



### **3.3.3 Sharing the University sports facilities with local community in 2023**

## **Assiut University Sports activities for community in 2023**

<b>Number of the table</b>	<b>Title</b>
<b>1</b>	<b>Season Activity at the Olympic Village,</b>
<b>2</b>	<b>Achievements of Student Union Activities for the Academic Year 2022 – 2023 Sports Activities</b>
<b>3</b>	<b>Faculty of Medicine facilities</b>



<b>4</b>	<b>Report on the Fitness Hall at the Faculty of Pharmacy, Assiut University</b>
<b>5</b>	<b>The Faculty of Physical Education Activities</b>
<b>6</b>	<b>Sports activities of the Faculty Members Club, Assiut University</b>
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### **1-Season Activity at the Olympic Village, Assiut University2023"**

<b>Activity Name</b>	<b>Number of targeted people from the activity</b>	<b>Social Participation for the Olympic Village</b>	<b>Contracted Entities Benefiting from Discounted Subscription Rates for Activities</b>	<b>Contracted Entities Benefiting from Using the Olympic Village Sports Fields for Training and Hosting Their</b>	<b>External Entities Contracted to Use the Olympic Village Sports Fields for Establishing Private Academies</b>	<b>Activity Location</b>



				Sports Teams' Matches		
Swimming School	2239	Egyptian Good Foundation's Orphan Day Celebrations	Assiut Sports Club	- Assiut Sports Club - Assiut Petroleum Club - Tama Sports Club - Darnaka Sports Club - Ministry of Youth and Sports	- Al Ahly SC - Zamalek SC - Aspire Company - Anderlecht Academy - Ministry of Youth and Sports - Wimbledon Academy - Smash Academy - Lady Sport Academy - Ruby Academy for Military Training - Captain Egypt Project	Olympic Village Sports Fields
- Swimming Academy	631					
- Free Swimming Sessions	1639					
- Physical Conditioning	389					
- Military Training	126					
- Kung Fu School	137					
- Gymnastics School	-	Egyptian Karate Federation Championship - Assiut Region				
- Karate School	75					
- Tennis	115					
- Squash	49					
- Basketball School	-					
- Volleyball School	237					
- Handball School	-					
- Football (Soccer) School	-					
- Track	371					



Activity Name	Number of targeted people From the activity	Social Participation for the Olympic Village	Contracted Entities Benefiting from Discounted Subscription Rates for Activities	Contracted Entities Benefiting from Using the Olympic Village Sports Fields for Training and	External Entities Contracted to Use the Olympic Village Sports Fields for Establishing Private	Activity Location
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				<b>Hosting Their Sports Teams' Matches</b>	<b>Academies</b>	
<b>Swimming School</b>	2239	Egyptian Good Foundation's Orphan Day Celebrations	Assiut Sports Club	<ul style="list-style-type: none"> <li>- Assiut Sports Club</li> <li>- Assiut Petroleum Club</li> <li>- Tama Sports Club</li> <li>- Darnaka Sports Club</li> <li>- Ministry of Youth and Sports</li> </ul>	<ul style="list-style-type: none"> <li>- Al Ahly SC</li> <li>- Zamalek SC</li> <li>- Aspire Company</li> <li>- Anderlecht Academy</li> <li>- Ministry of Youth and Sports</li> <li>- Wimbledon Academy</li> <li>- Smash Academy</li> <li>- Lady Sport Academy</li> <li>- Ruby Academy for Military Training</li> <li>- Captain Egypt Project</li> </ul>	Olympic Village Sports Fields



Youth Care Administration Faculty of Agriculture

## 2-Achievements of Student Union Activities for the Academic Year 2022 - 2023

### Sports Activities:

No.	Project	Execution Location	Execution Date	Number of Participating Students			Cost	
				Male	Female	Total		
1	Meetings with new students to introduce them to sports activities	Faculty of Agriculture	October 2022	120	30	150	00	
2	Selection of college sports teams	Faculty of Agriculture	October 2022				00	
3	Organizing and holding a sports day for table tennis	Activities Hall at the Faculty	11/10/2022	8	4	12	00	
4	Participation in the five-a-side football tournament of the university activation cycle	Tartaan Courts, Olympic Village	17-20/10/2022	10	—	10	00	
5	Participation in the basketball tournament of the university activation cycle	New Covered Hall	19-20/10/2022	—	3	3	00	
6	Participation in the five-a-side football tournament of the university activation cycle	Tartaan Courts, Olympic Village	23/10/2022	—	5	5	00	
7	Participation in the	Old Covered	24-	4	—	4	00	



	volleyball tournament of the university activation cycle	Hall	27/10/2022					
8	Participation in the university fitness championship	Olympic Village	25-26/10/2022	4	3	7	00	Third female students
9	Participation in table tennis in the university activation cycle	Old Covered Hall	30-31/10/2022	1	2	3	00	
10	Participation in the university handball league	New Covered Hall	07/11/2022	—	5	5	00	

No.	Project	Execution Location	Execution Date	Number of Participating Students			Cost	
				Male	Female	Total		
11	Participation in the University Football League	Assiut University Stadium	H/11: 12/1/2022	20	—	20	00	
12	Participation in the University Table Tennis Championship	Old Covered Hall	2022/11/22:21	2	1	3	00	
13	Participation in the University Bodybuilding Championship	Old Covered Hall	2022/11/27	1	—	1	00	
14	Participation in the University Futsal League	Tartan Stadium in the Olympic Village	2022/11/28	—	5	5	00	
15	Organizing and holding a Futsal Championship for college students	Mo Salah Stadium	6: 8/3/2023	88	—	88	00	
16	Participation in the festival organized by the College of Arts	Faculty of Arts	7: 8/3/2023	3	—	—	00	
17	Organizing and holding a Table Tennis Championship among college students	Student Activities Hall in the Faculty	20/3/2023	4	—	4	00	
18	Participation in the University Bench Press Championship	Tartan Stadium in the Olympic Village	3/4/2023	2	—	2	00	First place
19	Organizing and holding a multi-year league among college students (Futsal)	Faculty of Nursing Stadium	6/4/2023	32	—	32	00	
20	Participation in the Ramadan	Faculty of	13/4/2023	10				



	Futsal Championship, second stage (between university faculties)	Education Stadiums			—	10	00	
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### 3- The Faculty of Medicine has the following facilities:

- **Fitness Hall** which includes:
  - **2** Treadmills.
  - **3** Stationary Bikes.
  - **2** Weight Benches with various weights.
  - **1** Multi-purpose machine for different body muscles.

The Fitness Hall hosts physical fitness competitions and is used by students to improve their fitness levels, as well as by staff and faculty members.

- **Table Tennis Hall** where table tennis competitions are held, along with chess tournaments and theater rehearsals.



## 4- Report on the Fitness Hall at the Faculty of Pharmacy, Assiut University

- The fitness hall is equipped with numerous machines designed to maintain physical fitness, rejuvenate energy, release negative energy for trainees, and ensure their health.
- The hall operates on a time-sharing basis: three days are allocated for male students and three days for female students, with a nominal fee of only one pound per training hour.

### **Fitness Hall Equipment List:**

No.	Equipment Name	Quantity
1	Stair Climber	2
2	Table Tennis Table	1
3	Weights of Various Sizes	10
4	Stainless Steel Bar	1
5	Multi-purpose Machine	2
6	Cable Machine with Multi-purpose Seat	1
7	Pull-down Machine (Top & Bottom)	1
8	Front and Back Muscle Machine	1
9	Standing Calf Raise Machine	1
10	Seated Calf Raise Machine	1
11	Hack Squat + Leg Press Machine	1
12	Stair Crunch Machine	1
13	Roman Chair for Abs	1
14	Standing + Seated Twist Machine	1
15	Shoulder Muscle Training Machine	1
16	Chest Muscle Training Machine	1
17	Butterfly Machine	1
18	Dumbbells of Various Weights	10



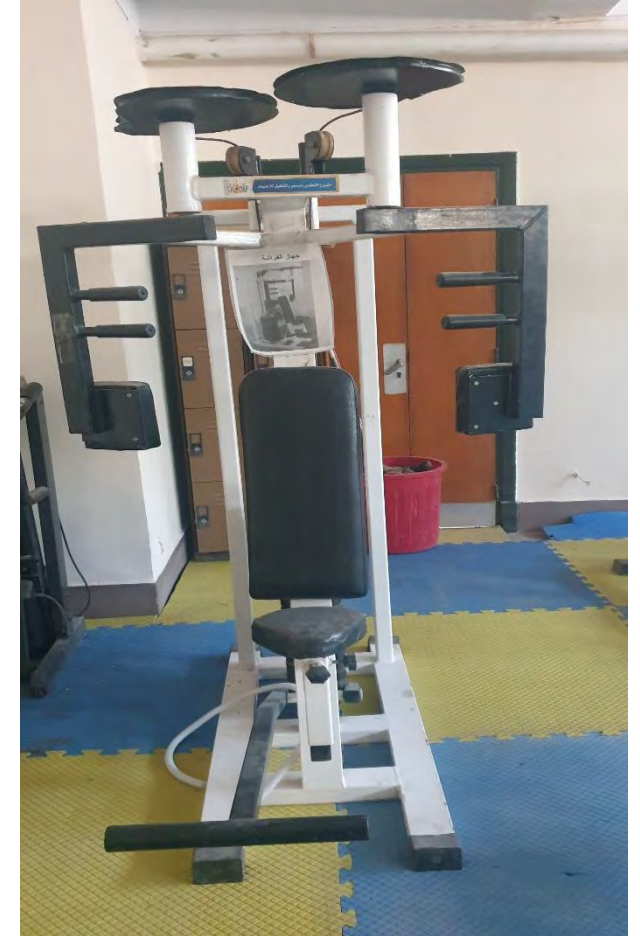


### **Billiards Hall Equipment List:**

<b>No.</b>	<b>Equipment Name</b>	<b>Quantity</b>
1	Billiard Table	1

### **Table Tennis:**

- The table tennis table is used for college-level competitions among the four academic teams. The winning teams are then promoted to compete at the university level and, subsequently, at the national level. Additionally, the table tennis table is used for recreational purposes and training, where students play table tennis between practical classes and lectures to release energy and rejuvenate. The fee is a nominal one pound per hour.
- Table tennis competitions are also held among faculty members, students, and staff of the faculty.
- Visits are made to some primary, preparatory, and secondary schools in the governorate to use the fitness hall for practicing various sports and using different equipment.
- The revenue generated from these activities in the fitness hall is added to the student union budget to support and enhance it for various union activities.
- One suggestion to increase the activity in the fitness hall is to offer group training sessions for women and female students conducted by specialized trainers to help them release their energy and renew their vitality.













## 5- The Faculty of Physical Education Activities

1– Statement of voluntary and community activities implemented by the college for the external community:

Public Service Center Activities:

\* Summer activities of the summer club in all games

- 1– Assiut Petroleum Handball Club.
- 2– Assiut Petroleum Handball School.
- 3– Jordan Basketball Academy.
- 4– NBA Basketball Academy.
- 5– Dunk Basketball Academy.
- 6– Champion Basketball Academy Dr. Mohamed Sherif.
- 7– Kaiten Wael Mohsen Volleyball Academy.
- 8– Captain Hala Yahya Volleyball Academy.
- 9– Skating Academy.
- 10– You Can Academy for the mentally disabled.

Activities provided by the summer club for community service

- 1– Basketball
- 2– 2 Volleyball.
- 3– Football.
- 4– Tennis.
- 5– Table Tennis.
- 6– Karate.



## 7- Gymnastics.

### \*Artificial turf stadium activities:

There are many activities that can be held on the artificial turf stadium and they vary by setting a seasonal division of work inside the stadium that includes the following seasons (summer activity – winter activity – Ramadan tournaments) and they are as follows:

Activity Period	Free periods	Target group
Summer Activity	Special reservation for academies	(University students - School students - Residents of Assiut Governorate - Governmental and private bodies)
	Free periods	Football academies
Winter Activity	Free periods	(All previous categories - Youth care at the university - University teams - Sports festivals)
Ramadan Courses	Free periods	University students - School students - Residents of Assiut Governorate - University employees)

### Sports Physiology Laboratory Activities:\*

The laboratory website has been approved as an attachment to the faculty and department website. -

Guidance boards have been made inside the laboratory that include procedures for using physiological measurement devices in the laboratory. -

Cooperation with the central laboratories of the Faculty of Medicine, Assiut University, to conduct experiments and scientific research. -

Issuing brochures in the field of physiological measurements for athletes. -

Holding workshops and discussion groups on developments in physiological measurements for undergraduate and postgraduate students. -

Preparing posters that include the most important information about each device or tool and attaching them to them or placing them in a special drawer for reference when needed.



Preparing laboratory equipment for the experiment before the practical scientific lecture, and conducting the experiment in advance to ensure the validity of - laboratory equipment and in cooperation with doctoral students.

Providing security and safety requirements in the laboratory such as: (first aid kit, fire extinguisher, lab apron, suction fans, fire blanket, masks, gloves). -

Swimming pool activities:\*

This pool is the only place in Assiut Governorate for women as it is closed and covered and also serves all segments of society. The programs offered by the pool vary between (group education and training - free periods) during the summer season from mid-May to the end of June of each year and there are monthly subscriptions.

First: Educational services for male and female students:

During the first semester (male and female students) and the second semester (female students). -

Second: Services provided to the internal and external community during the summer season:

Swimming schools for all community from children, adults and women. -

Entertainment periods. -

Subscription discount for male and female students of the college. -

discount for the gentlemen working in the college to serve the administrative staff and workers in the college. %50 -

The number of beneficiaries is more than 500 individuals. -







### Institutions and the external community:

Targeting all sectors and making cooperation agreements between the faculty and the following institutions: (Judges Club - Jurists Association and Jurists Club - Assiut Fertilizer Factory).

### Fitness Center Activities

The fitness center's activities vary to provide better services to all segments of society, including the following:

((Fitness training - weight loss - weight gain - body massage - sauna - massage - cupping - yoga - Zumba - mix (headcardio - Zumba - play dance - cross fit)).

Work starts from 11-5 pm on (Saturday - Monday - Wednesday) for women and the rest of the days for men.

### •Courses, seminars and workshops in the period 2023

As for the environment sector, the following was done:

- 1Participation in the environmental festival (Climate Change in the Eyes of Assiut University Students) in conjunction with World Environment Day with the aim of increasing environmental awareness among male and female students and the need for urgent action to confront the repercussions of climate change and the negative effects of climate change, as the agricultural sector is the most affected sector by climate change and its harmful effects, on Tuesday 11/1/2022 AD, where a preparatory meeting was held with those responsible for sports activities The Youth Care Department at the college prepared for this festival. The party's segments varied among the college students through different committees such as:

(Sports Committee, Social Committee, Cultural Committee, Technical Committee, Rovers Committee) and were as follows:

The Sports Committee organized a competition (small games - table tennis) for male and female students of the faculty.

The Social Committee organized a competition (chess) in which students competed and each of them showed his skill.





2-Organizing workshops on training (Training of Trainers (TOT) skills) for students at the college headquarters during the period from 2/3 - 4/3/2023 AD and the period from 9/3 - 11/3/2023 AD, the number of participants is (44) male and female students.







Holding special training courses for employees of the Faculty of Physical Education.

The training began by distributing employees into three groups as follows:

Group No.	Timing
First from	3/23/2023: 4/5/2023.
Second from	5/7/2023: 5/17/2023
Third from	6/15/2023: 7/13/2023.











## 6- Sports activities of the Faculty Members Club, Assiut University:

- 1- Hosting field training workshops for students of the Faculty of Physical Education - Assiut University
- 2- Holding and hosting tournaments and events for each of (the Egyptian Table Tennis Federation - Karate) to activate the games (activation courses) or the belt evaluation competition and championships in the game of Karate
- 3- Holding summer and winter sports activities in the games (football - karate - table tennis - gymnastics) for the children of members from different age groups and both genders.



## 7- Sports Activities of Assiut University Club

The club participates in all sports activities in collaboration with the university's Olympic Village, which offers all necessary sports facilities, including fields, swimming pool, and training halls.