

Categories, Causes and Consequences of Risks in Sports in States Sports Councils, South East, Nigeria

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Abstract: The aim of the paper/study was to investigate categories, causes and consequences of risks in sports identified by Sports administrators in State Sports Councils, South East, Nigeria. In order to achieve the research objectives, three research questions guided the study. The study adopted descriptive survey research design and use one hundred and fifty-five sports administrators (Directors of sports, organizing secretaries and coaches) as population and sample for the study. Structured and validated questionnaire was used for data collection and all statistical analysis was done using Statistical Package for Social Sciences (SPSS) version 21. Hundred and thirty-five copies of the questionnaire were used for data analysis because other copies suffered mortality. Mean scores were used to answer the research questions using 2.50 as the criterion mean. From the results, risk of injury, risks of financial loss and risk of damaging sports facilities were identified by the sports administrators as risks in sports with risk of injury as the most occurred risk. Also, the sports administrators identified the cause and consequences they encounter in their various sports councils depending on the category of risk. The study concluded that sports administrators in State Sports Councils, South East, Nigeria, know the pertinent risks they encounter as they discharge their duties and cause and effects of such risks.

Keywords: risks in sports, sports administrators and state sports councils.

INTRODUCTION

Every human endeavour carries an element of risk. People in business run the risk of financial or asset loss, while those in sports run the risk of incurring minor or major injuries, monetary loss or even death. According to Duch [1], risk in sports is the chance of injury, damage or loss for sports organizations; which means the chance injury to the participants, damage to property or other loss to the organization, directors, volunteers or others.

The author further stated that the ultimate effect of risk in sports is a financial effect; the injury, damage or loss that cost money. To Miller and Veltri [2], risk in sports involves the threat of injury, financial loss, or any other negative occurrences. Basically, risk in sports has to do with injury to athletes/participants while engaging in sports activities, financial loss to sports councils or damage of sports facilities. Isaac [3] identified injury, damage of sports facilities and financial loss as risks in sports. Isaac defined risks in sports would be adopted as categories of risks in sports. Therefore, this paper defines risks in sports as the chances of athletes getting injured while engaging in sports activities and sports councils incurring monetary loss and damage of sports facilities.

Causes of risks in sports

Engaging in sports activities exposes one to injury. Orchard and Seward [4] defined sports injury as harm that typically occur while participating in organized sports competitions, training or organized fitness activities. The sports injuries are injuries that occur in athletic activities which can result from acute trauma, or from over use of a particular body part. According to Armasan and Sigurdsson [5], sports injuries can result from accident, which can be caused by improper dressing, fatigue, poor concentration, and others due to poor training practices, improper equipment, lack of conditioning or insufficient warm-up and stretching. Examples of injuries in sports are: sprain, strain, fracture, dislocation, cuts, bruises and injury like Concussion. On the causes of injuries in sports, Liebert [6] stated that risk stems from the nature

of the game and the specific activities of the participants both during the game and the specific exerts that surround their participation. This implies that injury results in sports because of the very nature of the game. For instance, collision sports like football, hockey or basketball characteristically have more acute traumatic injuries than sports like swimming and track events, while there are more head related injuries in boxing because of the focus of the sports, which is the head. Liebert concluded that within each sport, a general injury pattern and specific types of injury are unique to the sports.

Financially loss is another risk in sports- In the definition of Luring and Oliphant [7], financial loss is the monetary loss suffered by a person or an organization such as can be seen on a balance sheet than a physical injury to the person or destruction of property. In sports, financial loss occurs when revenue does not cover expenses, resulting in the loss of money needed by sports organizers [8]. Sports activities or competitions are organized with the aim of entertaining people and as well as make financial gain. However, when the expected or projected financial gain is not realized, it is said to be a loss. Basically, there are two major ways financial loss occurs in sports, which are boycotting or withdrawing of invited teams from sports events and through successful liability cases. On withdrawing from sports events, Lipsy [9] asserted that sports organization spend lots of money in organizing events with the expectation of recouping when invited teams arrive, and loss is recorded when any of the teams withdraws at the last minute. Lewis, Balderstone and Bowan [10] reported that teams boycotted sports events in Los Angeles in the year 1984, which affected the events and led to great financial loss. It is clear that when teams do not show up at the last minute to invited sports events, the organizers lose financially because the projected monetary gain. This situation is witnessed in Nigeria sports circle where invited teams fail to participate/ arrive for sports events at the last minute because of reasons such as lack of sponsorship, thereby leaving the organizer with financial loss. Successful liability case is another way sports council / organizations lose money. On that Kontos [11] stated that injury to athletes cause high and recurrent financial loss to sports organizations being that injury affect performance of athletes and subsequent loss through liability case. For instance, Mikes [12] published a legal case involving Ridolfi Rlett and Trinidad High school sports organizer. The high school coaches were found agilty in the case and the jury awarded the plaintiff the sum of \$11.5million. In another case involving Las Awaes County sports administrators in Mexico, the sports administrators were found liable and the sum of \$3.1million was awarded in compensation. Summarily, whether its withdrawing or boycotting of teams from sports events or successful liability case, all

leads to financial loss, when sports councils experiences this loss, growth and development of the council is hampered.

Damaging of sports facilities is another risk in sports. Sports facilities play predominant role in the success and growth of sports, without which sports councils cannot be productive. In support, Olajide [13] stated that sports facilities are as important to the athletes and sports organizations as laboratories are to the scientists, which without sports activities cannot take place. Sports facilities are practicably indispensable and enable sports councils to live-up to expectation, and athletes to attain their desired level through constant training. However, sports facilities are exposed to the possibility of damage which can be through vandalization or natural cause such as earthquake and erosion. The daily California (2016) reported that four teens vandalized UC Berkeley sports facilities and the damages caused was estimated to be between \$3,000 - \$5,000. In another case, Parker [14] reported South Lakes athletic facilities were vandalized and facilities installed with approximately \$ 1.4 million were severally damaged. Vandals reportedly caused significant damage to sporting facilities at an oval in the Northern Perth suburb of Carine by igniting baseball batting nets, leading to a loss of approximately \$60,000 (Powell, 2014). Sports facilities can also be damaged by natural causes. Orchard [15] reported that in the year 2006, storm damaged University of Northern Iowa sports and recreation facility leading to severe monetary loss. Orchard further reported that floods in the year 2007 caused significant damage to buildings and machinery on many sports club facilities. According to Colin [16], flood caused the damage of 5million pounds sports facilities in California; and Queen Elizabeth II park multi – use in Christchurch, New Zealand, with the capacity of 25,000 people was damaged by the 2016 Canterbury earthquake. This situation is not completely different in Nigeria, where erosion damage buildings, including sports facilities, leading to sports councils spending huge amount of money on reconstructing or renovation of the sports facilities.

In general sports or any other physical activities can be entertaining and beneficial to the wellbeing of individuals however, they conceal some element of risk. It is clear from literatures that the very nature of sports activities makes them risk oriented which cause several changes to athletes, sports administrators and sports council.

Consequences of risks in sports

There are several consequences of risks in sports. On the risk of injury, Watson and Tellegen stated that injury from sports participation may lead to dropout from physical activities while poorly managed injury may lead to osteoarthritis and other significant

and disabling long-term health problems. Hamed, Handy and Hifnawy (2006) in a study on the influence of psychological influence on sports injuries among footballer players in Iran found that football players with lower limb injuries show statistically higher depression and anxiety compared to other group of players. The study concluded that depression and anxiety disorder were more evident any football players with lower limb injuries. In the opinion of Tharret [17], depression in athletes, poor performance of the team and non-participation are impacts of injury in sports. This clearly shows that when an athlete is injured, feeling of depression is evident while the team as a whole suffers poor performance because of the absence of the athlete, especially of the injured athlete is a key player of the team. For instance, the injury records from the Australian Football tournament (AFF) shows that over the last 20 years, the premiership has usually been won by the team with the lowest, or one of the lowest injury countries. Also, Hardman and Stensil [18] asserted that an injury to a participant can lead to a lawsuit that will cost the organization and very possibly higher future insurance cost. This situation is usually evident where the coaches do not put down the necessary machineries to protect the athlete from injury or minimize the effects of the injury if occurred, and protect the sports council from liability cases such as purchasing insurance policy or signing of waiver form by the athletes.

The consequences of financial loss to sports councils cannot be overemphasized. In general, Hall [19] stated that when organizations lose money, the productivity of the organization is hindered. This statement of fact cannot be entirely different with sports councils. According to Kontos [11], the effect of risk in sports is a financial effect which is mostly caused by injury or harm to participants. Also, injury to athletes cause high and recurrent financial loss to sports organizations being that injury affect performance of athlete and subsequent loss through liability cases, Schwarz [20] asserted that unexpected loss of income can cause financial distress and hardship in organizations, which may make the administrators feel angry, shocked, guilty, and a sense of powerlessness. Also, with financial loss in sports, sports organizations would not grow or develop their operations, thereby leading to poor output. Practically, the effects of financial loss in organizations mostly manifest in delaying payment of salaries/wages and reduction of staff strength, this situation is not expected to be different in sports councils. Monetary loss would constrain sports administrators from paying their athletes as at when due, which may lead to exist or poor performance and unable to procur the necessary equipment for the sports activities. In support, Kotecki [21] stated that the effects of financial loss in sports include: relegation from elite competitions, because

participants may have due to non-payment, loss of human resources, and non-achievement of stated goals.

On damaging of sports facilities, Wubben [22] stated that without facilities, sports activities cannot continue. Sports facilities make sports councils without which the councils would be left dormant. In the opinion of Olajide [13] sports facilities are very central to meaning of sports participations without which successful sports councils cannot take place. The place of facilities in sports councils cannot be set aside or neglected. In support, Schmidt [23] opined that provision of facilities is one of the essential ingredients in sports. Therefore, notable success cannot be recorded in sports and sports organization without facilities. Maxwell [24] explained that when facilities are damaged, sports activities, or events cannot possibly continue, while it cost the organization money to replace or repair. In the context of this paper, damaged sports facilities cannot be used for any activity, thereby, rendering sports councils unproductive.

Sports administrators are those in charge of sports and sports activities. According to Yukl [25], a sport administrator is someone hired to ensure that everything that happens on or off the field goes smoothly. These sports administrators include; Directors of sports, Organizing secretaries, and coaches. The functions of these sports administrators include; aiding athlete in the development of technical skills, improving and producing performances from the team; understanding and motivating the players for good results; understanding each players weakness and strength; safe guarding and protecting the interest of the team [26]. From the foregoing literature, sports administrators and not only changed with the responsibility of ensuring the success of their team, but also safety irrespective of the risk/ risks inherent in the game. Sports administrators are those charged with the responsibility of directing, training and safe guarding athletes from risks in state sports councils South East, Nigeria.

State sports councils is a body changed with act of administrating and promoting sports in the states. Fish and Magee [27] defined state sports council is an organization that directs the developments of sports within the home country. Harper stated that state sports councils promote and develop sports in the state; organize, encourage and manage sports competitions, games and other activities; use its best endeavor to raise the standard of performance in sports, conducts the activities of sports associations, clubs and other sports organization in the state, and advice the government changed with the responsibilities of administering sports and sports activities and to ensure the success of sports in the states.

In the act of the discharging the duties, especially, to ensure the success of sports in the state, sports administrators are exposed to varying risks in sports. These risks if not clearly identified, would hinder the achievement of the objectives of sports in the state, and also endanger the lives of athletes that represent the state. Therefore, there is need to find out the categories of risks in sports, their cause and consequences. This is particularly important because South East, Nigeria parade notable football clubs such as Enugu Rangers, Enyimba of Aba, FC ifeanyi Uba of Anambra state, among others.

Research Questions

These research questions guided the study and they are:

1. What are the categories of risks in sports?
2. What are the causes of risks in sports?
3. What are the consequences of risks in sports?

METHODS

Descriptive Survey research design was used. According to Shields and Rangarjan [28], descriptive survey research design is a research design that is used to obtain information concerning the current status of the phenomena to describe what exist with respect to variables or situations. One hundred and fifty five sports administrators in states sports councils, South East, Nigeria, which include; Directors of sports, organizing secretaries and coaches formed the population and sample for the study, however one hundred and thirty-eight sports administrators were used for analysis. Researcher structured questionnaire was used for data collection while the validity of the questionnaire was established by give experts in the Department of Human Kinetics and Health Education, University of Nigeria, Nsukka. Data were analyzed using Statistical Package for Social Sciences (SPSS) version 21 and mean scores were used to answer the research questions using 2.50 as the criterion mean.

Table 1: Categories of Risk in sports (n=138)

Items	\bar{x}	SD
1. Risk of injury	3.46	.756
2. Risk of financial loss	2.86	.642
3. Risk of damaging sports facilities	2.91	.730

Table 1 reveals mean scores of risks in sports. From the table, all the risks obtained mean score higher than the criterion mean of 2.5 showing that sports administrators in states sports councils, South East, Nigeria, identified the various risks in sports.

Table 2: Causes of risks in sports (n=138)

Items	\bar{x}	SD
Causes of injury in sports		
4. Using faculty sports equipment lead to injury	3.57	.650
5. Improper dressing and fatigue causes injury	3.82	.832
6. Injuries occur as a result of poor conditioning	3.30	.751
7. The nature of activities leads to injury	3.17	.751
		Grand Mean = 3.26
Causes of financial loss in sports		
8. Poor planning leads to financial loss	3.54	.606
9. Sports council losses money when teams boycott Sports event	3.09	.951
10. Successful liability cases lead to financial loss to the organization	2.82	.938
11. Withdrawing from competitions causes the sports Council to lose money	3.06	1.031
		Grand mean = 3.12
Causes of damage of sports facilities		
12. Erosion leads to damage of sports facilities	3.04	.849
13. Natural causes such as flood damage sports facilities	3.03	.764
14. Sports facilities gets damaged through vandalization by athlete or thieves	3.32	.915
15. Heavy rainfall can lead to damage of sports facilities	3.03	.810
		Grand mean = 3.08

Table 2 shows responses on the cause of different risks in sports (injury, financial loss and damaging of sports facilities). On the causes injury in sports, the grand mean of 3.26 was recorded which is greater than 2.50 criterion mean. This shows that all the listed factors in the table are capable of causing injury in sports, with improper dressing and fatigue causes injury obtaining the highest mean score of 3.82; SD=.832

On the causes of financial loss in sports, 3.12 grand mean score was recorded showing that sports

administrators in the states sports councils, South East, Nigeria, indicated that the items contained in the table lead to financial loss in sports councils. The highest mean score of 3.54; SD= .606 was recorded by item number 8 (Poor planning leads to financial loss)

The result on the causes of damage to sports facilities recorded a grand mean of 3.08 showing that the listed items are considered causes of damage of sports facilities in sports councils as indicated by sports administrators in states sports councils, South East, Nigeria.

Table 3: Consequences of risks in sports (n= 138)

Items	\bar{x}	SD
Consequences of injury in sports		
16. Injuries to athlete affect teams performance	3.63	.663
17. When injuries are poorly managed, they affect athletes' sports career	3.70	.599
18. Injured athletes gets angry and depressed	3.57	.615
19. Untreated severe injury can lead to death athlete or athletes	3.17	.859
Grand mean = 3.51		
Consequences of financial loss in sports councils		
20. Law suit against sports council can lead to monetary loss	3.05	.882
21. Programs are postponed as a result of monetary loss in sports councils	3.20	.791
22. Financial loss to sports councils hinders athletes from participating in competitions	3.25	.872
23. Financial loss leads to poor staff motivation in sports councils	3.25	.784
Grand mean = 3.19		
Consequences of damaged sports facilities in sports councils		
24. Damaged sports facilities hinder sports facilities or training	3.57	.579
25. Sports councils became unproductive when facilities are damaged	3.38	.776
26. Athletes perform poorly on competitions as a result of damaged sports facilities	3.43	.744
27. Sports activities or competitions do not take place when facilities are damaged	3.44	.745
Grand mean = 3.45		

DISCUSSIONS

Data in table 1 revealed that all the categories of risk in sports obtained mean scores higher than 2.50 criterion mean as follows: risk of injury (3.46), risk of damaging sports facilities (2.91) and risk of financial loss (2.86). The result is not surprising because sports administrators should be aware of inherent risks in sports if success would be achieved. The result shows that generally, sports is filled with different risks of which sports administrators in state sports councils, South East, Nigeria, have identified. Also, the data revealed that the sports administrators identified risk of injury as the commonest risk faced in sports councils. This is line with Appenzeller who stated that sports

conceal a certain level of risks ranging from a small injury to a serious accident, especially, when people are not cautious.

Data in table 2 show causes of risks (injury, financial loss and damaging sports facilities). Specifically, the table revealed factors that can lead to injury in sports and they all recorded mean scores above the criterion mean. The finding is expected because poor preparation for any activity predisposes one to harm, including sports activities. This is in line with Arnasan and Sigurdsson assertion that sports injuries can result from accident, which can be caused by improper dressing, fatigue, poor conditioning, and

others due to poor training practices, improper equipment, lack of conditioning or sufficient warm-up and stretching. Also Liebert asserted that risk stems from the nature of the game and the specific activities of the participants, both during their participation and during events that surround their participation.

On the causes of financial loss, the table revealed a grand mean of 3.12 which is greater than the criterion mean, showing that the items on the table were indicated by sports administrators in state sports councils, South East, Nigeria, as factors that lead to financial loss. The result is not surprising because when organizations make preparation for events and the expected money are not released, financial loss is recorded. In agreement, Lewis, Balderstone and Bowan [29] reported that teams boycotted sports events in Los Angeles in the year 1984 which affected the events and led to great financial loss. Successful liability cases can also lead to financial loss to sports organizations, including sports councils. When an athlete is injured and the coach is found liable by law court, financial compensation would be awarded to the athlete at loss of the sports council. On that, Miles [30] published a legal case involving Ridolfi Rlett and Trinided High school sports organizers. Trinided High school coaches were found guilty in the case and the jury awarded the plaintiff the sum of \$11.5 million. In another publication, Las Awaras country sports administrators in Mexico were found liable and the sum of \$3.1 million was awarded in compensation.

On causes of damaging sports facilities, the items contained in the table recorded mean scores above the grand showing that natural causes such as erosion or flood and vandalization can lead to damaging of sports facilities. The result is not surprising because sports councils are at risk of sports facilities damaging through natural causes or vandalization. On natural causes, the result is in agreement with Orchard (2007) who reported that in the year (2006), storm damaged University of Northern Iowa sports and recreation facility leading to severe monetary loss. Also, Colin (2010) reported that flood caused the damage of 5million pounds sports facilities in California; and Queen Elizabeth II park multi-use in Christchurch, New Zealand, with the capacity of 25,000 people was damaged by the 2010 Canterbury earthquake. The finding on vandalization as a cause of damaging sports facilities agrees with the report of The Daily California (2010) were four teens vandalized UC Berkeley Sports facility and the damages caused was estimated to be between \$3,000 – 5,000. Also, Parker (2013) reported that South Lakes athletic facilities were vandalized and facilities installed with approximately \$1.4 million were severally damaged. In a report by Powell (2014), vandals caused significant damage to Carine by igniting

baseball batting nets, leading to a loss of approximately \$60,000.

Data in Table 3 shows the consequences of risks in sports as indicated by sports administrators in State Sports, Councils, South East, Nigeria. On the consequences of injury, the grand mean which is greater than the criterion mean shows that the items on the table are consequences of risk of injury in sports councils. The finding is not surprising owing to the fact that when an athlete is injured, participation in sports activities would stop while depression and anger may set-in because of non-participation, and may cost the sports council monetary loss through successful liable case. The result supports the finding of Hamed, Hamdy and Hifnawy [31] who is study on the influence of psychological factors on sports injuries among football players in Iran, found that football players with lower limb injuries show statistically higher depression and anxiety compared to other group of players. Hardman and Stensil also stated that an injury to a participant can lead to a law suit that will cost the sports organization and very possibly higher future insurance cost.

The table also reveals the consequences of financial loss to sports administrators and sports councils. The result clearly shows that financial loss in sports council affects activities in the sports councils and the sports administrators negatively. The result is expected because no objective-driven organization would activities continue as usual when monetary loss occurs. The finding supports Schwarz who asserted that unexpected loss of income can cause financial distress and hardship in organizations, which may make administrators feel angry, shocked, guilty, and a sense of powerlessness. It is clear that when sports councils lose money, planned activities or events would be put to a hold, damage sports facilities or equipment would not be repaired nor replaced, and salaries may be delayed too. In agreement, Kolecki [21] stated that the effects of financial loss in sports include: relegation from elite competitions because participants may leave due to non-payment, loss of human resources, and non-achievement of stated goals.

The table further revealed the consequences sports administrators and sports councils encounter when sports facilities are damaged. All the items have mean scores above 3.00, with the grand mean of 3.45 which is higher than the criterion mean of 2.50. This implies that sports administrators in state sports councils, South East, Nigeria, attest that damage of sports facilities has negative effects in their sports councils. By the result, the sports administrators also attest that the items on the table are the effects experienced when sports facilities are damaged. The result is not surprising because no organization including sports council would be productive when

facilities are damaged. The finding is in line with Schmidt who opined that provision of facilities is one of the essential ingredients in sports therefore notable success cannot be recorded in sports and sports organizations without facilities. According to Maxwell [24] when facilities are damaged, sports activities or events cannot possibly continue, while it cost the organization money to replace or repair damaged sports facilities.

CONCLUSIONS

Based in the results of the study, it was concluded that the risk of injury is the most occurred risk in the State Sports councils as identified by the sports administrators. Also, there are numerous causes and consequences of risks in sports though depending on the risk.

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