

Development and Importance of Sports Facilities from Past to Present

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To Cite This Chapter

Güngör, D., Acun, A., Güngör, G., & Erkan, M. M. (2024). Development and Importance of Sports Facilities from Past to Present. In F. Alıncak & M. Özdal (Eds.), *Current Studies in Physical Education and Sports 2024* (pp. 37-44). ISRES Publishing.

Introduction

Although the term sport was introduced to the world by the British, its origin is not English. It derives from the Latin words *disputare* and *deportare*, which mean “to disperse and separate”. Sports are the efforts to improve the physical and mental health of the person, to struggle, to feel excitement and to prevail within the measures of entertainment and competition in accordance with certain rules, according to technical movements (Aracı, 1999). Although sport has a great influence on societies, it has not been studied seriously enough as a social phenomenon. Those working in the field of social sciences state that sport is of great importance in society. However, many functions of the concept of sport are not valued. However, the full value of sport is not fully understood (Yetim, 2010). Sport is defined as a competitive, solidarity and cultural phenomenon that develops the skills acquired from one’s environment, is carried out within the scope of leisure time activity with or without vehicles, individually or collectively, individually or collectively within the framework of a set of rules, or professionally in a way that takes full time, unites with the society, develops physically and mentally, is competitive, solidarity and cultural (Erkal, 1982). Sport always contains the principle of competing and prevailing in its essence, even if it is preferred for different purposes such as health, performance or appreciation of leisure time. Individuals or groups engaged in sports are on the one hand a means of peace that improves international relations, and on the other hand a way for nations to impose their superiority on each other (İnal, 2003). Sports is a peaceful preparation for war by controlling the aggression drive that has been going on since the existence of humanity for health and safety purposes. This expression is based on the concept of aggression and the biggest misconception is that aggression is transferred to behavior as a motive (Kılıcıgil, 1998). The phenomenon of sports has entered social life from different angles, has taken people into the center of attention directly or indirectly and has always kept the interest of the society at the forefront. The phenomenon of sport, which has entered deeply into the social life of the masses and has given rise to indispensable pleasures, passions and needs, has now reached a level where it has been accepted as a mass organization (Görücü, 2006). Sport is based on the game in history. In

the sense of distraction, entertainment and distraction from work, it appears as a kind of skill game based on certain rules and competition (Fişek, 1985). Fişek (2003) argues that sport is the mirror of society and that it is not the concept of sport that should be blamed for the mistakes made, but the social conditions that force it away from being humane, harmful or wrong. The increasing interest in practicing and watching sports is one of the distinguishing features of modern social life. There is no other event that can gather billions of people from all over the world at the same time, regardless of sociological status, language, belief, ancestry and gender, to both the sports practice areas and mass media. Sport in contemporary life is accepted as a discipline that individuals propose in order to contribute to the development of their individual abilities in social and personality formation such as social health, peace and peace (İnal, 2003).

Aim of the Study

The aim of this study is to summarize the development and importance of sports facilities from past to present.

Basic Aims of Sport

Sport is one of the dynamic phenomena that has a macro level among contemporary societies. Sport, whose main purpose is to contribute to the social and psychological progress of the person, has an important place in creating modern communities by organizing social organizations (Aydin et al., 2003). Sports is an activity that enables people to develop, protect their health and lead a healthy life at the same time. Regular sportive activities prevent rapid aging, loss of strength seen in early ages, and the performance level continues in old age (Balçioğlu, 2003). As a result of studies conducted in this field, it has been revealed that men and women who perform balanced and regular physical activities feel happier and are more resistant and stronger against many diseases ranging from cardiovascular diseases to osteoporosis (McLatchie, 2005). People who are physically active increase their self-confidence, improve their relations with the social environment, and have a more positive approach to the events that take place in the environment (Balçioğlu, 2003). The main purpose of sports is to create a healthy, happy, diligent, highly motivated, mobile, modern society and to create a future generation that has a sense of duty for people and can be aware of the issues they are responsible for, has good physical and mental health, is humble, has good morals, is positive, creative, has a high level of productivity and to keep all individuals alive, active, energetic, resilient, highly motivated and hopeful (Özer, 2011).

The Importance of Sport

The main goals and objectives of human beings are to be healthy and to stay healthy. Today there is a whole space dedicated to health in newspapers, magazines or on television. Regular exercise has a significant impact on health, which is of great importance for all humanity and positively changes the direction of human health. You can observe the impact of sport and sporting events on physical well-being after sport and sporting events that are carried out systematically and under the guidance of the program. The systematic and programmatic effects of people engaged in sports, physical and physical problems, the person's perception of changes in a positive direction, physical and physical health and better health and better health. The fact that there is a close connection between the feeling of a physically well and healthy person and participation in sports is a fact that has been established as a result of studies conducted all over the world (Zorba, 2011). When the number of studies investigating the relationship between physical activity and psychosocial health is compared with the number of studies investigating the relationship between physical activity and physical health, the number of studies investigating the relationship between physical activity and psychosocial health is quite low. The reason for this lack of research is the lack of consensus on the definition of psychological health. On the other hand, the relationship between sport and mental health is generally

conducted in four dimensions. These dimensions are

- Mood
- Fear
- Depression
- Self-concept (Zorba, 2011).

As a result, in today's world people have to direct their lives for other purposes. This unnatural situation has many negative consequences due to factors such as pressure, stress, future anxiety, insecurity and concern for mental values rather than physical strength. In this situation, sport feels important and takes its place as an alternative to the result. Activities such as sports, exercise and regular exercise are good for people's mental health. Sport gives people two important feelings such as psychological benefits and having fun. With the concept of stress, a problem that makes itself felt in our time, sport takes an important place in the battle. Today, the main problem that leads to stress and other disorders is associated with the monotonous situation of everyday life. You can deal with the damage caused by this lifestyle and the obligation to adapt to it, practicing sports. In addition to relaxing and relaxing, people involved in sports feel happy and peaceful, they have saved something, saved their lives, enjoyed their pleasures and become happy (Alça, 2012).

Sports Facilities

It can be defined as social service units consisting of all kinds of sports facilities and fields with open, closed, central and local characteristics where youth and sports activities are organized and implemented (Demirci, 1986). Sportive activities can be carried out in many different areas and structures today. In this regard, the concept of sports facility can be defined as any structure (stadium, track, field, hall, velodrome, etc.) in which sportive activities are carried out (Güçlü, 1998). In other words, sports facilities are structures that provide services to athletes and sports fans to perform their sportive activities. The fields and facilities to be used in sports have an important special privilege within the sports environment. Because it creates the existence of sports by creating fields and facilities. In addition to the rapid development of sports in the world, it has been necessary to create differences in structure and function in the facilities depending on the diversity of sports types, application place and form differences over time. As a natural consequence of this situation, sports facilities of various types and sizes have started to be constructed today (Salman, 1992). Climate, geographical structure, socio-economic development, socio-economic development, high income level and mass communication tools, the structure of sports, as well as the state's sports policy play a role in determining the sports activities of large masses and in which branches they will be active (Akpınar, 1998).

The Importance of Sports Facilities

It is possible for individuals to maintain their physical and mental health as much as possible as a result of a life intertwined with sports in developing world standards. Sports facilities are known to be one of the most important elements in achieving this goal (Sunay, 1998). Therefore, the main goal is to achieve stability and harmony in the development of physical and mental health of individuals and societies (Güripek, 1990). One of the important factors in achieving this goal is sports facilities. Because sports are practiced in sports facilities. However, in the time period we live in, in addition to the recognition and handling of the wide impact area of sports and achieving success, sports facilities are equipped in terms of competence, determination of the objectives of establishment and especially the operation of the facilities. However, it is obvious that sports facilities are not built based on the geographical location, education and economy levels, number of athletes, socioeconomic status and population rates of the cities in our country (Mollaoğulları, 1998).

One of the important elements showing the level of development of countries is the interest, capital and funds that countries show towards athletes, sports and sports facilities of the authorities. In this way, countries have the opportunity to gain prestige, to provide superiority to different countries through sports, to promote cultural and historical riches in this way, to gain profit and to make propaganda. In order to comprehend the value given by countries to sports, the number of athletes and whether there are enough facilities for athletes should be taken into consideration. As it is known, sports equipment, number of coaches and managers are necessary for the formation of a sports field. If any of these are missing, it is not possible to talk about the development of sports in that country (Salman, 1992).

The Place of Sports Facilities in the Concept of Sport

There may be structures within businesses where social goals are envisioned, but generally businesses are for-profit organizations. The basis of activities in these enterprises is to produce and market services to meet the social needs of society. While there are general goals and objectives set by sports organizations, there are also specific goals and expectations set by each facility (Ekenci and İmamoğlu, 2002). When we look at productivity in sports facilities; it is to provide better working conditions for its employees and a better life for the target group to whom it provides sports services without destroying the natural balance by increasing the standard, level and quality of the sports service obtained by the production activity of the enterprise. (Bingöl, 2006). The budget and funds allocated by governments to sports facilities and fields show the various developmental levels between countries. The time they allocate to sports, the importance they give to sports and athletes, which are also important factors today, are very important. By implementing sports policies that have taken place in education and politics, they want to build sports on scientific foundations and build it so that it is conscious, programmed and benefit from it. In order to perceive the maturity and expansion of sports in countries, it is necessary to look at the development of sports facilities and opportunities by increasing their advertisements and awareness, and the number of sports and athletes they support. Sportive organizations consist of sports fields and facilities, tools and equipment, coaches and managers, and it is said that the absence of one or more of these elements has a negative effect on the healthy development of sports throughout the country (Güven, 1999).

Today, the variation in our period includes a decrease in interest in sports organized as official or competitive sports, an increase in participation in informal sports played in more natural environments, and a tendency towards sports activities especially related to healthy life. If a statistical increase in participation in physical activity is to be expected, it is necessary to understand a range of factors that encompass the needs of individuals. Therefore, the promotion of sport in the community depends heavily on the creation of new opportunities that respond to the motivations of individuals (Taşmektepligil and Bostancı, 2000).

Sports organizations in which sporting activities are carried out within sports services constitute a very serious place. What decorates a sporting event and makes that event attractive for the audience is the magnificence of the sports organizations and the arrangement in accordance with the ideals of the enterprises, as well as the importance of sports-related studies. Developed countries, which are sports countries, give macro importance to the construction of sports facilities, and they consider sports architecture and engineering services as a branch of sports, which is accepted as a branch of science. In the planning of the structure of sports organizations, the features which are completed in the short term and which are solidly built, simple, multi-purpose, economical and economical in terms of management should be taken into consideration (Karaküçük, 1997).

Sports facilities for physical education and sports are essential tools for the development and growth of each healthy generation. These facilities have been established for

amateur athletes to be successful at the international level with the ideals of restoring their body and mental health by creating the basis for individuals of all ages to do active sports by taking them out of the spectator position by incorporating sports into daily life. This useful facility should be built according to certain principles such as environmental and transportation conditions, population density of the country and in accordance with architectural aesthetics that will affect the individuals who will do sports, functionally and hygienically pleasing (DPT, 1994). Today, sports sciences, which support and complement sports, and other side branches between international sports and competitions, games and sports are organized at two different levels. The opinions, provisions and laws produced by these international organizations about the opposite of sports on a global scale, which are in common influence with the sports policies of the countries of the world, direct the sports policies on a national scale (Coghlan, 1990).

Sports Facilities from Past to Present

For many different societies and cultures from ancient Greece to the present day, sports facilities have been treated as a mark of quality or a center point Structurally as well as managerially, sports facilities have changed over time But these changes are not as dramatic as one might think. When we look at the intended use of sports facilities, we can see that similar goals are still included in the intended use of these facilities by evaluating the Olympic stadiums in the old and new ages (Fried, 2005).

The oldest dated Olympic Games, the documents of which are available in the archives, were recorded as the competitions held in Olympia in 776 BC. When we examine the first Olympic Games, we see that more than 40,000 people came to Olympia from the surrounding settlements to watch these games in that period. The first Olympic stadium was built in Olympia in 776 BC, as there was a need for an area to ensure that the masses were together. This field had a 192-meter flat running track with two hills with a low slope, and all the spectators watched the games standing on these hills (Koryürek, 2003). As Roman civilization developed and the most important source of entertainment for the people turned into sports activities, the need for facilities that allow individuals to gather together increased. The most remarkable of these facilities was the Coliseum, the construction of which began in 70 AD and was completed within 10 years. This magnificent amphitheater was built in the center of the Roman city in honor of the Roman emperor and successful legionaries. Although nearly two centuries have passed since its construction, the monument, whose design is still relevant today, inspires today's modern stadiums. When we examine the features of the Coliseum; we encounter a four-storey structure with a height of 48 meters, covered with arches, columns and windows, with a capacity of 50 thousand spectators. The difference in the seating arrangement can be considered as one of the first noticeable application areas within the facility. The seating of the audience in the facility is organized according to gender and social class. There were different sections reserved for the emperor's person and lineage. There were also reserved seats for senators and knights (Fried, 2005).

The administrative management and activity forms of sports facilities have remained constant up to a certain stage, but have also undergone significant and different changes over the years. For example, if we evaluate large public facilities, we can express some of the practices that have not changed in sports facility management from yesterday to today as follows;

- Behavior and control of large masses
- Management of violent societies
- Having the ability to use multiple purposes
- Ensuring safety and protection for VIP (Very Important Person)
- Control of ordinary crimes that may occur due to the coexistence of large communities
- Keeping the facility hygienic and efficient

- Create policies to raise capital for public enterprises
- Undoubtedly, a number of changes have occurred in sports facility businesses during the period. Some of the points that were not even possible to be considered in the old periods of sports facility businesses, but which are indispensable for large sports complexes, especially in today's period, are as follows.
- Providing communication media environments such as interview rooms and press rooms with internet connection
- Creating TV camera platforms with TV cable connection (Fried, 2005).

Features Required in Sports Facilities

In the study conducted by the State Planning Organization, it is seen that population and population characteristics predominate among the criteria for the construction of sports facilities. In the new sports facility investments to be made, it would be of great benefit to identify the provinces and districts with high population density and growth rate, and to subject them to an evaluation in accordance with the specified criteria. Because the problems of these settlement centers will increase in parallel with their urbanization rates in the coming years.

Conclusion

As a result, it will be inevitable that the difficulties encountered in the construction of sports facilities will increase (Salman, 1992) When designing the construction of sports facilities, attention should be paid to the following features that the facilities should have;

- a) Facilities should show variability in their sportive services. Sports facilities should be planned in the course of activities that will serve in more than one sports branch. This ensures high utilization of physical activities.
- b) A large number of people should benefit from the facility. One of the goals of organizations to be variable is to ensure that many people benefit from the organization. It should be aimed that people of all age groups in the community benefit from the facility.
- c) Facilities should meet cultural and social needs. Sports institutions should not be seen only as places where sports are practiced. While designing the facilities, measures should be taken to meet the social needs of spectators, athletes, sports managers and experts (Keten, 1974).
- d) Facilities should be safe and equipped. It should have a structure that minimizes the risk of injury and disability during sportive activities (Yıldırım, 2007).

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