



Bahir Dar University Sport Academy

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Ethiopian Sport Academy



Book of Abstract

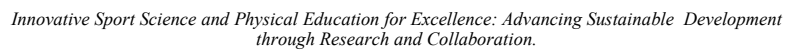
The 9th International Research Conference on Sport Science and Physical Education

Theme on:

**Innovative Sport Science and Physical Education for
Excellence: Advancing Sustainable Development
through Research & Collaboration**

**Bahir Dar University Sport Academy in collaboration
with Ethiopian Sport Academy**

June 2025



Date: / / 2025

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Chairperson



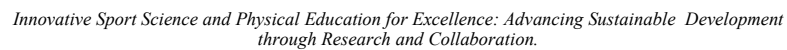
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Secretariate

Haileyesus Gedefaw (PhD)
Melese Ebabu (MSc)
Yilkal Chalie (MSc)

Berhane Asrat (PhD)



About Us

The sport academy is also quite active in both research and community services. The sport academy has well-equipped sports facilities and is now offering quality instruction to more than 350 project trainees in various athletic disciplines and age categories in order to successfully complete its objective.

Vision

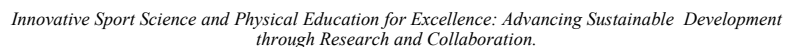
- By 2030, Bahir Dar University Sport Academy hopes to rank first in Ethiopia and be one of Africa's premier sports hubs.

Mission

- ☞ Produce graduates with relevant knowledge, skills, and attitudes.
- ☞ Enhance research on sport science.
- ☞ Deliver relevant and scientific youth development and sport training on the basis of national interest.
- ☞ Promote and ensure the community's participation in sport, health, and physical exercise.
- ☞ Provide relevant and necessary capacity-building and certification programs in sport coaching.

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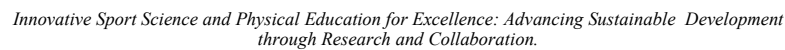
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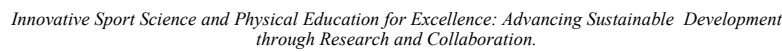


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Personal Note

IMPACT OF EXERCISE MODALITIES ON BLOOD GLUCOSE, BLOOD PRESSURE AND BODY COMPOSITION IN PATIENTS WITH TYPE 2 DIABETES MELLITUS

Getu Teferi^{1*} and Tensay Ambelu¹

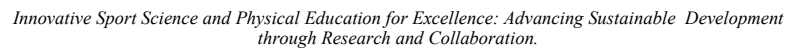
^{*1} Department of sport Science, Wollo University, Ethiopia

Correspondence: teferegetu36@gmail.com/ getu.teferi@wu.edu.et

Abstract

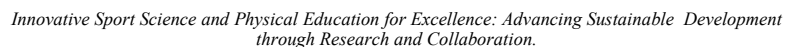
Background: Physical activity has been recommended as an important non-pharmacological therapeutic strategy for the management of type 2 diabetes mellitus (T2DM). The aim of this study was to investigate the effects of 12 weeks of strength, aerobic, and a combination of aerobic and resistance training on blood glucose level, blood pressure, and body composition in patients with T2DM. **Methods:** From Debremarkos referral hospital, 40 subjects with T2DM (mean age 42.45 years, 29 men, 11 women) were randomly assigned to one of three intervention groups or the control group. The following variables were measured: body mass index (BMI), fasting blood glucose (FBG), systolic blood pressure (SBP), diastolic blood pressure (DBP), and body fat percentage (BFP). Paired sample T-test and one-way ANCOVA were applied whilst controlling for diet, gender, and age. **Results:** All intervention groups showed improvement in a mean difference of FBG -13.03 ($t = -5.55$, $df = 39$, $p < 0.001$), SBP -21.63 mmHg -17.6 mmHg ($t = -6.51$, $df = 39$, $p < 0.001$), DBP -11.86 mmHg ($t = -5.47$, $df = 39$, $p < 0.001$) and BFP -9.14 ($t = 7.49$, $df = 39$, $p < 0.001$). There was a significant difference in mean BMI reduction when diet, gender, and age were controlled in a one-way ANCOVA ($F(3, 33) = 11.79$, $p < 0.001$), SBP ($F(3, 33) = 13.383$, $p < 0.001$), DBP ($F(3, 33) = 7.830$, $p < 0.001$), FBG ($F(3, 33) = 6.337$, $p < 0.001$), BFP ($F(3, 33) = 24.29$, $p < 0.001$) between the exercise intervention groups and control group. Additionally, the estimated marginal means indicate that the combined strength and aerobic exercise intervention group experienced the greatest improvements. **Conclusion:** Body composition, blood pressure, and fasting blood glucose were significantly lower in the combined (aerobic plus strength) treatment than in the individual treatment, indicating that the combined exercise intervention was more successful in altering these parameters.

Key Word: Type 2 diabetes mellitus, body composition, fasting blood glucose, blood pressure, resistance, and aerobic training



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Personal Note

WOMEN LEADERSHIP, STATUS, CHALLENGE AND PROSPECTIVE IN NATIONAL SPORT ORGANIZATIONS OF ETHIOPIA

Mlashu Tsegay

**Department of Sport Sciences, Faculty of Neural and Computational Science,
Woldia University, Woldia, Ethiopia**

Correspondence: mlashu321@gmail.com

Abstract

The purpose of the Current study was to investigate the Women leadership status, challenge and prospective in national sport organization of Ethiopia. Data were collected through questionnaires, in-depth, face to face semi structured interviews, observations and document analysis from 216 men and women leaders and experts in national sport organizations. Qualitative and quantitative data was used to determine the status and challenges of Women's in decision making and in Leadership s in the organizations. Because the nature of this study was narrative, data analysis focused on the groups that emerged from the collected data. Therefore, thematic analysis was used to accomplish main goals. And Descriptive statics like percentage, mean, standard deviation and Pearson Chi-Square were used to analyze the result. This entails the use of frequency distribution tables and a percentage was used to summarize data on the closed ended items in the questionnaire. Analysis of data employed Statistical Package for Social Scientists (SPSS) version 20 software where used describe the result. The findings showed that the status of women in the organization is very low. The Challenges that hinder Women's participation in national sport organizations Includes, personal limitations; Lack of Professional Networks, Lack of budget, Family Responsibilities and society's perceptions In conclusion, the result discloses that Weak participation of women's was found and there is the shortage of gymnasium equipment in terms of number & qualities. In addition, the researcher has confirmed this during the time of observation.

Keywords: challenge, decision making, Leadership, Sports organization, women s.



EXPLORING THE DYNAMICS OF FINANCING, FAN INFLUENCE, AND LEADERSHIP AND GOVERNANCE IN SOCCER CLUB PERFORMANCE

Daniel Getnet Admit

Department of Sport Science, Sport Academy, Bahir Dar University, Ethiopia

Correspondence: getnetdaniel1985@gmail.com

Abstract

Introduction: Managing football clubs is a challenging and rewarding experience, requiring a combination of leadership skills and strategic decision-making. Objective: to examine the dynamics of financing soccer clubs, fan influence, leadership, and governance on Ethiopian Premier League soccer club performance. Methodology: A correlational study was conducted. Twenty-one seven-point liker Amharic version questionnaires, known for their validity and reliability, were used from a sample of 307 participants selected through the simple random sampling method. Frequency, percentage, correlation, and multiple linear regression analyses (with a significance level of $P < 0.05$) were performed. Results: The main finding revealed that football clubs ($M = 5.55$, $SD = 1.28$), leadership and governance ($M = 5.21$, $SD = 1.62$), and fan influence ($M = 3.74$, $SD = 1.31$). There is no significant association between fan influence ($r = 307$), $.074$, $p > .005$) and soccer club performance; unlikely financing has a significant correlation ($r = 307$), $-.348$, $p < .001$) with football club performance; and leadership and governance ($r = 307$), $-.626$, $p > .005$), with soccer club performance and All dependent variables can make a 45.4% prediction Discussion: These findings suggest that fan influence and financing soccer clubs play a crucial role in predicting the success of soccer clubs. The study highlights the importance of effective leadership and governance in driving club performance. Conclusions: Fan influence and financing of football clubs play a significant role in predicting soccer club performance, while leadership and governance also have a strong impact.

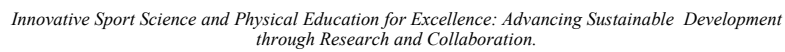
Keywords: Fan influence; financing soccer clubs; governance; leadership; soccer club performance



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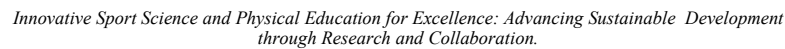
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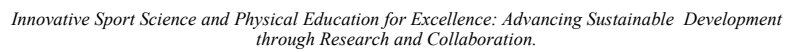
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JOB SATISFACTION AMONG SECONDARY SCHOOL TEACHERS IN BAHIR DAR CITY ADMINISTRATION



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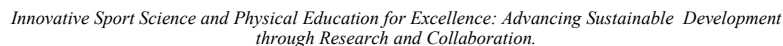
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UTILIZING INDIGENOUS RECIPES TO PROMOTE HEALTH AND PHYSICAL FITNESS: A CASE STUDY ON NORTH SHEWA ZONE COMMUNITIES

Corresponding Author: Email melkamgwudneh@.com

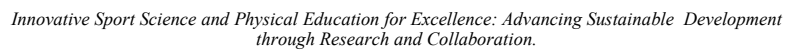
Traditional diets have a significant impact on physical performance and health, especially in communities where daily nutrition is based on indigenous recipes. This project investigates how communities in the North Shewa Zone might use traditional recipes to encourage physical fitness and wellness. The study looks into popular indigenous dishes, their nutritional value, and how traditional eating habits affect physical fitness and health. It also looks at how the public views these recipes' contribution to improving health and athletic performance and evaluates how best to tailor them for athletes and physically active people. A combination of quantitative and qualitative data collection approaches was used in a mixed-methods approach. In the North Shewa Zone, households, local health professionals, and community elders made up the research population. 150 participants were chosen using a stratified random sample procedure, guaranteeing representation from a range of age groups, genders, and socioeconomic backgrounds. Surveys, focus groups, and laboratory study of the nutritional value of particular recipes were used to collect data. The findings showed that **injera, dabo, and shiro** wot are often consumed meals that are high in vital elements such vitamins, proteins, and carbs. Their nutritional value is impacted by differences in cooking techniques, though. It has been discovered that traditional eating habits, which are defined by well-balanced meals and natural components, promote moderate physical fitness and good health. According to community attitudes, there is a significant conviction in the health benefits of using indigenous recipes, but there is little knowledge of how they can improve athletic performance. According to the study's findings, local recipes in the North Shewa Zone have a major positive impact on fitness and health. Creating community-based nutrition education initiatives and working with dietitians to modify classic recipes for athletes and active people are two suggestions. To investigate long-term effects on performance indicators and health outcomes, more research is advised. This study highlights how crucial it is to maintain indigenous culinary customs while utilizing their potential to satisfy modern demands for fitness and health.

Key words: Traditional diets, Physical fitness, Nutritional value, Indigenous recipes, Health and wellness



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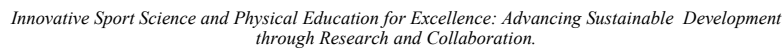
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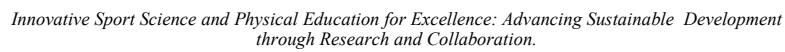
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Corresponding Author: Solomonhabtamu05@gmail.com

Some individuals believe that exposure to cold weather is detrimental to health or increases the likelihood of catching a cold. This study aimed to examine the effects of walking in cold weather on body weight loss and fat reduction. The study included twelve participants ($n = 12$; age: ± 21.67 years; weight: ± 74.33 kg; height: ± 1.56 m; BMI: ± 30.51 kg/m²), all of whom were young housewives residing in Ginba City, Amhara Region, Ethiopia. Participants were selected using a convenience sampling technique. The study employed a one-group pre-test post-test quasi-experimental design. After obtaining consent and agreement, baseline measurements—including body weight (kg), BMI (kg/m²), waist-to-hip ratio (cm), and four-site skinfold thickness (abdomen, suprailiac, thigh)—were recorded for each participant. The intervention involved walking in cold weather for 20 minutes, three times per week, over a two-month period (October and November). Following the intervention, post-test measurements were collected and compared to baseline data. Statistical analysis was conducted using a paired sample t-test in SPSS version 26, with a significance level set at 0.05. Results indicated a significant reduction in body weight and fat percentage ($p = 0.00$). Findings suggest that walking in cold weather can support weight loss and fat reduction by activating brown fat, increasing calorie expenditure, and stimulating the release of irisin.

Key words: White Fat, Brown Fat, Irisin, walking, Cold-Weather.



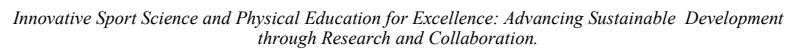


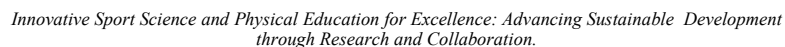
Personal Note

THE EFFECT OF ALTITUDE TRAINING ON PHYSIOLOGICAL VARIABLES OF ENDURANCE ATHLETES IN ETHIOPIA

Abstract

Keywords: Vo_{2max} , resting heart rate, breath holding time, systolic blood pressure, mean arterial pressure





Personal Note

METHODOLOGICAL AND AEROBIC CAPACITY ADAPTATIONS OF HIGH INTENSITY INTERVAL TRAINING AT DIFFERENT ALTITUDES IN DISTANCE RUNNERS: A COMPREHENSIVE META-ANALYSIS

Sisay Fentaw^{1,2*}, Tefera Tadesse^{3,4}, Zerihun Birhanu⁵

¹ Sport Academy, Bahir Dar University, Bahir Dar, Ethiopia

² Sport Department, Debark University, Ethiopia

³ Institute of Educational Research, Addis Ababa University, Addis Ababa, Ethiopia

⁴ Educational Development and Quality Center, University of Global Health Equity, Kigali, Rwanda;

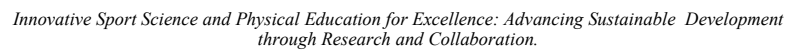
⁵ Sport Academy, Bahir Dar University, Bahir Dar, Ethiopia

* Corresponding author: sisayfenta2@gmail.com

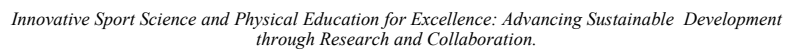
Abstract

High-intensity interval training (HIIT) in hypoxia has demonstrated superior increases in aerobic capacity (VO2 max) adaptations, but this has not been explored in distance runners. This study examined the methodological and VO2 max adaptations of HIIT under different altitude conditions in distance runners. We searched the PubMed, ProQuest, Europe PMC, ScienceDirect and Cochrane databases until August 2024. Among the 1,183 reviewed studies, six randomized controlled trials involving 122 middle- and long-distance participants were included. The PEDro score determined the methodological quality and a meta-analysis was performed using Jamovi software. The results revealed that VO2 max improved more in hypoxic (4.4%-13%) HIIT than in normoxic (1%-8.3%) HIIT. The meta-analysis results revealed that the effect of HIIT under hypoxia on the VO2 max overall standardized mean difference (SMD) was 0.68, with a 95% confidence interval [0.3,1.06], $p<0.001$. Conversely, the pooled SMD was not related to the type of hypoxia ($p=0.4$), training status ($p=0.36$), intervention week ($p=0.82$), and sex ($p=0.32$). In conclusion, HIIT under hypoxia achieves a greater VO2 max improvement than normoxia. Endurance athletes and coaches could plan to benefit from such training. However, studies on females, using different HIIT protocols and participants at different natural altitudes are limited. This review is registered under the PROSPERO CRD42024578473.

Keywords: hypoxia, high-intensity training, endurance running, training methodology.



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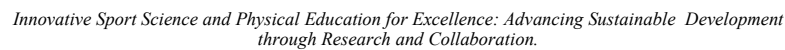
UNLOCKING THE POTENTIAL OF SPORTS TO DRIVE PEACE AND SOCIAL TRANSFORMATION: THEORETICAL AND EMPIRICAL PERSPECTIVES

Mekonnen Hailaemariam Zikargae
Bahir Dar University

Corresponding author: Mekonnen.Hailemariam@bdu.edu.et

Abstract

This study examined the role of sports in peacebuilding and social transformation in diverse contexts of Ethiopia, touching upon both its promise and its challenges in different settings. To explore and examine the study, a web-based qualitative research design was used to get qualitative empirical data. The qualitative data was categorized and analyzed thematically. The major findings indicate that unlocking the potential of sports to drive peace and social transformation in Ethiopia is instrumental to reconciliation and peacebuilding. Moreover, sports in Ethiopia offer an immense opportunity for fostering peace, social inclusion, and economic development. However, despite its potential, the role of sports in peace building and social change is not without challenges. The difficulties emanating from inadequate infrastructure and finance, political and ethnic divisions, gender disparities, few trained human resources, and program continuity. A significant barrier is the lack of sports facilities and inadequate funding for grassroots programs. The majority of sports facilities are located in urban areas, and rural communities lack adequate access to organized sports programs. Ethiopia's political and multi-ethnic situation could affect the efficacy of peacebuilding via sports. Ethnic conflicts and provincial rivalries could at times be channeled into sports competition, leading to separation or exclusion rather than unity. Therefore, I suggest that by promoting cross-cultural interaction, building local capacity, and empowering marginalized groups, sports can be harnessed to break down social barriers and create more harmonious communities. The support of NGOs, community organizations, and international partners is crucial in ensuring the sustainability and success of sports-for-peace programs in Ethiopia.



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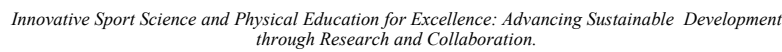
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Abstract

Exercise pre-participation health screening is a filter or 'safety net' to help protect trainees from high intensity physical activity injuries. The study aimed to investigate the knowledge, attitude and practice of fitness center coaches for implement exercise pre-participation health screening and exercise grouping in some selected towns of the Amhara region. To achieve this objective, basic research questions were formulated related to knowledge, attitude and practice of fitness center coaches, grouping of trainees and infrastructure of fitness centers. This study was employed a cross-sectional survey research design; The total participants were 87 (49 body building and 38 floors aerobic exercise) fitness center coaches were selected purposively and used as a sample by using whole sampling technique. Data was collected from 87 fitness center coaches through questionnaires and observations respectively; Descriptive and inferential statistics-correlation and t- test at 0.05 significant levels were used. Body building fitness center coaches better than floor aerobic exercise fitness center coaches for utilizations of exercise pre-participation health screening, most fitness center coaches were not fulfilling the standards of fitness center. There were significance difference between knowledge with infrastructure, department and grouping trainees at $p < 0.05$ ($p = 0.03$, 0.043 and 0.045 respectively), and there was a significance difference between practice with experience and grouping trainees at $p < 0.05$ ($p = 0.03$ and 0.00 respectively). Generally the majority of fitness center coaches have positive attitude, but the knowledge and practice were poor about exercise pre-participation health screening.

Keywords: *Exercise pre-participation health screening, fitness center, fitness center coaches and trainees*

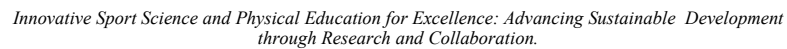
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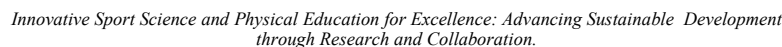
Personal Note

PRIMARY AND MIDDLE SCHOOL PHYSICAL EDUCATION TEACHERS AND THEIR PROFESSIONAL ENGAGEMENT, AMHARA REGION, ETHIOPIA

Abstract



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Personal Note

STRATEGIES FOR ADAPTING RESPONSIVE POLICIES FOR ACCELERATING ANTI-DOPING INNOVATIONS FOR SUSTAINABLE SPORTS DEVELOPMENT IN ETHIOPIA

~~Eyob Esatu Bura~~

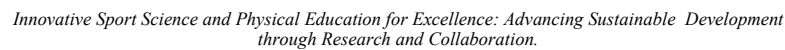
Organisation For Innovation and Sustianble Developemnt Africa

Email: isdafrica2013@gmail.com

Abstract

The Policy Framework for the Sustainable Development of Sport in Africa situates sport within the broader African Union Agenda 2063 to contribute towards achieving the continental aspirations of “The Africa We Want”. The main goal of this research is to inform anti-doping policies and promote participation, build capacity and enhance excellence of African athletes while fostering the ideals of the African Renaissance, promoting social cohesion and stimulating nation building through sport. The methodologies used are article reviews, surveys and key informant interviews with 30 policy makers and 50 African Athletes, Coaches and researchers. The study analysis on 2024 Africa Games competition shows that the population prevalence for chronic medication use was 33.7% male and 11.4% of females participants used medication that is on the World Anti-doping Agency. The policy further incorporates aspirations of the African governments, sports actors and other role players drawn from wide consultations at various levels for the greater good of the African athlete and African sport. The study shows the ethical deterrence made by the International Paralympic Committee (IPC) that has banned Para athletics athlete Clement Nyoni of Zimbabwe for a period of two years for committing an anti-doping rule violation (ADRV), in breach of the IPC Anti-Doping Code is the right move. The World Anti-Doping Agency (WADA) has banned three Ethiopian athletes from participating in any sports competitions for two years due to violations of doping regulations in 9 December 2024 is an encouraging show case of anti-doping laws enforcement commitments by sports communities. It's crucial that we secure funding for anti-doping initiatives and adhere to international standards, including the World Anti-Doping Agency (WADA) code. Therefore, strengthening national laws and utilization of AI- generative technologies for testing potentially suspected sport participants shall reverse the challenge of doping drug use in the sustainable development of African sports. The Ethiopian government in general and the Ethiopian Athletics Federation has to effectively implement the proactive anti-doping policies to ensure sustainable sports development in Ethiopia.

Key Words: *Responsive, Policies, Anti-Doping, Sustainable, Sports, Development, Ethiopia*



Personal Note

Date: / / 2025

Abstract

Presently, Ethiopia is wrestling with considerable challenges in the form of ethnic, diverging political attitude, and separations. The cumulative effects of this chaos have been leading to localized, regional and nationwide conflict. A country with noteworthy history and diversified population is currently in bitter struggle because of the mentioned “curses”. In reality none of these should have been a curse, but regrettably became so due to misuse of these energies. This study examines the potential of sport as a multidimensional tool for conflict management, peacebuilding, youth empowerment, and nurturing social inclusion within the Ethiopian context. It briefs the nature of conflicts, the root causes of the turmoil, and the influence on the different populations throughout Ethiopia. The study then puts its specific objectives, including identifying opportunities for sports-based interventions, evaluating their practicability, and suggesting methodologies for putting into practice. Mainly the methodology employed qualitative interviews, a case study analysis and literature review. The essential findings of the study are then presented, showcasing tangible examples of how sports have been, or could be, used to bridge divides, promote dialogue, and build trust among conflicting bodies. The result section deals with the implications of these findings. It analyzes the explicit strategies through which sport can contribute to peacebuilding. This can be justified in the form of, for example, promoting shared identity, fostering cooperation, and developing leadership skills. In order to provide context and learn from international experiences, a case study of South Africa's post-apartheid use of sports for nationwide reconciliation is presented. Here the successes and challenges are examined. The paper concludes with a set of applicable recommendations for policymakers and other concerned bodies concerning the effective utilization of sports programs to promote peace, youth development, and social inclusion throughout Ethiopia.

Keywords: *peacebuilding; sports; youth development; social inclusion; shared identity*

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