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## PHYSICAL EDUCATION AND SPORTS: BIBLIOMETRIC ANALYSIS OF THE ERIC DATABASE

Research article

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# PHYSICAL EDUCATION AND SPORTS: BIBLIOMETRIC ANALYSIS OF THE ERIC DATABASE

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#### **Abstract**

In respect to the growing interest in physical education and sports, the state of this large number of scientific literature and the bibliometric analysis has not been conducted. The purpose of this study to investigate the literature involved physical education and sports topics regarding the descriptive bibliometric analysis. We gathered the open-access data from ERIC within the permission of this database for non-commercial data usages. After a systematic query whole, ERIC database scrapped between the 2010-2019 year and retrieved a total of 365861 journal articles considered of 25573 articles as physical education and sports-related. There were 7581 articles published at the top 25journals (% 29.64). Subjects analysis according to "Physical education" was the commonly associated topic in this field. The findings of this study observed that the ERIC database covered a huge number of articles regarding PE and sports topics. Dynamics of the research literature suggest the US was the first contributor country to both authors and articles. Hence, we conducted a descriptive analysis of the literature indexed in the ERIC database theme include physical education and sports. This study provided a bibliometric analysis of an enormous number of articles after filtering the biggest education basis database.

Keywords: bibliometric analysis, physical education, sports, ERIC database

#### 1. Introduction

The Education Resources Information Center (ERIC) is an online digital library for educational studies and information sponsored by a public institute (Institute of Education Sciences of the United States Department of Education) since 1966. The coverage of the ERIC database provides variety's types of publications such as journal articles, books, conference papers, thesis, reports, etc. This extensive education database includes over 1000 journals, 1.6 million items and 350,000 accessible full-text materials (Rudner, 1999). However, this tremendous amount of materials considered as "grey literature" because of a portion of reports and conference papers. Therefore, it is important to bibliometric analysis of this growing literature to understanding trend topics in the related area and impacts to both journals and researchers ("National Center for Education Evaluation and Regional Assistance (NCEE)



Home Page, a part of the U.S. Department of Education.," 2020). The ERIC index is essential for education researchers related to physical education (PE) and sports cause of vulnerable contribution to the area with underlining the importance of physical activity and revelation of the standards for PE (Young, 1997). Bibliometric analysis affords priority and tendency of the researchers, which is useful information to the indicator of the subject impacts of published articles in these journals. Moreover, the in-depth analysis is also useful to determine if it may achieve the major topics or trends in the area to develop and implementation of education goals regarding PE and sports (Shilbury, 2011). Previous studies conducted to the analysis of the literature for the sport management by the searching Web of Science (Belfiore, Iovino, & Tafuri, 2019; Shilbury, 2011). The study investigated by Khoo et al., applied a variation of the methodology, which focused on citations of the publications for bibliometric analysis in disability sport (Khoo, Li, Ansari, & skills, 2018). In another research paper, Zavrśnik et al., analyzed the literature based on sports education to identify the most productive research topics regarding a special sports education model that used in curriculums of the elementary and high school (E. Zavrsnik, Kokol, Pisot, Blazun, & Sport, 2015). However, this study performed the searching keywords in the Scopus database (Scopus, Elsevier) is a commercial database service. Further, there is a wide application of the bibliometric analysis in special references to different sports disciplines such as judo, badminton, and soccer (Blanca-Torres, Ortega, Nikolaidis, & Torres-Luque, 2020; Brito, Nassis, Seabra, Figueiredo, & medicine, 2018; Peset Mancebo et al., 2013). Nevertheless, to date, there is a not linked or unified gap of analyzed literature throughout the widely published scientific articles in the area of physical education and sports regarding ERIC database which is one of most inclusionary educational databases. The aim of this study is to identify of the literature involved physical education and sports topics regarding the descriptive bibliometric analysis.

#### 2. Method

We gathered the open-access data from ERIC within the permission of this database for non-commercial data usages. We applied a custom-made query because of the ERIC database covered other educational studies. ERIC indexed materials in ERIC gains title, authors, subjects, publishers, sponsors (if exists), type (journal articles, books, dissertations, reports, conference papers, etc.), sources (journal name, publishers), and year information.

We excluded the other resources and searched for only articles. After a systematic query whole ERIC database scrapped between 2010-2019 year and collected a total of 365861 journal articles. Twentynine mandatory and 71 sports science-related subjects determined and keywords from the area created (Table 1). Including criteria of articles based on our query rules "Selected sports science-related topics AND Related keywords in abstracts) OR Selected mandatory topics" as shown in Figure 1.



Table 1 The subjects and keywords used throughout the selection of articles

Mandatory subjects	Related subjects	Related subjects Keyw		
Physical Education	Skill Development	Athlete	Drop jump	
Training	Performance Factors	Athletes	Body fat	
Physical Activities	Health Promotion	Athletic	Muscle	
Coaching (Performance)	Evaluation	Swimming	Skeletal muscle	
Athletics	Measurement	Athletics	Slow twitch	
Physical Activity Level	Measurement Techniques	Coach *	Glycogen	
Team Sports	Health Education	Coaching *	Creatine kinase	
Athletes	Child Health	Detraining	ATP	
Intramural Athletics	Teaching Skills	Exercise *	Tennis	
Physical Health	Performance	Exercise physiology	Creatine phosphate	
Physical Fitness	Public Health	Fitness	Agility	
College Athletics	Physiology	Health-related	Wrestling	
Athletic Coaches	Health	Camps	Biomechanics	
Exercise Physiology	Exercise	Physical activity	Biochemistry	
Health Related Fitness	Skill Analysis	Physical education	Injury	
Aquatic Sports	Measurement Equipment	Recreation	Heart rate	
Team Training	Medicine	Sport	Cardiac output	
Sports	Decision Making Skills	Sports	Running	
Sport Psychology	Performance Technology	Team sports	Distance covered	
Racquet Sports	Physical Therapy	Training *	Badminton	
Sports Medicine	Fatigue (Biology)	Soccer	Pretest *	
Sportsmanship	Medical Evaluation	Handball	Pre-test *	
Women's Athletics	Cognitive Measurement	Basketball	Wearable	
Student Athletes	Health Sciences	Volleyball	IMU	
Extramural Athletics	Physical Characteristics	Olympic	Acceleration	
Adapted Physical	Therapeutic Recreation	Countermovement	E 4 11	
Education Physical Recreation	Student Eval. of Teacher Perf.	jump	Football	
Programs	Student Teacher Evaluation	Athletic performance	Netball	
Physical Education		•	Adenosine	
Facilities Physical Education	Physical Mobility	Aerobic	triphosphate	
Teachers	Test Coaching	Anaerobic	Change of direction	
	Volunteer Training	Kinesiology		
	Retraining	Anthropometric		
	Health Activities	VO2max		
	Vocational Training Centers	Lactate		
	Preventive Medicine	Endurance		
	Teacher Skills	Strength *		
	Recreational Activities	Power *		
	Recreation	Resistance Training		
	Physical Development	Plates		
	School Recreational Programs	Throwing		
	Ppysical Performance	Gymnastic		

<sup>\*</sup> Although being essential keywords, we excluded those because of confused with other educational technical terms and retrieved unrelated materials.



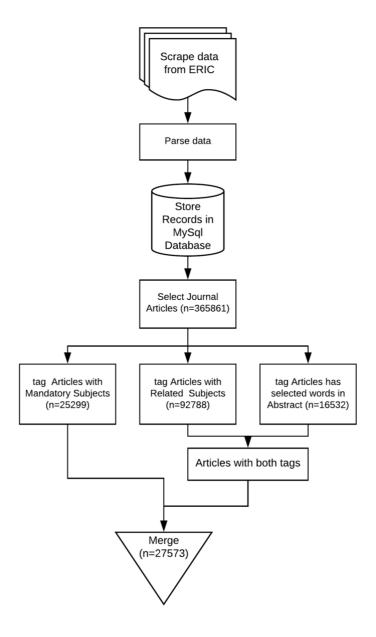


Figure 1 The searching algorithm of the ERIC database.

We performed a distribution of articles for each year along 10-year. The most article published journals generated and top 25 journals considered as most preferred sources. During the publishing, the article most set out topics found, and top 25 subjects listed. We performed a distribution of subjects for each year along 10-year. Top 25 country listed from geographic data processed articles from our database (n=16398). Number of owned articles of authors listed top 25 authors included for most influential authors. Country and institutional information provided from web-based searching for each author. In this study we visualized by creating the word cloud for subjects and titles of included articles. Word cloud sorts of the words the selected text according to most frequently used words and displays that words bigger and closer to the center of cloud. During the word cloud process for the title we exclude the propositions, conjunctions, pronouns, numbers, definite articles.



#### 3. Results

In this study, we retrieved total 365861 journal articles for 10 years period and considered of 25573 articles as physical education and sports related. The number of articles published each year was similar whereas the fewest articles in 2013 and the highest one in 2017.

When we examine the source of the articles, there were 1542 different journals. There were 7581 articles published at the top 25 journals (% 29.64). In this ranking Research Quarterly for Exercise and Sport was the first journal with 644 articles (Table2).

Table 2 Geographical and source analysis of articles: The countries and journals top 25.

Country	Number of articles	Journals as source	Number of articles
United States	5031	Research Quarterly for Exercise and Sport	644
United Kingdom	1582	Sport, Education and Society	528
Australia	1199	Journal of Leadership Education	447
Turkey	1130	Strategies: A Journal for Physical and Sport Educators Journal of Physical Education, Recreation &	446
Canada	863	Dance	443
China	336	European Physical Education Review	408
Spain	290	Physical Educator	380
New Zealand	288	Physical Education and Sport Pedagogy	362
Germany	271	Journal of School Health	336
Sweden	256	Journal of Teaching in Physical Education	324
Netherlands	230	Journal of Education and Training Studies	319
South Africa	217	Athletic Training Education Journal	308
Ireland	190	Health Education & Behavior	247
Finland	173	Quest	245
Norway	172	Journal of Social Work Education Measurement in Physical Education and Exercise	230
Taiwan	149	Science	226
Hong Kong	147	Journal of Extension	226
Greece	142	Health Education Journal	212
France	141	Health Education Research	210
Georgia	138	Universal Journal of Educational Research	190
Russia	134	Educational Research and Reviews	185
Brazil	126	Counselor Education and Supervision	175
Iran	126	Online Submission Research in Developmental Disabilities: A	173
India	117	Multidisciplinary Journal Journal of Physical Education, Recreation &	160
Korea	115	Dance (JOPERD)	157

The most common geographical contribution on the topic observed from United States. Following countries were the United Kingdom and Australia and Turkey which took part with more than one thousand articles. The top 25 countries associated a total of 13563 articles which covered more than % 53 of generally published articles (Table 2).



Subjects analysis according to years indicated that "Physical education" was the commonly associated topic in this field. Physical education assigned as the first subject in six of ten years whereas found place in the top three in these exceptional years (Table 3).

Table 3 Subjects distribution of the published articles according to the years.

2010 (2452 articles)		2011 (2867 articles)		2012 (2892 articles)		2013 (1515 articles)		2014 (3016 articles)	
Subjects	No	Subjects	No No	Subjects	No	Subjects	No	Subjects	No
Evaluation Methods	425	Physical Education	513	Physical Educatio n	418	Physical Activities	227	Physical Education	529
Physical Activities	340	Physical Activities	446	Physical Activities Evaluatio	382	Physical Education	176	Physical Activities Skill	369
Physical Education	315	Evaluation Methods	384	n Methods	283	Counselor Training	162	Developme nt	342
Evaluation	264	Training	273	Training Leadershi	280	Training	161	Training	291
Skill Development Counselor	222	Skill Development	247	p Training Skill Develop	271	Transfer of Training Skill Developm	135	Program Evaluation Physical Education	254
Training	211	Mental Health	235	ment Performa	271	ent  Mental	121	Teachers Physical Activity	245
Mental Health	204	Athletics Health	233	Factors Counselo	242	Health Program	99	Level Transfer of	243
Training	196	Promotion	205	r Training	234	Evaluation Coaching	98	Training	224
Health Promotion Program	186	Performance Factors	198	Training Methods Mental	222	(Performa nce) Health	93	Leadership Training Health	223
Evaluation	186	Evaluation	197	Health Program	209	Promotion	92	Promotion Coaching	218
Student Evaluation	177	Counselor Training	196	Evaluatio n	199	Evaluation Methods Physical	89	(Performan ce)	216
Physical Activity Level	164	Physical Activity Level	195	Athletics Transfer	195	Education Teachers	84	Student Evaluation	215
Leadership Training	161	Leadership Training	191	of Training Physical	176	Athletics	83	Athletics	213
Physical Health	155	Physical Education Teachers	189	Educatio n Teachers Physical	175	Leadership Training Physical	83	Evaluation Methods	207
Health Behavior	141	Program Evaluation	186	Activity Level Health	171	Activity Level	81	Health Behavior	207
Athletics	140	Transfer of Training	168	Educatio n Health	149	Performan ce Factors	79	Counselor Training	195
Transfer of Training	140	Training Methods	165	Promotio n	149	Evaluation	76	Health Education	171



		1		Student		[			
Performance		Physical		Evaluatio		Training		Mental	
Factors	132	Health	148	n	147	Methods	74	Health	151
Physical				Coaching					
Education		Health		(Perform		Health		Team	
Teachers	131	Behavior	144	ance)	146	Behavior	72	Sports	140
Health		Health		Physical		Measurem		Performanc	
Education	129	Education	142	Health	143	ent	71	e Factors	135
Training		Student		Measure		Student		Training	
Methods	116	Evaluation	139	ment	140	Evaluation	70	Methods	132
		Health		Evaluatio		Team		Physical	
Child Health	115	Services	131	n	136	Sports	70	Fitness	115
						Physical			
Team Sports	114	Team Sports	112	Athletes	125	Health	67	Athletes	114
		Physical		Health				Child	
Athletes	110	Fitness	110	Behavior	111	Athletes	66	Health	114
Measurement				Team		Physical			
Techniques	103	Measurement	109	Sports	109	Fitness	58	Exercise	106
2015		2016		2017		2018		2019	
(2832 artic	les)	(2912 artic	eles)	(3128 arti	icles)	(2951 artic	cles)	(3008 artic	les)
Subjects	No	Subjects	No	Subjects	No	Subjects	No	Subjects	No
				Leadershi					
Skill		Physical		p		Physical		Physical	
Development	467	Education	452	Training	568	Education	508	Education	464
				Skill				Skill	
Physical		Skill		Develop		Physical		Developme	
Education	405	Development	421	ment	454	Activities	364	nt	434
				Physical		Skill			
Training	341	Training	352	Educatio n	405	Developm ent	361	Training	378
•	341	•	332	11	403	CIII	301	•	370
Physical Activities	294	Physical Activities	315	Training	372	Training	334	Physical Activities	347
	294	Activities	313		312	Training	334	Activities	347
Program Evaluation	264	A 41-1-4:	260	Physical	289	Athletics	331	A 41-1-4:	330
	204	Athletics	200	Activities	289		331	Athletics	330
Transfer of	246	Transfer of	222	A /1-1 - / *	242	Team	256	Leadership	071
Training	246	Training	232	Athletics	242	Sports	256	Training	271
				Evaluatio		Physical			
Leadership	2.42	Leadership	224	n	225	Education	2.12	Transfer of	2.50
Training	243	Training	224	Methods	227	Teachers	242	Training	250
				Coaching				Physical	
Coaching		Program		(Perform				Education	
(Performance)	242	Evaluation	211	ance)	224	Athletes	237	Teachers	234
		Coaching		Transfer		T 1 1		Coaching	
A thlatian	226	(Performance	200	of Training	224	Leadership	226	(Performan	225
Athletics	226	)	200	Training Physical	224	Training	236	ce)	225
				Educatio		Physical		Physical	
Evaluation		Health		n		Activity		Activity	
Methods	210	Promotion	194	Teachers	219	Level	206	Level	220
		Physical	-, -			Coaching			
Health		Activity		Training		(Performa		Team	
Promotion	210	Level	191	Methods	207	nce)	196	Sports	214
				Program					
Physical		Evaluation		Evaluatio		Transfer of		Mental	
Activity Level	204	Methods	180	n	203	Training	195	Health	197



		Physical		Physical					
Student		Education		Activity		Counselor		Counselor	
Evaluation 2	200	Teachers	178	Level	178	Training	167	Training	187
				Student					
Training		Counselor		Evaluatio		Evaluation			
Methods 20	200	Training	172	n	173	Methods	153	Athletes	177
Physical									
Education		Student		Counselo		Health		Health	
	79	Evaluation	171	r Training	145	Promotion	149	Promotion	175
Counselor		Training		Mental		Program		Health	
	69	Methods	166	Health	136	Evaluation	148	Behavior	167
Health								Student	
	50	Mental Health	152	Athletes	130	Exercise	144	Evaluation	159
Health				Team		Student		Evaluation	
	31	Athletes	151	Sports	126	Evaluation	141	Methods	142
				Health					
Performance		Health		Promotio		Health		Program	
Factors 12	25	Behavior	139	n	125	Behavior	139	Evaluation	131
Self									
Evaluation				Health		Mental			
(	15	Team Sports	135	Behavior	117	Health	136	Exercise	125
Teaching		Health		Teaching		Health		Physical	
Skills 1	04	Education	126	Skills	117	Education	114	Fitness	108
				Health					
				Educatio		Training		Performanc	
Mental Health 1	00	Exercise	113	n	111	Methods	108	e	104
		Self		Formativ					
		Evaluation		e Evaluatio		Physical		Athletic	
Athletes 9	97	(Individuals)	98	n Evaluatio	104	Fitness	103	Coaches	93
Aunetes 9	,	(Illuividuais)	90	Performa	104	Filless	103	Coaches	93
		Physical		nce		Measurem		Health	
Exercise 94	94	Fitness	97	Factors	93	ent	96	Education	91
Exercise	'	THESS	<i>)</i>	Self	75	Cit	70	Education	71
				Evaluatio					
				n					
Measurement		Formative		(Individu		Performan			
Techniques 94	94	Evaluation	93	als)	93	ce	96	Physiology	87

The prominent subjects of all 10 years period were "Teaching methods and Student attitudes" (Figure 2).



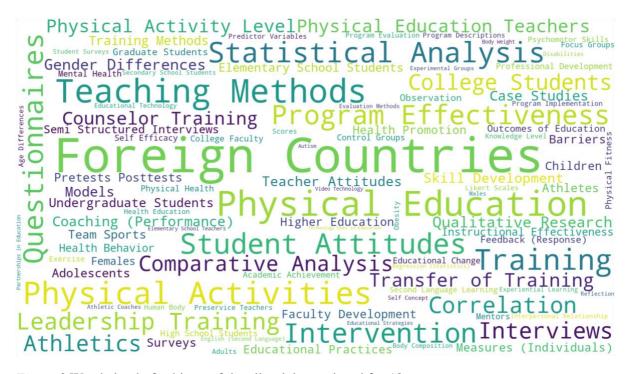


Figure 2 Word cloud of subjects of the all articles retrieved for 10-year.

Numbers of contributed authors on the sports science's topic found that 58083. As illustrated at the table 4, first 25 ranked authors published a total of 813 articles and most productive author has 67 articles. Investigation of the institutional analysis of the authors showed the domination of universities from the United States (18/25).



Table 4. The most influential authors, number of articles and affiliations.

-	Article			
Author	s no	Institution	Department	Country
Richards, K.		University of Illinois at	Kinesiology and Community	
Andrew R.	67	Urbana-Champaign	Health	United States
Mazerolle,				
Stephanie M.	53	University of Connecticut	Department of Kinesiology Department of Physical	United States
MacPhail, Ann Haegele, Justin	46	University of Limerick	Education and Sport Sciences Department of Human	Ireland
A.	39	Old Dominion University	Movement Sciences	United States
Penney, Dawn	37	Edith Cowan University.	School of Education	Australia
Kirk, David	35	University of Strathclyde	School of Education	Scotland
Ward, Phillip	34	The Ohio State University	Department of Human Sciences	United States
Bowman,		•	•	
Thomas G. Kulinna,	31	University of Lynchburg	Athletic Training Mary Lou Fulton Teachers	United States
Pamela Hodges	31	Arizona State University,	College	<b>United States</b>
Hastie, Peter A. Quennerstedt,	30	Auburn University	School of Kinesiology	United States
Mikael	30	Örebro University	School of Health Sciences Department of Human	Sweden
Zhu, Xihe Harvey,	30	Old Dominion University	Movement Sciences Recreation and Sports	United States
Stephen Cardinal,	30	Ohio University	Pedagogy College of Public Health and	United States
Bradley J. Macdonald,	29	Oregon State University	Human Sciences School of Human Movement	United States
Doune	29	University of Queensland	Studies School of Sport, Exercise and	Australia United
Casey, Ashley	29	Loughborough University	Health Sciences	Kingdom
Li, Weidong	28	The Ohio State University	Department of Human Sciences	United States
Pill, Shane	28	Flinders University	College of Education	Australia
Sato, Takahiro van der Mars,	27	Kent State University	School of Teaching Mary Lou Fulton Teachers	United States
Hans	27	Arizona State University,	College	United States
Webster, Collin		University of South	College of Education, Physical	
A.	27	Carolina	Education	<b>United States</b>
McCaughtry,			Kinesiology, Health and Sport	
Nate	24	Wayne State University	Studies College of Education and	United States
Xiang, Ping	24	Texas A&M University	Human Development	<b>United States</b>
Beighle, Aaron	24	University of Kentucky	College of Education	United States
Judge, Lawrence W.	24	Ball State University	School of Kinesiology	United States

We performed further analysis to understand real attitude of the articles, words counted in the titles of the publications. As shown in the word cloud (Figure 3) most frequently words used in the titles were "Physical education; Physical activity; Training; Learning; Development; Student and Teacher".





Figure 3 Visualization of most frequently take part words in the title.

#### 4. Discussion

The current study was carried out to highlight the current knowledge on a solidify topic (PE and sports) within its tendency that useful to guide the researchers for future studies. One of the importance of this study considering that no bibliometric research in sports science for the ERIC database. The findings of this study observed that the ERIC database covered a huge number of articles regarding PE and sports topics. Dynamics of the research literature suggest the US was the first contributor country to both authors and articles. In addition, physical education and physical activity and educational basis topics more attractive subjects compared to athletic performance.

Research subject distribution and title word analysis results showed that major topics in the ERIC database was physical education, physical activities, physical activity level, learning, teaching, and coaching in the last 10 years. This may be partly explained by the educational basis index covers more publications in relation with program developing, teaching or students attitudes and behaviors in physical education. Similarly, there was a high network density of title and abstract in terms of education thematic analysis in sport entrepreneurship (González-Serrano, Jones, & Llanos-Contrera, 2019). Current journal analysis also supported the educational priority in the ERIC publications. We observed that journals namely "Sport, Education and Society; Strategies: A Journal for Physical and Sport Educators; Journal of Physical Education, Recreation & Dance; European Physical Education Review; Physical Educator; Physical Education and Sport Pedagogy; Journal of Teaching in Physical Education, and Journal of Education and Training Studies" have placed in top 25. However, we did not consider the languages except English. Moreover, the current study did not take into account the other publication types except original articles. One of the methodological differences of this study was an article commonly assigned over one subject by the ERIC database.

Current study considered the last decade of PE and sports-related publications, authors, journals, and subjects in the ERIC database. Interestingly, the first ranking country that



contributed to the PE and sports area was the United States. Moreover, the most productive authors' in this study were also US residential institutions. An explanation for this result was education and sports are restricted related in the US, with common high schools and colleges have organized sports team determined by the cultural contexts (Pot & van Hilvoorde, 2013). College football and basketball tournaments are very famous organizations in the US that performed under the National Collegiate Athletic Association (NCAA). Therefore, it is not a surprise to these teams, athletes, and students demanding more scientific knowledge and more employment of the sports scientists produce more articles. Another possible explanation to this result was countries that giving more importance to the athletic programs and Olympic, also more active in the academic publishing in the PE and sports area. In a supporting study, researchers analyzed on technological usage in PE focused on Web of Science publications and found that articles merge in last 5-year. In agreement with our results, the United States was an efficient contributor country in the technology area, whereas Spain was the most influential one on virtual or augmented reality studies (Calabuig-Moreno, González-Serrano, Fombona, & García-Tascón, 2020). Further, in the bibliometric study of combat sports US dominance on scientific contribution revealed similar with current findings (Gutiérrez García, Pérez Gutiérrez, & Calderón Tuero, 2011). In the study that sport, education and society based bibliometric analysis querying from the Scopus database Zavrśnik et al., showed that US occupied the first rank for most productive country (J. Zavrsnik et al., 2016).

The previous studies focused on bibliometric analysis for the sports science area regarding the country, continent, or society. In the study researched the development of Chinese sports sciences literature, Zhang emphasized the importance of academic thesis and increased multidisciplinary collaboration. However, they found that social and psychology subjects covered most of the literature instead of a lower percentage of physical education (Zhang & 2017). This result may be explained by searching only Chinese databases. Similarly, Andrade et al., investigated another geographical based bibliometric analysis on South American sports sciences literature (Andrade, López, Ramírez-Campillo, Beltrán, & Rodríguez, 2013). Contradictory to our results, they found that most of the scientific papers from this continent were sports medicine related topics such as physiology, orthopedic and rehabilitation (Andrade et al., 2013). However, their searching algorithm included Web of Science and excluded other databases. In another study, Fares et al., took attention to sport and exercise medicine regarding the last 15 years for Arab society. They demonstrated that growing literature and scientific productivity is related to sport and exercise medicine (Fares, Fares, Baydoun, Fares, & medicine, 2017). We could not compare with current findings because they did not analyze the topics. Most published number of articles from Qatar and Tunisia first ranked country respect to the articles per average gross domestic product. These countries have no association with ERIC database materials where current analysis got five articles for Qatar and six for Tunisia.

#### 5. Limitations and conclusion

Current findings limited to 10-year period and ERIC database for PE and sports-related topics and keywords. Further research needed to analyze the author's network and citation interactions to understand what quantities required for being addressed in an effective publication. Last decade researches consolidate to citation analysis in this kind of bibliometric study (Müller, 2015). Hence, we conducted a descriptive analysis of the literature indexed in the ERIC database between the 2010-2019 theme include physical education and sports. This study provided a bibliometric analysis of an enormous number of articles after filtering the biggest education basis database.



#### 6. Conflict of Interest

The authors declare that there is no conflict of interest.

### 7. Ethics Committee Approval

The authors confirm that the study does not need ethics committee approval according to the research integrity rules in their country.



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