



IDENTIFYING PRIORITIZATION AND COMPARING THE FACTORS OF CREATING DEMAND IN THE PREMIER LEAGUE OF VOLLEYBALL

Maryam Rahmani¹, Ali Mohammad Amirtash^{2*}

^{1,2}Department of Sport Management, Science and Research Branch,
Islamic Azad University, Tehran, Iran

Abstract:

The aim of this study is to identify Prioritization and compare the factors of creating demand in the Premier League volleyball. The study, in terms of how data were collected, was a descriptive survey. The sample consisted on 340 members of Premier League of volleyball and sports management experts. To collect data from field, a standard questionnaire Bion and colleagues (2010) was used, questionnaire with 17 questions on a Likert scale of five components that measures market demand. For data analysis, descriptive and inferential statistics (Kolmogorov-Smirnov test, Friedman test and independent t-test) with the help of software SPSS (version 18) was used. The results showed that, in order to promote factors, the opposing team, economic considerations, planning and other team are the most important factors of demand in the Premier League volleyball. It is recommended a planning of organizing policies and an adjustment of their actions based on the Prioritization of volleyball using marketing efforts of qualified personnel or consultants in order to see a growing presence of spectators in the Premier League Volleyball.

Keywords: market demand, promote, the opposing team, economic considerations, planning, home team

1. Introduction

Nowadays the sport has entered to the field of knowledge, economy and art by offering new social values. The latent and apparent attraction derived from this transformation has caused stimulating feeling and the creation of specific trends among all communities toward sport events (Sajjadi et al). Among activities related to the sports,

we can refer to watching sports competitions, a place that thousands of enthusiastic people attended. Therefore, the sport spectators constitute a significant percent of sport consumers, such that Hansen and Gauthier (1992) are saying: the most important factor in the promotion of professional sport is increasing the number of spectators. The spectators have special importance for each sport league and are considered as the most important capital of a professional sport club because in addition to giving identity to sport leagues by purchasing ticket, have the more prominent role in the income of sport leagues. In one hand Morrow (2001) believes that without spectators the sport have no attraction. And the more attendance of spectators in the races causes to increasing attractiveness in the atmosphere of the stadium even a part of attraction of sport in the media is due to a space that the presence of spectators create in the stadium which this affaire causes to increase tendency of sponsors for advocating of clubs, such that the sport managers are going to increase the presence of spectators in the games and create loyalty fans Neale et al (2006).

With respect to the formulation of win-win relationship between sport and spectators, that is attention on needs and requirements of spectators and on one hand and the incomes of sport institutions from the other hand, using the marketing techniques would become inevitable. This is the duty of sport marketers that by study and explore the needs of consumers, analyzing the process of their behaviors and identify effective factors on their management, have more attention to the taste of target market which they are different with each other in terms of age, income, marital state; meanwhile, one of the target markets and audiences of sport organizations, are spectators and fans which encourage and stimulating them for more attendance is considered as the main goals of marketers (Masomi, 2008).

In fact answering, the question is: what factors are effective in attendance of spectators have most importance for marketers of sport competitions. If effective factors in the attendance of spectators are evident and specified, the sports marketers would be able to design to more efficient marketing strategies for attendance of spectators in the stadium (Fallahi, 2009).

Different studies in the different communities and countries and in the different sport fields have focused on study and identifying consuming behaviors of spectators and have investigated the different aspects of this behavior and identified the various internal and external factors about effective factors on spectator attendance which among them we can refer to attraction factors such as :the position of in the league table and star players (Abel & Sandra, 2007, Greenwell et al, 2008, Caro & Garcia, 2009),the stimulating factors such as giving identity to the team (Damon et al, 2009, Lo'peza et al, 2012), the economic factors such as the price of the ticket (Rishe & Mondello, 2004,

Pease & Zhang, 2009, Raeesi et al, 2013) and demographic Factors such as age, gender, race and marital state(Armstrong & Pretto, 2004, Mathius et al, 2010). All of these studies are doing in order to achieving a goal: what it is possible to increase the demands of sport customers (spectators) to purchase sport products (sport competitions)?

One of the most important duties of every marketing manager is creating demand, adjusting the level of demand, timing it and offering specification of demand to access goals of the organization. Trail & Gibson (2005) explained that the demand of the market in the sport is a collection of essential structures that is related to the game and this a thing that a sport team can give to its careful customers; in fact, a collection of factors matched with games that a professional sport team can offer to the spectators. In other words, the variables of market demand consisted of the specifications of the main market variables that are directly connected with implementation of sport team, sport table and ticket sell. Byon et al (2010) offered a pattern of the factors of creating market demand in the sport that includes five components of domestic team, opposing team, economic considerations, promotion and planning which constitute the conceptual model of the present study.

Different studies in the different sport fields focused on the factors of creating market demand, identifying the behaviors of spectators and investigating the different aspects of this behavior. Yen and Teng (2015) in a research examined the effect of effective factor on the intention of foreign spectators for participate in the professional baseball league of Korea; results indicated that from the view of spectators the leisure time, the services during events, the performance of teams have a significant effect on the intention of attendance of spectators in the stadiums.

Mahdenoor et al (2014) in a research with title "*The effective factors on attendance of spectators in the Malaysia super league by using Bootstrap linear model*" indicated that we can conclude from selected model that the performance of teams especially the domestic team and the percentage of wined games by the host team are important factors that can influence the attendance of spectators in the competitions.

Theodorakis et al (2013) in a research with title "*Predicting the behavioral intentions of spectators in the professional football: the role of the quality of services and customer satisfaction*" knew useful two factors of the quality of duty and the quality of the result on the customer satisfaction. Also, they were believed that the qualities of duty, the quality of result and customer satisfaction are all effective on attendance of spectators in the stadium. Sharifi (2014) in a research with title "*Compare and prioritize the factors affecting market demand from fans view football and wrestling leagues in the city of Tehran*" with AHP method found that among five effective factors in creating demand of market

and planning, economic considerations, domestic team, promotion of the game and opposing team have the most importance, respectively. Gholami et al (2013) in a research with title "*Identify factors affecting the football fans in stadiums*" found that every 4 economic factors the attractiveness of the game, prioritize of the spectators and existing facilities and amenities are effective factors on the presence of football spectators.

The lack of spectators at matches has always been as a problem and increasing them have always been raised as a challenge: so that the marketer and managers of many clubs and even marketers and researchers in various fields of marketing with their studies are trying to clarify the various aspects of this problem. Taking advantage of the marketing approach to attract fans is an attempt that developed countries in the field of marketing have started before Iran. The place of the stadium which are empty from spectators and lack of interest from different sport competitions in Iran and even in the premier league represents very well this issue. On one hand existence of few researches in Iran shows that less attention has given to attendance of spectators and recognizes the effective factors on attendance and lack of attendance the different sport competitions and in the football, limited researches have been done. Apart from football, the other leagues during recent years have been considered which we can refer to volleyball league. It seems that promoting the position of Iran's volleyball in the Asia and world has increased the number of fans of this field. Also looking to sport programs in the Iranian media indicates that the broadcasting of sport competitions of volleyball field has been increased. Thus, it seems that the contexts of doing different researches id provided in this field.

In this regard, the general goal of the current study, is compare the creating factors do market demand in the premier league of volleyball in the view of spectators and experts of sport management.

Material and Methods

The study, in terms of how data were collected, was a descriptive survey. The population of the study is spectators of volleyball premier league and sports management experts. The purpose of sports management is those who have PhD degree in sports management that are 300 individuals. The sample size for sports management experts were estimated using Morgan table. Thus, the number of sample statistics for sport management experts obtained 170 people. From the other hand 170 spectators of premier volleyball league as statistical sample will complete the questionnaires of the research.

The method of sampling for spectators was randomly and stratified such that in the eighth weeks of competitions in the preliminary level which 6 matches will be done the 30 questionnaires in each match would be distributed and collected. The sampling method for experts of sport management was randomly.

For data collection the standard questionnaire of Bion et al (2010) were used. This questionnaire in the 5 value scale of Likret was measured with 17 items of the factors creating market demand in 5 components of domestic team (3 items), opposite team (5 items), economic considerations (3 items), promoting game (3 items) and planning (3 items). In the foreign researches, its design and validity has been confirmed in different sport fields. Haydari (2013) has validated and localized this questionnaire in Iran.

However, for more precaution the validity of questionnaire was confirmed by 11 specialists and masters of sport management experts who were active in the field of sport marketing and fans management. By using Cronbach alpha the general reliability of research tool was obtained 0.83. The analyzing was done in two levels of descriptive and inferential statistics. in the level of descriptive statistics has used tables and figures of frequency, percentage, mean and standard deviation and in the level of inferential statistics the Structural Equation Modeling was used. This calculation has done with Lisrel software (version 18).

Findings

Table 1: Results of Kolmogorov-Smirnov test to determine the normal distribution of data

Variable. Index	Domestic Team	Opposing Team	Economic Considerations	Promoting	Planning	Demand Of The Market
Z	1.28	1.013	1.175	1.353	1.154	0.669
Sig	0.073	0.265	0.127	0.051	0.139	0.762
N	170	170	170	170	170	170

Results of Table 1 shows that since the meaningfulness level of the main variable of study (demand of the market) and its dimensions (Domestic team opposing team, economic considerations, promoting, planning demand of the market) is more than 0.05. Therefore, the distribution of data is normal and parametric statistic is used for data analyzing.

Table 2: Prioritize the factors creating demand in the Premier League volleyball

	Create demand	Average grade	Rank	Chi2	sig
Domestic team	The grade of favor team in the table	10.32	1	930.35	0.001
	Celebrity of favor team	8.84	10		
	The loss and win records of favor team	10.24	2		
Opposing team	Celebrity of opposing team	9.93	3	930.35	0.001
	The general performance of opposing team	9.07	7		
	The general quality of opposing team	9.44	6		
	Exciting and attacking game of the opposing team	8.78	12		
Economic considerations	Ability to purchase a ticket	8.79	11		
	The price of personal ticket	9.46	5		
Promotion	The promotion of sell(prizes and sweepstakes)	9.07	7		
	Direct informing of the game(email, message)	4.55	16		
	enough advertising about the game	8.94	9		
Planning	The time of game at appropriate days of the week	5.05	15		
	Announcement of the whole program before the start of the league season	9.76	4		
	Holding match at the appropriate time during the day	8.32	13		

According to Table 2, the grade of favor team in table, The loss and win records of favor team, the celebrity of opposing team, The time of game at appropriate days of the week and ability to purchase tickets were, respectively, the more important factors of create demand of market in the premier league of volleyball.

Table 3: Compare the related factors with domestic team from the view of spectators and sport management experts

Levels level	M	SD	t	Sig.
Spectators	3.30	0.71	-0.76	0.44
Sport management experts	3.96	0.72		
Total	3.96	0.72		

Results of Table 3 shows that, since the obtained meaningfulness level (sig=0.44) is more than 0.05. Therefore, there is no meaningful difference between spectators and sport management experts in terms of domestic team factor in create market demand in the premier league of volleyball.

Table 4: Compare the related factors with opposing team from the view of spectators and sport management experts

Levels level	M	SD	t	Sig.
Spectators	3.79	0.70	-0.47	0.63
Sport management experts	3.83	0.71		
Total	3.81	0.70		

According to Table 4, since the since the obtained meaningfulness level (sig=0.63) is more than 0.05. Thus, there is no meaningful difference between spectators view and sport management experts in terms of domestic team factor in create market demand in the premier league of volleyball

Table 5: Compare factors related to economic considerations from the view of spectators and sport management experts

Levels level	M	SD	t	Sig.
Spectators	3.36	0.66	-0.88	0.37
Sport management experts	3.43	0.68		
Total	3.40	0.67		

Results of Table 5 indicates that, since the since the obtained meaningfulness level (sig=0.63) is more than 0.05. Thus, there is no meaningful difference between spectators view and sport management experts in terms of economic considerations factor in create market demand in the premier league of volleyball.

Table 6: Compare the related factors with promotion from the view of spectators view and sport management experts

Levels level	M	SD	t	Sig.
Spectators	2.89	0.64	-0.64	0.52
Sport management experts	2.93	0.70		
Total	2.91	0.67		

Results of Table 5 indicates that, since the since the obtained meaningfulness level (sig=0.52) is more than 0.05. Thus, there is no meaningful difference between spectators view and sport management experts in terms of promotion factor in create market demand in the premier league of volleyball.

Table 7: Compare the related factors with planning from the view of spectators view and sport management experts

Levels level	M	SD	t	Sig.
Spectators	3.40	0.60	-0.84	0.39
Sport management experts	3.45	0.59		
Total	3.43	0.59		

Results of tale 5 indicates that, since the since the obtained meaningfulness level (sig=0.39) is more than 0.05. Thus, there is no meaningful difference between spectators view and sport management experts in terms of planning factor in create market demand in the premier league of volleyball.

Table 8: Compare the factors of create demand from the view of spectators and sport management experts

Levels level	M	SD	t	Sig.
Spectators	3.51	0.49	-0.94	0.34
Sport management experts	3.56	0.50		
total	3.53	0.49		

Results of tale 5 indicates that, since the since the obtained meaningfulness level (sig=0.34) is more than 0.05. Thus, there is no meaningful difference between spectators view and sport management experts in terms of factor of market demand in create market demand in the premier league of volleyball.

Discussion and Conclusion

The purpose of this study was identifying, prioritizing and comparison the factors of create demand in the premier league of volleyball from the view of spectators and sport management experts. According to Bion et al (2010), these factors included five categories of domestic team, opposing team, economic considerations, promotion and planning. In comparison with view of sport management experts and spectators, it was identified that there was no meaningful difference in none of the above factors. These results shows that although lower than 10 percent of experts of sport management until now attended in the matches of premier league of volleyball but their comments were similar to spectators there was no a gap among their views and the scientific experts are aware of needs of spectators. In this regard, there was not found a base of foreign research which had compared the views of spectators and scientific experts about spectators.

In the domestic component, the grade of favor team in the table, the records of loss and win of favor team and the celebrity of favor team, respectively had more importance in create demand in premier league of volleyball. About domestic team, the priority of factors was consistent completely with Christean et al (2010) research. According to Christian et al (2010), the importance of domestic team can be assigned to seeking the identity of a person that shapes from a sense of belonging to a group. If a fan belongs himself to a powerful team as a result he belongs the success of a team to himself. Hasanzadeh (2005) stated that whatever the position and power of a team be high the athletes also have this state and the spectators would be more attracted, as well.

Trail et al (2008) stated the failure of a team as one of the major challenges attendance of spectators. Bauer et al (2008) stated that the reputation, credit and the value of a club have special impact on the attitude of spectators and even their behaviors. Therefore, if the managers of a team take attention to the components of strengthen the teams for example in the transfer session take more attention to attract star players and coaches, the can strength the interest to the team. And increase the value and reputation of the team by make branding.in this way they could raise the level of spectator's attendance in the games and use from more spectators as an engine for other sources such as sponsorship. In the component of oppose team, the celebrity of oppose team, the general quality of oppose team's players, the aggressive play of the oppose team and the technical quality of oppose team are the most important demand factors in the premier league of volleyball. In this regard, Raeesi et al, (2011) stated that

the existing of a star player in competition with known and traditional team can result into attendance of spectators.

Nemati et al (2011) found that the attractiveness of a game and the unpredictability of the game are effective on the attendance of spectators. Thus the authority of the organization of volleyball league should increase the balance of the league by logical codification of regulations especially in regard with transfer of players. In the economic consideration component the ability to purchase ticket, the price of ticket and discount in the price of ticket, respectively were the more important factors of create demand in premier league of volleyball. Peace and Jhang (2009) stated three factors of attractiveness, economic and planning as the most important effective factors on attendance of spectators.

In a Fallahi study (2008) among economic factors, the facilities of the stadium, dependence to team, encouragers, entertainment, oppose team and aggressive, the economic factor has the most impact on the attendance of spectators which is inconsistent with the results of research. The high price of the ticket in the football matches can be a reason for this inconsistency. In the planning component, the time of game in the proper days of the week, announcement of whole program of the session before starting the league and holding the game at the proper hours, respectively were the most important factors create demand in volleyball league. In the Elahi study (2008) as well as, the timing factor had low importance in comparison with other factors.

Results of Karo et al (2009) study showed that about spectators who considered as fans and they come to stadium for advocating the favor team, the planning has no meaningful relationship with tendency to attendance and these spectators are attendees whenever the matches be hold. In Nemati et al study (2012) although the planning factor (the precise planning, the time and place of games, game at weekends, the weather conditions and access to parking) has causal meaningful relationship with the tendency of presence of spectators but after economic and attractiveness factors had third priority. As well as Raeesi et al (2013) found that regularly holding of matches has positive impact on attendance of spectator in the stadium although is not a more effective factor. In the promotion component, existing proper advertisement in the game and promoting sale (giving rewards, music and lottery) were respectively, the most important factors of create demand of the market in the premier league of volleyball. The promotion component had low importance in the factors of create demand.

Grinol et al (2009) found that encouraging factor it only has a powerful relation to the tendency of presence in a group of spectators who come to stadium only for spending leisure time and even they be fan of a team they have no special bigotry to

that, but about spectators who are fan of a team zealously, the stimulating factor has no meaningful relationship with tendency to attendance. Patton and Burlington (2004) knew the existing the entertainment and fun programs in the stadium as a cause of presence of people with their family. Aminuddin and Lee (2008) considered a proper informing as one of the most important components of the quality of sport event services which affects the tendency of presence of spectators. Therefore although the promotions such as fireworks, the commodities of the stadium, gifts, aside events and music is attractive for spectators but the fans attendant to the stadium to see the continuously success of their team.

In prioritizing, the creating of factors of market demand in the premier league of volleyball determined that factors of domestic team, opposing team, economic factors, planning and promotion were the most important factors respectively. This results were consistent with results of Masomi (2008), Emadi (2014), Wang et al (2011) but it was conflict with result of researches of Nemati et al (2012) which in their study the economic factor was the most important factor on attendance of spectators. May be the cause of this conflict is existence difference of statistical community of the study, since this studies are more done about spectators of football game and is adverse with statistical society of current study which is volleyball team. In fact watching football matches requires higher price of ticket and difficult access, so that in the recent years, free of watching the games of clubs of Perspolis, Esteghlal and Taraktorsazi had significant impact in the increasing of spectators. But in the premier league of volleyball, watching games is cheap even in some cases it is free, such that the teams of Tehran due to not having spectators provide facilities such as dress, bus and nutrition of students. In this respect, the economic considerations in the volleyball league had low importance.

Finally according to results of this study, the factors of domestic team, opposing team, economic considerations, planning and promotion were respectively the most important factors of create demand of market in premier league of volleyball which recommend that planners and holders adjust their policies and measures on the base of this priorities to be witnessed of increasing presence of spectators in premier league of volleyball.

Although recommend that the organization of volleyball league and sport clubs in their planning's and marketing measures use of specialist people in the position of implementation and counselor.

References

1. Abel. Correia., & Sandra, Esteves. (2007). an Exploratory Study of Spectators' Motivation in Football. *Sport Management and Marketing*, 2, 5-6.
2. Aminuddin, Yusof. Lee. & Hooi, See. (2008). Spectator Perceptions of Physical Facility and Team Quality: A Study of a Malaysian Super League Soccer Match, *Research Journal of International Studies*, 8, 132-140.
3. Armstrong, K.L., & Peretto, Stratta, T.M. (2004). Market Analyses of Race and Sport Consumption, *Sport Marketing Quarterly*, 13(1), 7-16.
4. Bauer, H. H. Sauer, N. E. Exler, S. (2008). Brand Image and Fan Loyalty in Professional Team Sport: A Refined Model and Empirical Assessment. *Journal of Sport Management*, 22, 205-226.
5. Byon, Kevin; Zhang, James; Connaughton, Daniel. (2010) Dimensions of general market demand associated with professional team sports: Development of a scale *Sport Management Review*, 13, 142–157.
6. Caro, L. M., & Garcia, J. A. M. (2009). Consumer satisfaction with a periodic reoccurring sport event and the moderating effect of motivations. *Sport Marketing Quarterly*, 16(2), 70-81 P 1&8.
7. Damon, P. S. Andrew., Seungmo, Kim. Nick, O. Neal, T., Christopher, Greenwell. & Jeffry, D. James. (2009). The Relationship Between Spectator Motivations and Media and Merchandise Consumption at A Professional Mixed Material Arts Event, *Sport Marketing Quarterly*, 18(4), 199-209.
8. Elahi, AR. (2008). "Obstacles and strategies for economic development in the Islamic Republic of Iran football industry." PhD thesis, University of Physical Education and Sport Sciences Thran, 22-78.
9. Emadi, M., mahtab, naseh. (2014). "Analysis of the factors influencing satisfaction and spectators at the grounds of Premier League football." *Journal of Sport Management and Development*, Number 2(5), 75-63.
10. Fallahi, A. (2008). "Factors influencing presence Premier League football fans." Thesis Master of Physical Education Tehran University, 28-68.
11. Greenwell, T. C., Fink, J. C., & Pastor, D. L. (2008). Assessing the Influence of Physical Sport Facility on Customer Satisfaction within the Context of the Service Experience, *Sport Management Review*, 5(2), 129-148 .
12. Greenwell, T. C., Lee, J., & Naeger, D. (2009). Using the critical incident technique to understand critical aspects of the minor league spectator's experience. *Sport Marketing Quarterly*, 16(4), 190-198.P-1&6.

13. Hansen, H and Gauthier, R (1992). "Factors affecting attendance at professional sporting events". *Journal of sport management journal of sport management*, 3(1), 15-32.
14. Hassanzadeh, M. (2005). "Sports marketing". Publishing ask, First Edition, Tehran.
15. Lo'peza, Fernando Lera; Lo'pezb, Andrea Ollo & Ga'ratea, Manuel Rapu'n. (2012) "spectatorship in Spain: attendance and consumption". *European Sport Management Quarterly*, 12(3), 265-289 P-278-281-282.
16. Mathius , M ., Samer , F ., Fink , J . S. (2010). Factor and differential demographic effect on purchases of season tickets for professional league football. *Journal of Sport Behavior*, 41, 225 – 236 P-8.
17. Morrow, S. (1999). "The New Business of Football". MCMILLAN PRESS LTD First Published.
18. Neale, Larry; Funk, Daniel. (2006). "Investigating motivation, attitudinal loyalty and attendance behavior with fans of Australian Football". *International Journal of Sports Marketing & Sponsorship*, 7, 307-317.
19. Nemati, Nematollah, tojjari, F., Ashraf Ganjoui, F. (2012). "Factors affecting test theoretical models of football fans in Iran". *Sport Management Studies*, 13, 15-1.
20. Patton. R and Vermont Burlington. (2004). "Factors affecting spectator attendance at men NCCA division one soccer games", 7(2), 23-33.
21. Pease, D. G., & Zhang, J. J. (2009). Socio-motivational factors affecting spectator attendance at professional basketball games. *International Journal of Sport Management*, 2, 31-59.P-5-6.
22. Raeisi, Mojtaba; Alam, Shahram & Khodayari, Abbas (2013) A comparison between affecting factors in football and volleyball spectator attendance study of Saipa-Alborz club *Scholars Research Library*, 4 (5), 56-61 P-58-60.
23. Rishe, P., & Mondello, M. (2004). Ticket Price Determination in Professional Sports: An Empirical Analysis of the NBA, NFL, NHL, and Major League Baseball, *Sport Marketing Quarterly*, 13(2), 104-112.
24. Sajjadi, Nasrulah Seyed, Omid, AR, zaree, GH. (2007). "The relationship between the sport images in advertising and consumer behavior of sports fans." *Moving Journal*, 34, 93-83.
25. Theodorakis, N.D., Alexandris, K., Tsigilis, N., & Karvounis, S (2013). "Predicting spectators' behavioural intentions in professional football: The role of satisfaction and service quality". *Sport management review*, 16, 85-96.

26. Trail, G. T., & Gibson, H. J. (2005). Dimensions of market demand associated with pre-season training: Development of a scale for major league baseball spring training. *Sport Management Review*, 8, 271–296.
27. Trail, G. T., Robinson, M., & Kim, Y. (2008). Sport Consumer Behavior: A Test for Group Differences on Structural Constraints. *Sport Marketing Quarterly*, 17, 190-200.
28. Wang R. T., Zhang J. J., & Tsuji Y. (2011). Examining Fan Motives and Loyalty for the Chinese Professional Baseball League of Taiwan. Published by Elsevier Ltd on behalf of Sport Management Association of Australia and New Zealand.
29. Yen, C.-H., & Teng, H.-Y. (2015). Celebrity involvement, perceived value, and behavioral intentions in popular media-induced tourism. *Journal of Hospitality & Tourism Research*, 39(2), 225-244.

Creative Commons licensing terms

Authors will retain the copyright of their published articles agreeing that a Creative Commons Attribution 4.0 International License (CC BY 4.0) terms will be applied to their work. Under the terms of this license, no permission is required from the author(s) or publisher for members of the community to copy, distribute, transmit or adapt the article content, providing a proper, prominent and unambiguous attribution to the authors in a manner that makes clear that the materials are being reused under permission of a Creative Commons License. Views, opinions and conclusions expressed in this research article are views, opinions and conclusions of the author(s). Open Access Publishing Group and European Journal of Physical Education and Sport Science shall not be responsible or answerable for any loss, damage or liability caused in relation to/arising out of conflict of interests, copyright violations and inappropriate or inaccurate use of any kind content related or integrated on the research work. All the published works are meeting the Open Access Publishing requirements and can be freely accessed, shared, modified, distributed and used in educational, commercial and non-commercial purposes under a [Creative Commons Attribution 4.0 International License \(CC BY 4.0\)](https://creativecommons.org/licenses/by/4.0/).