

**PERFORMANCE LEVEL IN SPORTS OF JUNIOR HIGH SCHOOL ATHLETES STATE**

A Bachelor's

Thesis Presented to

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J.H. CERILLES STATE COLLEGE

DUMINGAG CAMPUS Dumingag, Zamboanga del Sur

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the Requirements for the

Degree Bachelor of Secondary Education

by

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## **ABSTRACT**

**DELA CRUZ, ADELLE JANE O., MERCHE H. HAPITAN., BEVERLY JEAN Y. AMBIL., and QUEENIE ROSE B, DAGAMAC,** 2018. J.H. Cerilles State College-Dumingag Campus, Dumingag, Zamboanga del Sur. **"PERFORMANCE LEVEL IN SPORTS OF JUNIOR HIGH SCHOOL ATHLETES"** An Unpublished Undergraduate Thesis.

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### Summary

This study was conducted to determine the performance level in sports of junior high school athletes in Dumingag National High School School Year 2018-2019. It dealt with the following areas of concern; profile of the student participants in terms of sex, grade level, number of years in sports participation, the sports performance level of the participants, sports activities participated by the participants and the frequency of involvement, the academic performance of the participants, and significant difference between male and female participants' sports performance level.

Questionnaire-checklist was the main instrument used in this study. The statistical techniques employed in the study were frequency counts, percentage and Weighted Average Mean (WAM) and 2-test interpretation of the data gathered. were used for the

The result of the study revealed that majority of the student-participants were males, Grade 10, had participated in sports for two years in school level and district level; the sports performance level of the student-participants was low; the sports activities participated by the student participants were arnis, javelin throw, taekwondo, boxing, swimming and track and field for individual sports, Lawn tennis and badminton for dual sports. For team sports sepak takraw, basketball, volleyball, futsal, football, softball and baseball in school, district, division and regional level; the academic performance of the student-participants was satisfactory; and there was no significant difference between male and female student-participants in sports performance level.

The study recommends that that the faculty & sports coordinator/s may work hand in hand to encourage more students to

participate in sports activities to develop their skills in sports; that the PE and MAPER teachers given more efforts to encourage and train students in sports: that the participants need to instill positive insights in sports and actively participate in sports activities such as school competitions, barangay competition; that the school administration may provide seminars to expand student interest and gain new learnings; that the participants increase overall physical competence and well-being and maximize the probability of personal development and success in sports by participating low level competitions; and the students are encouraged to increase their experiences in sports and physical activities for them to become competitive in sports competition.