

d

## ISSN: 2146-9598 Doi Prefix:10.22282

# The Online Journal of Recreation and

# Sport

Volume 8 Issue 3 July 2019

Editor-in-Chief Prof. Dr. Metin YAMAN

**Deputy Chief Editor** Assoc. Prof. Dr. Gülten HERGÜNER

Editors	
Dr. Aytekin İŞMAN	Dr. Mehmet GÜÇLÜ
Dr. Azmi YETİM	Dr. Mehmet GÜNAY
Dr. Çetin YAMAN	Dr. İ.Hakkı MİRİCİ
Dr. Erdal ZORBA	Dr. Nevzat MİRZEOĞLU
Dr. Fatih ÇATIKKAŞ	Dr. Ömer ŞENEL
Dr. Gülten HERGÜNER	Dr. Rana VAROL
Dr. H. Ahmet PEKER	Dr. Serdar TOK
Dr. Hülya AŞÇI	Dr. Suat KARAKÜÇÜK
Dr. İbrahim YILDIRAN	Dr. Ramazan ABACI

#### **Technical Editors**

Zekai ÇAKIR Sezai ÇAKIR Engin SARIKAYA Mustafa ALTINSOY

www.tojras.com 01.07.2019



#### **TCJRAS** The Online Journal of Recreation and Sport - July 2019 Volume 8, Issue 3

#### Copyright $\ensuremath{\mathbb{C}}$ 2012 - THE ONLINE JOURNAL OF RECREATION AND SPORT

All rights reserved. No part of TOJRAS articles may be reproduced or utilized in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage and retrieval system, without permission in writing from the publisher.

**Contact Address:** Prof. Dr. Metin YAMAN TOJRAS, Editor in Chief Published in TURKEY Ankara -Turkey

www.tojras.com Copyright © The Online Journal of Recreation and Sport

### Welcome to TOJRAS Message from the Editor

The Online Journal of Recreation and Sport- TOJRAS was first published in 2012. The article publishes original, qualified and sufficient research papers in the field of physical education and sport, sport management, recreation and education of coaching to contribute to the field of sport both in Turkey and in the world. The publication language of the journal is English. The referees and editors of TOJRAS are field experts and the articles are reviewed by them according to their field expertise. The main goal of TOJRAS is to assure a fruitful and academic platform for the authors, referees, and the members of science and advisory board and the contributors to the enhancement of science in the light of the rules of ethics.

We would like to welcome and thank you for your online journal interest which helped TOJRAS to gain popularity and dignity among academic publications locally and internationally so that we can bring various and profound studies in the field of sport by valuable researchers. In addition to them, teachers, teacher trainers, parents, and students around the world have visited TOJRAS for five years continuously. It means that TOJRAS has contributed to the dissemination of new trends in sport education and research to all over the world for years. We hope that this latest issue will also follow our global educational goal.

TOJRAS provides its readers with the opportunity of meeting different aspects on sport education so that they can expand their study fields. Also, the content is freely accessible without charge to the user or to his/her institution. In addition, any views expressed in this publication are the views of the authors and are not the views of the Editor and TOJRAS.

TOJRAS thanks and appreciates the editorial board and reviewers who have contributed a lot to the submissions of this issue for their valuable contributions.

#### **Call for Papers**

TOJRAS invites you for article contribution. Submitted articles can be about all aspects of sport education. The articles should be original, unpublished, and not in consideration for publication elsewhere at the time of submission to TOJRAS. Manuscripts must be submitted in English.

TOJRAS is guided by it's editors, guest editors and advisory boards. If you are interested in contributing to TOJRAS as an author, guest, editor or reviewer, please send your CV to <u>infotojras@gmail.com</u>.

July, 2019 Prof. Dr. Metin YAMAN **Editor in Chief**  **TOJRAS** The Online Journal of Recreation and Sport - October 2019 Volume 8, Issue 4

#### Chief Editor Dr. Metin YAMAN

Deputy Chief Editor Dr. Gülten HERGÜNER

Dr. Aytekin İŞMAN	Dr. Gülten HERGÜNER	Dr. Ju Ho Chang, Korea
Dr. Adela Badau, Romania	Dr. Bae Dixon, Australia	Dr. Nevzat MİRZEOĞLU
Dr. Azmi YETİM	Dr. H. Ahmet PEKEL	Dr. Cecilia Cevat, Romania
Dr. Wolfgang Buss, Germany	Dr. Hülya AŞÇI	Dr. Ömer ŞENEL
Dr. Çetin YAMAN	Dr. İbrahim YILDIRAN	Dr. Antonio Paoli, Italy
Dr. Zaid Kazi Gasim, Iraq	Dr. F. Tondnevis, Iran	Dr. Rana VAROL
Dr. Erdal ZORBA	Dr. Mehmet GÜÇLÜ	Dr. Nadhim Al-Wattar, Iraq
Dr. Peter Bonov, Bulgaria	Dr. Mehmet GÜNAY	Dr.Ramazan ABACI
Dr. Fatih ÇATIKKAŞ	Dr. Martin Roderick, United Kingdom	Dr. Serdar TOK
Dr. Dana Badau, Romania	Dr. İ.Hakkı MİRİCİ	Dr. Suat KARAKÜÇÜK

System and Technical Editors	
Zekai ÇAKIR	Sezai ÇAKIR
Engin SARIKAYA	Mustafa ALTINSOY

Turkish Language Editors		
Dr. Fahri TEMİZYÜREK	Dr. Mehmet ÖZDEMİR	
Dr. Gülsemin HAZER		

English Language Editors		
Dr. İ. Hakkı MİRİCİ	Mehmet Galip ZORBA	
Dr. Sinem HERGÜNER	Bahar TAMERER	
Dr. Tuba Elif TOPRAK		

Measurement and Evaluation Editors	
Dr. Gökhan DELİCEOĞLU	Merve KARAMAN

Science And Advisory Board		
Dr. Adela Badau, Romania Dr. Ali Ahmet Doğa, Kırıkkale University, Turkey Dr. Amir Ghiami Dr. Arslan Kalkavan, Karadeniz Technical University, Turkey Dr. Asuman Seda Saraçali, Adnan Menderes UniversityTurkey Dr. Aytekin İşman, Sakarya University, Türkey Dr. Azmi Yetim, Gazi University, Türkey Dr. Bae Dixon, Australia Dr. Birol Doğan, Ege University, Turkey Dr. Cecilia Cevat, Romania	<ul> <li>Dr. Kemal Tamer, Gazi University, Turkey</li> <li>Dr. Margaret Talbot</li> <li>Dr. Mehmet Akif Ziyagil, Mersin University, Turkey</li> <li>Dr. Mehmet Günay, Gazi University, Turkey</li> <li>Dr. Metin Yaman, Gazi University, Turkey</li> <li>Dr. Mithat Koz, Ankara University, Turkey</li> <li>Dr. Muhsin Hazar, Gazi University, Turkey</li> <li>Dr. Müslüm Bakır, Okan University, Turkey</li> <li>Dr. Nadhim Al-Wattar, Iraq</li> <li>Dr. Nevzat Mirzeoğlu, Sakarya University, Turkey</li> </ul>	
Dr. Cengiz Aslan, Fırat University, Turkey Dr. Dana Badau, Romania Dr. Diana Jones, USA Dr. Emre Erol, Gelişim University, Turkey Dr. Erdal Zorba, Gazi University, Turkey Dr. F. Tondnevis, Iranr. Dr. Gülfem Ersöz, Ankara University, Turkey Dr. Güner Ekenci, Gelişim University, Turkey Dr. Hasan Kasap, Gedik University, Turkey Dr. Hatice Çamlıyer, Manisa Celal Bayar University, Turkey Dr. Hülya Aşçı, Marmara University, Turkey Dr. İbrahim Yıldıran, Gazi University, Turkey Dr. Ju Ho Chang, Korea Dr. Kang-Too Lee, TAFISA President, Korea Dr. Kelly Park, Korea	<ul> <li>Dr. Osman İmamoğlu, Ondukuz Mayıs University, Turkey</li> <li>Dr. Ömer Şenel, Gazi University, Turkey</li> <li>Dr. Özbay Güven, Gazi University, Turkey</li> <li>Dr. Peter Bonov, Bulgaria</li> <li>Dr. Rana Varol, Ege University, İzmir</li> <li>Dr. Rasim Kale, Gelişim University, Turkey</li> <li>Dr. Sami Mengütay, Haliç University, Turkey</li> <li>Dr. Seydi Ahmet Ağaoğlu, Ondukuz Mayıs University, Turkey</li> <li>Dr. Seydi Karakuş, Dumlupınar University, Turkey</li> <li>Dr. Suat Karaküçük, Gazi University, Turkey</li> <li>Dr. Turgay Biçer, Marmara University, Turkey</li> <li>Dr. Wolfgang Baumann, Germany</li> <li>Dr. Zaid Kazi Gasim, Irak</li> </ul>	

	Field Editor		
(Sports Management Science, Sportsman / Atletics health and training science,			
· · · · · ·	Sport Education and Sporda	$\sim$	
Dr. A. Dilşad Mirzeoğlu, Turkey	Dr. Güner Ekenci, Turkey	Dr. Müslüm Bakır, Turkey	
Dr. Adela Badau, Romania	Dr. Güven Erdil, Turkey	Dr. M. Zahit Serarslan, Gelişim University, Turkey	
Dr. Adnan Turgut, Turkey	Dr. Hakan Kolayiş, Turkey	Dr. Nadhim Al-Wattar, Iraq	
Dr. Ahmet Altıparmak, Turkey	Dr. Hasan Kasap, Turkey	Dr. Nevzat Mirzeoğlu, Turkey	
Dr. Ahmet Peker, Turkey	Dr. Hatice Çamlıyer, Turkey	Dr. Nigar Yaman, Turkey	
Dr. Ali Ahmet Doğan, Turkey	Dr. Hayri Ertan, Turkey	Dr. Osman İmamoğlu, Turkey	
Dr. Amir Ghiami	Dr. Hülya Aşçı, Turkey	Dr. Ozan Sever, Turkey	
Dr. Arslan Kalkavan, Turkey	Dr. Işık Bayraktar, Turkey	Dr. Özbay Güven, Turkey	
Dr. Asuman Seda Saraçali, Turkey	Dr. İbrahim Yıldıran, Turkey	Dr. Özcan Saygın, Turkey	
Dr. Aytekin İşman, Turkey	Dr. İhsan Sarı, Turkey	Dr. Peter Bonov, Bulgaria	
Dr. Azmi Yetim, Turkey	Dr. İlhan Toksöz, Turkey	Dr. Rasim Kale, Turkey	
Dr. Bae Dixon, Australia	Dr. Ju Ho Chang, Korea	Dr. Reşat Kartal, Turkey	
Dr. Barboros Erdoğan, Turkey	Dr. Kang-Too Lee, TAFISA President, Korea	Dr. Ramazan ABACI , Turkey	
Dr. Beyza Merve Akgül, Turkey	Dr. Kelly Park, Korea	Dr. Salih Suveren, Turkey	
Dr. Birol Doğan, Turkey	Dr. Kemal Tamer, Turkey	Dr. Sami Mengütay, Turkey	
Dr. Cecilia Cevat, Romania	Dr. Kürşat Karacabey, Turkey	Dr. Selçuk Özdağ, Turkey	
Dr. Cengiz Aslan, Turkey	Dr. Lale Orta, Turkey	Dr. Serdar Tok, Turkey	
Dr. Çetin Yaman, Turkey	Dr. M.Yalçın Taşmektebligil, Turkey	Dr. Settar Koçak, Turkey	
Dr. Dana Badau, Romania	Dr. Margaret Talbot	Dr. Seydi Ahmet Ağaoğlu, Turkey	
Dr. Diana Jones, USA	Dr. Mehmet Acet, Turkey	Dr. Seydi Karakuş, Turkey	
Dr. Ekrem Levent İlhan, Turkey	Dr. Mehmet Akif Ziyagil, Turkey	Dr. Sibel Arslan, Turkey	
Dr. Emre Erol, Turkey	Dr. Mehmet Bayansalduz, Turkey	Dr. Sinem Hergüner, Turkey	
Dr. Ercan Zorba, Turkey	Dr. Mehmet Güçlü, Turkey	Dr. Suat Karaküçük, Turkey	
Dr. Erdal Zorba, Turkey	Dr. Mehmet Günay, Turkey	Dr. Suat Yıldız, Turkey	
Dr. Erkan Arslanoğlu, Turkey	Dr. Mehmet Kılıç, Turkey	Dr. Süleyman Gönülateş, Turkey	
Dr. Erkan Çetinkaya, Turkey	Dr. Mehmet Özal, Turkey	Dr. Taner Bozkuş, Turkey	
Dr. Ertuğrul Gelen, Turkey	Dr. Mehmet Özdemir, Turkey	Dr. Tekin Çolakoğlu, Turkey	
Dr. F. Tondnevis, Iran	Dr. Melih Salman, Turkey	Dr. Turgut Kaplan, Turkey	
Dr. Fatih Çatıkkaş, Turkey	Dr. Metin Kaya, Turkey	Dr. Veleddin Balcı, Türkey	
Dr. Fatih Yaşartürk, Turkey	Dr. Mithat Koz, Turkey	Dr. Wolfgang Baumann, Germany	
Dr. Fatih Yenel,Turkey	Dr. Mikail Tel, Turkey	Dr. Wolfgang Buss, Germany	
Dr. Fatma Filiz Çolakoğlu, Turkey	Dr. Muhsin Hazar, Turkey	Dr. Yağmur Akkoyunlu, Turkey	
Dr. Feza Korkusuz, Turkey	Dr. Murat Akyüz, Turkey	Dr. Yalçın Taşmektepligil, Turkey	
Dr. Gökhan Acar, Turkey	Dr. Murat Çilli, Turkey	Dr. Yaprak Kalemoğlu Varol, Turkey	
Dr. Gülfem Ersöz, Turkey	Dr. Murat Kul, Turkey	Dr. Yaprak Pınar Kemaloğlu, Turkey	
Dr. M. Sibel YAMAN, Turkey	Dr. Murat Sarıkabak, Turkey	Dr. Zaid Kazi Gasim	
Dr. M. Zahit Serarslan, Turkey	Dr. Murat Taş, Turkey		
Dr. Mikail Tel, Turkey	Dr. Mutlu Türkmen, Turkey		

#### **Table Of Contents**

1-13

14-22

23-33

34-53

#### VIEW POINT TO RECREATION IN TURKEY AND DEVELOPMENT OF RECREATION

Doi: http://doi.org/10.22282/ojrs.2019.50

Erdal ZORBA, Metin YAMAN

#### RURAL MIDDLE SCHOOL STUDENTS' ATTITUDES TOWARDS SPORTS

Doi: http://doi.org/10.22282/ojrs.2019.51

Hüseyin ÖZTÜRK

# EDUCATION LEVEL AND SOCIOECONOMIC STATUS RELATED DIFFERENCES IN REGULAR PHYSICAL ACTIVITY LEVELS OF ADULTS

Doi: http://doi.org/10.22282/ojrs.2019.52

Yener AKSOY, Mehmet Akif ZİYAGİL

**EXAMINATION OF VITAMIN USAGE HABITS OF FOOTBALL REFEREES** 

Doi: http://doi.org/10.22282/ojrs.2019.53

Hayrettin GÜMÜŞDAĞ, Alparslan KARTAL

ISSN: 2146-9598 Doi Prefix:10.22282



www.tojras.com Copyright © The Online Journal of Recreation and Sport