

The role of health care services in sports institutions in achieving sustainable healthy development of athletes

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Abstract :

The research aims to identify the role of health care services in sports institutions in achieving sustainable health development for athletes, by examining the extent to which health care services in sports institutions achieve sustainable social, health and environmental development for athletes. The researcher used the descriptive approach on a sample of (250) athletes in Al Nasr Club. And the railway club, whose ages ranged between (16-22 years), and the results of the research showed that health care services in sports institutions have helped to some extent in achieving sustainable development for athletes, and health care services in sports institutions also participated in achieving sustainable social development for athletes by (52%) , and health care services in sports institutions contributed to achieving sustainable health development for athletes by (67%), and health care services in sports institutions contributed significantly to achieving sustainable environmental development for athletes by (73%), and health care services in sports institutions are still in A need for more attention and development, and the researchers recommended the need to pay attention to the development and improvement of health care services in sports clubs And interest in increasing the knowledge and awareness of sports activities practitioners of health care services available in sports clubs.

Keywords: health care, sports institutions, sustainable health development.

دور خدمات الرعاية الصحية بالمؤسسات الرياضية فى تحقيق التممية الصحية المستدامة للرياضيين

المخلص :

يهدف البحث إلى التعرف على دور خدمات الرعاية الصحية بالمؤسسات الرياضية فى تحقيق التتممية الصحية المستدامة للرياضيين، وذلك من خلال الوقوف على مدى تحقيق خدمات الرعاية الصحية بالمؤسسات الرياضية للتممية الاجتماعية والصحية والبيئية المستدامة للرياضيين، وقد استخدم الباحثون المنهج الوصفي على عينة قوامها (250) رياضيا بنادي النصر ونادى السكة الحديد تتراوح أعمارهم ما بين (16-22 سنة)، وأظهرت نتائج البحث أن خدمات الرعاية الصحية بالمؤسسات الرياضية قد ساعدت إلى حد ما فى تحقيق التتممية المستدامة للرياضيين، كما شاركت خدمات الرعاية الصحية بالمؤسسات الرياضية فى تحقيق التتممية الاجتماعية المستدامة للرياضيين بنسبة (52%)، وساهمت خدمات الرعاية الصحية بالمؤسسات الرياضية فى تحقيق التتممية الصحية المستدامة للرياضيين بنسبة (67%)، كما ساهمت خدمات الرعاية الصحية بالمؤسسات الرياضية بقدر كبير فى تحقيق التتممية البيئية المستدامة للرياضيين بنسبة (73%)، وأن خدمات الرعاية الصحية بالمؤسسات الرياضية ما زالت فى حاجة لمزيد من الاهتمام والتطوير، وقد أوصى الباحثون بضرورة الاهتمام بتطوير وتحسين خدمات الرعاية الصحية بالأندية الرياضية، والاهتمام بزيادة معرفة ووعى الممارسين للأنشطة الرياضية بخدمات الرعاية الصحية المتوفرة بالأندية الرياضية.

الكلمات المفتاحية: الرعاية الصحية، المؤسسات الرياضية، التتممية الصحية المستدامة.

The role of health care services in sports institutions in achieving sustainable healthy development of athletes

Introduction and research problem:

The issue of health has become one of the most important axes in the field of development in various societies, as it is among the most important factors that contribute to achieving sustainable development and one of its indicators alike. While health represents a value in itself, it is also considered a key to increasing production and raising productivity. Healthy development represents an important element in the process of social,

economic and environmental development, as it is not possible to achieve real development without improving and developing the health conditions of the human being, who is the point and goal of development, because the healthy human being is capable of building sustainable healthy development. (2:274)

Modern societies pay great attention to health care services due to their connection to human health and life, and all of this attention seeks to raise the level of health care services in all institutions of all kinds, including sports institutions, and to increase awareness of the correct practice of them to provide the best services and achieve goals, policies and general plans for development. (Mohammed Noor:7:899)

Development is a comprehensive and integrated process whose success depends on what people do in terms of multifaceted and multifaceted efforts, and the concept of development is linked to health, economic and social progress, and what that means in terms of changing the environment of the economy is the multiplicity of production sectors and the development of health and education services and the like. (5:22)

Sport has proven throughout the ages to be one of the important enabling elements for achieving sustainable development and the most effective tool in achieving its dimensions or constituents (the health dimension, the economic dimension / the social dimension / the environmental dimension / the technical and technological dimension), and we must also recognize the growing contribution that sport plays in achieving sustainable development in view of its role In achieving public health, raising the level of physical and health fitness for athletes, spreading the culture of sports practice, and raising the level of awareness of this practice on a permanent basis, as Egypt has adopted a sustainable development strategy and developed it through the strategies of the various sectors of the state, the most important of which are the health and sports sectors.

Makhlouf Menjhi and others 2019 AD mention that the sports field represents one of the developmental and vital areas for sustainable development and one of the important resources that help create wealth through tourism resources, which seeks to preserve natural and energy resources and existing wealth and exploit them in an effective manner and preserve them for future generations, and that The sports field is a fertile field for applying and promoting modern methods of sustainable development. (8:191)

Muhammad Nour Al-Taher 2015 confirms that health care is a group of integrated services that include health promotion services, preventive services, and curative services. The principles of health care are

represented in fairness in the distribution of services in terms of providing service and easy access to service at an affordable cost.

And social acceptance in the sense that the service is provided to all players without discrimination, especially the players most at risk, regardless of the social, economic or cultural level, and the service is provided at a lower cost, the use and development of appropriate technology based on a sound scientific basis, cooperation between health sectors as sustainable healthy development contributes to Social and economic development at the same time, and this means that the player is the goal of sustainable development. (7:901)

Hanan Ali Hassanein 2010 AD mentions that the provision of health care for sports teams and players represents the cornerstone and an important part of health practices and one of the most important files that must be taken care of in order to achieve athletic achievement, whose message is not limited to the youth living in an environment suitable for modern life, but rather goes beyond that to be a level The health care that these players receive, especially the distinguished ones and the participants in sports championships and competitions, where the aspects of this health care are represented in providing (proper healthy nutrition, providing the latest movement rehabilitation devices for the treatment of sports injuries with qualified physiotherapists, a healthy sports environment, providing qualified human resources. Coaches "physical loads and physical fitness / doctors / providing the latest advanced medical and sports equipment and equipment / making electronic files to record the health status and medical history of the player and others). (4:122).

Sustainable development is the development that meets the needs of the present without compromising the ability of future generations to meet their needs, that is, achieving equality and justice between generations, and it is one of the factors required for sustainable development. A better life of high value for all members of society, present and future. (9:510)

Sustainable development is also referred to in the provision of health care for sports teams in the continuity of providing health services from the beginning of caring for young athletes until they reach the highest sporting achievements in all sports and activities by defining different levels of health care (primary / secondary / specialized) by identifying clubs Sports, health clubs and youth centers, determining the number of players to whom health services will be provided, conducting a survey for them, creating electronic health files within an appropriate system for health records, and activating a system for referral between the different levels of health care.

Sustainable development is also represented by merging preventive programs with curative programs, monitoring food and water as therapeutic

works, establishing health care centers, assembling health offices, health units and medical clinics into a unit called the Primary Health Care Unit to provide integrated health care services, and of course reorganizing the primary health care unit according to the integration program. Achieving coordination between health-related sectors, health units and medical clinics in a unit called the Primary Health Care Unit in accordance with the integration program. directly or indirectly by providing services related to health services.

And through the researcher's work as a sports activity specialist and through the constant observation of the players during training, competitions, competitions and sports championships, she found that there is a lack of knowledge and understanding of the foundations and perceptions of health and health care services in sports clubs, which is due to its negative impact on these players, as poor knowledge and understanding of health perceptions and services leads to It leads to the player following some patterns of useless behavior as a result of his lack of knowledge and understanding of proper health care and foundations, and this leads to deficiencies in the physical and health aspects of the players, and may lead to injury to the players and distance from the correct direction for treatment, which may affect the speed of his return to the stadiums again, and it can This is remedied by identifying the aspects of targeted and available health services and their role in achieving sustainable health development. The researcher also believes that the research problem may lie in the lack of distribution of health resources and services on the one hand, and on the other hand, dissatisfaction with the results of health services despite the high costs of these services, so it was necessary Reorienting health care systems and clarifying their role in achieving sustainable health development for athletes.

research aims:

The research aims to identify the role of health care services in sports institutions in achieving sustainable health development for athletes, by examining:

- 1 -The extent to which health care services in sports institutions achieve sustainable social development for athletes.
- 2 -To what extent do health care services in sports institutions achieve sustainable health development for athletes?
- 3- The extent to which health care services in sports institutions achieve sustainable environmental development for athletes.

Search questions:

- 1 -To what extent do health care services in sports institutions achieve sustainable social development for athletes?
- 2 -To what extent do health care services in sports institutions achieve sustainable health development for athletes?
- 3- To what extent do health care services in sports institutions achieve sustainable environmental development for athletes?

search terms:**Health care:**

An activity that aims to promote and encourage the health level of individuals and groups for all physical, psychological, mental, intellectual and social aspects, and that health care is based initially on preventing disease and preventing it by many inexpensive means. Rather, it may intervene to rehabilitate patients who do not fully recover from the disease.” (7:903)

Sustainable development:

The United Nations Development Program defined it as: “Development that meets the current needs of individuals without diminishing the ability of future generations to meet their needs.” (3:43)

It also means "continuous, fair, balanced and integrated development that takes into account the health dimension in all its projects and that does not reap the fruits for the current generations at the expense of future generations."

Related studies:

- 1- The study of Ahmed bin Hamad Al-Rabani, Al-Dairi and others (2021 AD) (1), the perceptions of members of the Omani society about the role of sport in achieving the goals of sustainable development “2030”, and this study aimed to identify the knowledge and perceptions of members of the Omani society about the role of sport and its challenges in achieving the goals Sustainable Sustainable development 2030 and its relationship to some variables. The study used the descriptive approach to study the phenomenon as it is in reality, where the data was collected by means of a questionnaire consisting of 59 paragraphs distributed on four axes, and the study was applied to a sample consisting of 380 individuals from various governorates of the Sultanate of Oman, and it reached The results indicate that 81.2% have knowledge about sustainable development and its goals, and it also

showed that 86% have positive perceptions about the role of sport in achieving the goals of sustainable development in general and they believe to a very high degree in the role of various sports activities in achieving each of the goals of sustainable development. Differences due to the gender variable in favor of males, and the results showed that the study sample believes that there are great challenges that prevent the contribution of sports to achieving the goals of sustainable development 20 30, and the study recommended the need to publish Awareness of the role of sport, development of the infrastructure of sports facilities, promotion of the role of the media, and development of sporting activities suitable for all segments of society.

- 2- A study by Makhlouf Menjhi, Zawawi, and others (2019 AD) (8) entitled “Adoption of sustainable development indicators in the management of sports facilities in Algeria: a field study on sports vehicles in the state of M’sila.” The management of sports facilities with indicators of sustainable development, and the researchers used the descriptive approach in the study. The availability of specialized cadres as well as the existence of creative perceptions and ideas in how to apply indicators of sustainable development to the management of sports facilities. By signing cooperation agreements with leading countries In this field, in addition to expanding the concepts of sustainable development to include other economic sectors.
- 3- A study by Ali Abboudi Al-Jubouri (2019 AD) (6), entitled “Sustainable Health Development: Challenges and Future Directions: An Environmental, Economic, and Social Approach.” Health care projects face multiple obstacles in achieving sustainability. Healthcare seeks to provide and maintain safe, high-quality services. At the same time, the health care industry faces a challenge to reduce costs and reduce its negative impact on the natural environment. However, improving quality and safety is usually associated with increased costs and consumption of natural resources. This research aims to provide information related to health care facilities, identify barriers to sustainability, and suggest methods to improve efficiency. We focus on sustainability in healthcare by studying national databases. Then initiate a dialogue on the topic by interviewing experts in healthcare planning and design regarding the implications of this data, challenges to sustainability and potential solutions to these challenges. Therefore, the results were obtained through an analysis of the data. Research and discussion must continue to engage all relevant leaders to interpret the data and identify transformative solutions to facilitate the construction and operation of sustainable healthcare design. It is important to

approach sustainability in healthcare from social, economic, environmental and health perspectives. Therefore, five major barriers to designing and building sustainable healthcare were identified, and 12 practical solutions will be discussed. Given the requirements of health care, facilitating its sustainability can make a significant difference in energy use at the national level. Empirical research and evidence-based design can help accelerate sustainability by demonstrating impacts and documenting economic and operational returns to investment.

- 4- A study by Yahya Mohamed El Geyoushi (2016 AD) (9) entitled “A systematic vision for the use of sport for all as an entry point to achieve sustainable development in Egyptian society.” sustainable development in the world, the role of sport for all in achieving social development in Egyptian society, the role of sport for all in achieving economic development in Egyptian society, the role of sport for all in achieving environmental development in Egyptian society). By maximizing the role of society as the main engine in achieving sport for all for sustainable development processes through an integrated society in which equality and social justice are achieved and prepare generations to preserve their environment and focus on new roles for civil society to promote the values and purposes of sustainable development and emphasize the role of the private sector as a key partner to achieve the goals Development through sport, promoting the role of sport for all within civil society institutions in Egypt At all levels, by enabling sports activities for all to have access to environmental information and to participate extensively in environmental decision-making, as well as adjudicating justice in environmental issues, so governments must create conditions that facilitate all sectors of society to express their opinion and play an effective role In creating a sustainable destiny.
- 5- The study of Hanan Ali Hassanein (2011 AD) (4) entitled "Measuring the quality of health services in governmental and private health clubs". The gap between the administration's perceptions of the beneficiaries' expectations of the level of health services provided by the health clubs under discussion and the administration's perceptions of the special specifications for the service, and measuring the gap between the management's perceptions of the specifications of health services in the health clubs under discussion and the service specifications actually provided, and the researcher used the descriptive survey approach to suit the application of the study And the achievement of its objectives, and the research community is represented in the community of beneficiaries of the services provided by health clubs and the management community, which is represented in the managers and

supervisory bodies of health clubs and owners of health clubs. And between the administration's realizations of these expectations in favor of the administration's realizations of the beneficiaries' expectations K to the administration's ability to know and understand the needs and desires of the beneficiaries through their expectations, and there are statistically significant differences between the management's perceptions of the beneficiaries' expectations of the level of service provided by health clubs and the management's perceptions of the service specifications in favor of the administration's perceptions of the beneficiaries' expectations of the level of service.

Research plan and procedures

1- Method used

The researcher used the descriptive approach due to its suitability to the nature of the research objectives and questions.

2- Research community

Spatial community: athletes at Al-Nasr Club and Al-Shams Sports Club.

Human Society: The human field of research included (250) athletes between the ages of (16-22 years), and participants in the Republic's championships in various games.

Temporal society: It was applied in the period from 3-5/8/2022 AD.

3- The research sample

The research sample was randomly selected, consisting of (152) mathematicians, for the purpose of applying the questionnaire and drawing results.

4- Data collection methods and tools

Reference survey and personal interview:

Through the researcher's access to specialized scientific books and references, the researcher designed a questionnaire to identify the role of health care services in achieving sustainable social, health and environmental development for athletes. The researcher based the preparation of this form on:

- Analysis of books and scientific references specialized in the fields of health care and sustainable development.
- Arab and foreign studies and research related to health care and its development.
- Analysis of some health measures covered by reference and related studies.

Personal interviews with experts specialized in the field of public health and sports health.

Questionnaire form:

In collecting research data, the researcher used a questionnaire designed by the researcher, and she followed the following steps in preparing it:

Determine the default axes of the questionnaire and present them to the experts.

- Drafting the phrases of the axes of the questionnaire form and presenting them to the experts. The researcher sought the assistance of ten experts from health sciences professors from the faculties of physical education. The researcher also used some questionnaires related to sports health in previous studies, deducing some phrases from them and amending their wording to suit athletes
- Reaching the formulation of the final image of the questionnaire, which included (3) axes and included (30) phrases distributed as follows:

table (1)
Description of the questionnaire in its final form

	interlocutor	number of phrases
1	Social dimension	9
2	health dimension	13
3	environmental dimension	8
The total number of vocabulary		30

5- Scientific transactions of the questionnaire

To calculate the validity and reliability of the questionnaire, the researcher relied on the apparent validity (the validity of the arbitrators), the validity of the content (the validity of the internal consistency), and then the calculation of the subjective validity, which is equal to the square root of the reliability coefficient. The study also calculated the reliability coefficient using the Cranach alpha method.

honesty transactions:

The researcher used several methods to calculate the truth:

- 1- Apparent honesty (the veracity of the arbitrators)

The validity of the questionnaire was initially calculated using the external (virtual) Face Validity by presenting the questionnaire to a group of arbitrators with specialization and experience to conduct its arbitration, to express their opinions and observations about the questionnaire and its paragraphs in terms of the degree of suitability of the paragraphs for the subject of the study, and their validity in revealing the information sought

for the study As well as in terms of the connection of each paragraph with the axis it falls under, the extent of the clarity of the paragraph and the soundness of its wording, proposing ways to improve it by deleting or amending the phrases and examining the gradation of the scale, its suitability and other things that they see fit.

The researcher reached, through the reference survey of sports health standards, studying and analyzing scientific references, specialized studies and research, and a number of personal interviews with a number of specialized professors, to identify eight axes with a proposal for a definition under each axe. The researcher presented the electronic expert opinion poll form on Google Drive. For the axes of a questionnaire about the role of health care services in achieving sustainable health, social and environmental development for athletes, on the number of (10) experts.

table (2)
Percentage of opinions of experts regarding the suitability of the proposed axes for the questionnaire. N = 10

	interlocutor	Repetition	
1	health dimension	10	100%
2	environmental dimension	9	90%
3	Social dimension	8	80%
4	Economic dimension	7	70%
5	technical and technological dimension	7	70%

The previous table shows the rates of approval of the experts on the axes of the health care questionnaire. The percentage of the opinions of the experts on the axes constituting the questionnaire ranged between (70% to 100%), and the researcher agreed with a percentage of (80%) or more to accept the axes constituting the health care questionnaire according to the agreement of the gentlemen Experts, and those that achieved less than (80%) were excluded, as the total number of dimensions of the initial questionnaire reached (5) dimensions, and (2) dimensions were deleted after presentation to the experts, and thus the total dimensions of the questionnaire reached (3) dimensions, namely the health dimension environmental dimension, social dimension.

The expressions of the health care scale were also identified, as the researcher reached a number of phrases under each axis that are commensurate with it and there are (30) phrases distributed on three axes, and she presented the scale phrases to ten experts in an electronic form on "Google Drive".

table (3)
Questionnaire statements after presentation to experts (arbitrators validated)
(n = 10)

Social dimension				
	ferries	Appropriate	Reformulate	unsuitable
1	Those responsible for health care in the club deal with complaints submitted by athletes with the utmost care and seriousness			
2	Those responsible for health care services set fixed times for providing health care services			
3	The club management informs the athletes of the times for providing health care services			
4	Athletes expect immediate access to the required services from those responsible for providing health care services in the club			
5	The timing of exercise and the time of health care services are coordinated			
6	Providing health care services equally to players			
7	Periodic meetings are held between athletes and health care officials to find out the problems that athletes face while receiving health care services			
8	The club is interested in knowing the extent of athletes' satisfaction with health care services			
9	Players trust healthcare workers			
The healthy dimension				
	ferries	Appropriate	Reformulate	unsuitable
1	The club has security and safety factors in the training venues, whether open or closed			
2	The club has security and safety factors in the tools used in training and competition			
3	The club management is committed to applying health requirements			
4	Paying attention to the maintenance of devices and equipment used in providing health care services			

5	Quick first aid is available when exercising			
6	The presence of medical tools for immediate treatment attached to each stadium			
7	Preventive activities and curative programs are integrated			
8	The club rehabilitates and treats injuries resulting from practicing sports activities			
9	Health care services are provided efficiently and accurately			
10	A medical examination is performed for the athletes periodically			
11	Treatment services are provided abroad if necessary			
12	Appropriate nutritional programs are offered for the types of sports activities			
13	Rehabilitation and treatment programs are combined with preventive programs			

environmental dimension

	ferries	Appropriate	Reformulate	unsuitable
1	The club provides playgrounds equipped and suitable for practicing all aspects of sports activity			
2	The club provides the appropriate and sound tools for practicing sports activity			
3	Playgrounds are valid for use and comply with legal conditions and specifications			
4	Adequate lighting shall be available to practice aspects of the activity if it is practiced at night			
5	Attention to the level of cleanliness of sports facilities			
6	The club performs periodic maintenance of the stadiums			
7	The club educates athletes about preserving the environment, whether the ground, air or water such as swimming pools, preserving it and not wasting it			

8	The club is concerned with the maintenance and development of stadiums			
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It is clear from table that the experts agreed on the number of three axes and (30) statements, while (11) statements were deleted, and the wording of (5) statements was modified, and the researcher relied on the test of acceptance of the statement by (75%).

2- Constructive honesty

It is also called the validity of the concept or the validity of the formation, and it is concerned with all the necessary evidence through which it is possible to identify the extent of the ability of the tool axes to be an indication of the characteristic that the tool is supposed to measure, and therefore it helps in ascertaining the level of validity of the internal consistency of the questionnaire, and it can be calculated By calculating the degree of correlation between each of the questionnaire axes and the total questionnaire through the Pearson correlation coefficient, which is shown in the following table:

table (4)
Correlation between the axes of the study

The total resolution	Environmental third	Health second	I social	interlocutor	
0.96	0.67	0.36	1	correlation coefficient	I social
0.00	0.00	0.05		indication	
0.94	0.73	1		correlation coefficient	Health second
0.00	0.00			indication	
0.35	1			correlation coefficient	Environmental third
0.05				indication	
1				correlation coefficient	The total resolution
				indication	

All expressions are statistically significant at the level of significance (0.01), or (0.05).

The correlation matrix shows that there is a statistically significant correlation between the axes of the study according to the responses of the sample, where the values of the correlation coefficients ranged between (0.96, 0.35), which indicates the correlation of the axes of the questionnaire and its consistency with its subject.

- Reliability coefficient

The stability was calculated using Cornbrash's alpha method, which is shown in the following table:

table (5)
Reliability and self-validity of the Cronbach's alpha study tool

	interlocutor	number of phrases	Cronbach's alpha stability coefficient	The degree of self-truth	The level of stability and honesty
1	The first axis: the social	9	0.68	0.82	high
2	The second axis: health	13	0.94	0.97	
3	The third axis: the environment	8	0.64	0.80	
	The total questionnaire	30	0.81	0.90	

It is clear from the previous table that the value of Cronbach's alpha coefficient for the stability of the study tool ranged between (0.94) and (0.64), and the total stability of the questionnaire came with a value of (0.81), and the degree of subjective validity ranged between (0.97) and (0.80). (0.90), and therefore the stability coefficients for the axes of the study were all high, as is the case for the degree of truthfulness of the axes as well, and this indicates the possibility of stability of the results that will result from the current study and its results can be generalized due to its validity.

Questionnaire application:

The researcher applied the questionnaire to the members of the research sample represented by the athletes of Al-Nasr Sports Club and Al-Shams Sports Club, and the participants in championships at the level of the Republic in various games, who numbered (152) athletes in the time period from 3-5/8/2022 AD, and the final form of the questionnaire consists of: There are (3) axes and (30) phrases, and the researcher used a three-dimensional Likert scale, in which the response ranges between (available, to some extent, not available), as the athlete was asked to indicate (□) in front of the phrase that he believes is It is available in the sports club to which he belongs, as shown in the following table:

Table (6) Level of application score for each response

Class	range	percentage
unavailable	From 1 to 1.66	(From (33.33%) to (55.33%)
To some extent	From 1.67 to 2.33	(From (55.34%) to (77.66%)

Available	From 2.34 to 3	(From (77.66%) to (100%
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Presentation and discussion of results:

1- Results of the first axis phrases: the social aspect

The responses of the study sample to the statements of the first axis, the social aspect, were as shown in the following table:

Table (7) Detailed results for the first axis phrases (social aspect)

arrangement	approval level	standard deviation	%	Weighted average	responses						Phrase	
					unavailable		To some extent		Available			
					%	the number	%	the number	%	the number		
8	not available	0.53	%49	1.47	%54	82	%45	68	%1	2	Those responsible for health care in the club deal with the complaints submitted by the athletes with all interest and seriousness	1
3	not available	0.52	%54	1.61	%41	62	%58	88	%1	2	Those responsible for health care services set fixed times for providing health care services	2
9	not available	0.51	%44	1.33	%69	105	%29	44	%2	3	The club management informs the athletes of the times for providing health care services	3
6	not available	0.66	%51	1.53	%56	85	%35	53	%9	14	Athletes expect immediate access to the required services from those responsible for providing health care services in the club	4
7	not available	0.53	%50	1.51	%50	76	%49	74	%1	2	The timing of exercise and the time of health care services are coordinated	5
4	available	0.51	%52	1.56	%45	68	%55	83	%1	1	Providing health care services equally to players	6
5	not available	0.51	%51	1.54	%47	71	%53	80	%1	1	Periodic meetings are held between athletes and health care officials to find out the problems that athletes face while receiving health care services	7

arrangement	approval level	standard deviation	%	Weighted average	responses						Phrase	
					unavailable		To some extent		Available			
					%	the number	%	the number	%	the number		
2	To some extent	0.67	%56	1.67	%44	67	%45	68	11%	17	The club is interested in knowing the extent of athletes' satisfaction with health care services	8
1	To some extent	0.55	%57	1.72	%33	50	%62	94	%5	8	Players trust healthcare workers	9
	not available	0.12	%52	1.55							Total first axis: social	

The previous table shows that the agreement of the study sample of players and sports practitioners at Al-Nasr Club and Al-Sekka Al-Hadid Club on the total of the first axis: (the social aspect) as one of the aspects of achieving sustainable healthy development for athletes came with a weighted average (1.55), a percentage (52%), and a degree of availability (not available). and this may be due to the lack of equal provision of health care services to players in different sports, where attention is paid to some sports such as football, for example, in addition to the lack of interest in the preventive aspect instead of waiting and intervention after the injury of the players, and then after that interest in the therapeutic aspect, which appears in Lack of periodic meetings between athletes and health care officials to find out the problems facing athletes.

The previous table also shows that the degree of availability of the first axis phrases came with a degree of availability between (to some extent) and (not available), as the weighted average for them ranged between (1.72) with a percentage of (57%) and (1.33) with a percentage. (44%), which indicates that the respondents tend to lack the availability of the practices of the social aspect that must be available to achieve sustainable healthy development for athletes.

- Phrase No. (9), which states: “Players trust health care workers,” ranked first in terms of the degree of availability, with a weighted average (1.72), a percentage of (57%), and a degree of availability (to some extent). The reason for this may be The experience enjoyed by health care workers, which the more they were able to diagnose the players’ disease, the more confidence the players had in them and the possibility of relying on them.

- Phrase No. (8), which states: "The club is interested in knowing the extent of athletes' satisfaction with health care services," ranked second in terms of the degree of availability, with a weighted average of (1.67) and a percentage of (56%), which indicates that the opinion of the sample That it is available "to some extent" in reality, and this may be due to the club's keenness represented by its management to renew the contracts of players, especially the distinguished ones, with the club, which may be among the reasons for the players' satisfaction with health care services.
- Also came phrase No. (3), which states: "The club's administration informs the athletes of the timings for providing health care services." It ranked ninth and last in terms of the degree of availability, with a weighted average of (1.33) and a percentage of (44%), which indicates the degree of "unavailable". There was no telling of the times of its submission.
- Whereas, phrase No. (1), which states: "Those responsible for health care in the club deal with complaints submitted by athletes with all interest and seriousness." It ranked penultimate in terms of availability, with a weighted average of (1.47) and a percentage of (49%). athletes with great interest and seriousness.

2- Results of the second axis phrases: the health aspect

The study sample responded to the phrases of the second axis, the health aspect, as shown in the following table:

Table (8) Detailed results of the phrases of the second axis (the health aspect)

arrangement	approval level	standard deviation	%	Weighted average	responses						Phrase	r
					unavailable		To some extent		Available			
					%	the number	%	the number	%	the number		
9	To some extent	0.73	%64	1.93	%30	46	%47	71	%23	35	The club has security and safety factors in the training venues, whether open or closed	1
1	To some extent	0.80	%73	2.18	%24	37	%33	50	%43	65	The club has security and safety factors in the tools used in training and competition	2
12	To some extent	0.76	%61	1.82	%39	60	%39	59	%22	33	The club management is committed to applying health requirements	3
6	To some extent	0.75	%69	2.08	%24	37	%43	66	%32	49	Paying attention to the maintenance of devices and equipment used in providing	4

											health care services	
10	So m e ex t	0.62	%64	1.91	%24	37	%61	92	%15	23	Quick first aid is available when exercising	5
3	To some exten t	0.77	%71	2.12	%24	37	%39	60	%36	55	The presence of medical tools for immediate treatment attached to each stadium	6
4	To some exten t	0.81	%70	2.11	%28	42	%34	52	%38	58	Preventive activities and curative programs are integrated	7
4	To some exten t	0.86	%70	2.11	%32	48	%26	39	%43	65	The club rehabilitates and treats injuries resulting from practicing sports activities	8
2	To some exten t	0.78	%71	2.14	%24	37	%37	56	%39	59	Health care services are provided efficiently and accurately	9
13	To some exten t	0.68	%56	1.68	%44	67	%43	66	%13	19	A medical examination is performed for the athletes periodically	10
11	So m e ex t	0.78	%64	1.91	%35	53	%39	60	%26	39	Treatment services are provided abroad if necessary	11
8	To some exten t	0.69	%66	1.99	%24	37	%53	80	%23	35	Appropriate nutritional programs are offered for the types of sports activities	12
7	To some exten t	0.84	%67	2.00	%35	53	%30	46	%35	53	Rehabilitation and treatment programs are combined with preventive programs	13
	To some extent	0.58	%67	2							The total of the second axis: health	

It is clear from the previous analysis that the agreement of the sample of players and sports practitioners at Al-Nasr Club and Al-Shams Club on the total of the second axis: (the health aspect) as one of the aspects of achieving sustainable development for athletes came with a weighted average (2), a percentage of (67%), and a degree of availability (to some extent). This may be due to the lack of integration of preventive activities and treatment programs with the daily work system in the clubs, and the club's lack of keenness to rehabilitate and treat injuries resulting from the practice of sports activity.

The previous table also shows that the degree of availability of the phrases of the second axis came with a degree of availability (to some extent), as the weighted average for them ranged between (2.18) with a percentage (73%) and (1.68) with a percentage (56%), which indicates This indicates a trend towards poor availability of the health aspect practices that must be available to achieve the sustainable health development of athletes.

- Phrase No. (2), which states: "The club has security and safety factors in the tools used in training and competition" ranked first in terms of the degree of availability, with a weighted average (2.18), a percentage of (73%), and a degree of availability (to some extent). The reason for this

may be the club's desire to preserve the existing players who play on behalf of the club, so it was necessary to provide security and safety factors in the tools used in training and competition, which made this practice rank first compared to the rest of the practices in this axis.

- Phrase No. (9), which states: “Health care services are provided efficiently and accurately,” ranked second in terms of the degree of availability, with a weighted average of (2.14) and a percentage of (71%), which indicates that the opinion of the sample is “to an extent.” In fact, this refers to the need for clubs to provide healthcare services that are more efficient and accurate.

- Also came phrase No. (10), which states: "Athletes are subjected to a medical examination on a regular basis." It ranked thirteenth and last in terms of the degree of availability, with a weighted average (1.68) and a percentage (56%), which indicates a degree of “to some extent”. This indicates a lack of interest in the prevention factor.

- Whereas, phrase No. (3), which states: "The club's administration is committed to applying health requirements." It ranked penultimate in terms of the degree of availability, with a weighted average of (1.82) and a percentage of (61%), which indicates that it is “to some extent” from the point of view of the respondents, which is understood from the club’s scarcity of commitment to applying health requirements.

3- Results of the third axis phrases: the environmental aspect

The study sample responded to the statements of the third axis, the environmental aspect, as shown in the following table:

Table (9) Detailed results of the third axis phrases (environmental aspect)

arrangement	approval level	standard deviation	%	Weighted average	responses						Phrase	
					unavailable		To some extent		Available			
					%	the number	%	the number	%	the number		
5	To some extent	0.43	%73.3	2.20	%1	2	%78	118	21%	32	The club provides playgrounds equipped and suitable for practicing all aspects of sports activity	1
1	some extent	0.62	%75.3	2.26	%9	14	%55	84	36%	54	The club provides the appropriate and sound tools for practicing sports activity	2
7	To some extent	0.74	%73	2.19	20%	30	%41	63	39%	59	Playgrounds are valid for use and comply with legal conditions and specifications	3
4	e	0.68	%73.7	2.21	14	22	%50	76	36	54	Adequate lighting shall be	4

arrangement	approval level	standard deviation	%	Weighted average	responses						Phrase	
					unavailable		To some extent		Available			
					%	the number	%	the number	%	the number		
					%				%		available to practice aspects of the activity if it is practiced at night	
3	some extent	0.47	%74.7	2.24	%2	3	%72	109	26%	40	Attention to the level of cleanliness of sports facilities	5
8	medium extent	0.45	%69.7	2.09	%6	9	%79	120	15%	23	The club performs periodic maintenance of the stadiums	6
2	To some extent	0.46	%74.7	2.24	%1	2	%74	112	25%	38	The club educates athletes about preserving the environment, whether the ground, air or water such as swimming pools, preserving it and not wasting it	7
6	some extent	0.52	%73.3	2.20	%5	8	%69	105	26%	39	The club is concerned with the maintenance and development of stadiums	8
	e	0.30	%73	2.2							Sixth axis: the environment	
	e	0.19	%57	1.72							The total questionnaire	

It is clear from the previous analysis that the agreement of the sample of players and practitioners of sports at Al-Nasr Club and Al-Shams Club on the total of the third axis: (the environmental aspect) as one of the aspects of achieving sustainable healthy development for athletes came with a weighted average (2.20), a percentage of (73%), and a degree of availability (to some extent).); This may be due to the poor availability of the material capabilities necessary to practice aspects of the activity, for example, poor lighting in the event of practicing the activity at night, and poor attention to the level of cleanliness of sports facilities.

The previous table also shows that the degree of availability of the third axis phrases came to a degree (to some extent), as the weighted average for them ranged between (2.26) with a percentage of (75%) and (2.09) with a percentage of (73%), indicating a trend Towards a poor availability of the practices of the environmental aspect that must be available to achieve sustainable healthy development for athletes.

- Phrase No. (2), which states: “The club provides appropriate and sound tools for practicing sports activity” ranked first in terms of the degree of availability, with a weighted average (2.26), a percentage of (75%), and a degree of availability (to some extent). The reason may be This includes weak financial capabilities as a result of weak budgets allocated to clubs.

- Phrase No. (7), which states: “The club educates the athletes to preserve the environment, whether the playing field, air or water, such as swimming

pools, preserving it and not wasting it” ranked second in terms of the degree of availability, with a weighted average of (2.24) and a percentage of (75). %), which indicates that the sample’s opinion is “to some extent” in fact, and this indicates the club’s lack of educating athletes to preserve the environment and the various elements that make it up.

- Also came phrase No. (3), which states: "The stadiums are valid for use and conform to the legal conditions and specifications." It ranked eighth and last in terms of the degree of availability, with a weighted average of (2.09) and a percentage of (73%), which indicates a degree of “to some extent.” This may be due to the frequent use of stadiums, whether in training or official matches, due to their scarcity.
- Whereas, phrase No. (6), which states: "The club performs periodic maintenance of the stadiums." It ranked penultimate in terms of the degree of availability, with a weighted average of (2.19) and a percentage of (70%), which indicates that it is “to some extent” from the point of view of the respondents, which is understood from the club’s lack of regular maintenance of the stadiums.

–The results of the analysis related to finding out the reality of the proposed axes for the questionnaire of the role of health care services in achieving sustainable health development for athletes.

To demonstrate this, weighted averages, percentages, standard deviations, levels of agreement, and arrangement were calculated for the study sample's responses to the questionnaire's axes, as shown in the following table:

table (10)
The overall results of the questionnaire axes

	interlocutor	Weighted average	%	standard deviation	approval level	arrangement
1	Total first axis: social	1.55	%52	0.12	unavailable	3
2	The total of the second axis: health	2	%67	0.58	To some extent	2
3	The total of the third axis: the environment	2.2	%73	0.3	To some extent	1
	The total questionnaire	1.72	%57	0.19	To some extent	

The previous table shows that the degree of availability of the total proposed axes for the questionnaire of the role of health care services in achieving sustainable health development for athletes in reality from the point of view of players and sports practitioners at Al-Nasr Club and Al-Shams Club came to a degree (to some extent), as the general average of the axes was (1.72) in percentage. It is estimated at (57%), and this indicates the need to work on more availability of these axes in reality in

order for sustainable social, health and environmental development for athletes to be achieved in reality.

Conclusions and recommendations:

First: conclusions

- Health care services in sports institutions have helped to some extent in achieving sustainable development for athletes.
- Health care services in sports institutions contributed to achieving sustainable social development for athletes by (52%).
- Health care services in sports institutions contributed to achieving sustainable health development for athletes by (67%).
- Health care services in sports institutions contributed significantly to achieving sustainable environmental development for athletes by (73%).
- Health care services in sports institutions still need more attention and development.
-

Second: Recommendations:

- The need to pay attention to the development and improvement of health care services in sports clubs.
- The need to pay attention to increasing the knowledge and awareness of sports practitioners of health care services available in sports clubs.
- Recognizing the role of health care services in achieving the long-term sustainable health development of athletes.
- Raising awareness of the danger of not exploiting these services at the health and sports levels.

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