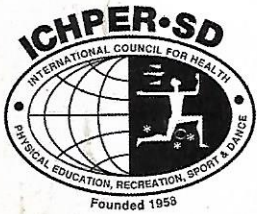


The 52nd ICHPER•SD Anniversary World Congress

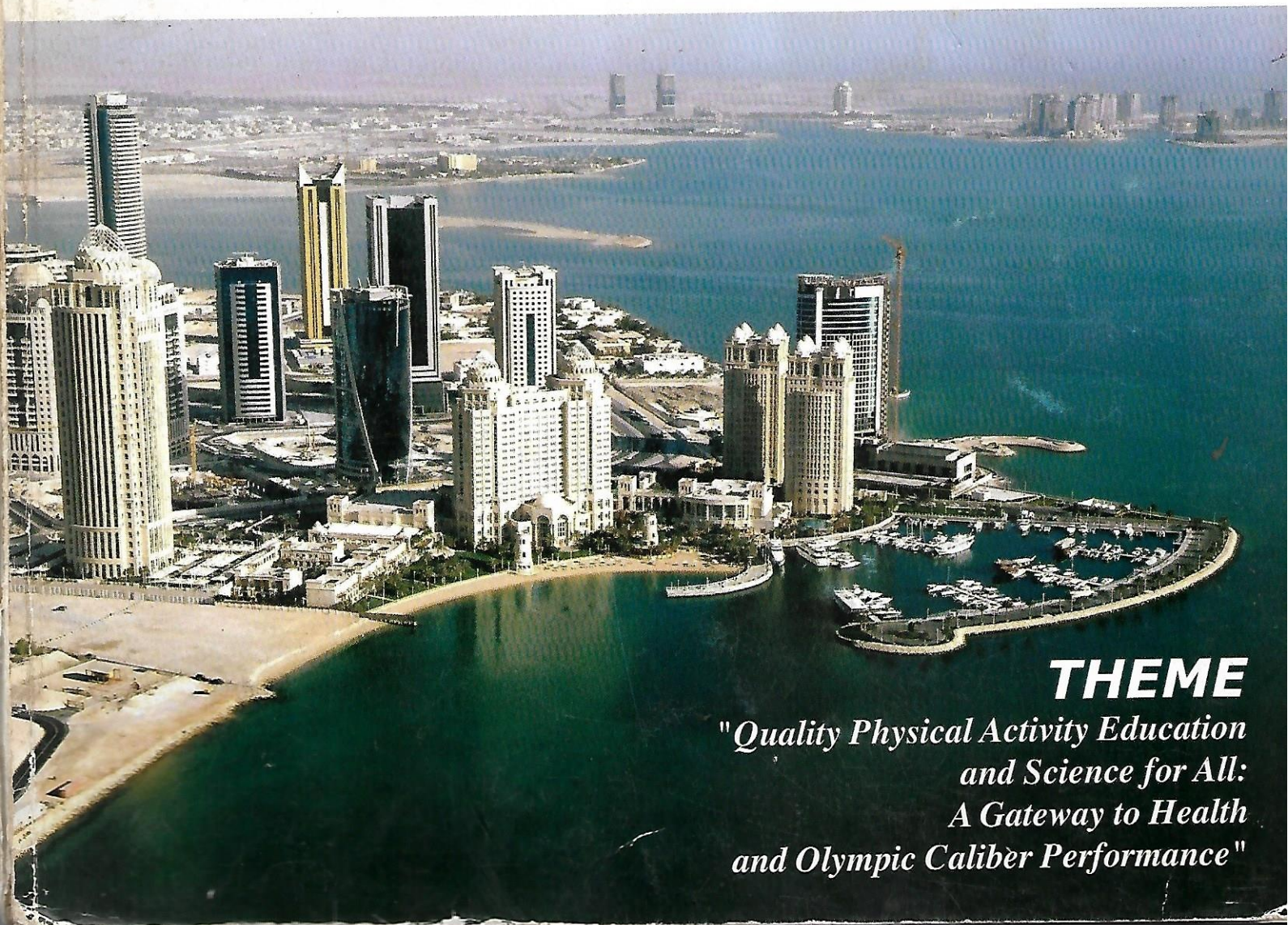
May 8 - 12, 2010

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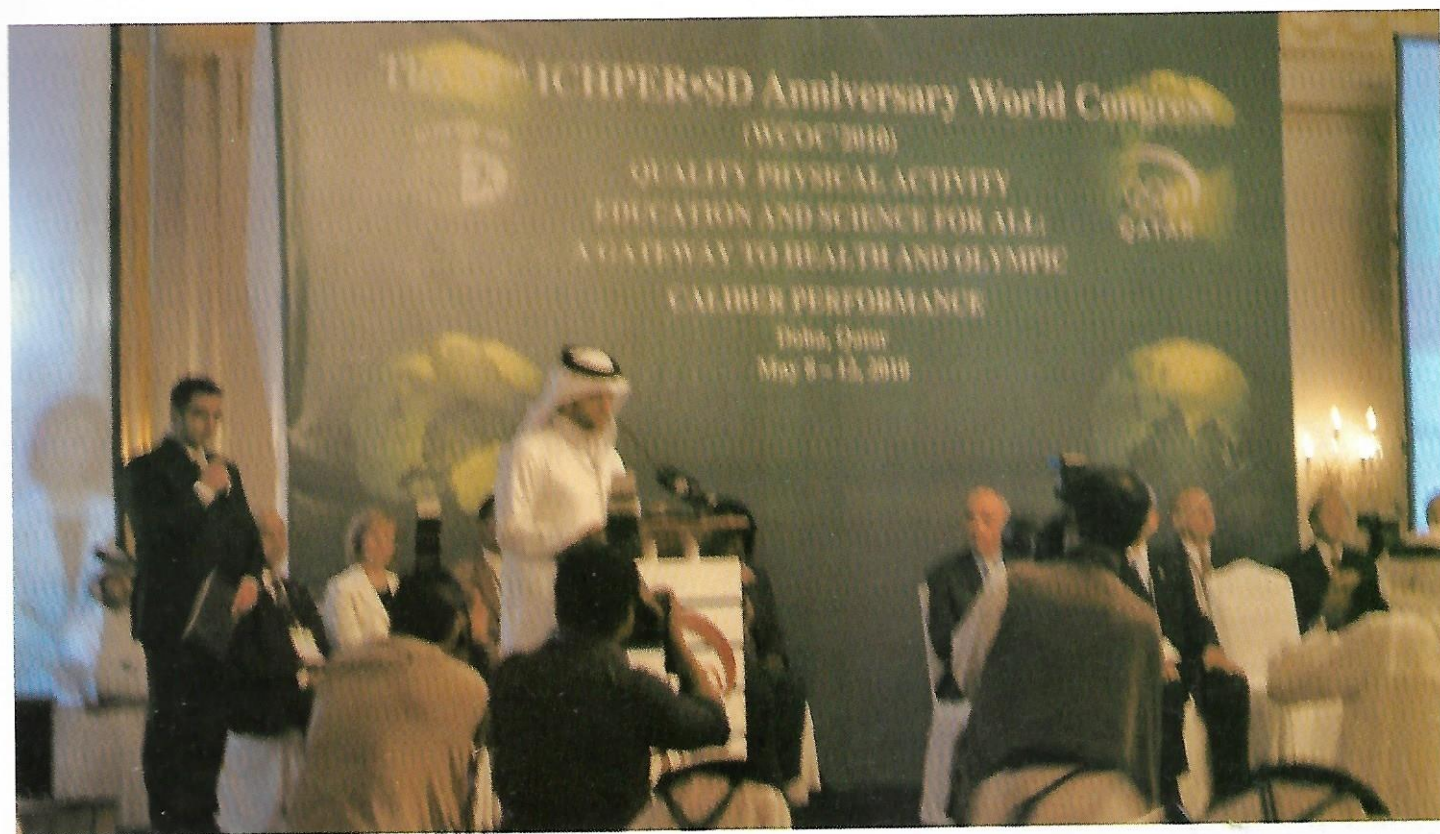
THEME

*"Quality Physical Activity Education
and Science for All:
A Gateway to Health
and Olympic Caliber Performance"*



A joint group picture of
the ICHPER-SD's and Qatar Olympic Committee's officers,
executive committee members, award recipients, presenters
at the 52nd ICHPER-SD Anniversary World Congress
Closing Ceremony in Doha, Qatar

Alcinoye, A-O **Opening Ceremony**



H.E. Sheikh Saoud Bin Abdulrahman Al-Thani
President, WCOOC'2010
(Doha World Congress Organizing Committee)
and
Secretary General
The Qatar Olympic Committee

Opening Ceremony



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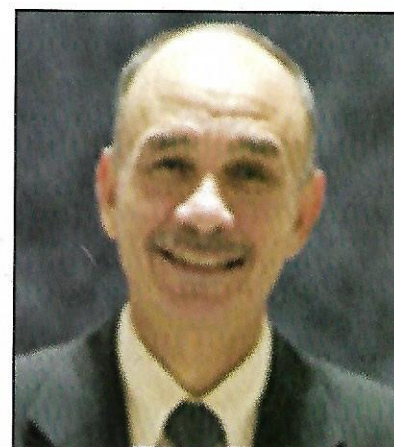
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Through these congresses, our dimension of knowledge is highlighted and expanded,
our search for wisdom advanced,
our depth of understanding deepened,
and our inquiries in science answered."

"Through these congresses, we are in a better position to serve our stakeholder and beneficiaries: our children and students, student and elite athletes, global citizen for all age-groups, our profession and institutions in HPERSD including the Olympic Movement."

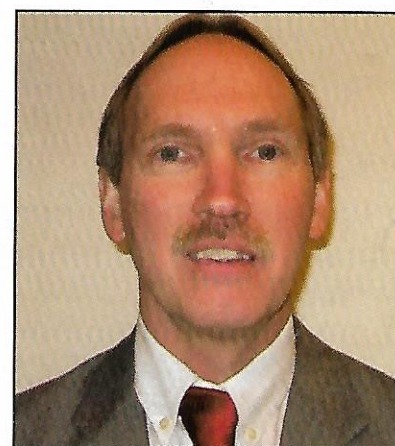
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**Dr. Steven WRIGHT
Editor, Congress Proceedings**

The 52nd ICHPER•SD Anniversary World Congress

Hosted by the Qatar Olympic Committee

Grand Regency Hotel & Convention Center

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The Editor's Note

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I would like to take this opportunity to thank a few people for their assistance in the reviewing/editing process related to the abstracts and manuscripts submitted for the ICHPER•SD 52nd Anniversary World Congress. Dr. Dong Ja Yang, as Chairman of the English Scientific Committee, provided invaluable leadership throughout this process, which was greatly appreciated. I would like to thank Dr. Michael McNeill (Associate Editor of the *ICHPER•SD Journal of Research*) and Dr. Wenhao Liu (Assistant Editor of the *ICHPER•SD Journal of Research*), for their assistance in editing some manuscripts. I also appreciate all of the hard work put in by members of the English Scientific Committee. They worked for many hours reviewing and editing abstracts submitted for this World Congress. The members of the committee are listed above.

Implications of Psychosocial-Health Enhancing Fitness Exercise Among Academic Staff of the University of Lagos

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Lagos, Nigeria

Abstract

The availability, accessibility and affordability of fitness and health centers within the academia, has made it difficult to participate in moderate fitness exercises designed to improve their well-being. The purpose of this study was to examine the implications of psychosocial-health enhancing physical fitness exercise among academic staff. The sample size consisted of 200 participants from the University of Lagos. Nine trained research assistants helped in administering the questionnaire to all twelve faculties. A total of 190 questionnaires were completed and returned. The descriptive statistics of frequency counts and percentages were used for the demographic profiling of the respondents while inferential statistics of Chi-Square (χ^2) was adopted for the hypotheses formulated at an 0.05 level of significance. After the analysis, all the hypotheses were found to be significant. A systematic stratified sampling technique was used to pick the participants. The results indicated that participation in physical fitness exercise by academic staff has positive health benefits while non-participation in fitness exercising may lead to sudden death, regular complaints of fatigue, inactivity, mental stress, problems with interpersonal relationships and an inability to keep up with the increasing period of time.

Introduction

Physical activity has apparently become a normal phenomenon by virtually everybody all over the world, including members of the academic staff of the populace. Despite the availability, affordability and accessibility of fitness and health centers, people still find it difficult to engage in moderate physical activity designed to improve their health status. Moronkola (2001) opines that health is the ability and capacity of an individual to cope effectively with all of his/her daily demand function physically, mentally, socially, emotionally, and spiritually. Physical inactivity is a serious national health problem that poses public health challenges, unnecessary health care costs, premature death. Physical fitness exercise is defined as activity one engages in to reduce the risk of chronic diseases which are heart disease, mental trouble, diabetes, colon cancer, overweight and underweight, osteoporosis, joint problem and death etc. Brandon (2009) asserted that physical fitness comprises two related concepts: general fitness "a state of health and well-being" and specific fitness "a task oriented definition based on the ability to perform specific aspects of sports or occupation. University lecturers appear to look better, live longer and experience very lower mortality compared to others. Regular and adequate fitness exercise is associated with healthy, especially those in academia. People who are active live longer and experience real quality of life as a result of their engagement in moderate physical activity. Wikipedia (2005) affirms that regular exercise is important for maintaining physical fitness and can contribute positively to maintaining a healthy weight, building and maintaining healthy bone density, muscle strength and joint mobility; promoting overall well-being; reducing surgical risks; and strengthening the immune system. Over the years, the critical role of physical fitness in promoting health and preventing diseases has become more evident for the importance of physical activity. Akinloye (2009) states that physical fitness is the ability to carry out daily task with vigor and alertness without undue fatigue and with ample reserved energy to enjoy leisure time pursuit and to meet unforeseen circumstances and emergencies. Physical fitness is a process that cannot be undermined because of its immense contribution to an individual's healthiness and meaningfulness of life. Some scholars (Thompson, Buchnor- Pina, Balady, & Williams, 2003) think that physical fitness is an aspect of total well-being involving three important concepts. It is related to the task the person must perform. Regular physical fitness exercise is necessary for all and sundry because of its contributory factors to

life-maintenance and enhancement. It is evident that social status, education and lifestyle factors will have a beneficial effect on the mortality and morbidity of many occupational groups in universities. Physical fitness is the functioning of the heart, blood vessels, lungs and muscles at optimum efficiency. In the past, fitness was defined as the capacity to carry out the daily activities without undue fatigue. Physical fitness is now defined as the body's ability to function effectively and efficiently in work and leisure activities to be healthy and to avoid hypo-kinetic diseases (Bemben, Fetter, Bemben, Nabavi, Koh, & Yusuf, 2000). Akinloye (2009) affirms that physical fitness is very important to all and sundry for good health and maximum efficiency. Evidence shows that an individual who is physically fit is not at a risk of having to battle with obesity, depression, coronary heart diseases, as well as maladaptive behaviours such as substance abuse and violence (Kirkaldy, Shephard, & Seifen, 2003; Nelson, Gordon, & Larson, 2006).

Moderate physical fitness exercise improves the health of the individual in the following aspects:

- Reduces the risk of dying from heart disease
- Reduces the risk of developing diabetes
- Reduces the risk of developing high blood pressure
- Reduces the risk of dying prematurely
- Reduces the risk of developing colon cancer
- Reduces feelings of depression and anxiety
- Helps control weight
- Helps build and maintain healthy bones, muscles, and joints
- Helps older adults become stronger and better able to move about without falling
- Promotes psychological well-being
- Promotes physiological analysis
- Promotes general health of people

It is no gain saying to prove that regular fitness exercise improves one's health. Martin (2009) describes psychosocial health as encompassing the mental, emotional, social and spiritual dimension of health. He stresses further that psychosocial health is very important to our appreciation of life and contributes greatly to our quality of life. There are several basic elements shared by psychosocially healthy people as listed below (Martin (2009)).

- They feel good about themselves
- They feel comfortable with other people
- They control tension and anxiety
- They are able to meet the demands of life
- They curb hate and guilt
- They maintain a positive outlook
- They enrich the lives of others
- They cherish the things that make them smile
- They value diversity
- They appreciate and respect nature

Health Benefits of Physical Fitness Exercise

The benefits of exercise extend far beyond weight management. Net (2010) affirms that regular physical activity can help reduce the risk for several diseases and health conditions and improve the overall quality of life.

- Daily physical fitness exercise prevents heart disease and stroke by strengthening the heart muscle, lowering the blood pressure, raising the high-density lipoprotein (HDL) levels (good cholesterol) and lowering low density lipoprotein (LDL) levels (bad cholesterol).
- It also improves blood flow

- It increases heart working capacity
- It reduces body fat
- It reduces and controls non-insulin dependent diabetes
- It helps in building and preserving muscle mass and improving the body's ability to use calories
- It helps in improving flexibility and posture
- It prevents back pain
- It promotes bone formation and prevents bone loss associated with aging i.e. osteoporosis
- It improves the mood and the way an individual feels about himself.
- It reduces depression and anxiety
- Involvement in physical fitness exercise is quick way to better manage stress

Methods

Participants

This study was conducted at the University of Lagos, Nigeria using academic staff of the institution as the sample of the study. Academic staff statistics were obtained from the academic planning unit. There were 1,287 academic staff in the University at the time when the research was carried out (Academic Planning Unit, 2010). Two hundred subjects were proposed to be sampled but only 190 subjects completed the questionnaire.

Procedures

The instrument used for collecting data from the respondents was a self-developed questionnaire in line with Thomas & Nelson (2001). The main justification for using a questionnaire was the need to obtain responses from a large number of people. The individual factors were assessed on a four point-Likert scale with 4 indicating "strongly agree" and 1 "strongly disagree". Prior to this study, a pilot study was carried out using the academic staff of Lagos state University. This actually enabled the researchers to identify problems that arose during the actual questionnaire administration. Both the content and construct validity of the instrument were considered.

Results

The Participants' Demographic Information

The age characteristics of the sample, as given in table 1 shows that about 44% were about 40yrs old, 28.4% were within the age 31 and 40 years, while 27.4% were in the range of 21 and 30 years. From this result, a cumulative of 72.1% were above 30 years old.

Table 1.

Age	Frequency	Percent	Valid percent	Cumulative percent
21-30 yrs	52	27.4	27.4	27.4
31-40 yrs	54	28.4	28.4	55.8
41 yrs and above	83	43.7	43.7	100.0
Total	190	100.0	100.0	

The Educational qualification characteristics of the subjects, given in Table 2 shows that 37% were B.Sc holders, 27.4% were M.Sc/M.Ed holders, while 36% were Ph.D holders. A total of 63.4% were master's and doctoral degree holders. This implies that the academic staff of the University of Lagos were qualified in educational backgrounds.

Table 2.
Education Background

Education	Frequency	Percent	Valid percent	Cumulative percent
B.Sc	70	36.8	36.8	36.8
M.Sc/M.Ed	52	27.4	27.4	64.2
PhD	68	35.8	35.8	100.0
Total	190	100.0	100.0	

The Marital status of the elements as given in table 3 shows that 65% were married, 27% were single, 4.2% were divorced, and 4.2% widowed. It could be concluded that the majority of the subjects i.e. academic staff of the University of Lagos were responsible people because of their marital qualification.

Table 3.
Marital Status

Marital Status	Frequency	Percent	Valid percent	Cumulative percent
Single	51	26.8	26.8	26.8
Married	123	64.7	64.7	91.6
Divorced	8	4.2	4.2	95.8
Widowed	8	4.2	4.2	100.0
Total	190	100.0	100.0	

Results of Questionnaire

The results of the questionnaire are listed in Table 4 below. From the responses, it is derived that among academics, hypertension can cause premature death. A cumulative of 93.3% of the subjects shows a level of agreement while 4.7% indicates the level of disagreement.

From the responses, it is concluded that among academics, participation in exercise can help lessen physiological consequences of stress. A cumulative of 94.2% of the subjects agreed to this, while 5.8% disagreed.

From the responses, it is derived that among the academics involvement in moderate or simple fitness exercise will significantly improve their job performance as a result of normal cardiovascular endurance. A total of 91.1% agreed while 8.5% disagreed to the statement.

From the responses, it is derived that among the academics fitness exercise has positive effect on interpersonal relationship with others. A total of 82.7% of the subjects agreed while 17.3% disagreed.

From the responses, it is derived that among the academics pressure at work without exercise can cause anxiety. A total of 83.7% agreed to this statement while 16.3% disagreed.

Table 4.
The Results of the Questionnaire

Items	Agree	Disagree
Hypertension can cause premature death	93.3%	4.7%
Exercise can help to lessen the physiological consequences of stress	94.2%	5.8%
Physical fitness exercise will improve my cardiovascular endurance ability	91.1%	8.5%
Fitness exercise has a positive effect on an individual's interpersonal relationship	82.7%	17.3%
Pressure at work without exercise can cause anxiety	83.7%	16.3%

Multiple Chi-square Tests were used to evaluate whether the proportions of the respondents who fell into categories in each of the above five questionnaire items were different or not. The results (Table 5) indicate that significant differences in proportions of the respondents appear.

Table 5.
Results of Chi-Square Test

Regular Fitness exercise can help to control high blood pressure	Exercise can help to lessen the physiological consequences of stress	Physical fitness exercise will contribute to the improvement of my health	Fitness exercise has a positive effect on one's interpersonal relationship	Participation in physical exercise at leisure will reduce my work stress
175.263	153.453	183.095	102.505	100.611
3	3	3	3	3
.000	.000	.000	.000	.000

a. Cells (.0%) have expected frequencies less than 5. The minimum expected cell frequency is 47.5.

Discussion

The study was conducted to assess the implications on psychosocial-health enhancing fitness exercise among the university of Lagos academic staff, Nigeria.

Hypothesis One

The Chi-square (X^2) calculated value of 175.26 is greater than X^2 tabulated value of 7.81 at df 3 at 0.05 level of significance. The null hypothesis which states that participation in fitness exercise will not significantly reduce the risk of hypertension is rejected, it therefore is significant. Siefen, Nelson, Gordon, & Larsen (2006) demonstrate that an individual who is physically fit is not at risk of having to battle with obesity, depression, coronary heart diseases, as well as maladaptive behaviors such as substance abuse and violence.

Hypothesis Two

The Chi-square (X^2) calculated value of 153.4 is greater than X^2 tabulated value of 7.81 at df 3 at 0.05 level of significance. The null hypothesis which states that participation in fitness exercise will not significantly improve Job performance is hereby rejected, it is therefore significant. Medicinenet (2010) supports that one of the health benefits of physical fitness exercise is to increase the heart working capacity. Physical fitness is the ability to meet the ordinary, as well as the unusual demands of daily life safely and effectively without being overly fatigued and still have energy left for leisure and recreational activities.

Hypothesis Three

The Chi-square (X^2) calculated value of 183.095 is greater than X^2 tabulated value of 7.81 at df 3 at 0.05 level of significance. The null hypothesis which states that participation in fitness exercise will not have significant effect on musculoskeletal system is hereby rejected, it is therefore significant. Brandon (2009) corroborates that general fitness is a state of health and well-being. Study by Katz (1998) opines that muscular flexibility relates primarily to genetic factors such as joint structure, ligaments, tendons, muscles, skin, tissue injury, adipose tissue (fat), body temperature, and age and sex influence range of motion about a joint.

Hypothesis Four

The Chi-square (X^2) calculated value of 102.5 is greater than X^2 tabulated value of 7.81 at df 3 at 0.05 level of significance. The null hypothesis which states that participation in fitness exercise will not significantly improve cordial relationship is hereby rejected, it is therefore significant. In the opinion of Martin (2009), one of the basic subjects shared by psychosocially healthy people is that they feel comfortable with other people.

Hypothesis Five

The Chi-square (X^2) calculated value of 100.6 is greater than X^2 tabulated value of 7.81 at df 3 at 0.05 level of significance. The null hypothesis which states that participation in fitness exercise will not have significant effect on psychosocial health is hereby rejected, it is therefore significant. Martin (2009) supports the idea that psychosocial health is very important to our appreciation of life and so contributes greatly to our quality of life.

Conclusion and Recommendation

It is therefore concluded that engagement in physical fitness exercise by educated members of the populace will go a long way in achieving national development goals in terms of social, economic, education and physical developments. In view of this study, the following recommendations are made:

- People, educated and non-educated members of the populace should be mindful and jealous of their well-being.
- Participation in moderate fitness exercise by academic staff should not be an option but something necessary.
- Physical fitness exercise experts should try as much as possible to make this field of enjoyment inviting and interesting enough by showing good examples.
- University authorities should ensure that a day is allotted whereby every member of staff engages in one type of recreational activity.

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