Dynamic tempo, monotonous life aiming at branching and insufficient physical activity depending on technology have been one of the biggest problems of people and societies of today. In solving the inactivity problems at issue, it is important for the children and the young to be physically educated in order to make them cope with their problems. In this respect, our aim is to determine the interest and attendance level of university youth in the recreation activities of sports in terms of presenting analytical solutions to problems.

Our research includes 11195 students studying Economics, Business and Engineering at the department of Ege, Celal Bayar and Izmir University of Economics during the semester between the years 2006–2007. The sampling of the study, on the other hand, is composed of 521 students, selected through a simple random sampling among those students, 335 of whom are males and 186 are females.

In this study, the questionnaire form prepared by the researchers has been used. The data obtained were evaluated in the SPSS programe. In the statistical analysis, descriptive statistics, crosstabulation and Ki-square analysis were used. The significance level was considered as $p<0.05$ in the study.

This study results in its ability to experts at the University of Sports organized recreational activities, facility, said that the lack of necessary equipment and sports fields and harmonious functioning. Of the 521 students included in the research, 228 of them (%43.76) stated that they dealt with sports during their childhood and had the sufficient data about it in sports lessons at school.