

A study of the tendency for sport in university undergraduates

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The history of sport in the Sri Lanka University goes back to the 1920s. The University college which was later named as the Peradeniya University, had a very special association with Athletics. Medical students named T R Jayasena, GSW Da Serum, Noyel Kelaart, Georap Ranawake, G H Karunatilake were the well known athletes at the time. It was Prof. Marrs and Leigh Smith who coached the University Students in their sports practices.

At the commencement of the University of Ceylon in 1948, Canadian Olympian G Brant Little adorned the post of Director Physical Training at the University. As a result of his instruction and guidance the emergence of University sportsmen and sport women of international standards was seen.

While the participation of the University undergraduates in sport started in 1920s it has come up to the present stage with a number of ups and downs. This study considers the tendency of the undergraduates in the University of Kelaniya for sports.

For this study the information was taken from the attendance sheets of the undergraduates who were registered for the sport at the university of Kelaniya in last 10 years. Furthermore the information was gathered through interviews and from questionnaires given to randomly selected 50 undergraduates.

According to this Study there is a gradual progression of the participation of the undergraduates for sport in the university of Kelaniya. The systematic quality of the sport and Physical Education programs, initial instructions for the beginners of sport, the transparency in the awarding of University Colors, and the demand for the sportsmen and sportswomen in the present job market, has led to the improvement of participation of the undergraduates for sports.

Key word : Tendency, Sport, Undergraduates, Physical education, Athletics

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