

**GUIDELINES OF
ARCHITECTURAL PLANNING, DESIGN,
AND ROOM PROGRAMMING (LP3A)
SPORTS CENTER IN YANGON, MYANMAR**



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VALIDITY SHEET
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This LP3A report has been reviewed, accepted, and formally ratified as part of the requirements for the completion of the Bachelor's Degree in the Architecture Study Program, Faculty of Engineering, Universitas 17 Agustus 1945 Semarang.

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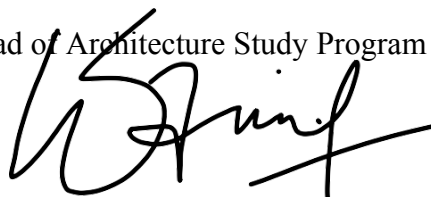


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ABSTRACT

This architectural thesis explores the planning, design, and programming of a multi-functional sports center in Yangon, Myanmar, aimed at addressing the city's fragmented and inadequate sports infrastructure. As urbanization accelerates in Yangon, the absence of centralized and accessible recreational facilities contributes to declining physical activity and public health. The proposed Sports Center integrates daily sports, community interaction, and sustainable design, rooted in Myanmar's cultural identity and responsive to its tropical climate.

The study is structured around urban analysis, case studies of comparative sports facilities in Myanmar and Indonesia, site evaluations, and architectural programming. A strong emphasis is placed on inclusivity, bioclimatic strategies, and community-centric spatial organization. The design accommodates diverse users—children, adults, the elderly, and professional athletes—through carefully zoned activity, educational, and administrative areas, with supporting utilities and green spaces.

The project culminates in a comprehensive planning and design guideline, underpinned by local context and global best practices. It offers a replicable model for sustainable urban sports infrastructure development in Southeast Asia, contributing to the physical, social, and mental well-being of communities.