

## عنوان مقاله:

Review Condition of Fitness Clubs in Ardabil from the Perspective of Safety and Security

## محل انتشار:

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## خلاصه مقاله:

Background: The purpose of the present study was to assess Ardabil's fitness clubs' safety and security conditions. Methods: For this survey study, the data collection was done in the field. In January, there were more than ۱۲۰ fitness clubs in Ardabil, each formed by managers and coaches (men and women) who made up a total of ۳۰۰ people. Fitness clubs in Ardabil were divided according to ۵ regions from ۱ to ۵, and a checklist was given equally to the managers and coaches of these clubs. The Cochran's formula was used to determine the sample size, which was calculated to be ۱۶۸, and a stratified random method was used to sample this research. In the present study, a researcher-made checklist was used. This checklist has ۲۰ components and ۱۱۴ questions based on the Likert continuum. Descriptive statistics were used to calculate the central indices and dispersion and a one-sample t-test was used to examine the status of the factors. And significance level was considered ۰.۰۵ and statistical operations were performed using SPSS software version ۲۲. Findings: Structural safety considerations: Physical characteristics of clubs-weak/The position of the locker room of coaches and athletes-average/The entrances and exits of the club-average/Protection Status-weak. Non-structural safety considerations: Ventilation and thermostats-average/Guides and signs-average/Medium light and sound systems/Parking and amenities-weak. Security considerations: Deployment and stability and equipment gaps-weak/ Appropriate strength of components and equipment evaluation-weak/Knowledge of managers and trainers and correct execution of movements-good/First aid and fire extinguisher capsules -average/Establish social security-weak. Conclusion: Based on the results, it can be said that the use of physical education specialists in the construction and equipping and continuous evaluation of clubs in maintaining and .increasing their lifespan seems necessary

## کلمات کلیدی:

Structural safety, Non-structural safety, Security, Fitness Club

## لینک ثابت مقاله در پایگاه سیویلیکا:

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