

## Sport For All As One Of The Pillars Of National Security

*Dr. yehia Mostafa Kamal Mohamed*

*Lecturer at Sports Recreation Department*

*Faculty of Physical Education for Men, Helwan University*

### Introduction:

The individual is the main goal of development and its means in the meantime. In general, the state ought to invest in the human resources it has and to develop them to benefit the development and advancement of society. The human element is the prime and effective mover of all development policies in society, and the added value that should receive the best investment possible (51: 239) (10: 245)

Sport is a social, cultural, and economic phenomenon that reflects the aspects of development, advancement and many other values in human societies (58: 327). The interest of many countries in the world in sports undeniably reveals their views about the strategic and vital values of doing sports by society for health purposes as well as production in its various forms and manifestations, as well as using sport for national security and defense (77: 576).

Thus, the power of sport that leads to development and change become evident. On the individual level, sport raises the individual's abilities and general knowledge. On the national level, it contributes to the economic and social growth, improving public health, and bringing different societies closer. On the international level, it may have a positive and sustainable role in international peace and development as well as cultural integration among nations (58: 349).

**Mohamed Al-Hamahmy** (2015) emphasizes that "Sport for All" has become a favorite form of recreation for individuals of all age groups in every country in the world. It also represents an educational and social framework in contemporary societies, that aims at developing both citizens and society due to its vital role in improving the physical fitness, health, increasing happiness, delaying aging symptoms in individuals who exercise, in addition to societal development and increasing effective production (80: 311).

In general, after eliminating its narrow military vision, the concept of national security has become a comprehensive concept that encompasses political, economic, and social aspects. Then, it broadened to cover cultural, media, and environmental aspects related to the safety and security of the individual's environment (50: 46).

Therefore, the comprehensive contemporary concept of national security refers to maintaining all equilibriums related to the life, honor, money, well-being, and future (82: 30); good socialization in conformity with the dominant values and beliefs of society, promoting national belonging and identity; and increasing the citizens' security awareness related to their role in maintaining it through consolidating belonging and responsibility toward their community (91: 250).

The researcher points out the close relationship between "Sport for All" and national security. It is one of the most prominent efforts that can maintain national security through its effective role in guiding the individual's social behavior, confronting negative changes, instilling identity, embedding concepts of belonging to the nation and maintaining the society's security.

**Research Problem:**

Recent studies have also emphasized that security issues are one of the major challenges facing human societies in recent times, as they play a role in protecting the society, state's integrity, and protecting citizens' lives. Whereas in its general form national security is the state's obligation, it is also a societal responsibility of individuals as well.

**Mohamed Al-Hamahmy and Aida Abdul Aziz (2015) Kamal Darwish, et.al (2016)**, note that the failure to benefit from leisure time is one of the problems facing the life of populations and societies, the lack of specific culture on this topic, the lack of concepts on the importance of exercising, the lack of plans and programs that motivate citizens to exercise that corresponds to the population growth was adversely reflected on state's national security (80: 17). (71: 305).

The researcher thinks that "Sport for All" has a function of preparing a citizen that is informed about life and aware of the challenges facing his/her society, through raising the exercising individual's awareness of physical, national, and moral values and the importance of society's coherence; recognizing human bonds, norms and traditions, and cultural heritage that compose the national identity of society. Therefore, "Sport for All" is capable of establishing security underpinnings through the values of belonging and coherence in individuals, creating a loyal citizen committed to the values of society.

The researcher also thinks that the interest of Sport for All in national security issues is a necessity because sport is a production and investment tool that contributes in meeting various needs including security and its various health, economic, political, and environmental aspects. Thus, "Sport for All" is one of the security issues because of its association with the health, mental, physical, psychological and social preparation of the citizen.

Thus, it can be said that interest in national security and Sport for All is a recent approach that seeks to raise the citizens' awareness of security related issues in light of the surrounding life and societal challenges, which results in the formation of a positive attitude toward the performance of "Sport for All" programs, and is reflected in a learnt behavior through the ability to deal with these challenges and risks.

**Research Objectives:**

This research aims at identifying the role of "Sport for All" and its national security implications through the following sub-objectives: the role of "Sport for All" as components of health security, economic security, political security, intellectual security, social security, psychological security, and environmental security.

**Reference Studies:**

- **Hanan Mourad's** study (2015)(28) aimed at observing and analyzing the action framework and mechanisms of sporting institutions within the national security system's framework in Egypt. The user used a historic methodology and descriptive analysis methodology. The study reached a proposed general view for coordination and integration between sporting institutions and governmental institutions in order to achieve national security.

- **Kamal Darwish** et al. study (2016)(71) aimed at identifying the role of school sports in achieving the state's national security. The researchers used the descriptive method, and the sample was a stratified random sample (N = 200). The study found that school sport is the infrastructure of developing the culture of exercising which is an essential tool in attaining national security.
- **Yehia Al-Gyoushi's** study (2016)(97) aimed at identifying the role of "Sport for All" in achieving social, economic, and environmental development in the Egyptian society. The study applied the philosophic analytic method. It concluded that the role of society, as the prime mover of fulfilling the processes of sustainable development through "Sport for All", and emphasized the role of the private sector as a principal partner in achieving developmental goals through sport.
- **Schulenkorf and Siefken's** study (2019)(107) aimed at designing a "Sport for All" model as a conceptual instrument for promoting health, social and cultural development, and sustainability. It used the quantitative analytic method. Interviews were conducted with 22 subjects alongside with field observations. The study presented a proposed model and view of sport for health and its applications. It also presented a four-dimensional healthy life style initiative: sport administration, promoting sport, social and cultural context, and policy and sustainability.

**Research Procedures:****Research Method:**

The researcher used the descriptive analytic method as it is appropriate for achieving the research objectives and fits its procedures.

**Research Population and Participants:**

The research population consists of "Sport for All" members in clubs and youth centers affiliated with the General Egyptian Sport for All Federation, and participating in the Sport for All League which was held from 1<sup>st</sup> July to 30 September 2019 among clubs and entities (550 participants). The researcher selected a random sample composed of (220) members.

**Data Collection Instrument:**

The researcher identifies several main themes, added and formulated several items in each theme to fit that theme. The total number of items in the questionnaire's first draft was **85** in **7** main themes. The researcher submitted the first draft of the questionnaire to a group of (11) experts and professors specialized in the field of administration and recreation. He considered 80% and more an acceptable percentage to accept the statement. Accordingly, some items that did not match the purpose of that theme. Following the experts' opinions, the questionnaire had **58** items. The researcher conducted an exploratory study to a sample of 50 members of the original population and not included in the core sample.

**Internal consistency validity:**

Table 1  
Correlation coefficients between the item score and total score of each theme of the questionnaire (N = 50)

Theme 1		Theme 2		Theme 3		Theme 4		Theme 5		Theme 6		Theme 7	
No.	R	No.	R	No.	R	No.	R	No.	R	No.	R	No.	R
1	0.387	1	0.406	1	0.078	1	0.643	1	0.307	1	0.583	1	0.416
2	0.167	2	0.436	2	0.351	2	0.393	2	0.501	2	0.646	2	0.529
3	0.072	3	0.518	3	0.568	3	0.429	3	0.493	3	0.424	3	0.175
4	0.576	4	0.615	4	0.586	4	0.456	4	0.638	4	0.611	4	0.502
5	0.309	5	0.593	5	0.562	5	0.473	5	0.035	5	0.155	5	0.715
6	0.491	6	0.439	6	0.573	6	0.164	6	0.142	6	0.629	6	0.108
7	0.426	7	0.123	7	0.448	7	0.476	7	0.500	7	0.535	7	0.467
8	0.536	8	0.514	8	0.502	8	0.501	8	0.659	8	0.110	8	0.538
								9	0.603	9	0.523		

\*Tabular r (when p=0.05) = 0.288

Table 1 shows that the correlation coefficients between the items of each theme and the total theme score were significant (p = 0.05), whereas some items were insignificant. Thus, the total number of the questionnaire’s items became 47 items, having an acceptable validity score. In order to check the reliability of the questionnaire, the researcher used Cronbach Alfa. The results ranged between 0.754 to 0.830. The researcher administered the questionnaire to the core research sample from 17 July – 15 September 2019, namely members participating in the Sport for All league encounters. The researcher used statistical treatment that fit the research data through the SPSS software.

Table 2  
Frequency, relative importance, Chi-square, of items of Theme 1: Sport for All as a Health Security Constituent (N = 220)

No.	Item	Agree		Partially agree		Disagree		Total score	Relative importance	Chi-square
		f	%	f	%	f	%			
1	Prevention against diseases (cardiovascular diseases, hypertension, diabetes)	210	95.5	10	4.5	0	0	650	98.5	181.8
2	Gaining overall health to perform daily tasks	206	93.6	14	6.4	0	0	646	97.9	167.5
3	Increasing the body’s natural immunity	212	96.4	8	3.6	0	0	652	98.8	189.1
4	Increasing the capacity of the body’s vital systems	214	97.3	4	1.8	2	0.9	652	98.8	404.7
5	Prevention of overweight and obesity	200	90.9	20	9.1	0	0	640	97.0	147.2
6	Improving mental health and perceptive development	206	93.6	14	6.4	0	0	646	97.9	167.5

\* Tabular Chi-square (when p = 0.05) = 5.99

Table 2 shows that the percentage of the research participants’ responses to Theme 1 of the questionnaire ranged between 97.0% and 98.8%. Chi-square values were statistically significant (p = 0.05) for all items and in favor of the highest frequency (agree). The researcher thinks that this result emphasizes that practicing Sport for All programs and activities is a basic constituent supporting the attainment of health security, as they increase the capacity of the body’s vital systems, and increase the exercisers natural immunity. Furthermore, physical activity is one of the simplest human tasks, is the basis of a life-long health, has well-known benefits in reducing the risk of cardiovascular diseases, hypertension, diabetes, and some types of

cancer, has an important role in managing some chronic conditions, and has a positive impact on mental health (108:5). These results are consistent with the results of Al-Hamahmy (2015), Ali and Mohamed (2011), and Misbah (2017).

Additionally, items 2 and 6 received 97.9%. The researcher attributes this finding to the agreement of the research participants that practicing Sport for All helps accomplish daily tasks as well as gaining overall health. This is consistent with previous studies (Jadid & Quitah, 2016; Battash, 2014) which concluded that health security is not the mere state of absence of diseases, but a full condition of the individual's mental, physical, and social health (46: 48).

**Table 3**  
**Frequency, relative importance, Chi-square, of items of Theme 2:**  
**Sport for All as an Economic Security Constituent (N = 220)**

No.	Item	Agree		Partially agree		Disagree		Total score	Relative importance	Chi-square
		f	%	f	%	f	%			
1	Increasing the individual's productive efficiency	200	90.9	20	9.1	0	0	640	97.0	147.2
2	Increasing the desire and motivation to work	196	89.1	24	10.9	0	0	636	96.4	134.4
3	Raising the state's national production rates	178	80.9	40	18.2	2	0.9	616	93.3	233.9
4	Reducing health and treatment expenses	162	73.6	44	20.0	14	6.4	588	89.1	166.9
5	Reducing the productive losses in society	118	53.6	86	9.1	16	7.3	542	82.1	74.2
6	Expansion in the production of sporting equipment and devices	194	88.2	26	11.8	0	0	634	96.1	128.2
7	Delivering sporting services to deprived and squatter areas	180	81.2	34	15.5	6	2.7	614	93.0	238.1

\* **Tabular Chi-square (when  $p = 0.05$ ) = 5.99**

Table 2 demonstrates that the percentages of participants' responses to Theme 2 items ranged between 82.1% and 97%, and Chi-square values were statistically significant ( $p = 0.05$ ) for all items and in favor of the highest frequency (agree). The first item scored 97%, as the relation between sports recreation and economics or production assumes a clear distinction between recreation and work, and makes the former a tool for the latter, thus the goal of sports recreation and Sport for All becomes assisting the individual to perform his/her job efficiently and competently, consequently increasing production. Recent studies have shown that reducing the working hours and offering staff a two-day weekend contributed in a remarkable increase in production, which was reflected in an increase in national and individual incomes (38: 64). These results are consistent with Salem's findings (2018). The second item came in the second position, scoring 96.4%. This confirms the participants' realization of the role of Sport for All in increasing the desire and motivation to work, which is one of the basic components that contribute in attaining the state's economic security. Exercising can develop the manual skills necessary for accomplishing major developmental projects, which elevates the country's economic capacity; achieve growth and prosperity that have a positive effect on the individual's living standard and increases his/her purchasing ability; and improve the health status which is considered by economists one of the basic elements of production following capital and work (37: 202). These results are consistent with Ali and Mohamed's findings (2011).

**Table 4**  
**Frequency, relative importance, Chi-square, of items of Theme 3:**  
**Sport for All as a Political Security Constituent(N = 220)**

No.	Item	Agree		Partially agree		Disagree		Total score	Relative importance	Chi-square
		f	%	f	%	f	%			
1	Strengthening friendship and solidarity among nations of the world	190	86.4	30	13.6	0	0	630	95.5	116
2	Supporting the state's efforts toward peace and coexistence	182	82.7	38	17.3	0	0	622	94.2	94.2
3	Exchanging the countries' cultural heritage	186	84.5	34	15.5	0	0	626	94.8	105.0
4	Respecting laws and regulations and abiding by the state's order	192	87.3	26	11.8	2	0.9	630	95.5	291.9
5	Presenting national role models and their role in their country's progress	184	83.6	36	16.4	0	0	624	94.5	99.5
6	Establishing a basis for sound practice free from fanaticism and monopolization	192	87.3	28	12.7	0	0	632	95.8	122.2
7	Achieving political development and comprehensive reform	168	76.4	52	23.6	0	0	608	92.1	61.2

\* **Tabular Chi-square (when p = 0.05) = 5.99**

Table 4 shows that the percentages of participants' responses ranged from 92.1% and 95.8%, and Chi-square values were statistically significant ( $p = 0.05$ ) for all items and in favor of the highest frequency (agree). Item 6 received the highest score (95.8%), which confirms that participants agreed to the items of this theme that emphasized that practicing Sport for All forms a wide basis of sound practices free from unacceptable practices such as fanaticism, violence, and monopolization. Items 1 and 4 came second and third respectively scoring 95.5%. This may be due to the fact that Sport for All helps develop political relations between countries and strengthens friendship bonds and solidarity among nations as well as respect for laws and regulations and abiding by the state's order. These findings agree with the findings of Darwish et al. (2016) and Mourad (2015).

It can be said from a political perspective that sport has an impact on national security as it is a form of cultural advocacy and a means to support foreign policy by holding major events, enhancing national well-being, and offering clear platforms to disseminate foreign policy. Moreover, promoting the participation in sport has a strategic importance in politics because of its impact on health and personal, social, and economic development (102: 296)(101: 549)

**Table 5**  
**Frequency, relative importance, Chi-square, of Theme 4: Sport for All as Intellectual Security**  
**Constituents items (N = 220)**

No.	Item	Agree		Partially agree		Disagree		Total score	Relative importance	Chi-square
		f	%	f	%	f	%			
1	Instilling the concepts of love, defense, and responsibility toward one's homeland	198	90.0	22	10.0	0	0	638	96.7	140.8
2	Reinforcing values related to citizenship concepts	186	84.5	34	15.5	0	0	626	94.8	105.1
3	Promoting a culture of respect to opinions and opposing opinions	198	90.0	22	10.0	0	0	638	96.7	140.8
4	Raising awareness against drifting toward extremist ideologies.	194	88.2	26	11.8	0	0	634	96.1	128.2
5	Confronting negative ideas from western cultures	174	79.1	28	12.7	18	8.2	596	90.3	207.9
6	Protecting society against rumors and psychological warfare	164	74.5	50	22.7	6	2.7	598	90.6	181.3
7	Protecting the nation's acquisitions and assets	174	79.1	44	20.0	2	0.9	612	92.7	219.3

\* **Tabular Chi-square (when p = 0.05) = 5.99**

Table 5 demonstrates that percentages of participants' responses ranged between 90.3% and 96.7%, and Chi-square values were statistically significant ( $p = 0.05$ ) for all items and in favor of the highest frequency (agree). Items 1 and 3 came first scoring 96.7%, which confirms the participants' deep understanding of the role of sport in achieving the intellectual security by instilling the concepts of defense and responsibility toward one's homeland and promoting understanding and a culture of respect to opinions and opposing opinions, and acceptance of the other. Intellectual security is a strategic dimension of national security because it is related to the nation's culture, identity, and stability of its value system, which calls for the security of individuals and the homeland, achieves social coherence and communication, and combat destructive ideas that constitute a threat to national identity and have a negative impact on the various political, economic, and social aspects of life (55: 45). Item 4 came third scoring 96.1%. These results agree with Mohamed's findings (2018) which pointed out that sports recreational activities offer a fertile soil for abreaction of hostile instincts and stress, as well as revealing talents, developing abilities, self-confidence, thus improving the intellect and moral behavior toward the self and society (1: 270). Item 2 came fourth scoring 94.8%. Eweis and El-Helaly (2010) stated that the social framework of sport is capable of bringing together sport as a set of social values and qualities and the society's attitudes, wishes, and expectations (47: 30).

Table 6  
Frequency, relative importance, Chi-square, of items of Theme 5:  
Sport for All as a Social Security Constituent (N = 220)

No.	Item	Agree		Partially agree		Disagree		Total score	Relative importance	Chi-square
		f	%	f	%	f	%			
1	Investing leisure time in a constructive manner	206	93.6	14	6.4	0	0	646	97.9	167.5
2	Overcoming the social isolation phenomenon	198	90.0	22	10.0	0	0	638	96.7	140.8
3	Respecting dominant norms and traditions in society	194	88.2	26	11.8	0	0	634	96.1	128.2
4	Fulfilling the need to belong through participation in a one-activity group	186	84.5	34	15.5	0	0	626	94.8	105.0
5	Celebrating and interacting about national events	190	86.4	30	13.6	0	0	630	95.5	116.3
6	Reinforcing national unity bonds among citizens of the same country	180	81.8	40	18.2	0	0	620	93.9	89.1
7	Fostering persons with special needs and providing them with diverse opportunities to integrate them into society	192	87.3	28	12.7	0	0	632	95.8	122.2

\* **Tabular Chi-square (when  $p = 0.05$ ) = 5.99**

This table shows that the percentages of participants' responses to Theme 5 ranged between 93.9% and 97.9%, and Chi-square values were statistically significant ( $p = 0.05$ ) for all items and in favor of the highest frequency (agree). The researcher attributes this to the fact that practicing Sport for All programs help citizens to invest their leisure time, which is reflected in their personal performance in the various life phases as a basis for national social security. This is consistent with Abdel Aaly's study (2014).

Item 2 came second scoring 96.7%, as sporting activities play an important role in enhancing social integration, and are an important tool for social bonding through setting common goals approved by individuals in the society. This leads to the development of the culture and spirit of loyalty, belonging, and citizenship as well as consolidating social values (28: 2). Furthermore, item 3 came third scoring 96.1%. This finding is consistent with the Mahmoud's study (2017). Item 7 came fourth scoring 95.8%. This finding is consistent with Abdul Hamid's study (2016) which found that social security is associated with achieving adjustment between the disabled person and his/her environment, social relations, and adaptation with society, thus facilitating his/her integration in the society, assisting his/her adaptation and participation in the various aspects of social life (5: 36).

Table 7  
Frequency, relative importance, Chi-square, of items of Theme 6:  
Sport for All as a Psychological Security Constituent (N = 220)

No.	Item	Agree		Partially agree		Disagree		Total score	Relative importance	Chi-square
		f	%	f	%	f	%			
1	Attaining psychological balance and relaxation	204	92.7	16	7.3	0	0	644	97.6	160.6
2	Limiting tension resulting from life conditions	194	88.2	26	11.8	0	0	634	96.1	128.2
3	Feeling esteem, respect, and self-attainment	192	87.3	28	12.7	0	0	632	95.8	122.2
4	Feeling happiness, optimism, and expecting the best	196	89.1	24	10.9	0	0	636	96.4	134.4
5	Feeling emotional stability and lack of conflicts	188	85.5	32	14.5	0	0	628	95.2	110.6
6	Feeling acceptance, love, and amicability with others	196	89.1	24	10.9	0	0	636	96.4	134.4
7	Being free of fear as a result of successful participation	198	90.0	22	10.0	0	0	638	96.7	140.6

\* **Tabular Chi-square (when p = 0.05) = 5.99**

The previous table shows that the percentages of participants' responses to Theme 6 ranged between 95.2% and 97.6%, and Chi-square values were statistically significant ( $p = 0.05$ ) for all items and in favor of the highest frequency (agree). Item 1 came first scoring 97.6%. The concept of psychological security is the individual's feeling of psychological assurance through the feeling of self-confidence, self-satisfaction, emotional balance, and rarely feeling risk, threat, and anxiety (62: 278).

Additionally, item 7 came second scoring 96.7%, as sport is a prevention and treatment method of psychiatric and psychological disorders, through sporting groups that are based on a set of behavioral guidelines and social basics, outline courses of action, in addition to positive values such as respect, altruism, and sacrifice. Additionally they also banish multiple negative personal qualities that may be roots for extremist ideology (41: 93-96).

Table 8  
Frequency, relative importance, Chi-square, of items of Theme 7:  
Sport for All as an Environmental Security Constituent (N = 220)

No.	Item	Agree		Partially agree		Disagree		Total score	Relative importance	Chi-square
		f	%	f	%	f	%			
1	Motivating civilized ways of interaction with the environment	188	85.5	26	11.8	6	2.7	622	94.2	271.6
2	Directing practicing individuals to protect the surrounding environment	190	86.4	30	13.6	0	0	630	95.5	116.3
3	Maintaining sporting facilities	198	90.0	22	10.0	0	0	638	96.7	140.8
4	Enjoying exercising outdoors	194	88.2	26	11.8	0	0	634	96.1	128.2
5	Organizing camps for environmental services	184	83.6	36	16.4	0	0	624	94.5	99.5
6	Expanding Sport for All programs in public parks and gardens	200	90.9	20	9.1	0	0	640	97.0	147.2

\* **Tabular Chi-square (when p = 0.05) = 5.99**

Table 8 shows that the percentages of participants' responses to Theme 7 ranged between 94.2% and 97%, and Chi-square values were statistically significant ( $p = 0.05$ ) for all items and in favor of the highest frequency (agree). Item 6 came first scoring 97.0%. The researcher thinks that exercising outdoors in the Sport for All programs helps formulate a balanced concept of the relationship between good living and protecting the environment. This may affect thinking styles and behaviors related to the attitude toward the environment, leading to more positive behaviors that shall establish positive practices supportive of the environment.

Mohamed (2016) pointed out that the individual is an integral part of nature. The desire to be in open areas outdoors close to nature and to enjoy nature's beauty is an eternal desire. Thus, beach Sport for All revives the body's vitality, helps in relaxation, feelings of self-satisfaction in the current work stresses and modern urban life (75: 502).

Moreover, the "Sport and Environmental Sustainability" symposium, organized by the Olympic Committee, made a recommendation concerning the importance of partnership, cooperation, coordination, and including the sporting and environmental aspects in physical education curricula, and launching programs and executing advocacy campaigns calling for utilizing the popular interest in performing sporting activities to serve the international approach for protection of the environment.

The results also showed that calculated  $t$  value was significant ( $p = 0.05$ ) in Theme 2 between male and female participants and in favor of the male participants. This can be explained by the fact that male participants were more influenced on the economic dimension by the implications of practicing Sport for All, because of their role in bearing the burdens of living, working for extended hours throughout the week, their role toward their family, their feeling about the importance of Sport for All in increasing desire and motivation to work and increasing productive capacity. These results are consistent with Al-Eid's study (2018) that found statistically significant gender differences in the economic and psychological determinants of practicing sporting recreation in favor of male participants (38: 150).

Furthermore, calculated  $f$  value was statistically significant ( $p = 0.05$ ) according to the age group variable in Themes 4, 5, and 7, whereas it was insignificant in the remaining themes. Therefore, the researcher will use the least significant difference to find the differences in these themes.

The researcher attributes the differences in favor of the 31-50 years age group that this age group represents the end of adolescence and the beginning of adulthood, when sound thinking is formed, general awareness is stable and elevated, maintenance of national identity and acquiring citizenship-related values are achieved. These results are inline with Abdul Razzaq's (2018) findings, whereas they are inconsistent with Ahmed's (2018) study.

Calculated  $f$  was also statistically significant ( $p = 0.05$ ) in terms of the educational level variable in all themes. The researcher attributes the outperformance of the graduate studies group compared to both university degree and intermediate degree groups to the fact that awareness, knowledge, and perception of the importance of Sport for All as a national security constituent, due to receiving educational and academic studies which helped to a great extent in forming their attitudes according to scientific applied and practical studies, which led in turn to translating this knowledge as positive behaviors toward the implications of Sport for All practice in the health, economic, political, social, intellectual, psychological, and environmental areas.

It was also revealed that calculated t value was statistically significant ( $p = 0.05$ ) between participants who regularly exercise and participants who exercise irregularly in Themes 1, 3, 4, 5, 6, and 7 in favor of the former group. However, calculated t of theme 2 was insignificant.

The researcher explains this that the person who exercise due to an internal motivation resulting from being convinced that exercising and constructive positive participation in the programs and activities of Sports for All do this out of their knowledge about the outcome of exercising on the various health aspects such as prevention of modern diseases and maintaining public health, achieving developmental rates and reducing treatment expenses, respect to rules and laws and abiding by the state's order resulting from their acquisition of citizenship concepts through participating in activity groups, enhancing social integration resulting from attaining psychological balance, esteem, self-attainment, freedom from fear resulting from successful participation. These findings are inline with previous studies (Said, et al., 2015; Abdel Fattah, 2000; Hassan, 2002; Ahmed, 2018).

### **Conclusions:**

In light of the research goals, procedures, sample framework, and statistical treatment, the researcher reached the following conclusions:

- Sport for all is one of the most important health security constituents as it helps prevent modern diseases, improves public health, increases natural immunity, increases the capacity of vital systems, helps prevent obesity, and improves mental health.
- Sport for all is one of the most important economic security constituents that helps increase the individual's productive capacity, increases the desire and motivation to work, as well as raising the national production rates, and reduces treatment expenses.
- Sport for All is also one of the political security constituents as it strengthens the friendship and solidarity bonds among nations, and supports the state's efforts toward peace and coexistence.
- It is also one of the intellectual security constituents as it helps instill the concepts of defending the homeland, and reinforces citizenship-related values.
- Sport for All is one of the social security constituents, as it maintains the social texture, by investing leisure time in a constructive manner, overcome the social isolation phenomenon, satisfies the need for belonging, reinforces national unity bonds and foster persons with disabilities and provide them with opportunities for social integration, which leads to social stability.

### **Recommendations:**

- The government should pay special attention to Sport for All because it is one of the basic elements that help achieve the state's national security.
- Use sporting events and camps to rehabilitate youth physically and psychologically, direct their energies to serve the nation, and educate them against the dangers of intellectual drift and misconceptions.
- Holding programs in the field of Egyptian and Arab national security and its relationship to sport for all through professors and specialists that include topics of the most important issues and files for Egyptian and Arab national security, the role of sport in comprehensive development and national strategic planning for national sports projects and their applications for different age groups.
- Raising awareness through mass communication means that sport is one of the comprehensive elements of the state, and it represents national security, and it plays a major role in supporting the national economy

## References

1. Ibtisam Mohamed Abdel-Al (2018): A Recreational Program To Achieve Intellectual Security For High School Students In Alexandria Governorate, The Scientific Journal Of Sports Sciences And Arts, Volume (51), Part (4), Faculty Of Physical Education For Girls, Helwan University
2. Ibtisam Mahmoud Mohamed (2017): The role of f.m broadcasts in providing university youth with information about social security, Journal of Media Research, No. (48), Part (2), Al-Azhar University
3. Ibrahim Hassan Ibrahim (2014): a proposed model for evaluating sports activities for all at the Ministry of State for Sport in the Arab Republic of Egypt, Scientific Journal of Physical Education and Sports Science, No. (72), Faculty of Physical Education for Boys, Helwan University
4. Ahmed Zareh Ahmad, Taher Mahmoud Al-Hanan (2016): Learning based on the dimensions of the functional entrance in teaching social studies and its effect on developing the skill of crisis management and awareness of comprehensive national security among students of the Division of Social Studies, Journal of Educational and Psychological Sciences, No. (2), Volume (17) ), Scientific Publishing Center, University of Bahrain
5. Ahmed Abdel Hamid Selim (2016): planning indicators to activate the role of civil society organizations in strengthening social security for children with disabilities, Social Work Magazine, No. (56), part (5), Egyptian Society of Social Workers
6. Ahmed Abdul Aziz Obaid, Mahdi Din Khudair (2013): Building and applying a cognitive scale for scout environmental education for physical education teachers, Journal of Physical Education Studies and Research, College of Physical Education, University of Basra
7. Ahmed Mesbah El-Sharif (2017): The educational educational role of fitness centers and their relationship to psychological security among university youth, Assiut Journal of Physical Education Sciences and Arts, No. (45), Part (4), Faculty of Physical Education, Assiut University
8. Osama Kamel Ratib (2000): Training of psychological skills - applications in the sports field, 1st edition, Dar Al-Fikr Al-Arabi, Cairo
9. Amani Mohamed Sharif (2018): The role of university education in preserving the elements of the Egyptian national security, "an analytical study", Journal of the Faculty of Education, Volume (34), No. (10), Faculty of Education, Assiut University
10. Amal Jaber Awad (2017): Towards a proposed perception of the role of the group's specialist to enhance the intellectual security of young people. "A study applied to students at the High Institute for Social Service in Aswan, Journal of Social Work, No. (57), Part (9), Egyptian Society of Social Workers, Egypt
11. Amal Jamil Yusef (2005): The effect of a program of popular recreational games on motor satisfaction for children aged 6-9 years in the elementary stage, Scientific Journal of Physical Education and Sports Sciences, No. (10), Faculty of Physical Education, Helwan University
12. Omnia Abdel-Fattah Zaazou (2015): Citizenship and National Security, "A Study in the Egyptian Case", Journal of Administrative Research, Volume (33), No. (4), Center for Research, Consultation and Development, Sadat Academy for Administrative Sciences
13. Amira Saeed Abdel Hamid Jaballah, Siham Ali Abdel Hamid, Wafa Muhammad Abdel Gawad (2015): Psychological security and its relationship to psychological resilience among a sample of university students practicing and not practicing student activities, educational and social studies, volume (21), No. (4), Faculty of Education, Helwan University
14. Amin Anwar El-Khouly (1996): Sports and Society, World of Knowledge, National Council for Culture, Arts and Literature, Kuwait
15. Eman Abdel-Ali Ahmed (2014): a proposed vision to support the culture of volunteering for university youth to achieve social security from the perspective of the method of community organization, Journal of Social Service, No. (51), Egyptian Society of Social Workers, Faculty of Social Work, Assiut University
16. Eman Farid Ahmed (2019): Confronting the Electronic Media Implications for Egyptian National Security, Research in Specific Education, No. (35), Faculty of Specific Education, Cairo University
17. Eman Mohamed Abdel-Wareth (2017): Development of the political geography course for high school students in the light of the dimensions of national security and its impact on developing political thinking skills and national values for students, Journal of Arab Studies in Education and Psychology, No. (86), College of Girls, Ain Shams University

18. Ayman Abdel-Aziz Salama (2019): life efficacy among high school students practicing and not practicing sports activities "a comparative study", *Journal of Psychological Counseling*, Issue (57), Part (1), Center for Psychological Counseling, Ain Shams University
19. Basem Sami Shahid (2015): psychological endurance and its relationship to psychological security among players of some individual and group activities, *Al-Qadisiyah Journal of Physical Education Sciences*, Volume (15), No. (2), Part (1), College of Physical Education and Sports Science, University of Dhi Qar
20. Batash Abla (2014): Environmental degradation and the problem of building health security for individuals, Master Thesis, Faculty of Law and Political Science, Farhat Abbas University, Setif
21. Balbashir Yaqoub (2018): Dimensions of the concept of environmental security and sustainable development in Algerian legislation and international treaties, *Journal of Jurisprudence and Law*, No. (68), Algeria
22. Blasala fathy, Ait Hammouda (2017): The role of physical education and school sports in maintaining mental health and social compatibility for the adolescent student, *Journal of Excellence for Sports Science*, Issue (1), Institute of Science and Techniques of Physical and Sports Activities, University of Mohamed Khader Biskra
23. Thalab Abdullah Al-Shakarah (2017): The role of student activities and their relationship to enhancing intellectual security among students of Prince Sattam University between Abdulaziz, *Journal of Education for Educational and Psychosocial Research*, No. (175), Part (1), College of Education, Al-Azhar University
24. Jawadi Khaled, Delmy Mohamed, Dahmani Mohamed (2017): The level of psychological security among workers in sports departments, *Journal of Humanities*, No. (48), University of Mohamed Khidr in Biskra
25. Hajim Shani Odeh, Muntadher Majeed Ali, Sana Ali Ahmed (2017): The academic vision according to the inferential perspective of the importance of sport and its role in tackling crime among young people, *European Journal of Sports Science Technology*, Year (7), No. (11), International Academy of Sports Science Technology
26. Hazem Riyad Suleiman (2016): The level of environmental knowledge and attitudes towards the environment among Jordanian and Saudi students in the light of some social variables "a comparative study", *Journal of Educational Sciences*, Volume (24), No. (2), College of Graduate Studies for Education, Cairo University
27. Hamed Abdel Salam Zahran (2003): *Social Psychology*, 6th edition, The World Book for Publishing and Printing, Cairo
28. Hanan Ahmed Murad (2015): The protective dimension of sports institutions in Egypt between reality and aspirations in the light of the perspective of national security. "An analytical study.
29. Khaled Fahd Al-Ghunaim (2019): The economic dimensions of leisure tourism in the Kingdom of Saudi Arabia, *Assiut Journal of Sciences and Arts of Physical Education*, No. (48), Part (2), Faculty of Physical Education, Assiut University
30. Khair al-Din Owais, Issam al-Hilali (2010): *The Mathematical Society*, 3rd Edition, Dar al-Fikr al-Arabi, Cairo
31. Doaa Mohamed Abdel Moneim (2016): The effect of a program for popular games on feeling safe and developing some motor abilities for orphan children from 8-11 years, *Assiut Journal of Physical Education Science and Arts*, No. (43), Part (3), Faculty of Physical Education, Assiut University
32. Rami Awdallah Al-Asasifa (2018): Social Security in Ibn Khaldun's Thought: A Vision to Preserve the Cohesion of Arab Societies at the Present Time, *Journal of the College of Education*, Issue (180), Part (1), College of Education, Al-Azhar University
33. Randa Hussein Abdel-Razek (2018): Psychological security and its relationship to the quality of life for the university student, MA, Girls College, Ain Shams University
34. Ramadan Ayad Al-Taweel (2015): *Social Work and Community Security*, Al-Zaytoonah University Journal, Issue (14), Al-Zaytoonah University
35. Sarah Ahmed Salem (2018): A proposed vision for marketing sports programs and activities for all in the light of the Omani sports strategy, Master Thesis, College of Education, Sultan Qaboos University, Oman
36. Saad Muhammad Awad (2017): The role of university administration in facing the dangers of social networks on intellectual security among Kuwait University students, *Reading and Knowledge Magazine*, No. (185), Arab Republic of Egypt
37. Samira Al-Wolazi (2019): The functions of sport and its role in building the national identity and supporting the values of citizenship among young people, "a sociocultural approach", *Journal of Studies in the Humanities and Social Sciences*, Volume (2), No. (1), Center for Research and Development of Human Resources, Ramah
38. Smesha Al-Eid (2018): Determinants of sport recreation and its reflection on the behavioral deviation among adolescents. A survey study conducted on pupils (15-18 years) in some secondary schools in Tiarat, PhD thesis, Institute of Physical Education and Sports, Mostaganem University, Algeria
39. Soha Helmy Abu Zaid (2018): Contributions of student activities in achieving intellectual security among university youth groups, *Journal of Studies in Social Work and Humanities*, Volume (45), No. 1, Faculty of Social Work, Helwan University

40. Shadia Abdel Halim Tammam, Amani Mohamed Taha (2016): The role of education in achieving environmental security in light of global climate changes, "a future vision for the direction of university education", Journal of the Educational Association for Social Studies, No. (81), Faculty of Education, Ain Shams University
41. Saleh Abdel-Karim Abdel-Galil (2017): Psychological causes of terrorism and extremism, their treatment with sports and the harmonization of treatment with Sharia, Arab and Islamic studies series, part (64), Center for Foreign Languages and Translation, Cairo University
42. Saleh Abdullah Al-Aqil (2011): The role of cultural mobility in social change and the protection of intellectual security, Journal of Specific Education Research, No. (21), Mansoura University, Egypt
43. Sobhy Serag Mohamed, Nihal El-Bely Sobh (2019): A proposed strategy to invest in recreational activities in the light of marketing gaps in sports facilities, Kafr El-Sheikh Governorate, Scientific Journal of Physical Education and Sports Sciences, Issue (35), Faculty of Physical Education, Mansoura University
44. Dram Moussa Abbas (2012): The degree of realizing the need for a sense of psychological security among the faculty members of the Faculty of Physical Education, University of Qadisiyah, Journal of Physical Education Sciences, No. (2), Volume (5), College of Physical Education, University of Babylon
45. Adel Abdul-Jumazah Thajeel (2016): National and Human Security: A Study in Concepts, Journal of Political Science, No. (51), Center for Strategic and International Studies, University of Baghdad
46. Abdul Haqqad Jadid, Murad Qaytah (2016): Health Security in a World Without Borders: Growing Concerns and Contrasting Contents, Issue (3), Afaq Journal of Sciences, Xian Ashour University, Djelfa
47. Abdel-Fattah Ali Al-Rashdan (2019): The evolution of the concept of global security on a changing world, studies, humanities and social sciences, No. (3), volume (46), Deanship of Scientific Research, University of Jordan
48. Abdullah Saud Suleiman (2019): The educational role of sports clubs in promoting the Saudi national identity. An analytical study of educational interaction in social media (Twitter as an example), Journal of the College of Education, No. (184), Part (1), College of Education, Al-Azhar University
49. Abdullah Muhammad Kazan, Doaa Haider Al-Omari, Nadia Hiasat (2018): The level of awareness of university students about the conceptual contents related to the concept of social security as it came in the course of national education, studies of humanities and social sciences, volume (45), Deanship of Scientific Research, University of Jordan
50. Abdullah Masoud (2002): Studies in National Security, Studies in Economics and Trade, Research Office, Faculty of Economics, University of Benghazi
51. Adnan Ahmad Al-Warthan, Khaled Abdullah Al-Khazaleh (2014): Total Quality Culture and its Role in Promoting Community Security, Studies in University Education, No. (28), Center for University Education Development, College of Education, Ain Shams University
52. Adnan Abdullah Sherzad (2017): Achievement Motivation and its Relationship with the Psychological Security of the Youth Team of Table Tennis Youth for the Challenge of Handicap, Journal of Physical Education Sciences, Volume (10), No. (7), College of Physical Education, University of Babylon
53. Ezzat Qanawy Kings (2016): The economic effects of the World Cup soccer tournament on the host country, Journal of Trade and Finance, No. (1), Faculty of Commerce, Tanta University
54. Aqeel Yahya Al-Araji, Muhammad Shaker Mahmoud, Saad Aziz Hassan (2017): Environmental Challenges for Exercising in Sports in the Holy City of Najaf as a Model, Journal of Research and Development of Sports Science Activities, Issue (1), Drasa Academy, UAE
55. Ola Asim Ismail (2017): Challenges facing the achievement of intellectual security within the Egyptian society and the role of education in facing it "analytical study", Journal of Educational and Psychological Studies, No. (97), Journal of the Faculty of Education in Zagazig, Egypt
56. Ali Hussein Hashem (2017): A proposed program for teaching environmental behavioral standards and its effect on modifying the attitudes of students of the College of Physical Education and Sports Science towards the environment, Maysan Journal of Physical Education Sciences, No. (16), Volume (16), College of Physical Education and Sports, Al-Qadisiyah University, Iraq
57. Ali Zaid Al-Zoubi (2018): The determinants of social security and its dangers, an Orientalist study on a sample of Kuwait University students, Journal of Gulf Studies and Arabia, No. (169), Scientific Publishing Council, Kuwait University
58. Ali Saad Al-Ghamdi (2016): A proposed program system for physical education and sports to achieve patriotism and citizenship in the Kingdom of Saudi Arabia, Assiut Journal of Physical Education Science and Arts, No. (43), Part (1), Faculty of Physical Education, Assiut University
59. Eid Hassan Al-Subhyin, Muhammad Salama Al-Rusaei (2018): The role of school and educational curricula in achieving social security from the viewpoint of educational leaders in Jordan, studies of humanities and social sciences, Volume (45), No. 049, Supplement (19), Deanship of Scientific Research, University of Jordan
60. Ghada El-Sayed El-Sayed (2015): The role of the Faculty of Education in achieving intellectual security among its students "field study", Journal of the Faculty of Education, Assiut, Volume (31), No. (3), Faculty of Education, Assiut, Egypt

61. Ghazi Al-Midi Issa (2013): The role of summer club managers in spreading intellectual security from the viewpoint of teachers working for them, "field supervisors" in Riyadh, Education and Psychology Message, No. (43), Riyadh, Saudi Arabia
62. Fatima Ahmed Al-Momani (2018): The level of feeling of psychological security among Jerash University students in the light of some variables, Arab Studies in Education and Psychology, No. (99), Arab Educators Association, Saudi Arabia
63. Fatima Saad Abdel Rahman (2019): Security in the Holy Qur'an - A Rhetorical Study, The Arab Journal of Literature and Humanities, Volume (4), No. (11), Arab Foundation for Education, Science and Arts, Egypt
64. Farnaz Attia (2015): A vision of the concepts of ethnicity and national security and the relationship between them, National Criminal Journal, Volume (58), No. 03), National Center for Social and Criminal Research
65. Fawzia Hawshat (2018): Environmental security between the approach of national security and human security, Journal of Humanities, No. (50), Mentouri University, Constantin
66. Qasemi Faisal, Nasser Mohamed El-Sherif (2012): Standing and prospects of tourism and economic development through major sporting events, Al-Tahadah Magazine, Issue (5), Institute of Science and Technology of Physical and Sports Activities, Algeria
67. Kassadi Fayza (2016): Environmental Security, Journal of Human Rights Generation, Issue (8), Center for Generation of Scientific Research, Algeria
68. United Nations General Assembly Resolution (2015): Final Document of the United Nations Summit for the Approval of the Development Plan, the 2030 Agenda for Sustainable Development, the United Nations General Assembly
69. Qayyati Ashour (2017): The Arab National Security, Challenges and Ways to Confront, College of Arts Yearbook, Volume (6), College of Arts, Benisuef University
70. Kamal Al-Din Abdel-Rahman Darwais, Amin Anwar El-Khouly (2001): Recreation and leisure, history, social philosophy, programs, activities, Arab House of Thought, Cairo
71. Kamal Al-Din Abd Al-Rahman Darwish, Al-Saadani Khalil Al-Saadani, Abd Al-Latif Sobhi Mohammed (2016): Elements of using sport as a national security in the Arab Republic of Egypt, "An Analytical Study, Scientific Journal of Physical Education and Sports, No. (76), College of Physical Education, Helwan University.
72. Latif Ghani Nassif (2018): Psychological security and its relationship to the trend towards a physical education lesson for middle school students, Journal of the Faculty of Physical Education, Volume (30), No. (3), College of Physical Education, University of Baghdad
73. Muhammad Al-Saim Othman (2016): The role of student activities in promoting national unity and achieving security in the Kingdom - a study by a sample of students from the College of Arts and Sciences in Bisha, the National Unity Conference and its role in establishing security, College of Sharia and Law, Al-Jouf University
74. Mohamed Saeed Abdel-Ati (2019): a future vision for the quality of recreational services in youth and sports facilities from the perspective of national security in the Sinai Governorate, PhD thesis, Faculty of Physical Education, University of Arish
75. Muhammad Saeed Muhammad (2016): The motives for participating in sports programs for all beaches according to some variables, Scientific Journal of Physical Education and Sports Science, No. (77), Part (5), College of Physical Education for Boys, Helwan University
76. Muhammad Saeed Muhammad, Muhammad Muhammad Amin (2014): Attitudes of students of the Faculty of Physical Education for Boys, Helwan University, towards sport for all, Scientific Journal of Physical Education and Sports Science, No. (71), College of Physical Education for Boys, Helwan University
77. Mohamed Shawky Kishk (2006): Sports in Egyptian Universities, University Sports Conference in the Arab Countries, hight Council of Universities, Faculty of Physical Education, Mansoura University
78. Muhammad el-Hamahmi (1994): Sport for All in the Light of Olympic Thought, Scientific Conference on Sport and Olympic Principles - Accumulations and Challenges, Volume (2), College of Physical Education for Boys, Helwan University
79. Mohamed El-Hamahmi (1997): Sports for All "Philosophy and Practice", The Book Center for Publishing, Cairo
80. Muhammad al-Hamhami (2015): Building a barometer of attitudes towards sport for all, Scientific Journal of Physical Education and Sports Science, Volume (73), Part (2), College of Physical Education for Boys, Helwan University
81. Mohamed El-Hamhami, Aida Mohamed Abdel Aziz (2015): Recreation between theory and practice, eighth edition, The Book Center for Publishing, Cairo
82. Muhammad Mufdi al-Kasasbeh (2017): The impact of academic policies on security and sustainable development, Arab Journal of Management, Volume (37), No. (3), Arab Administrative Development Organization, League of Arab States
83. Mervat Gamal El-Din (2016): A strategic vision of the role of civil society organizations and the promotion of intellectual security for young people, Social Service Magazine, No. (56), Part (3), Egyptian Society of Social Workers, Faculty of Social Work
84. Mosaad Ali Mahmoud, Hany Mohamed Fathi (2011): Sports for all in the Arab Republic of Egypt between reality and ambition, Scientific Journal of Physical Education and Sports Sciences, No. (16), Faculty of Physical Education, Mansoura University

85. Mona Abdel-Fattah Lotfy (2000): The effect of camps as a social cell stimulant on environmental trends of students from Zagazig University students "a comparative study", Journal of Comprehensive Education Research, Volume (2), Egypt
86. Nadia Youssef Gamal El-Din, Ahmed Maher Khalifa (2018): Education and the terrorism industry in light of the challenges of the Egyptian national security, Journal of Educational Sciences, No. (1), Volume (26), College of Higher Studies for Education, Cairo University
87. Nahida Abdul Zaid Al-Dulaimi, Muhammad Jassim Al-Yasiri (2012): Psychological security and its relationship with the attitudes of the university student towards practicing sports activities, Journal of the College of Basic Education, No. (8), College of Physical Education, University of Babylon
88. Nabila Abdel Moneim Ali (2018): The effect of a water sports recreational program on the feeling of psychological unity and psychological security among the elderly, Journal of Sports Science Applications, No. (95), Faculty of Physical Education for Girls, Alexandria University
89. Sport and Environmental Sustainability seminar (2019): Olympic Committee, Oman Sports Committee, Oman
90. Noura Al-Balushi (2017): Maintaining the integrity of ideas is a social responsibility "a theoretical study", the International Conference of the Educational Association for Social Studies Tolerance and Acceptance of the Other, Volume (1), Educational Association for Social Studies
91. Hadi Muhammad Ghaleb (2019): The degree of the contribution of Jordanian sport to emphasizing value concepts and education on citizenship, Journal of Educational Sciences Studies, Volume (46), No. (2), Supplement (2), Deanship of Scientific Research, University of Jordan
92. Hoda Hassan Al-Khaja (2002): The role of sports activities in human development in the Kingdom of Bahrain, Journal of Educational and Psychological Sciences, Volume (3), No. (3), Scientific Publishing Center, University of Bahrain
93. Hoda Mohamed Zoubi, Iyad Jeries Al-Shawareb (2019): Emotional Security and its Relationship with Expatriation among Students in the District of Nazareth, Volume (46) No. (1), Appendix (2), Studies in Humanities and Social Sciences, University of Jordan
94. Hemat Mukhtar Mustafa (2016): The use of social networking sites Facebook and its relationship to self-confidence, self-esteem and psychological security among a sample of students in residential institutions, Journal of the Faculty of Education, No. (167), Part (2), College of Education, Al-Azhar University
95. Wissam Zaki Muhammad, Omar Ali Talal, Haider Jamil Abbas (2019): The role of sports management in educational institutions to build a healthy environmental culture for students of the University's Future College, Wasit for Humanities, No. (16), Wasit University
96. Walid Ahmed Abdel Razek, yehia Mohamed El-Jayoushy, basem Tohamy (2014): a proposed model for managing sports development centers: Assiut Journal of Physical Education Science and Arts, No. (39), Part (2), Faculty of Physical Education, Assiut University
97. yehia Mohamed El-Jayoushy (2016): A systematic vision for using sport for all as an input to achieve sustainable development in the Egyptian community, Scientific Journal of Physical Education and Sports, No. 76, Faculty of Physical Education for Boys, Helwan University, Egypt

#### References in the foreign language

98. Alexis Lyras, Jon Welty Peachey (2011) : Integrating sport-for-development theory and praxis, Sport Management Review 14
99. Anthony James Veal (2017) : Leisure, Sport and Tourism, Politics, Policy and Planning, (4th Edition), CABI, Nosworthy Way, Wallingford, Oxfordshire
100. Elechi, Cather Nkiruka (2014) . Managing Education for national Security: a case for Utilitarian Education . Creative Minds and Productivity, (1) 1, 1-9 , Retrieved May 9,2018 from :<http://www.globalacademicgroup.com/journals/world%20educators%20forum/Managing%20Education.pdf>
101. Harish Kumar, Argyro Manoli , Ian R. Hodgkinson , Paul Downward (2018) : Sport participation: From policy, through facilities, to users' health, well-being, and social capital , Sport Management Review (21)
102. Junwei Yu (2008): China's Foreign Policy in Sport: The Primacy of National Security and Territorial Integrity concerning the Taiwan Question , The China Quarterly, Cambridge University, School of Oriental and African Studies Stable
103. Michael B. Edwards(2015) : The role of sport in community capacity building: An examination of sport for development research and practice, Sport Management Review (18), 6- 19
104. Michael B. Edwardsa, Katie Roweb (2019) : Managing sport for health: An introduction to the special issue, Sport Management Review (22)
105. Nico Schulenkorf (2012) : Sustainable community development through sport and events: A conceptual framework for Sport-for-Development projects, Sport Management Review (15)
106. Nico Schulenkorf (2017) : Managing sport-for-development: Reflections and outlook, Sport Management Review, (20) 243 – 251
107. Nico Schulenkorf, Katja Siefken (2019) : Managing sport-for-development and healthy lifestyles: The sport-for-health model, Sport Management Review (22)
108. Physical Activity Strategy For The Who European Region 2016–2025: Regional Committee For Europe 65th Session, world health organization, Europe
109. Sport and the sustainable development goals, an overview outlining the contribution of sport to the SDGs, united nations office on sport for development and peace
110. Sport For All And The Environment (2018) : Green Guidelines How To Conduct A Sustainable Sport Event
111. Stacy Warner (2019) : Sport as medicine: How F3 is building healthier men and communities, Sport Management Review (22)