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Floormatics: Inclusive Recreational Sport for Visually Impaired and Sighted School Children

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Abstract

Globally, there is no sport that provides a competitive setting for both the sighted and visually impaired, with either having an equal chance of winning. This study focused on utilizing floormatics (play de blind) to promote inclusive recreational sport among visually impaired and sighted school children in Northern Nigeria. Three hypotheses bothering on level of satisfaction, willingness to participate, and ability to compete were formulated. The posttest-only experimental research design was adopted and a multistage sampling technique was used in selecting 180 volunteered participants comprising 90 visually impaired and 90 sighted from six schools in four states (Borno, Katsina, Kogi, Kwara) at the three geo-political zones that are part of northern Nigeria. Data were collected with a modified theory of planned behaviour questionnaire (TBQ). Data were analyzed using multiple regression at .05 alpha levels. Results showed that 98% of the participants were highly satisfied and willing to sustain participation, and engaged in competition with their counterparts irrespective of their visual status. Also, there was no significant difference in the level of satisfaction among the sighted and visually impaired. Consequently, it was recommended that floormatics should be introduced to all-inclusive schools in Africa, introducing and adopting floormatics into the National School Sport Festival so as to promote regular sport participation among the sighted and visually impaired.

KEYWORDS: *floormatics, inclusive, Recreation, Sport*

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Effect of moderate intensity aerobic exercise on fatigue index and sleep Quality

Dr. Efrem Kentiba

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Abstract

Background and purpose: Recent studies show a high incidence of fatigue and sleep related problems among college students. The present study evaluates the effects of moderate intensity aerobic exercise (MLAE) on fatigue index and sleep quality among college students.

Methods: In this randomized controlled trial 60 participants with mean age 20.01 ± 2.65 were randomly assigned into experimental group which received aerobic exercise and one control group who took part in conventional daily activities. The experimental group received three 60 minutes sessions moderate intensity aerobic exercise weekly for four weeks. Fatigue index and Sleep quality level were measured using PSQI and MFI-20, respectively. The measurement was made at the beginning and after four weeks of exercise intervention.

Results: After four weeks of the intervention, participants in the aerobic group showed improvement in the score of sleep quality ($p < 0.001$) and its components except for sleep latency. Also, aerobic exercise resulted in a significant reduction of the total score of fatigue index and its dimensions in week four compared to the control group ($p < 0.001$).

Conclusion: Four weeks moderate intensity aerobic exercise had no significant effect on sleep latency. On the other hand, moderate intensity aerobic exercise for four weeks has significant effect on all components of sleep quality and fatigue index.

Keywords: *Aerobic exercise; fatigue index; sleep quality; college students; sleep disturbances*



Relationship between Anthropometric Characteristics, Physical Fitness, and Playing Position of Ethiopian Women's Volleyball Players

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Abstract

In Ethiopia, the anthropometric traits, and the physical condition of women premier league volleyball players in relation to their playing positions are not supported by scientific research. Their current situation is therefore not generally understood. Thus, this study aimed to investigate the relationship between anthropometric characteristics, physical fitness, and playing position of Ethiopian women premier league volleyball players. The study encompassed 42 female premier league volleyball players (age: 25.60 ± 6.4 years). The players were categorized on the bases of playing position: including: setters ($n=5$), middle blockers ($n=7$), outside-hitters ($n=11$), opposite hitters ($n=11$), and liberos ($n=8$). Anthropometric variables (five basic, six body lengths, six body circumferences, and five skinfolds) and, five physical fitness variables i.e. muscular strength, muscular endurance, explosive power, speed, and agility were assessed using medicine ball throw(m), sit up(rep), spike and block vertical jumps(cm), 20m sprint (s) and T-Test(s) respectively. Pearson Product Moment correlation coefficients (Bivariate) ($p < 0.005$) were employed to evaluate the relationship between the studied variables. As a result, significant differences were observed in standing height, sitting height, standing reach height, arm and leg lengths, and spike and block vertical jumping among players in different playing positions. But, the majority of physical fitness variables were not significantly correlated with anthropometric variables among players in different playing positions. Position wise anthropometry and physical fitness are among the factors that affect success in volleyball game. Considering players' anthropometry and physical fitness seems to be crucial at the time of selection and assigning players to the proper playing positions.

Key Words: Anthropometric characteristics, physical fitness, playing Position, volleyball

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Aggression Level of Football Players in Relation to their Playing Positions

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Abstract

Aggression is a phenomenon, visible and expected behavior of players on the field of play. The purpose of this study was to compare the aggression level of football players in relation to their playing positions. In this research a cross-sectional research design was applied. The Buss-Perry self-administered survey of close-ended aggression questionnaire was used to study the levels of aggression in four subscales (physical aggression, verbal aggression, anger, and hostile) of players. The study selected 9 clubs simple randomly from 16 clusters (clubs), and includes all players (18), from each selected team after applying inclusion criteria. Therefore, (n = 162) football players were participated as a sample size. The collected data were analyzed using descriptive statistics, ANOVA with post hoc, Pearson's correlation, and simple linear regression. The ANOVA findings show significant differences in physical aggression, anger, and hostility, aggression subscales, but the verbal aggression was not significant. Players in the positions of outside midfielders and strikers were more aggressive in anger and hostile behavior than in other positions of players. Furthermore, physical aggressiveness was a significant difference between the center back, full back, and offensive players. Center-back and fullback players are more aggressive than offensive midfielder. The specificity of playing positions and the orientation of their competitive activity influence the level and peculiarities of aggressive players. Based on the findings, this research recommends that as aggression is the result of heightened arousal levels, coaches should create more empirically-based anger and aggression management programs to help players deal more effectively with their emotions and provocative behavior on the field. It's also useful in any future research to attempt and predict how to control aggressive behavior, including different cultures, genders, ages, league levels, and different sporting codes for coaches and sports psychologists.

Keywords: Aggression, League level, Phenomenon, Playing position, Provocation





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Playing Soccer is Effective for the Development Students' Attention Span than Aerobic Dance Training: The Case of Biruh Tesfa Elementary School Students Ethiopia

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Abstract

The aim of the study was to assess the comparative effects of soccer and aerobic dance training participation on students' attention span. The study was employed completely randomized, parallel group study design. Fifty two male study participants with age 10-11 years old were selected and placed randomly into two experimental groups. The sample size was determined using G-power 3.1 software. The first group participated in soccer training and the second group participated in aerobic dance training for 12 weeks. The data was collected by D2 attention span test at the beginning pre-test and at the end of 12 week training post-test. The data was analysed using analysis of Co-variance (ANCOVA). The results showed that both training groups significantly improved answering correct response at ($P < 0.001$) with 34.3% effect size. In addition, they showed reduced percentage of error making at ($P < 0.001$) with effect size 61.6% in the post test as compared to pre-test. When we compare the two training groups the soccer trained groups showed significantly higher attention levels compared to aerobic dance trained groups at ($p < 0.001$) with effect size 29%. In conclusion, both soccer and aerobic dance trainings are capable of improving attention span. However, soccer training has higher attention span improvement than aerobic dance training in elementary school students. Therefore, we recommended that policy and curriculum developers, school principals and teachers, students' families and different stakeholders should give attention to students sport participation especially in playing soccer to improve their attention span for learning capacity.

Key words: Aerobic dance training; Attention span; soccer training; sport training effect



Contemporary Football Industry Management Practice and Current Challenges: a systematic literature review

Danel Getnet Admit^{1, 2}

¹Bahir Dar University ²Hawassa University

Abstract

Football is known as the "global game" because it is so popular in most parts of the world. Indeed, many people play the game, talk about it, and plan their leisure time around it. In parallel, football has evolved from a ritual and a celebration to an amateur sport, a professional sport, and, increasingly, a commercial sport. The ultimate purpose of this study is to conduct a systematic literature review on the contemporary football industry management's current practises and future challenges. The global sports market reached a value of nearly \$388.3 billion in 2020, having increased at a compound annual growth rate of 3.4% since 2015. The market is expected to reach \$599.9 billion by 2025 and \$826.0 billion by 2030. In this industry, there are nearly 130,000 professional players, more than 4,400 professional clubs around the world, and there are 211 FIFA member associations. 198 published materials that meet the inclusion criteria are thematically analysed. The findings are inclusive, unidirectional, and contradict each other. However, geographical, commercial, digital, and social globalisation dominate the theoretical positions in the current literature. On the other hand, a global outlook with fidelity to local roots, changing commercial partnerships, a changing media landscape, cultural battles within the football playground, and the attractiveness of the game are five patterns identified in the phenomenon of globalisation and its development in football. In conclusion, specific rules and regulations, the nature of competition, ownership, leadership, and governance, are also current variants in football industry management. Therefore, these are crucial ingredients in understanding the future dynamics of global football, representing challenges and dilemmas for the industry.

Keywords: - *Football Industry Management, Practice, Challenges, Contemporary*

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Cardio- respiratory Fitness with Special Reference to Body Composition Profile of University Boys

Tesfaye Dessalegn Wondimteka (PhD)
Assistance Professor, Bahidar University, Ethiopia

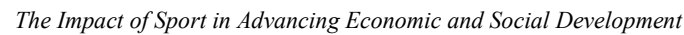
Abstract

The study entitled "Cardio-respiratory fitness with special reference to body composition profile of the university Boys" was conducted on 22 university students. The data was collected by different morpho physiological parameters which include Height, weight, body fat %, lean body mass, body mass index, somatotyping, maximum aerobic capacity, anaerobic threshold and heart rate. The equipment used for the morphological parameters were stadiometer, weighing scale, sliding caliper and flexible Harpenden skin fold caliper. Body mass index was calculated as the ratio of body mass/height² (Kg/m²), is $22.04 \pm 2.01 \text{ kg/m}^2$, the mean and SD values for body fat % is 20.9 ± 4.68 and the LBM is $52.04 \pm 10.25 \text{ Kgs}$. Therefore, it can be predicted from the BMI values that the subjects of the present study were healthy. The body fat and lean body mass are in the normal range and higher lean body mass contributed to high aerobic fitness. The somatotype which explains the body type of an individual was also evaluated for each subject and the mean and SD values of endomorphic, mesomorphic and ectomorphic components of the subjects of the present study which are 5.34 ± 1.56 , 5.70 ± 0.87 , 3.0 ± 1.15 respectively. The low value of ectomorphic component shows that the subjects of the present study are not lean. It can be interpreted from the results that the subjects are more mesomorphic, less endomorphic and least ectomorphic. The results of the present study has shown a negative correlation of BMI with that of the maximum aerobic capacity level (-0.138) has been observed in the study and a positive correlation between the BMI and AT-HR, BMI and HR max and BMI and HR reserve which is 0.46, 0.07 and 0.39 respectively. Correlation of body fat percentage with the aerobic capacity is also observed and shows negative correlation values. It can be concluded that it is not only the body weight but body fat percentage is the component that influences the aerobic capacity. So, major influence of the body weight on VO_2max is explained by LBM (lean body mass). It can be concluded from the present study that the autonomic nervous system is an important contributor to the regulation of both the cardiovascular system and energy expenditure, and it is assumed to play a role in maintaining the body composition of a person and thus to maintain his ideal weight. An increase in body weight is associated with a decline in parasympathetic tone accompanied by a rise in resting heart rate. Moreover, physical activity is helpful for maintaining body fat and improved glucose control, higher self-esteem and lower stress. Therefore, it is suggested that we should identify the avenues to increase physical activity, particularly among youth in order to save them from the risk of physical inactivity.

Keywords- somatotype, $\dot{V}O_{2\max}$, Cardiorespiratory fitness, anaerobic threshold

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Quality Physical Fitness Instructional Service and Contextual Variables of Fresh students as a Predictor of Motivation for Learning: The case of Bahir Dar University, Amhara regional state in Ethiopia

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Abstract

Quality instructional service is the most critical factors that affect the motivation of students for learning. However, the relationship between quality instructional service and students' motivation for learning is not well researched. Moreover, it is not clear how the quality instructional service interacts with contextual factors in students' lives to predict a student's motivation to learning. The purpose of this study was to examine the extent that quality physical fitness instructional service and contextual variables of fresh students to predict their motivation for physical fitness course. For this, the study used a cross-sectional survey design, collecting quantitative data. The sample included 323 students from 32 sections at Bahir Dar University, Ethiopia, who volunteered to participate in the study. The analysis involves descriptive statistics to describe the fundamental characteristics of the data in the study and both correlation and regression analyses to examine relationships between variables. The Pearson correlation results indicate students' motivation for learning physical fitness course is strongly and directly associated with most quality physical fitness service variables ($p < .01$). In this study, most contextual variables were not significantly associated with most selected motivation variables ($p < .05$). However, the regression analysis confirmed that students' motivation for learning physical fitness course was moderately, 22 %, predicted by quality physical fitness instructional service variables ($p < .05$). The implication is that there is a link between the need for better motivation of students for learning physical fitness course in the context of higher education and quality physical fitness instructional service.

Keywords: *Students Motivation, learning, Quality and Physical Fitness*

Effect of Leisure Sports Participation Time, and Exercise Capacity, on Students' Academic Performance

Melakie Sisay¹; Dr. Gashaw Tesema²; Dr. Haileyesus Gedefaw³

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Abstract

Aim: The goal of this study was to determine the effect of leisure sports participation time, and exercise capacity, on students' academic performance.

Method: A descriptive-correlational survey design with a quantitative research approach was used. Questionnaires, document reviews, and field tests were used as data-gathering instruments. Random sampling method was used to select the sample students. SPSS version 21 was used to analyse quantitative data. Pearson correlation was used to observe the presence of relationships between the variables and multiple linear regression models were also applied to investigate whether exercising capacity and leisure sports participation time could significantly predict students' academic performance.

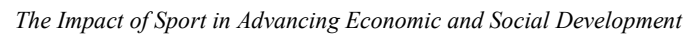
Result: It is found that $R = 0.727$, which is a strong relationship between leisure port participation time with academic performance. We also found $R^2 = 0.528$; it indicates the model explained 52.8% of the variance and that the model was a significant predictor of academic performance, with $F(2, 292) = 163.538$ and $p < 0.001$. Exercise capacity also significantly contributes to the model at $P < 0.001$. It showed that when students exercising capacity increased by one unit academic performance went up by 7%. In addition, as leisure sports participation time increased by one unit, students' academic performances increased by 78.7%.

Conclusion: Based on the above findings, it can be concluded that exercise capacity and students' leisure sports participation time are factors affecting their improved academic performance. Given the conclusions reached, it is suggested that schools should promote students' leisure sports participation time and students should use such an opportunity to improve exercise capacity for improved academic performance.

Keywords: *academic performance, exercise capacity, leisure sports participation time*

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Tulu Awuliya, Ethiopia (soloass1997@gmail.com)*

The main purpose of this study was to examine the soccer match results as a function of technical tactical performance score and to determine the prediction capacity of technical tactical actions for match outcome at AFCON 2021 championship held in Cameroon. The study examines seventeen technical-tactical variables grouped under goal-related, offensive-related and defensive related. 24 national teams were participated and a total of 52 games were played. However, for this research 51 matches were considered as of 36 matches were at group stage and 15 matches were at the knock-out stage. It was hypothesized that technical-tactical performance score will not have significant level of correlation with match outcome (success) and as such do not predicts match outcomes. Purposive sampling method was applied and the design of this research was correlational. The data was analyzed using SPSS Version 25 with Pearson's product correlation movement, and multiple linear regression models to examine the relationship and the prediction capacity of technical-tactical performance score with match outcome. The results shows that from the study variables shot on-target and cross accuracy were significant correlation with match outcome at the group stage games. And aerial duels won was associated with match outcome at knock-out stage games. These three variables (shot on target, cross accuracy, and aerial duels won) predict the match outcomes. The researcher recommends the coaches and players to work on the technical actions to become successful in AFCON championship tournament.

Key words: performance score, match outcome, goal-related, offensive –related, and defensive related

Validation of the Basic Need Satisfaction for Sport Scale (BNSSS) in Ethiopian Athletes

¹Getabirhan Getinet Melesse, ²Zelalem Melkamu, ³Sangeeta Ranni Bhatt

¹Haramaya university sports science academy, ²Associate Professor Bahir Dar university sport academy, ³Associate professor

Abstract

This study attempted to establish the reliability and validity of the basic need satisfaction sport scale (BNSSS) by anchoring to the self-determination theory in an Ethiopian context. Despite the applicability of the scale to measure athletes' psychological need satisfaction within the sports game, no study established the validity of the scale in an Ethiopian sport context. Thus, the study aimed to validate the BNSSS scale using confirmatory factor analysis. The English version of the BNSSS questionnaire has 20 items categorized into five dimensions: Competence, autonomy-choice, autonomy-volition, autonomy-perceived locus of internal causality, and relatedness. The BNSSS questionnaire was translated into Amharic by senior language experts. The Amharic version of the instrument was used to collect data from a total of 321 Athletes, Men=174, and Women=147; Mean age=23.34, (SD=5.248) from team sports. The result showed an acceptable fit with the data (CFI, =0.953, GFI=0.933, RMR=0.76, RMSEA=0.39) respectively and internal consistency, with a Cronbach's alpha value that exceeded 0.50, from between 0.67 autonomy choice to 0.71 autonomy volition, which supports its usage for the assessment of the basic need satisfaction among Ethiopian athletes. The Cronbach's alpha values of all the factors were satisfactory. Thus, the Amharic version of the instrument was reliable and valid for assessing the level of basic need satisfaction for athletes in Ethiopia.

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Nutritional Knowledge, Attitude and Practices of Addis Ababa Police Male Volleyball Premier League Team

Wabina Girma¹; Sisay Mengistu² and Zerihun Birhanu³

Wollega university, wollega, Ethiopia, hawassa uiversity, hawasa, bahirdar university, bahirdar

Abstract

Nutrition is an important component of any successful training program. The main purpose of this study was to evaluate the nutrition knowledge, attitude and practices of Addis Ababa police male volleyball premier league team. For proper data management, the researcher used the cross-sectional survey study design in combination with a quantitative research approach and data would be gathered from whole 12 players the team by using standardized sport nutritional knowledge, attitude, and practice questionnaires. The collected data were analysed by descriptive statistics like mean, frequency and percentage by use of SPSS statistics version 26 software.

The result of the players' nutrition knowledge was good 4 (33.3%) fair were 3 (25.0%) the score of excellent and very good are similar score 2&2(16.7%), poor were 1(8.3%) , the overall mean score of players' attitudes were 16.67 for strongly disagree, 25.83 for disagree 7.5 for neutral 30.85 for agree and 19.26 for strongly agree and lastly, nutritional practice mean value obtained were for both "yes"29.17 and "No" 70.83. These indicate that the players' have good nutritional knowledge and attitude but nutritional practice was low. Therefore it recommended that the Addis Ababa police male volleyball premier league team's coach, dietitians and club owners give more attention and work on nutritional practice of the team. Also, the newly coming researcher can continue another research on the common factors that affect nutritional practice, the relationship between nutritional attitude and practice of volleyball players



Effect of Plyometric Training on Selected Technical Skills Performance of U- 15 Male Hand ball Project Players

*Solomon Habtamu, Mekdela Amba University, Sport Science department,
Tulu Awuliya, Ethiopia (Solomonhabetamu05@gmail.com)*

Abstract

The purpose of this study was to investigate the effects of plyometric training on selected technical skills performance of u-15 male handball project players. The total subject for the study were twenty-four ($n = 24$) male handball trainees of Borena woreda handball project players in Ethiopia 2013 E.C. All are taken as a sample by using comprehensive sampling technique. Randomly, trainees segregated in to two groups, an experimental group ($n=12$) and a control group ($n=12$). The experimental group (EG) performed twelve-week low to moderate plyometric training, 3-days per week for a total of 45 minutes and the control group (CG) did only their regular handball training 3 days per week for 60-minute duration. The data was collected through field technical skill tests (jump shoot test to shooting accuracy, accuracy throw test to passing accuracy and obstacle dribbling test to speed dribbling). The data was analyzed by using Paired sample t-test and Independent sample t-test statistical tools SPSS version 23 with significance level of 0.05. Based on the analyzed data, the pre-posttest performance of EG were significantly improved in passing accuracy, shooting accuracy and speed dribbling ($p=0.000$, $p<0.05$). Similarly, the independent t-test shows the posttest performance of these variables in EG were significantly more improved than posttest result of CG ($p=0.000$, hence $p<0.05$). The results of this study shows that 12 weeks plyometric training improves shooting accuracy, passing accuracy and speed dribbling of u-15 male handball project player's technical skills performance.

Key words: *shooting accuracy, passing accuracy, speed dribbling, power.*

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The Effect of Concurrent Strength and Endurance Training on Distance Running Performances in Tilili Athletics Center Athletes

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²*Department of Sport Science, Injibara University, Injibara, Ethiopia*

Abstract

The compatibility of combined strength and endurance training modes has received a lot of attention recently. Nevertheless, few of these studies have reported data related to trained long-distance (3000m-10000m) runners, which is a potential limitation. Therefore, because of the limited evidence available for this population, the main aim was to investigate whether concurrent strength-endurance training might be the most effective at improving running performance in trained long-distance runners. Thirty-nine well-trained male (27) and female (12) runners (age 16.62 ± 0.71 years, height 1.72 ± 0.05 and weight 57.05 ± 2.19) were randomly assigned into one of the 3 groups: Endurance Training Group (ETG) ($n = 13$), Strength training Group (STG; $n = 13$) and Concurrent Training Group (CTG; $n = 13$). The study comprised 12 weeks of training in which each group of runners trained 3 times a week. The subjects were tested on 3 different occasions (1RM squat test, 1RM push-up test, $VO_2\max$, and 5-km time trial were measured). Findings revealed, STG significantly improved the results in 1RM squats and 1RM push-ups. ETG significantly improved in $VO_2\max$ and 5 km time trials. Finally, CTG obtained significant improvements in 1RM squats, 1RM push-ups, $VO_2\max$, and 5 km time trials. STG obtained improvements significantly higher than ETG, 1RM squats, and 1RM push up. ETG results were significantly better than those attained by STG in $vo_2\max$ and 5 km time trials. Moreover, CTG marks were significantly higher than those obtained by ETG in 1RM squats, 1RM push-ups, $vo_2\max$, and 5km time trials. Significant time $\times$ group interaction effects for almost all tests ($p < 0.05$). We can conclude that performing a 12-week concurrent training program effectively improves performance variables that can be obtained with exclusive strength and endurance training in trained long-distance runners.

Keywords: Concurrent training, Endurance training, Long-distance running, Strength training



Investigating Ethiopian Primary and Middle School Physical Education Teachers' Professional Knowledge

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Abstract

Purpose: Investigate the status of primary and middle school physical education (PE) teachers' professional knowledge in the Amhara Region, Ethiopia.

Method: Explanatory sequential design utilizing descriptive analysis was used to analyse data collected from 382 randomly selected school PE teachers.

Result: Overall professional knowledge competence of PE teachers was found to be low. Significant difference in the Content Knowledge (CK), Pedagogical Knowledge (PK), Pedagogical Content Knowledge (PCK), and overall Professional Knowledge Competence (OPKC) among teachers across their demographic variables was observed. PE teachers working in rural areas were less competent than their counterpart. Except in their PK, degree holder PE teachers in their PK, were competent than CK, PCK, and PKC diploma holders. And novice teachers were found to have low PKC. Findings suggests that as PE is more of a skill-based profession, due care and special intervention needs to be provided by the concerned education actors in the recruitment, training, and deployment of PE teachers in Ethiopia.

Conclusion: Primary and Middle School PE PKC was low.

Key words: Content knowledge, pedagogical knowledge, pedagogical content knowledge, professional knowledge, physical education.

Personal Note

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