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Describe the health status of Tehran and its relationship to sport participation among athletes

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ABSTRACT

Background: Public places are among the sport due to the presence of people they communicate with each other in terms of health is very important. **Objective:** The purpose of this study is to describe the health status of Tehran Sport Complex. **Results:** Results showed that exercise of Tehran Municipality in terms of hygiene conditions are not optimal. The external control of health measures to be visited by the local health department or at a different time more seriously done. **Conclusion:** The sport management must start at the beginning for staff and teachers to the customer; they are familiar with the health measures.

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INTRODUCTION

In recent years, the issue of health is widely considered the sport and the sport as a tool to achieve sustainable development principles, purposes. The importance of sanitation measures in Sports and effectiveness of this factor in attracting users (Hsua *et al.*, 2009; Daniels *et al.*, 2008).that the health status of the sport of Tehran Municipality has been evaluated .Health condition of stadiums and sports venues in the rate of participation in physical activity influence health and desirability of increased sport participation in sports to bring up the(Cheryl *et al.*, 2001; Jabery *et al.*, 2008; Tucker *et al.*, 2009; Jalali Farahani, 2010) following Considering above researcher that the health status of the sport of Tehran Municipality has been evaluated.

Metodology:

This is a descriptive study. The population of this study is the sport of Tehran random sampling technique (cluster - cluster); 100 Sports Complex were selected by referring to the sport of choice, their health status using the health check list (which by the researcher and based on the use of internal and external factors which were verified by experts) were evaluated. The normality of the data obtained indicated that the number of deferoramine Klvmygraf Smirnov normality of the data (health status =0.047). Reliable measurement instrument using Cronbach coefficient $\alpha = 0.91$ has been reported. All analyzes were performed using Spss software version 18.

Results:

Table 1: Rates of physical health status of Tehran Health regions, health districts

health	Areas	health	Areas
2.12	18	3.12	7
2.12	19	2.84	8
2.00	15	2.79	4
1.91	12	2.79	1

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1.84	20	2.58	2
1.75	14	2.58	11
1.71	16	2.30	6
1.54	13	2.41	3
1.54	21	2.41	10
1.50	17	2.25	5
1.29	22	2.25	9

Table 1. Shows that only six of the region, other regions in the state where they are below average. The maximum score is 5 health regions and Region 7 and Region 22 of the Tehran Municipality has the worst health status.

Table 2: The relationship between health status and participation of athletes in the areas of Tehran

The relationship between the health of the athletes' sport participation		
Areas	Pearson correlation	coefficient of risk
1	0.136	0.309
2	0.104	0.435
3	-0.012	0.928
4	0.516**	0.000
5	0.057	0.637
6	0.010	0.938
7	0.353**	0.010
8	0.161	0.220
9	0.153	0.276
10	0.054	0.705
11	0.192	0.510
12	0.152	0.276
13	0.190	0.178
14	0.334*	0.012
15	0.213	0.125
16	0.236	0.024
17	0/154	0.267
18	0/094	0.509
19	0/057	0.680
20	0/234	0.089
21	0/096	0.493
22	0/253	0.036

The results in Table 2 indicate that the relationship between health status and participation of athletes in regions 7 and 4 is more Of any Areas.

Conclusion:

Between health status, physical activity and sport participation in athletes with a significant relationship exists. Environmental pollution has an effect on the health and efficiency of the training (Tayebi sani *et al.*, 2007; Daniels *et.*, 2008; Jabery *et al.*, 2008; Heinone *et al.*, 2005). Therefore, health risks can have many effects on the health of athletes. In addition to an unhealthy environment without hurting the athlete, but also a barrier to exercise is to give priority to individual incentives.

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