Purpose: Teaching staffs of sport departments generally have high conscious according to different profession groups. Because they are always associated with sport activities. For that reason, the aim of this study is to determine quality of life of academic staffs in Physical Education and Sport Departments. Assessing quality of life in teaching staffs will provide better understanding and evaluation of them.

Method: The sample of the study contains totally 132 subjects randomly selected from academic staff in Turkey. Of the 28.8% (n=38) were woman and 72.2% (n=94) were man. In order to measure the life quality of teaching staffs, SF-36 (Short form of survey) life quality scale was used. It was developed by Ware (1987) and adopted into Turkish by Köçüyigit et all. (1999). The Short form of quality of life inventory is a modular instrument that measures health related life quality. Life quality questionnaires were sent to subjects by mail. Totally 200 questionnaires were sent to subjects and 132 of them returned. The subjects filled and sent back the questionnaires in 2011-2012 academic year in two weeks. In order to evaluation of the data SPSS (Statistical Package for Social Sciences) version 19 was used. Descriptive statistics and t-test were used.

Findings: There are four age category in this study. 25-34 years category included 45 (22 man and 23 woman) subjects, 35-44 years category included 55 (44 man and 11 woman), 45-54 age category included 19 subjects (16 man and 3 woman) and above 55 years age category included 13 subjects (12 man and 1 woman). Analysis of quality of life scores of the participants was found as “average physical function” 77.05, “physical role” 79.47, “pain” 80.91, “general health perception” 82.50, “vitality” 87.58, “social function” 81.33, “mental role” 76.18, “mental function” 85.64, “physical health score” 49.79, “mental health score” 55.44. There are a lot of research about quality of life in different profession groups. But it is limited in sports area. When compared other studies, quality of life of teaching staffs in sport departments higher than different profession groups such as health sector professions, management staffs of school and sedentary profession. Man is higher quality of life level according to woman in these studies like our study. In fact, this is an expected result due to teaching staffs of sport departments. Because they are always in sport activites and exercises and this situation is the part of their profession.

Conclusion and Discussion: The results of this study indicate that, academic staffs of Physical Education and Sport Departments have high life quality. Total scores of quality of life levels of men are higher than women total scores in academic staffs in physical education and sport departments too. According to being higher life quality can be associated with social and healthy in teaching staff of these departments. We can say that, quality of life is related to physical activities. We concluded that various factors may effect the quality of life in different profession groups but these factors must be subjected to further studies.

Keywords: Quality of life, teaching staff, physical education and sport