stress and depression, as was diet and physical activity such as walking and exercise. The study concluded that there is a positive correlation between each of the health behavior and health status in general.

Also in Japan, Okubo, Takahashik, Fujita, Kishimoto (2006) conducted a study aimed to clarify the relationship of healthy behavior practice with lifestyle and general health among adults. A number of behaviors were measured, such as exercising, eating vegetables several times a day, abstaining from fats and energy drinks, as well as taking nutritional supplements and herbal medicines. The study concluded that there is a relationship between the practice of healthy lifestyle behavior and public health in general.

As for Franceschini, Bonolo, Setto (2016) from Brazil, they studied the relationship between healthy behavior and self-reporting of illness among employees at the Federal Public University. The study examined the relationship between eating habits, physical activity, smoking, alcohol consumption, and self-reported disease. The study showed a statistically significant correlation between an unhealthy diet and brain trauma, as well as irregularity between physical activity, endocrine diseases, digestive system diseases, smoking, musculoskeletal diseases. The study also found a positive correlation between healthy behavior and disease reporting.

Al-Arjan 2019 study aimed to identify the prevalence of obesity and overweight according to the variables of sex and region, and its relationship to the variables of smoking, family income, watching television, using the Internet and practicing sports activity, on a sample of (222) students from Al-Balqa University in Jordan. The results indicated that the highest prevalence of obesity was in the northern region, and that there was a high prevalence of obesity among females compared to males, and that the prevalence of underweight was higher among females than males. And the presence of an inverse relationship between the prevalence of obesity and the monthly household income for females, and a positive relationship for males, and an inverse relationship between smoking and obesity and overweight, and an increase in the average hours of watching television, and using the Internet among poor students. In addition, that there is an increase in the proportions of students who suffer from obesity who do not practice sports activity, and there is a decrease in the percentage of those who do.

Al-Qaddoumi and Zayed (2019) conducted a study aimed to identify the level of nutritional awareness among physical education students at An-Najah National University and Sultan Qaboos University. Also, to identify differences in the level of nutritional awareness according to university variables, gender, academic level and cumulative average. To achieve this, the study was conducted on a sample of (207) male and female students, 100 from An-Najah National University and 102 from Sultan Qaboos University. A food awareness questionnaire was applied to them. The results showed that the level of general food awareness among the sample was low, as the percentage of response reached (45%). In addition, there were no statistically significant differences in the nutritional awareness of students according to the variables of university, gender and academic level, while the differences were statistically significant according to the accumulative average and in favor of the higher average.

The study of Al-Arjan (2013) aimed to reveal the level of health awareness and sources of access to health information among students of Al-Balqa Applied University. The sample consisted of (1919) male and female students who were randomly selected. A health awareness questionnaire and its sources, consisting of 92 items distributed over seven domains, was applied on them.

The results indicated that the level of general health awareness was high, with a percentage of the response, (90% of the students had a high level of health), and that health awareness varies according to variables in gender and academic level. The results showed that there are significant statistical differences in the level of health awareness according to the two variables and in favor of females and fourth-year students, until most of the sources from which students obtain health information are in the media. In light of this, it is recommended to activate the level of sports activities aimed at developing and promoting health for students, to create the necessary environment for that, and to include some subjects related to health, food, and sports activity within the university's compulsory requirements.

A study came from (2012) Mikolajczyk, Kramer, Helmer from Germany about health control and health behaviors among students of a German university. To achieve the objectives of the study, the researchers developed the Healthy Behavior Control Scale and the Healthy Behavior Scale. The results showed that the students who had internal control were more attentive to healthy nutrition and sport activities. The results also showed that people who believe in luck and chance have less sports activities, more smoking, and less attention to healthy nutrition.

The concept of healthy behavior, as well as the concept of health awareness and the importance of practicing sport activities, have attracted the attention of a large number of researchers, and previous studies have varied in terms of goals and target groups. What distinguishes the current study is the study population and its sample, represented by faculty members in some Arab universities who hold the degree of Professor in Physical Education, as they are an influential and educated class. The study can come out with expectations and recommendations that can be circulated to the study community. Therefore, it came up with a suggested conception of a course that takes into account the concepts of health awareness and sports culture for the students of Al-Aqsa University as a compulsory university requirement, whose number is about (27 thousand) male and female students.

The study among the faculty members at the university plays an important role in building a generation capable of building society, and this requires that students have a level of health awareness and the importance of the impact of sport activities on human health. However, it is noticeable the absence of such health awareness and the importance of practicing sport activities and its impact on the vital systems of the human body (heart - muscles - lungs), and attention to the quality of food. This awareness affects their educational performance, and thus the educational outcomes of students are affected upon graduation from their practice of the teaching profession in schools.

In addition to the foregoing, a study on the importance of health awareness and the practice of sport activities can contribute to students' awareness of these health and sport practices, so they are strengthened. This will positively affect the performance of students when they practice the teaching profession upon their graduation, and thus its impact will be reflected on school students, the educational institution as well as society.

According to the researcher's knowledge, the previous studies focused on studying healthy behavior awareness and the importance of practicing sport activities among university students, who are considered one of the pillars of the future educational process. Therefore, the current

study aims to investigate the importance of health awareness, as well as the importance of practicing sport activities.

Given the inclinations of individuals in general towards physical activity, which is of utmost importance and has a strong influence in directing healthy daily life behavior towards its practice and commitment to its performance within complete conviction and desire. Therefore, knowing the students' tendencies towards a course in an effective and positive way helps to improve their academic educational level, on the other hand balancing mind, body and spirit. This deepens the university's mission and vision by creating an integrated citizen who is positively influential in his society, by offering a course for all university students that takes into account health awareness and sports culture.

The study problem is represented in the following main question:

What is the suggested conception of the theoretical content of the course of Concepts of Health Awareness and Contemporary Sport Culture for Al-Aqsa University students?

In light of the above, the study problem can be determined by answering the following two questions:

1. What are the necessary specifications for developing the course of health awareness and contemporary sport culture at Al-Aqsa University in the light of academic standards from the point of view of physical education lecturers in the Arab world?
2. Are there statistically significant differences at the level of significance ($0.05 \geq \alpha$) in the averages of the estimates of the study sample in the specifications necessary to develop the course of health awareness and contemporary sports culture at Al-Aqsa University in the light of academic standards from the point of view of physical education lecturers in the Arab world, depending on the variable gender?

Study Objectives:

The current study aims to achieve the following:

1. Identifying the necessary specifications for the development of the course of health awareness and contemporary sport culture at Al-Aqsa University in the light of academic standards from the point of view of physical education lecturers in the Arab world.
2. Revealing of statistically significant differences in the averages of the estimates of the study sample in the specifications necessary to develop the course of health awareness and contemporary sports culture at Al-Aqsa University in the light of academic standards from the point of view of physical education lecturers in the Arab world, according to gender.

Study Terminology:

1. Health Awareness:

A learning process through which students are being aware of their healthy behavior in order to reach a healthy state of individuals.

2. Sport Culture:

A learning process through which students are being aware of their sport behavior in order to reach a social and sports status for individuals.

Study Methodology and Procedures:

The researcher deals with a description of the procedures that were followed in the implementation of the study, including the definition of the study methodology, the description of the study population and the identification of the sample, as well as the study tool used and the steps for its preparation.

Study population:

The study population consisted of all physical education lecturers in the Arab world for the year 2018.

Study sample:

The study sample included (64) male and female physical education lecturers in the Arab world for the year 2018.

Study tool:

The researcher used a list to identify the subjects that should be available in the subject of health awareness and sport culture. And that after reviewing the educational literature and previous studies related to the problem of the study and polling the opinion of a sample of specialized professors through personal interviews of an informal nature, the researcher used the tool, which consists of (31) topics. Where he gave for each point from (1-10) to identify the subjects that must be available in the subject of physical education, and thus the degrees of the study sample are limited to between (31, 310) degrees.

Tool Validity:

The validity of the tool means: that the points of the tool measure what was set to be measured, and the researcher verified the validity of the tool in two ways:

1. Content validity (judges):

The tool was presented to a group of university professors who work in Arab and Palestinian universities, where they expressed their opinions and observations about the appropriateness of the tool's points, the extent to which the points belong to the tool, as well as the clarity of their linguistic formulations.

2. Internal consistency validity:

The validity of the internal consistency of the tool was verified by applying the tool to a survey sample consisting of (40) male and female lecturers, and the Pearson correlation coefficient was calculated between each point of the tool and the total score for it, using the statistical program (SPSS).

Table (1)
Correlation coefficient of each paragraph of the questionnaire with the total score of the questionnaire

n.	correlation coefficient	n.	correlation coefficient	n.	correlation coefficient
1	**0.402	12	**0.467	23	**0.447
2	*0.343	13	**0.693	24	**0.753
3	**0.411	14	**0.434	25	**0.607
4	**0.637	15	**0.651	26	**0.501
5	**0.487	16	**0.616	27	**0.788
6	**0.471	17	**0.458	28	**0.862
7	**0.627	18	**0.606	29	**0.794
8	**0.559	19	**0.538	30	**0.813
9	**0.677	20	**0.695	31	**0.802
10	**0.483	21	**0.456		
11	**0.511	22	**0.434		

Tabular t at the degree (38) and at the level of significance (0.01) = 0.393

Tabular t at the degree (38) and at the level of significance (0.05) = 0.304

It is clear from the previous table that the correlation coefficients between the paragraphs and the total tool to which it belongs are a function at the level of significance (0.01), which reassures the researcher of their application to the study sample.

Tool Reliability:

The researcher carried out steps to ensure the stability of the tool, after applying it to the exploratory sample, in two ways, which are half-halves and Cronbach's alpha coefficient.

Split-Half Coefficient:

The scores of the exploratory sample were used to calculate the stability of the scale by the semi-partition method. Where the researcher divided the tool into two halves, the odd points vs. the even points for each point of the scale, by calculating the correlation coefficient between the two halves, then the length was modified using the Gutman equation and Table (2) shows that:

Table (2)

It shows the correlation coefficients between the two halves of the instrument as a whole before modification and the stability coefficient after modification

	number	Pre modification	Post modification
Total	**31**	**0.863**	**0.882**

It is clear from the previous table that the overall stability coefficient of the tool is (0.882), and this indicates that the tool has a high degree of stability, so the researcher is assured of its application to the study sample.

Cronbach's alpha method:

The researcher used another method of calculating stability, which is Cronbach's alpha method, in order to find the stability coefficient of the tool, where he obtained the value of the alpha coefficient of the tool, and Table (3) shows that:

Table (3)
It shows Cronbach's alpha coefficients for the instrument as a whole

	number	Cronbach's alpha coefficients
Total	**31**	**0.907**

It is clear from the previous table that the overall stability coefficient of the tool is (0.907), and this indicates that the tool has a high degree of stability that reassures the researcher to apply it to the study sample.

Study Statistical methods:

The researcher completed and analyzed the questionnaire through the statistical program (SPSS), and the following statistical methods were used:

1. Pearson correlation coefficient.
2. To find the stability coefficient of the resolution, Spearman-Brown correlation coefficient for equal half-partition and Cronbach's alpha correlation coefficient were used.
3. Frequencies, arithmetic mean, and percentages.

Study Results:

In this chapter, the researcher will present in detail the results reached through the application of the study tools, in addition to explaining and discussing the results reached by answering the study questions:

Study results and their interpretation:

Answering the first question of the study questions:

The first question of the study states: "What are the necessary specifications for the development of health awareness and contemporary sport culture at Al-Aqsa University in the light of academic standards from the point of view of physical education lecturers in the Arab world?"

To answer this question, the researcher used frequencies, averages, and percentages, and the following table explains the question:

Table (4)
It shows the frequencies, arithmetic mean, standard deviations, and relative weight for each of the instrumental subjects, as well as their order

Point	total responses	arithmetic mean	standard deviations	relative weight	order
1. Brief history of sport	508	7.938	2.905	79.38	12
2. The effect of exercise on body systems	600	9.375	1.062	93.75	1
3. The relationship of sport with academic achievement	520	8.125	1.507	81.25	9
4. Healthy food	504	7.875	1.915	78.75	13
5. How to spread sport awareness in communities	572	8.938	1.037	89.38	3
6. Economics and Sport	440	6.875	1.667	68.75	22
7. Competitive games	412	6.438	2.805	64.38	27
8. Sport and posture	540	8.438	1.781	84.38	7
9. Sport, tourism and the environment	472	7.375	2.414	73.75	17
10. Individual and group training methods	440	6.875	2.278	68.75	23
11. Sport and disease prevention	520	8.125	2.193	81.25	10
12. Functional kinetic rehabilitation	436	6.813	2.023	68.13	24
13. First aid	512	8.000	1.709	80.00	11
14. Sport and different stages of development	456	7.125	2.687	71.25	20
15. Sport and mental disorders	464	7.250	2.211	72.50	18
16. Sport, globalization and sustainable development	408	6.375	2.466	63.75	28
17. Sport and women	560	8.750	1.208	87.50	4
18. Game theories	408	6.375	2.222	63.75	29
19. Sport and leisure	540	8.438	1.125	84.38	6
20. Sport and religion	460	7.188	2.742	71.88	19

Point	total responses	arithmetic mean	standard deviations	relative weight	order
21. The contribution of sport to production	480	7.500	1.285	75.00	16
22. Sport for everyone	556	8.688	1.111	86.88	5
23. Sport for people with special needs	528	8.250	1.357	82.50	8
24. School sports	504	7.875	2.687	78.75	14
25. Folk games	484	7.563	2.336	75.63	15
26. The relationship of sport with contemporary diseases (heart - diabetes - cancer - obesity)	576	9.000	1.594	90.00	2
27. Online shopping in the sport field	424	6.625	3.063	66.25	26
28. Technological techniques in the sport field	424	6.625	2.640	66.25	25
29. Sport professionalism	396	6.188	2.600	61.88	30
30. Governance in Sport	388	6.063	2.429	60.63	31
31. Methods and organization of tournaments	448	7.000	2.619	70.00	21
Total degree	**14980**	**234.063**	**34.119**	**75.50**	

It is clear from the previous table: that the total score in the specifications required for the development of health awareness and contemporary sport culture at Al-Aqsa University in the light of academic standards from the point of view of physical education lecturers in the Arab world is large with a relative weight of (75.50%).

The top topics in the tool were:

1. Point (2), which stipulates "the effect of sport on body systems," ranked first with a relative weight of (93.75%).
2. Point (26), which stipulates "the relationship of sport with contemporary diseases (heart - diabetes - cancer - obesity)" ranked second with a relative weight of (90.00%).
3. Point (5), which stipulates "how to spread sports awareness in societies," ranked third with a relative weight of (89.38%).

The lowest topics in the tool were:

1. Point (18), which stipulates "game theories," ranked twenty-ninth, with a relative weight of (63.75%).
2. Point (29), which stipulates "sports professionalism", ranked thirtieth with a relative weight of (61.88%).

3. Point (30), which stipulates "Governance in Sports," ranked last, with a relative weight of (60.63%).

While the total score of the tool got a relative weight of (75.50%).

The researcher attributes this to the fact that the specifications necessary to develop health awareness and contemporary sport culture at Al-Aqsa University in the light of academic standards from the point of view of physical education lecturers in the Arab world are great. And this because of the increased interest in the cognitive and administrative side, and the activation of the level of sport activities and cultures directed to the development and promotion of health among students and finding the necessary environment. And the need to include some resources related to health and food within the university's compulsory requirements to obtain a bachelor's degree, as well as to find cooperation between university departments and the Ministry of Health to activate the level of health and awareness programs directed to the university youth sector and to involve students in them.

This result agreed with the findings of the study of Yola and Perez Fortes (2010), the study of Haddad, Owais and Mansour (2009) and the study of Al-Arjan (2009). The researchers refer to activating the level of health awareness and sport culture aimed at developing and promoting health among students and creating the necessary environment for that, to the need to include some health and food resources within the university's compulsory requirements.

Answering the second question of the study:

The second question of the study states: “Are there any statistically significant differences at the level of significance ($0.05 \geq \alpha$) in the averages of the estimates of the study sample in the proposed conception of a course that takes into account the concepts of health awareness and sport culture among Al-Aqsa University students according to the gender variable (male - female)?

To answer this question, the researcher compared the average estimates of males (n = 34) and the average estimates of females (n = 30) for the proposed conception of a course that takes into account the concepts of health awareness and sports culture among the students of Al-Aqsa University. The subject of the study, using the (T) test for the differences between the average scores of two samples are independent, and Table (5) shows that:

Table (5)

The results of the (t) test for two independent groups of differences in the arithmetic mean of the study sample for the proposed perception of a course that takes into account the concepts of health awareness and sports culture among Al-Aqsa University students according to the gender variable (male - female)

Fields	Variable	n.	arithmetic mean	standard deviations	t	Significance level
Total	Male	34	114	18.9	-0.874	**Non-**

Fields	Variable	n.	arithmetic mean	standard deviations	t	Significance level
	Female	30	120.06	17.2		**significant**

Tabular (T) value (Dh = 62) at the significance level 0.05 = 1.96, at the significance level 0.01 = 2.58

It appears from Table (5) that there are no statistically significant differences in the mean estimates of the study sample according to the gender variable (male - female) in the list and its total score among the sample. This indicates that the sample members have similar estimates on the questionnaire under study in most fields, according to the gender variable (male - female), and this is a logical result. As the lecturers all live in one cultural, health and sport community with homogeneous concepts, just as they live within one cultural and sport pattern that is compatible in behaviour and to the similarity of the cultural, sport and health conditions that both types are subject to. This indicates that the lecturers, whether male or female, performed the same assessment assigned to them. This is due to the fact that the lecturers have the same major and the same profession, and they have a similar sport and health environment, and they are affected by the same influences. Thus, they perform the same degree without any difference between males or females among them, and the researcher believes that there are no statistically significant differences in that the experience of the lecturers melts the differences in gender (male - female), as the trainers are exposed to the same conditions and training courses. Also, the gender (male-female) does not affect the point of view of the trainer, because these methods require special experience and culture, which are not necessarily available to holders of academic degrees who did not specialize in sport, or followed studies about it. This result is consistent with the findings of the study of Kaddoumi and Zayed (2009) and differs with the findings of the study of Yola and Perez Fortes (2010).

Conclusions:

Within the limits of the objectives, questions and sample of the study and through statistical processing of the data, the following can be concluded:

1. The total degree of the specifications required for the development of health awareness and contemporary sports culture at Al-Aqsa University in the light of academic standards from the point of view of physical education lecturers in the Arab world is large with a relative weight of (75.50%).
2. The results showed that there was no effect of the gender variables (male - female) on the proposed conception of a course that takes into account the concepts of health awareness and sport culture among Al-Aqsa University students.

Recommendations:

In light of the study objectives and results, the researcher recommends the following:

1. Activating health awareness and sport culture according to certain foundations and standards.
2. Providing administrative and material capabilities that encourage the promotion of health awareness and sport culture.
3. Conducting a study of the obstacles that limit the activation of health awareness and sport culture.

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