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# On the front foot: an Australian Health and Physical Education (HPE) perspective.

Lynch, TJ

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Toward building a new sport system.

International Council for Health, Physical Education, Recreation, Sport and Dance (ICHPER-SD).

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56<sup>th</sup>



# The 56th ICHPER-SD

## Anniversary World Congress

### “Toward Building A New Sport System”

#### English Program & Abstracts

December 18th - 20th, 2014

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**Ex-Officio**

Dr. Dong Ja YANG

**Committee Chairperson:**

Dr. Delores C.S. JAMED

**Editing & Reviewing**

Prof. Dr. Faisal H. AL-MULLA

**Committee Members:**

Dr. Mohammad R.T. TORABI

Dr. Veronica C. IGBANUGO

Dr. Bradford N. STRAND

Dr. Timothy J. LYNCH

Dr. Gregory J. SOUKUP

Dr. Grace O. OTINWA

Dr. Tarin HMAPTON

Dr. Lawrence W. JUDGE

Dr. Xiaofen D. KEATING

Dr. Mildred R. NAQUIN

Dr. Eng Hoe WEE

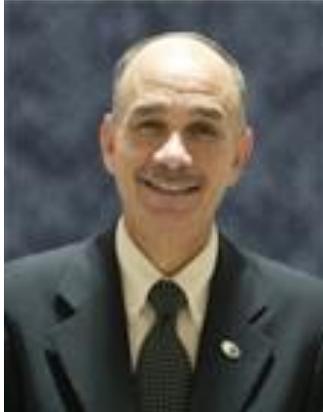
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## Message from ICHPER.SD President



I would like to welcome all of you to 56th ICHPER•SD Anniversary World Congress. I'd also like to acknowledge Bahrain Olympic Committee & Kingdom of Bahrain for hosting our World Congress this year.

Since 1958, ICHPER•SD has contributed to sports professionals, scholars, teachers, and coaches. ICHPER•SD helped produce quality physical education and served professionals in more than 204 countries around the world. The World Congress has always impacted the development of Health, Physical Education, Recreation, Sport, and Dance in the world and in the eight regions. HPERSD was an integral part of the positive improvement of individuals.

Our theme “Towards Building a New International Sport System” can adjunct a series of interconnected questions. First, how can we raise enough funds to support general and professional sports internationally, specifically in countries with restrained public funding? How can we make more training facilities and infrastructure available? Commercial sponsors should be encouraged to support sports on national and international levels. We should provide methods to enable funds to contribute to talent production process and less culturally significant sports as well.

How can we attain flexible harmony in the body of our various sports organization, commercial partners and media? Harmony will enhance long-term policy development, functional communication and inhibit tasks overlapping.

How can we boost participation in sport? How can we provide early high quality programs with planned outcomes i.e. at schools to enable mass participation and talent development? This carries us to another question. How can we identify talent in time and provide an effective development system appropriate to the age and level? How can we provide sufficient numbers of well experienced trainers? This mandates professional trainers' development opportunities, funds and recognition.

How can athletes participate more adequately in international competitions? How can we expand national competitions with standards similar to those in international events?

How can scientific research meet every step of sports development? Organizations and sports professionals should be able to incorporate research into the international sport system.

As we answer these questions and the other questions which will be introduced during this World Congress. We will surely be able to connect the dots and answer our bigger question “How can we build a new International Sport System?”

Sincerely,

Adel Elnashar, Ph.D.  
ICHPER•SD President

## **Message from Bahrain Olympic Committee Science in the Service of Sport**

It's our great pleasure that the Bahrain Olympic Committee is hosting the 56th edition of the ICHPER•SD Anniversary World Congress & Exposition, in cooperation with the International Council for Health, Physical Education, Recreation, Sport and Dance.

This international gathering is of a significant importance for us, as it embodies the strong relationship between science and sport, which made us choose the slogan "Towards Building a New Sport System." Our theme was carefully picked up in order to link the Kingdom of Bahrain with this new sport system.

At the Bahrain Olympic, we work in accordance to the guidance of the Supreme Council for Youth and Sports Chairman and the Bahrain Olympic Committee President Shaikh Nasser bin Hamad Al Khalifa, aimed at continuing the development process and keeping up with the latest in human sciences .

The involvement of the International Council for Health, Physical Education, Recreation, Sport and Dance is also an incentive to embrace this congress, which we look at with hope to bring positive results due to the research from the participants. The congress will also bring together a number of significant scientific discussions, which aim at the objectives for which this event was found for, and embodies the slogan that serves sport globally.

I would like to welcome all the participants in this first-of-kind event organized in the Kingdom of Bahrain, wishing them all the best of luck, and hoping to see the successful culmination of those efforts that boost global sports.

The Bahrain Olympic Committee

**First Section:  
Physical Education  
Research Abstracts**

# **On the front foot: An Australian Health and Physical Education (HPE) perspective**

**Dr Timothy Lynch**

Faculty of Education & Arts– Gippsland Campus  
Northway- Australia  
timothy.lynch@federation.edu.au

## **Abstract**

When considering the theme ‘Towards building a new sport system’, it is important that as for any structure, there are strong foundations. Sport is a logical extension of a school’s physical education (PE) program (Commonwealth of Australia, 1992). Furthermore, research suggests that the optimum time for children to learn and refine their motor skills and to be introduced to positive PE experiences is during preschool and early primary school years. It is therefore argued that to build an ideal sport system, as suggested by the title, we need to ‘begin on the front foot’ through quality HPE implementation for children. More so, an ideal sport system requires an inclusive, developmentally appropriate and progressive infrastructure within schools that enhance success and opportunity, and ultimately health and wellbeing for all. This concept is supported by the inaugural ICHPER-SD world congress theme, ‘Child Health and the School’. The purpose of this paper is to share five essential guiding pillars from the recent Australian HPE curriculum reform; educative, strength-based, movement, health literacy, and critical inquiry (Macdonald, 2013). It is proposed that these pillars offer direction for building a sport system and are examined through investigating a successful practical example.

**Keywords:** Health and Physical Education, Primary Education, Community collaboration, Curriculum reform.

# **International Health-Related Children/Youth Physical Fitness Test and Lifestyle Survey: Current trends and Issues on Physical fitness and physical activity of children and youth**

**Yoshiro Hatano (Chair), Farouk Abdel-Wahab, Kosho Kasuga, Grace O. OTINWA, Benedict O. Atakpu, Sulin Cheng, Koya Suzuki,**

## **Abstract**

International Research Project of ICHPER • SD, in the form of Youth Physical Fitness Test and Lifestyle Survey is planned to be administered during the year of 2015. This Symposium intends to briefly discuss the significances and implications of this project under the current world trend of unfit and inactive children and youth. At the same time each presenter is expected to report the actual testing plans of the children at respective, city, nation and/or geographical region. The discussion will enhance the International Research Project of 2015.

**Key Words:** Physical fitness, physical activity, physical activity, children and youth.

# **A Study of Physical Education Course Satisfaction and Leisure Sports Attitude on Leisure Sports Participation**

**Jui-Chen Chen**

## **Abstract**

The purpose of this study was to discuss the present situation of physical education course satisfaction, leisure sports attitude, and leisure sports participation of TKU students, and compared the relationships between three aspects under different population variables. This study were surveyed by Convenience Sampling. A self-designed questionnaire was used to survey the physical education course satisfaction, leisure sports attitude, and leisure sports participation of students. The following conclusions and suggestions were drawn from analyzing the 600 valid questionnaires using descriptive statistics, *t*-test , one-way MANOVA, canonical correlation analysis, and logistic regression:1. Students, via easy attitude, 31-60 minutes per time, 2 times weekly, period of PM1-6, using type of running,

swimming and basketball, through physical education driven 93.5% participated leisure sports, and got information from students (friends) ; physical education course satisfaction, and leisure sports attitude of students' score was satisfaction (agreement) level; 2. Students between different course subjects, leisure sports frequency, lasting time, intensity, periods, had significantly difference of score on “physical education course satisfaction” and “leisure sports attitude”. 3. “Teacher behavior and peer support” had the most significantly influence on the whole impact of leisure sports attitude. 4. “Physiological growth” and “initiative participation” had the most significantly influence on the impact of leisure sports participation.

**Keywords:** logistic regression, physical education curriculum, leisure sports, sports participation

**Teaching sport skills to children with autism:  
Directions for the future research**

**Dr. Ferman Konukman**  
Qatar University  
Doha- QATAR

**Dr. Şamil Erdogan**  
Bilgi University  
Istanbul- TURKEY

**Dr. Hayrettin Gümüřdađ**  
Hitit University  
Çorum- TURKEY

**Dr. İlker Yılmaz,**  
Anadolu University  
Eskişehir- TURKEY

**Abstract**

Autism is a lifelong developmental disability that causes delays in verbal and nonverbal communication and social interaction as well as exhibition of ritualistic and compulsive behaviors. Children with autism have severe communication, language, and social interaction problems compared to their nondisabled peers. Therefore, teaching games is an essential need to develop vital social skills of children with autism (Maurice, Green, & Fox, 2001; Leaf & McEaching, 1999). Moreover, literature states that children with autism have poor motor skills compared to their non-disabled peers. Therefore, the purpose of this presentation is to provide basic strategies and tips for teaching sport skills to children with autism. In addition, information about our recent research efforts in teaching sport skills for children with autism and practical applications will be discussed for the future research.

## **The Role of Physical Education Teacher Training Programs in the New Millennium**

**Dr. Ferman Konukman**  
Qatar University  
Doha- QATAR

**Dr. Şamil Erdogan**  
Bilgi University  
Istanbul- TURKEY

**Dr. Hayrettin Gümüřdađ**  
Hitit University  
Çorum- TURKEY

**Dr. Mehmet Yanardađ**  
Anadolu University  
Eskiřehir- TURKEY

### **Abstract**

There is an argument over subject matter of physical education being closely aligned to sport, games, and fitness activities that physical education should focus on sub-disciplines (i.e. biomechanics, exercise physiology) (Corbin & Eckert, 1990). Wiegand, Bulger & Mohr (2004) stated that there are curricular issues in physical education such as foundational courses, time spent in pedagogical content knowledge and the best order of curriculum in the programs. Siedentop (1991) emphasized the importance of pedagogical knowledge and stated that all failures of bad teaching come from a lack of pedagogical knowledge, not from the inadequate subject matter knowledge. Besides, teacher educators contributed to development of pedagogical content knowledge that emphasized both pedagogical formation and knowledge base (Griffey & Housner, 1991). Therefore, the purpose of this presentation to discuss and elaborate the role of physical education teacher training programs in the new millennium. In addition, alternative physical education teacher curriculum models will be discussed.

# **The Effectiveness of Cooperative Mastery Learning on Learning Some Motor Skills in Physical Education Lesson and the Level of Moral Thinking for Girls in the 2<sup>nd</sup> Ring of Basic Education**

**Dr. Abeer Ahmed Sadek Mostafa**

Dept. of curricula and teaching methods  
Faculty of Physical Education- Minia University

## **Abstract**

Strategies have been required increasingly more than ever before to provide us with various and progressive educational horizons that help students enrich their information and develop their skills and moral values. In the frame of seeking for developing the field of teaching by specialists and others interested in such field, to increase the efficiency of some teaching strategies and to update the others, the strategy of cooperative mastery learning has been appeared. The purpose of the current research aimed at identifying the efficiency of cooperative mastery learning on learning some basketball skills and the level of moral thinking in girls in the 1<sup>st</sup> grade of the 2<sup>nd</sup> ring of basic education and also to know how strongly the cooperative mastery learning effects on the research variables. The researcher used the experimental method with an experimental design for two groups: one is the experimental group; the other is the control group by following pre and post measurements for both of them. The research sample consisted of girls in the 1<sup>st</sup> prep grade (n=30) who were randomly divided into two groups to represent the experimental and control groups of 15 girls each. The research tools were skill tests and the imaged moral thinking scale. Forms of evaluation of performance of skills under investigation were laid out and work papers of each group and learning corrections of each skill were prepared. Learning lessons were carried out in accordance with the teacher guide prepared by the researcher. Results showed that the cooperative mastery learning and traditional learning had their effects on improving the research variables; however, the cooperative mastery learning had a great effect on learning and mastering basketball skills under investigation by girls in the research sample as well as improving the level of their moral thinking. The percentage of mastery of motor skills ranged from 86.7% to 100% in the experimental group whereas it ranged from 46.7% to 80% in the control group. It was recommended that the cooperative mastery learning technique be applied to all physical activities within the educational course in the Egyptian schools.

# **Historic Significance of the New York Cup in Tennis of Japan**

**Mitsumasa GOTO**

Meiji University

## **Abstract**

"The New York cup" is a championship cup awarded to the men's singles champion in All-Japan tennis championship from 1922 through 1942. In 1920, the Japanese team appeared for the first time in Davis Cup and took second place. In October of the year, the volunteers of Japanese club in New York produced the cup in commemoration of activity of Japan and donated it to Japan Tennis Association, which started formally in the next year.

Tamotsu Sumi from Waseda University won the 20<sup>th</sup> All-Japan championship in October 1942. Sumi who brought the New York cup home in Kobe entered the army immediately after graduating from university. In 1945, several air raids were made on Kobe city area, and Mikage-cho where his family home was located was bombed in May. At this time, New York cup was destroyed by fire.

Now Japan Tennis Association is carrying a plan forward to reproduce a replica to revivify the memory the New York cup, and to hand down the origin of Japanese tennis to coming generation. The activity to transmit holy sports culture in Japan or posterity still continues now.

**Keyword:** Tennis, History, New York cup, Japan Tennis Association

# **Freedom from American educational bureaucracy and others in all nations: Olympic Education movement**

**Noriaki Osada**

## **Abstract**

ICHPER.SD is The global Organization independently making and fostering for independent PERSD humans ( teachers & students ) who build up independent PERSD nations and independent PERSD world beyond all differences in the real world but not for PHD,ED,MD (personal doctor degree) coming from American educational bureaucracy .American senior citizen , American human, Japanese human and global human, Noriaki Osada has been fighting against Japanese educational bureaucracy ,American educational bureaucracy and others in the world and has been created Olympic Education for fostering all HPERSD professor & doctors and Olympic professor & doctor in ICHPER.SD for future of all of HPERSD scholars in the world .Olympic Education will foster language human ( English human ,Japanese human ,Arabic human etc) with Olympic English but not language dog/slave in the world . Noriaki Osada who has the universal principle (evidences )for PERSD in appealing for living PERSD human right ( teachers & students) nationally & globally with all national languages ( official languages )in the real human Education in order to realization of Olympic Education in ICHPER.SD .Freedom from dog/slave works ( illusion ) for all educational bureaucracies in the world ..

**Key Words:** independent living PERSD humans, independent PERSD nations, independent PERSD world, global harmony for national peace & living humans of the world.

**ICHPER·SD Research Project “International Health-Related Children/Youth Physical Fitness Test and Lifestyle Survey”: Current trends and Issues on Physical fitness and physical activity of children and youth**

**Yoshiro Hatano, Ph. D.**

Head of the ICHPER·SD Research Project  
Professor Emeritus, Tokyo Gakugei University, Tokyo, JAPAN

**ABSTRACT**

Unfit, Inactive and Obesity are adequate terms to describe young people nowadays. Declining physical fitness and physical activity in children and youth around the world are recognized as global issues of common concerns. For ICHPER·SD with PE professionals, promoting physical activity and improving physical fitness for children and youth are important part of our mission. Level of physical fitness, physical activity and obesity are significant indicators of a nation's health and exercise promotion policies. ICHPER·SD Board of Governors gave ceremonial approval to launch “International Health-Related Children/Youth Physical Fitness Test and Lifestyle Survey” as an ICHPER·SD Research Project on December 17, 2013 in the 55th ICHPER·SD Anniversary World Congress & Exposition in Istanbul, Turkey. The survey has started as a preliminary study in 2014. It is hoped that several nations in each geographical regions may join the international comparison project. The project headquarters already received survey data from a few study groups. In this symposium, Dr. Hatano, Head of the project, will give an overview of the project. Dr. Abdel-Wahab will give an presentation relating to physical fitness and physical activity in middle eastern children. Dr. Kasuga will have a presentation about practical issues of physical fitness test in children. Dr. Otinwa and Dr. Atacpu will introduce a current issues of physical fitness each region. Lastly, Dr. Suzuki, International Director of the project, will explain the current progress of the project and specific procedures for the survey. We are looking forward to ICHPER·SD members joining the project.

# **Effect of Sponsorship on the Implicit and Explicit Attitudes toward the Brand**

**Imène Belboula**

Teaching assistant

Faculty of Economics and Management  
University of Blida 2

**Mohamed Redha BELBOULA**

Master's student

L'INSIM Blida

## **Abstract**

In this article we aim to contribute to the comprehension of sport sponsorship effectiveness. This research studies the effectiveness of sponsoring on explicit attitude and implicit attitude toward brand (Ooredoo). What are the affect of sponsoring on explicit and implicit attitudes towards the brand?

This study aims to answer this question, using an experimental approach and implicit social cognition as a theoretical and methodological framework to measure the implicit attitude. Based on the results of a field study, this research assesses the limits of attitude explicit measures. This article highlights the interest of implicit memory measures. Research implication and managerial applications are discussed.

**Key words:** Sponsoring, explicit attitude, implicit attitude, brand attitude

## **Public Health Reimagined: The Experience of Indiana University's Transition to a School of Public Health**

**Mohammad R. Torabi**      **Michael Reece**  
Indiana University  
torabi@indiana.edu

### **Abstract**

Through advances to the training of future generations of public health professionals, invigorating research that capitalizes upon the school's transdisciplinary potential, and through efforts to expand and train a broader and more holistic workforce, the Indiana University School of Public Health-Bloomington is at the forefront of progressive, innovative, and responsive changes in public health education that seek to improve the health of populations around the world. This presentation will include a description of the manner in which the school has worked to blend the traditional core areas of public health with other progressive disciplines to impact the health and well-being of local, national, and global communities. Of focus will be a description of the process through which the school is reimagining the meaning of public health and its contributions to health in diverse communities around the world.

**Key Words:** Health; Transition; Global; Research

**Second Section:  
Sport Management  
Research Abstracts**

# **The Participation of Iraqi Women in Sport and Physical Activity after the War of 2003 from the Heads Perspective of the Sports Organizations**

**Prof. Hayder S. Mohseen, PhD**  
College of Physical education  
Karbala Uni.- Iraq  
hader\_sport@yahoo.com

**Prof. Nahida Abd Zaid Bawie,**  
College of Physical education  
Babylon Uni.- Iraq  
dr.nahida@yahoo.com

## **Abstract**

The purpose of this study was to examine the participation of Iraqi women in sport and physical activity after the war of 2003 from the heads perspective of the sports organizations. The sample involved a difference feminism in sport organizations such as (sport directorates of Iraqi universities, sports clubs, youth centers, and sports federations) in the provinces of central and southern Iraq, which is (Babylon, Karbala, Najaf, Qadisiyah, Wasit, Maysan, Dhi Qar, Basra, Muthanna districts). However, an assessment questionnaire of the reality of women's sports and physical activity participation have been designed in order to achieved the research objective. Result shows low participation of women's teams in different and all sports organizations in all areas between the years (2003-2009), perhaps, these Iraqi women who challenge their ethnic identities by participating in sport have experienced being harassed because they participate in sport and physical activity. Furthermore, the results also showed a slight increase in women's sports participation through the competitions with all type of sports organizations in different sports between the years (2005-2013). That mean, the women in this study are strongly influenced by the processes of cultural maintenance and the sectarian war, lack of sports institutions for women, and lack of financial support and attention from the government.

**Keywords:** Physical Activity, Sports Organizations, Women's sports, and Iraqi sports.

# **Organizational Performance of Tunisian Federations**

**Ghodbeni Samir**

General Secretary of Tunisian Judo Federation

## **Abstract**

The objective of this research is dependent on several factors to show that its performance factors and indicators required, and also to prove the importance of professionalism in sport and the need to have effective structures in order to save our Tunisian sport. 39 Managers (20 General Secretary and 19 technical directors). Age (28 + - 2 .5); seniority (7 + - 1 .5) in order to measure the organizational performance in the Sports Federations We used a questionnaire.

The concept of performance in federations the success rate of sports federations Thank's to the questionnaire responses it can be seen that 40% of employees working in Tunisian sports federations describe the success rate of their "average" organizations and organizational performance is the achievement of the objectives we have already discussed in the theoretical part. Over 75% of personal federation's manager confirm that a key role in federations and 62.5% of staff see the obligation to integrate managers. And after (Gary Tribou 2009) sports manager works to ensure the proper functioning of the federation to achieve the objectives set in advance with the implementation of a plan to follow.

# **A Phenomenological Study: Corruption in Special Purpose State Companies in Trinidad and Tobago**

**Dr. Kenneth Paul Butcher**

Trinidad

kpbutcher@hotmail.com

## **Abstract**

The purpose of this qualitative phenomenological research was to understand and interpret the meaning that 20 former leaders of special purpose state companies of Trinidad and Tobago (T&T) attached to the real or perceived corruption they experienced. A goal of the research was to gain a deeper understanding of the corrupt culture in special purpose state companies in T&T. Data were from confidential, semi-structured interviews. Data analysis was the Interpretative Phenomenological Analysis approach, applied to address a central research question: What were the experiences of former directors and Permanent Secretaries concerning corruption in special purpose state companies in T&T between 2005-2010? The findings included five major themes: (a) the appointments to boards were not political; (b) participants perceived inappropriate actions and experienced feelings of discomfort; (c) there was a lack of transparency and accountability; (d) there were concerns about adherence to procurement procedures; and (e) focus was on the prevention of unethical actions and decisions. The findings were evaluated in light of agency theory, stakeholder theory, resource dependency theory, and related ethical principles. The findings led to the formulation of several recommendations for government and state company leaders, and suggestions for future research.

# **Effects of Liability raining on Attitude of Sports Administrators Towards Risk Management in South-Western Nigeria**

**Dr. E.O. MORAKINYO**  
e\_morakinyo@yahoo.com

**Folasade Racheal, AIREBAMEN**  
Dept. of Human Kinetics and Heath Education, University of Ibadan, Nigeria

## **Abstract**

Sports administrators are regarded as the bed rock of any sports organization all over the world, and based on this assumption a lot is expected of them. Hence there is need to foster an administration of sports that will promote safety and proper procedure which will enhance and promote safety within the legal requirement of the law. The study analyzed the extent of attitude of sports administrators in compliance with the law of tort using liability legal training.

The pretest-posttest experimental design of 3x3x2 factorial matrix was adopted for the study. Three hypotheses were formulated and tested at  $\alpha.05$ . Data collected wreanalysed using Analysis of Covariance and Scheffe Post Hoc. 87 respondents (58%) of the total population were randomly selected for the study based on the inclusion criteria for the study. Self developed Questionnaire with reliability co-efficient of 0.79 for Attitude to Sports Law Questionnaire. The three hypotheses tested were all rejected.

Significant difference was found between the experimental and control groups: There was a significant difference on attitude of sports administrators ( $F(3,169)=369.479$ ,  $P<.05$ ,  $\eta^2=.814$ ). Length of service was also significant ( $F(2,170) = 8.088$ ,  $P<.05$ ,  $\eta^2=.045$ ). A significant joint interactive effect was also found in attitude and length of service ( $F(2,170) = 8.651$ ,  $P <.05$ ,  $\eta^2=.048$ ). The effects of liability legal training have a significant positive outcome on attitude of sports administrators towards risk management in South-Western Nigeria. The sports administrators should take the health status of their athletes into consideration before commencement of any physical training, before, during and after training.

**Keywords:** liability training, attitude, sports administrators, risk management

# **The role of Information Management Systems in the Preparation of Young Athletes in the Kingdom of Bahrain: A study in the Bahrain Olympic Committee**

**Fatima Abdul-Rasool Al-tahw**

## **Abstract**

This research seeks to highlight the role of information systems in developing the performance of Bahrain Olympic Committee, also seeks to recognize the reality of information systems in the sports federations of the Olympic Committee, and the ability Olympic Committee for the exploitation and adaptation of information systems in the service of the process of preparing young people, and help to overcome the difficulties and to find appropriate solutions to create a database belonging to athletes in football adapting with the establishment phase sought by the Olympic Committee, and keep pace with the vision of the Kingdom in achieving the desired objectives.

The search includes four chapters, the first chapter focuses on the methodology used, and the importance of, hypotheses, problem, research objectives, and display of the search model variables, and then sample, methodology, sources of data and information collection, the limits of the search, procedural terminology for the research, statistical methods of research, previous studies , and then comment on previous studies.

Chapter II deals with the theoretical framework. The third chapter dealt with a brief about Olympic Committee in the Kingdom of Bahrain, and then analyze the demographic factors of the research sample, and analyze the results and discuss and test hypotheses, and then the fourth quarter, which included the conclusions and recommendations.

**Keywords:** Information Management Systems, Preparation of Young Athletes in the Kingdom of Bahrain, Enterprise Resourcing Planning, Transaction Pressing system, Businesses Intelligent.

**Third Section:  
Athletic Training  
Research Abstracts**

# **The Frequency and Types of Bullying Behaviors of Sport Coaches toward School-Age Athletes**

**Brad Strand**

## **Abstract**

The purpose of this study was to determine the frequency of and type of bullying behaviors that sport coaches display toward school-age athletes. A survey comprised of 26 actions identified as bullying was designed and sent to college students in seven different states in the USA. Subjects were asked to identify if they had experienced or seen the listed actions done by their coaches during their k-12 school years. Responses were obtained from over 1000 subjects.

Results indicated that most bullying by coaches could be considered as minor or mild bullying. For example, the most frequently identified items were ‘embarrassed you in front of others’ and ‘poked fun at you’. These items were reported as the most frequent at all three levels (elementary, middle school, high school) of sport participation. Subjects did report that they had dropped out of sport at all three levels due to a coaches behavior towards them.

**Key Words:** sports, coaches, bullying, behavior

# **Appropriate Measurements of Physical Fitness Tests -Issues Related to the Side Step Test-**

Ryuichi Komata  
Graduate School of Social Welfare  
Tokyo University- Japan

## **Abstract**

Side Step test is one of the many physical fitness tests, which is used to determine the level of ‘agility’, a measure of basic physical abilities. This test measures the number of side-to-side jumps over lines that are 100 centimeters apart that an individual can perform in 20 seconds. However, the results of this test may not represent an effective assessment of one’s agility since the guidelines do not specify how much practice time should be given and/or suggestions from an instructor.

The twenty six younger children performed the side step movement practice for around 5 minutes every day for 10 days. The second side step test was conducted one day after the 10-day practice, and the scores were found to be significantly higher than the scores before the practice. During practice sessions, there were marked improvements in their movement from ‘full-length body movement’ to ‘pendulum movement’.

The 36 university students were asked to take two side step tests consecutively. After taking the first test, they were provided with a suggestion that they should perform the ‘pendulum movement’ before the second test. Their scores in the second test were found to be significantly higher than the first test scores.

In conclusion, I believe physical fitness tests need more effective guidelines to ensure that the results of the tests give us a clearer picture of true fitness, benefit motor skill development and help us move forward toward our goals in producing a better quality of life for our citizens.

**Key Words:** Physical fitness test, Side step test, Guidelines, Candidates test

## **Changes in Body composition, Trunk Flexibility during sports Training regime among Football and Badminton players**

**Dr.Kaukab Azeem**

Faculty, Physical Education Department  
King Fahd University of Petroleum & Minerals, Saudi Arabia

**Dr. Kamalakkannan Kasi**

Asst Prof, Department of Physical Education, AMET Universit, Kanathur Tamilnadu, India.

**Dr. B. Chittibabu**

Asst Prof, Department of Phy Edu & Sports Sciences, Annamalai University, India

### **Abstract**

**Introduction:** Globally sports had become very popular and competitive. Sports training is a process of preparation of sportsman based on scientific and pedagogical principles for higher performance (H. Singh, 1993). The purpose of this study was to compare the body composition and flexibility performance of the football and badminton players from pre to post test. **Method;** A group of 60 subjects were considered for this study, football players N=30, badminton players N=30 were selected randomly, the age of the participants were between 19 to 22 years. Football and badminton training was engaged on the participants for 40 minutes twice a week, for 12 weeks. The test which was considered for the subjects was body composition (body mass index), flexibility (sit and reach test). **Results & Discussion:** The mean and S.D with regard to BMI of the foot ball players from pre to post test were (23.87,3.59) & (22.94, 3.56), and flexibility (29.283, 3.69) & (31.10,4.19) . The mean and S.D with regard to BMI of the badminton players from pre to post test were (22.33,2.77) & (21.19,1.14), and flexibility (24.17, 5.37) & (25.83,5.19). **Conclusion:** It is concluded that both the groups with regard to body composition and flexibility had shows significant performance from pre to post test. It is concluded that both the groups differ significantly with regard to body composition and flexibility performances. It is also concluded that the football players had shows better performance in BMI and flexibility than the badminton players.

**Key words:** Training, BMI, Fitness, Performance

# **Effects of Programmed Scuba Diving Classes on Perceived Social Support of Persons with Amputation**

**Zlatan Aganović**

College of Arts and Science -Sport Science Program, Qatar University, Qatar

**MSc Senad Mehmedinović**

Faculty of Education and Rehabilitation, University of Tuzla, Bosnia and Herzegovina

## **Abstract**

The aim of this study was to determine the attainment of the elements of diving techniques, and the effects of programmed instruction diving on the psycho-social status of people with amputations. Participant were 12 male (N = 12). The sample included people with amputations with no chronic diseases from the area of Tuzla Municipality. The main requirement was that respondents could swim, but they have no previous experience with diving. Measuring the adoption of elements of diving was done by assessing the respondents provided for each technical element of scuba diving equipment. Scale for the assessment of acquired elements of scuba diving equipment includes 20 items, each performance is rated on a scale of 4 degrees. The total score ranges from 20-100. In order to assess the psychosocial status of the applied sample, were used to assess the Rosenberg self-esteem scale, Multidimensional Scale of perception of social support, the Scale for the Assessment of body image of amputees, and Zunge self evaluation scale to assess anxiety and depression. Data analysis was performed using parametric and nonparametric statistics. Basic statistical parameters, measures of central tendency, measures of dispersion, as well as frequency and percentages were used. Since it was dependent on the sample for testing hypotheses, using the Wilkonksonov test for matched pairs and the t-test for dependent samples. To determine the correlation between diving and psycho-social status was used Spearman 's correlation coefficient. Data analysis was the statistical package SPSS for Windows 16.0. Results showed that people with amputations after three-week training techniques adopted element diving as successful as people without disabilities who attend courses diving. Also, after a three-week diving programmed instruction could be identified by changes in psychosocial status of people with disabilities, and most were seen in the anxiety, the level of statistical significance of 0.05%. However, it is necessary to mention the limitations of the underlying research, because it is for research formed an appropriate sample of 12 respondents, reducing the generalization of results.

## **Simulation Martial arts in Virtual Reality**

**Bashar Abedlameer shamkhy**  
Republic of Iraq  
basharshamkhy@uobabylon.edu.iq

### **Abstract**

This paper presents Kick Ass Kung-Fu, a martial arts game installation where the player fights virtual enemies with kickstand punches as well as acrobatic moves such as cartwheels. Using real-time image processing and computer vision, the video image of the user is embedded inside 3D graphics. Compared to previous work, our system uses a profile view and two displays, which allows an improved view of many martial arts techniques. We also explore exaggerated motion and dynamic slow-motion effects to transform the aesthetic of kung-fu movies into an interactive, embodied experience. The system is described and analyzed based on results from testing the game in a theater, in a television show. Mirrors and video analysis are used in many sports to spot errors in pose and motion. In research literature, several computer assisted motion and biomechanics analysis systems are described. Various approaches include user-assisted video analysis, tracking devices, and computer vision. Previously, we have investigated the use of interactive video mirrors for real-time motion analysis. This paper continues our previous work to motivate training through playful entertainment. We describe the design and evaluation of Kick Ass Kung-Fu, a martial arts game installation where you fight virtual enemies with kicks, punches, and acrobatic moves such as cartwheels

**Key Words:** martial arts, virtual reality

# **The Impact of a proposed Training Program in some Immunological Indicators of Blood and the Immune Mood to Women Aged (35-40) Years**

**Dr. Agharid Salim Abdulridha**  
University Of Mustansiriyah  
Baghdad-Iraq

**LumaAkramJallu**  
University Of Technology  
Baghdad-Iraq

## **Abstract**

Individuals in the last decade are weak and ill health so as their bodies do not resist diseases they are exposed to, which makes them feeling irritable, and this is what prompt the two researchers in this study. The study aimed at identifying the impact of the training program proposed in some blood Immunological indicators (WBC, IgG, IgM) and the immune mood in women aged (35 – 40) years. The two researchers have implied the empirical method of solo group of sample consists of (31) woman who suffer from a lack in the level of blood indicators under study. After excluding participants in exploring experiment and those who were indiscipline in training, the final number of the sample has become (20) woman. The sample has undergone the pretest of filling the form of measuring the depression, and then the training program was implemented. The program has been lasting for (16) week, three training units per week, and sixty minutes per unit. After finishing the training program, the two researchers have carried out the post-tests, which include checking Blood Immunological indicators under study and filling the forms of measuring the depression. Having collected and treated statistically the results, the two researchers have concluded that the proposed training program has made a positive development in improving immunological indicators under study, consequently, improving the mood among the members of the search sample. The two researchers, as a result, recommend to adopt the application of the proposed training program when designing training and health programs because it has a positive impact in improving the level of immunological indicators and the mood for individuals, as well as, to encourage engaging in various sports activities and programs of physical and health fitness in institutions and sports and social clubs.

**Key words:** immunological indicators immune mood

## **Aggression in Sport; The Problems in Soccer**

**Dr. Hayrettin Gümüřdađ**

Hitit University, School of Physical Education & Sports, Çorum, TURKEY

**Dr. Alpaslan Kartal**

Hitit University, School of Physical Education & Sports, Çorum, TURKEY

**Yeřim Karaç**

General directorate of sports, sports training expert, Ankara, TURKEY

### **Abstract**

Aggression in sports is the result of challenging struggle of players to prove their superiority over the opponents, which was already present in the human nature. This study will briefly examine aggression in sports. It will give possible reasons for the increase in aggression, why aggression seems to be growing and what we can do to curb this disturbing tend in sports especially in soccer. While not all theories can we examined in present study, the most relevant to the aggression in sports will be examined and discussed.

**Key Words:** aggression, sport, soccer, aggression theories

## **Attitude of Nigeria University Athletes toward Sport Psychology Consultation**

**Dr. Ipinmoroti Olarewaju ADEOLA**  
Dept. of Human Kinetics & Health Education  
Tai Solarin University of Education- Nigeria  
ipinmorotioa@tasued.edu.ng

### **Abstract**

Participation in sports is gaining interest and attention from both participants and sponsors. In many countries including Nigeria, huge resources are being expended on recruitment and training as well as organization of competitions. The demand for excellence and performing consistently at high level competitions has made it obvious that physical skills alone cannot sustain high level performance. Despite the growth in the provision of services by practitioners, coaches and athletes remain reluctant to sport psychology consultants. Both practitioners and researchers have suggested that the use of sport psychology will be influenced by the attitudes athletes hold towards the service of consultants.

The sample comprised 185 university athletes randomly selected among volunteers. The Sport Psychology Attitude Questionnaire (SPA-RF) by Harmison,2000 was used for data collection. The data were analyzed with simple percentages, Pearson's Product Moment correlation coefficient and ANOVA.

The results showed that the general attitudes of the athletes towards sports psychology consultation slightly positive { mean =4.09(.702)}. There were correlations between cultural preference and the following - stigma tolerance, level of participation, confidence in sport psychology consulting. ANOVA showed a significance between cultural preference and level of participation ( $f = 2.419$ ,  $df, 1, 171$ ;  $p < .05$ )

Based on the outcome of the current study, a lot of efforts need to be made to further sensitize athletes to the benefit of consulting sport psychologists.

**Keywords:** University Athletes, Attitudes, Sport Psychology, Consultation

# **Evaluating Socio-Psychological Health Effects of Age Specific Sports Among Sports Entusiatic Parents in Lagos Nigeria**

**Onwuama, M.A.C**

Dept. of Human Kinetics & Health Education

Faculty of Education- University of Lagos

mercyonwuama@yahoo.com

## **Abstract**

Planning and designing age related physical activity for specific persons and ensuring participant satisfaction has become a serious challenge to Health Educators, Sports participants and the Sport Administrators. In addition, there is the quest for profit and entertainment that constitute the focus of sports organizers .A descriptive survey examined the needs of current consumers of sports products and the perceived socio-psychological health effects by using health impact questionnaire. 300 participants participant's comprises study sample. The result showed patterns of sports activity preference and expected outcomes. The study observed a gap between the available sport facilities, physical activities, skills acquired health effects. Study concluded there is a need for a paradigm shift that utilizes sports or physical activity as tool to provide health packages and positive health values as the outcome of services rendered by Sports Administrators. Study recommends an urgent need to refocus sports activity using age specific physical activity, design and introduce people of various age groups to activities that would provide both health and physical related benefits including entertainment in support of a new sport system.

**Key Words:** Health Effects, Age Specific Sports, Parents.

# **Albleomtria impact drills to develop leg strength and some physiological variables The digital level of the swimmer (100m backstroke 0.100 m freestyle**

**Dr. Ahmed Mohamed Mohamed Abdel gayed**  
University of Dammam

## **Abstract**

The study aimed to identify the impact drills Albleomtria on the development of leg strength and some physiological variables and level digital swimmer (100m backstroke 0.100-meter freestyle) and the researcher used the experimental method with the two groups (experimental group control group) and the sample included (12) swimmer of swimmers Esperance Saudi from (15 -17 years) and took the study (3 months) .wasfr results of the study on the existence of differences indication calculable ratios improved between measuring pre and post each of the variables (vertical jump, jump, broad and time of each of the 25 m 50 m 0.100 m afternoon and free for the dimensional measurement of the experimental group has achieved workouts Albalhumicria a positive effect on the physiological variables which confirmed the results of the experimental group improved in the plane's digital swimmers 100m backstroke and 100-meter freestyle drills used Albuliomitrak applied in the experimental group.

**Key Words:** Training Balumitrick, physiological variables

# **Qualitative and Quantitative Analysis for Straight front Kick (May-Jerry) as a basis for Developing Specific Exercises in Karate"**

**Dr. Marwa Ahmed Fadl kholif**  
**Dr. Ahmed Mohamed M abd elgayed**  
Egypt – Alexandria

## **Abstract**

The skill-kick straight forehand "Jerry May," one of the offensive skills in karate and require physical qualities of high and continuous training until a player reaches the stage of perfection is the most important characteristic of force quickly.

The research aims to: Anatomical qualitative analysis to identify the most important muscle groups contributing to the performance of basic skill kick the front straight (mai - Jerry) in karate, and quantitative analysis to identify the biomechanical properties of the skill, and lay a basis for qualitative training to perform the skill under study.

Search procedures: The researchers used the descriptive method and analysis biomechanics, was selected research sample included intentional way for the player and one of the Egyptian team Karate.

Conclusions: 1 reach to the most important muscle groups contributing to the performance of basic skill under study. 2 reach to the most important variables that govern the biomechanical performance of skill under study.

Recommendations: 1 guided qualitative characterization of the anatomical analysis of the skill under study and quantitative analysis to them.

2 interest in the development of quality and design exercises, which works to train muscle groups contributing to the performance is similar to the actual performance.

## **Biomechanical Analysis of Obese Adults Plantar Pressure**

**Dr. Alpaslan Kartal      Dr. Hayrettin Gümüřdađ**  
Hitit University School of Physical Education and Sports

### **Abstract**

This study examined the effects of obesity on static and dynamic plantar pressure distributions adults. Body mass index (BMI) and plantar pressures were collected for 10 obese adults and 10 nonobese adults. Ten obese (age 45.0 y, BMI 25.373.8 kgm<sup>-2</sup>) adults matched to 10 nonobese adults (age 47 y, BMI 22.472.0 kgm<sup>-2</sup>). Height and weight were measured to calculate BMI. Right and left foot plantar pressures were obtained using an Footscan platform and footscan software are used for plantar pressure measurements to calculate the peak force and pressure experienced under area of each adult's feet during static and dynamic conditions. While standing, the obese adult generated significantly higher forces over a larger foot area and experience significantly higher plantar pressures compared to their nonobese counterparts  $p < 0.022$ . Similarly, while walking, the obese adults generated significantly higher forces over all areas of their feet. Despite distributing these higher forces over a significantly larger foot area when walking, the obese adults experienced significantly higher plantar pressures in the midfoot ( $P < 0.003$ ) and under the second to fifth metatarsal heads ( $P < 0.006$ ) compared to the nonobese adults. It is postulated that obese adults are at an increased risk of developing foot discomfort and/or foot pathologies due to increased plantar pressure. Furthermore, continual bearing of excessive mass by adults appears to flatten the medial midfoot region during walking. As the long-term consequences of these increased plantar loads are currently unknown, it is recommended that the effects of obesity on the structural and functional characteristics of obese adult's feet be further investigated.

**Key Words:** Obesity, Plantar Pressure, Adults, Static, Dynamics

# **The Effects of the Fibular Repositioning Taping Technique on Injury Perception**

**Dr. Yusuf Alkhabbaz, MSc, PhD (PT), CSCS, PCAP**

## **Abstract**

**Purpose:** The purpose of the present study is to examine the effects of the fibular repositioning taping technique on self-perception for chronic ankle instability (CAI) during active daily living

**Relevance:** Fibular repositioning taping is a novel therapeutic technique introduced by Brian Mulligan in his manual therapy concept. This technique is used to treat post-ankle sprain pain and instability. Even though fibular repositioning tape is clinically sound, its effect on patient perception of injury was not measured.

**Participants:** 40 university students (22 males and 18 females) who complain of chronic ankle instability (CAI) participated in the present study. Each subject signed a consent form, and answered the Cumberland Ankle Instability Tool (CAIT). Subjects who scored 27 or less in CAIT were recruited.

**Methods:** After confirming and screening the participants with CAIT, the fibular repositioning taping technique was applied on the affected ankle. Each participant received a closed envelope with another copy (CAIT) and was asked to answer the same questions 12 hours following the application of the tape. To eliminate memory effects, the CAIT's question order and respective answer choices were randomized.

**Analysis:** A paired sample T test was used to determine the difference between mean CAIT scores before and after fibular repositioning taping application.

**Results:** CAIT score increased significantly after the application of fibular repositioning tape. Subjects with mild CAI scored themselves as normal (CAIT>27.5), and those with moderate (CAIT = 27.5-21.5) or severe CAI (CAIT < 21.5) scored themselves as mild cases.

**Conclusion:** Applying the fibular repositioning taping technique not only improves the standing balance on CAI subjects, but it also changes the patient's image of their own injury which in turn will give them more confidence and allow them to reach their full potential.

Key words: fibular repositioning taping, injury perception

**Fourth Section:  
Exercises Physiology  
Research Abstracts**

# **The Aerobic Capacity and its Relationship with Anthropometric Measurements and Heart Rate Reserve For Second Stage Student of Sport Science College**

**Prof. Fadhel Kamel Mathkor,**  
Theoretical department of sport science college  
Mustansiriya University- Egypt

## **Abstract**

The purpose of this study was to compare estimated VO<sub>2</sub>max with anthropometric measurements and heart rate reserve for second stage student of sport sciences college to identify the role of the subjects in college and its impact to development the fitness level.

Methods :Two groups of seventeen Males and sixteen females university student at the second stage of sport college , thirty of them were completed the study, the characteristics of males (age  $21.4 \pm 1.57$  years; mass  $65.5 \pm 6.16$  kg;high  $176.8 \pm 5.97$ ) mean  $\pm$  s.d,and the characteristics of females,(age  $20.42 \pm 1.39$  years; mass  $60.42 \pm 2.63$  kg;high  $164.28 \pm 4.85$ )mean  $\pm$  s.d. Measurements were made of VO<sub>2</sub>max, somatotype (SPE),heart rate reserve(HRR),body mass(BM), body fat(BF) and energy consumption by calorie(CAL).This study was performed according to the guidelines set by the single stage treadmill walking test is a sub maximal aerobic fitness test.

Results :There are no significant differences between males and females in all the study variables except (BF) that found greater in females than in males at level ( $P < 0.05$ ). on the other hand positively correlated with both VO<sub>2</sub>max and CAI in female, However, VO<sub>2</sub>max was not correlated in female with another variables, but there are many positively correlated in this study between each of the SPE and ( HRR ,BM,BF and CAL ). While VO<sub>2</sub>max positively correlated were found in male with HRR, however VO<sub>2</sub>max was not correlated in male with another variables, but there are many positively correlated in this study between SPE with (HRR and BM),and BM with BF.

Conclusion: there were significant differences between the male and female of BF measures. Furthermore, it has been identified that mesomorphy is positively correlated with level of ability whereas endomorphic and increased levels of body fat are inversely related to level of ability. We found that VO<sub>2</sub>max related with the amount of calorie spending during the physical effort in female.

# **International Health-Related Children/Youth Physical Fitness Test and Lifestyle Survey”: Current trends and Issues on Physical fitness and physical activity of children and youth**

**Koya Suzuki**

JAPAN

koyafitness@gmail.com

## **Abstract**

The aim of the project is to collect physical fitness data which is able to permit comparison of children/youth around the world, and to publish significant findings regarding physical fitness of each region’s children/youth to ICHPER•SD Journal of Research as feature articles. Each region’s data is controlled in survey headquarters, and all members of the research project can utilize the whole data if you want to analyze using pooled data of all regions. We already confirmed that Turkey, Japan, China, Nigeria, and Caribbean region joined the project. The headquarters is also planning to give a feedback sheet for each participant as a part of health education in school. It is hoped that several nations in each geographical region join the international comparison projects. Finally, we hope that the survey is conducted continuously and new findings by longitudinal data from each region serve to develop energetic children/youth in the world. Unfit, inactive, and obese children/youth are increasing worldwide. There is no reason for us not to get started today.

**Key Words:** International survey, physical activity, cross-cultural comparison, obesity.

# **Influence of Electronic Media Use on Alcohol Consumption of Students of University of Ibadan Oyo State Nigeria**

**Authors & Co Authors: Dr. Bolatito A. Adeniji, Mrs. Rebecca O. Ojeniyi,  
and Mrs. Oluremi A. Adeniji**

Federal College of Education, Osiele, Abeokuta Ogun State Nigeria.

## **Abstract**

Availability of e-media has led to increased use by undergraduates to search for information. However, it has been observed that the explosion in availability and use of these media globally may be responsible for influencing health behaviour of undergraduates. This study investigated the use and self-reported influence of e-media on alcohol consumption among undergraduates in University of Ibadan, Ibadan, Nigeria. The descriptive survey research design was employed for the study and the population comprised 7984 undergraduates. A sample of 479 was drawn using stratified and simple random sampling techniques and self-developed questionnaire was the instrument used for data collection. The findings revealed that mobile phone, internet facilities, computer and laptop and radio player were always used by the undergraduates. There was positive significant influence of e-media use on alcohol consumption ( $r=0.283^{**}$ ,  $P<0.00$ ) among the undergraduates. Use of e-media had great influence on alcohol consumption of the undergraduates. It is therefore, recommended that undergraduates should be more educated about good e-media use and be monitored to ensure that they are engaged in the use of e-media in a positive and constructive manner.

# **Prevalence and Incidence of Hepatitis B Virus among Expectant Mothers in Lagos, Nigeria**

**AKINLOYE, A.O**

Faculty of Education, University of Lagos- Nigeria

**OLAWOLE, A.I**

School of Nursing, University Teaching Hospital, Ibadan

## **Abstract**

Hepatitis B Virus is an infection characterized as one of the major public health problems in the globe, particularly in Nigeria and probably because of unguided sexual intercourse and low level of education. There have been studies on HBV generally, but there is paucity of such among expectant mothers. The study examined prevalence and incidence of HBV among expectant mothers in Lagos Island general hospital, Nigeria. Descriptive survey research design was used for the study. Hat and draw sampling technique was adopted to select hundred respondents. Instrument used was a revalidated questionnaire using test-retest method of reliability coefficient and the result yielded 0.89. The instrument was factor loaded using exploratory factor analysis setting normally criterion at 0.6. Hypotheses were tested using PPMC at 0.05 alpha level. Findings showed significant relationships in high incidence of HBV based on unsafe sexual activity ( $r=0.26, p<0.05$ ) and low level of education ( $r=0.46, p<0.05$ ). Safer sex and being well educated might prevent incidence of HBV among expectant mothers. A significant relationship also exists in terms of managing the occurrence of HBV among expectant mothers ( $r=0.28, p<0.05$ ). This is a reflection that even though there exists HBV, it can still be managed. The study concluded that low level of education, unsafe sexual activity may lead to HBV infection. The study recommends that more awareness about the incidence of the infection is needed, expectant mothers should practice safe sex, proper screening should be done by medical practitioners before blood transfusion, once expectant mothers are detected HBV positive, they should be referred to the specialized hospitals.

**Key Words:** Prevalence, Incidence of HBV and Expectant Mothers

# **Effect of Location on Selected Health Related Physical Fitness Variables of 8-11 Children in Nigeria**

**OLADIPO, ISIAKA OLADELE**

Dept. of Human Kinetics and Health Education  
University of Ibadan- Nigeria

## **Abstract**

This study compared body mass index (BMI), flexibility and muscular endurance of basic school pupils in rural and urban locations in Nigeria. The Ex-post facto research design was adopted for this study. Participants were made up of one hundred and eighteen children with age range of 8 – 11 years. The two groups were made up of twenty seven female and 29 male participants from rural areas, while 30 female and 32 male participants were from urban areas. Physical characteristics of age, height and weight were measured, the body mass index were calculated while flexibility and muscular endurance were tested and compared between the two groups. Mean, standard deviation and independent t-test were used for data analysis.

**Key words:** Location, effect, physical fitness and children

# **I've Tried Everything: Weight Loss Strategies Used by Older Men**

**Dr. Delores C.S. JAMED**

## **Abstract**

Obesity rates are growing significantly among Baby Boomer men (born 1946-1964). The goal of this study was to identify weight loss strategies used by these men and to determine if those strategies differed by weight status. This mixed-method included 21 in-depth interviews and a cross-sectional survey of 211 men. Men were recruited primarily from civic organizations and sporting events. Seventy-five percent of the sample was white. Mean body mass index (BMI) was  $29.35 \pm 5.07$ . Forty-three percent were overweight, 39% obese, 18% were normal weight, and zero percent was underweight. Fifty-six percent were currently trying to lose weight, and 42% reported being diagnosed as obese by a physician. Men were asked to select all that applied from nine common weight loss methods—reduce portions (58%), increase physical activity (47%), reduce fried foods (40%), reduce sweets (38%), reduce alcohol (15%), use meal replacement drinks/bars (8%), join weight loss program (8%), skip meals (9%), and use over-the-counter “diet pills” (5%). Of those officially diagnosed as obese, those with higher BMI were significantly more likely to reduce sweets ( $33.78 \pm 5.66$  vs.  $31.78 \pm 4.75$ ), use meal replacement drinks/bars ( $35.55 \pm 4.96$  vs.  $32.27 \pm 5.12$ ), join a weight loss program ( $36.32 \pm 7.45$  vs.  $31.97 \pm 4.39$ ), and use over-the-counter diet pills ( $37.30 \pm 8.50$  vs.  $32.23 \pm 4.65$ ),  $P < .05$  for all. Major qualitative themes found wives to be essential to weight loss efforts. Men also expressed frustration at finding a weight loss method that would work for them. The study suggests that physicians may be telling men they need to lose weight, but not how to do so.

# **Health Education: A Pancea for Emerging and Remerging Infectious Diseases**

**Aladesokun T.A & Onwuama M.A.C**

Department of Human Kinetics and Health Education

University of Lagos Nigeria

teelashe@gmail.com

## **Abstract**

The upsurge of infectious diseases is currently a worldwide problem and all hands are on deck to solve the problem. Different strategies have been put in place by individuals, stakeholders and the government to combat various infectious diseases. This paper discussed the role of the Health Educators and Health Education strategies in combating the spread and transmission of infectious disease with in a geographical range. The emergence of Ebola Virus disease in Nigeria was used as a case study. The efforts of Health educators and the application of health education strategies constituted as tools that contained the disease was critically assessed. The paper emphasizes the communicable disease cycle and processes of disease prevention as may be applied in a new sport system. Based on the observations, conclusions and suggestions were given on the need to empower health educators to do community based programs regularly and provide interventions where necessary so as to provide solution to the menace infectious disease has created globally especially during sporting activities.

**Keywords:** emerging, reemerging, infectious diseases, health education.

# **Nigeria's Fluctuation Sporting Performance: A Call for A Paradigm Shift**

**Odedeyi O. Olatunji**

Nigeria

tunjideyi2yahoo.co.uk

## **Abstract**

The inconsistency of Nigeria's performances in international competition is a concern for all sport practitioners. The possibility for continuous success in a sporting endeavor at any level can be enhanced by adequate optimization of the essential factors for promoting athletes natural attributes and also the state and national geographical, social, sociological and physiological attributes. The performances of Nigeria though a sporting nation has been fluctuating and therefore the image of the country as a champion in any competition has been inconsistent. Hence this paper discusses the advantages of maximizing the potentials of a thorough synergy between physical education, sport science and sports participation. The paper aimed at revealing the inherent values in scientifically presenting a carefully selected approach for preparing the athletes with both the theoretical knowledge that physical education can provide in the class and the scientific methodologies inherent in sport science as well as the adequate programming that good sporting system can proffer.

The author identified the inadequacies in the present system and proffers solutions that can evolve into a new sporting system that will make Nigeria a consistent sporting champion.

**Key Words:** fluctuating, consistency, sport science, physical education

# **Physical Fitness Survey of Nigerian School Children: Pathway to Life-long Physical Activity and Quality Health**

**Grace Otinwa**  
Nigeria  
otinwago@yahoo.com

**Veronica Igbanugo**  
Nigeria  
gotinwa@unilag.edu.ng

## **Abstract**

The physical activity levels of children and youth is attracting more attention through research largely because of the changing lifestyles that has threatened the level of their physical activity which is a determinant of fitness status. It has been established that children have become less active to the point where it is seriously damaging their current and future health. It is against this background that this study seeks to determine the health related fitness status and lifestyle profile of Nigerian school children and adolescents. The population for this study comprised primary and secondary school children in Nigeria. Samples were drawn from schools in urban settings such as Lagos. The International Health-Related Children/Youth Physical Fitness Test and Lifestyle Survey (ICHPER.SD Children/Youth Fitness Test) instrument was adopted in data collection. The variables measured include: muscular strength, muscular endurance, aerobic capacity, power, hip flexibility, body mass index, physical activity and nutritional patterns of participants. Results were presented as means, standard deviation, ranges and the inferential statistics of ANOVA will be adopted to determine any differences among the group. The findings of this study will lead to the development of fitness norms for Nigerian children and children population and initiation of positive curricular/co-curricular programmers.

**Key Words:** Fitness, Physical activity, Health and Test.

## **Children Fitness issues in United States of America**

**DR. BENEDICT O. ATAKPU**  
Mississippi Valley State University  
benedict.atakpu@mvsu.edu

### **Abstract**

Children fitness issue is a daily challenge in United States as only one in three children are physically active every day. Children now spend more than seven and half hours a day in front of a screen (e.g., TV, videogames, Computer). Typical American diets exceed the recommended intake levels or limits in four categories: calories from solid fats and added sugars; refined grains; sodium; and saturated fat. Only 6 states (Illinois, Hawaii, Massachusetts, Mississippi, New York and Vermont) require physical education in every grade, K-12. Mandates by the United States President's Council on Fitness, Sports & Nutrition; Proper administration of the Physical Fitness Test in public schools by trained and certified Health and Physical Education teachers; the fantastic work of the American Alliance for Physical Education, Health, Recreation, Dance; the National Youth Sports Program; and the National Association for Sports and Physical Education in promoting workshops and research for teachers are aimed in addressing the children physical issues in United State of America

# **An Analysis of the Relationship between Sex Life Perception, Sex Attitude, and Sexual Desire Coping Behaviors in Married Sports-for-all Club Members**

**YOUNG HWAN, SEO; KONG, KIM**  
KOREA

## **Abstract**

The purpose of this study is to analyze the relationship between sex life perception, sex attitude, and sexual desire coping behaviors in married sports-for-all club members. The conclusions of this study were as follows.

First, in the relationships between sex life perception and sex attitude, on traditional sex attitude, the interest in sex life perception had positive effects, whereas the attitude of sex life perception had negative effects. On liberal sex attitude, the attitude and importance of sex life perception had positive effects. On moral sex attitude, the interest in sex life perception had negative effects, whereas the importance of sex life perception had positive effects. Also, on reasonable sex attitude, the importance of sex life perception had positive effects.

Second, in the relationships between sex life perception and sexual desire coping behaviors, on expressive sexual desire coping behaviors, the interest in sex life perception had positive effects. On controlled sexual desire coping behaviors, the attitude of sex life perception had negative effects.

Third, in the relationships between sex attitude and sexual desire coping behaviors, on expressive sexual desire coping behaviors, traditional and liberal sex attitude had positive effects, whereas moral sex attitude had negative effects. On controlled sexual desire coping behaviors, traditional sex attitude had positive effects.

**Key Words:** Sex Life Perception, Sex Attitude, Sexual Desire Coping Behaviors, Sports-for-all

## **A Q-methodological Analysis on the Role of Taekwondo as Missions**

**JI HWAN, OH; YOUNG HWAN, SEO; KONG, KIM; KI SUNG,  
KIM; JUNG HOON, KIM**

Korea

### **Abstract**

The purpose of this study is to analyze the role of taekwondo as missions through taekwondo missionaries' opinions. The conclusions of this study were as follows.

First, according to the results of analyzing the role of taekwondo as missions through taekwondo missionaries' opinions, there appeared a total of 3 types, which were named 'the type of active publicity through diversifying taekwondo missions( I )', 'the type of settlement through taekwondo missions', and 'the type of active publicity through diversifying taekwondo missions( II )'. There were similarities in the factors which taekwondo missionaries pursue subjectively according to each type.

Second, according to the results of analyzing the differences between types, in the differences between 'the type of active publicity through diversifying taekwondo missions( I )' as Type 1 and 'the type of settlement through taekwondo missions' as Type 2, 'overcoming social status and racial discrimination' was a typical positive factor, whereas 'promoting the exchange and amity between countries' was a typical negative factor. In the differences between 'the type of active publicity through diversifying taekwondo missions( I )' as Type 1 and 'the type of active publicity through diversifying taekwondo missions( II )' as Type 3, 'building the mission network between countries and extending bases' was a typical positive factor, whereas 'communicating gospel easily because of being able to gather the general public together' was a typical negative factor.

Third, according to the results of analyzing the common factors between 3 types, positive consensus factors were 'presenting the model of taekwondo mission professional ministry' and 'heightening and publicizing the images of our country and taekwondo', whereas negative consensus factors were 'being utilized as the cultural communication means' and 'developing churches in diverse countries and regions'.

**Key Words:** Role, Taekwondo, Missions

**Effects of Frequency of Exercise Participation on Body  
Composition and Bone Mineral Density in female university  
students with sarcopenic obesity**

**JEONG HYUN, KWON; HA YOUNG, KIM; JAE MOON,  
LEE; SEUNG WOOK, CHOI**  
Korea

**Abstract**

This study was investigated that effect of Frequency of Exercise Participation on body composition and bone mineral density in female university students with sarcopenic : 10 subjects in active group(>3 day/wk) experienced regular exercise program in physical education class, 10 subjects in passive group(>1 day/wk), 10 subjects in control group. The followings are the conclusions of this study. Body composition analysis showed a significant difference of skeletal muscle mass( $F=6.890$ ,  $p<.01$ ) and fat free mass( $F=8.375$ ,  $p<.001$ ), based on each group. Post-hoc test results showed that active group had significantly higher skeletal muscle mass(by 19.6%, 16.6%) and fat free mass(by 12.8%, 13.8%) than passive group or control group. BMD analysis showed a significant difference of Lumbar BMD( $F=6.986$ ,  $p<.05$ ), Femur BMD( $F=8.315$ ,  $p<.01$ ) and Total BMD( $F=3.470$ ,  $p<.05$ ) based on each group. Post-hoc test results showed that active group had significantly higher Lumbar BMD(by 15.3%), Femur BMD(by 22.3%) and Total BMD(by 9.9%) than control group. As a result, active participation in exercise may help to improve body composition, BMD on female university students with sarcopenic.

**Key Words:** Body Composition, Bone Mineral Density, sarcopenic obesity, Frequency of Exercise Participation

## **The Role of Biomedical Engineering in the Field of Sports**

**HA YOUNG, KIM ; YOUNG HWAN, SEO; KONG, KIM;  
JUNG HOON, KIM; JI HWAN, OH**

Korea

### **Abstract**

The purpose of this study is to understand the scope of biomedical engineering in the field of sports, and so, based on applicable fused cases within such scope, combine sports field practitioners' opinions about the role of biomedical engineering in the field of sports. The conclusions of this study were as follows.

First, according to the results of analyzing the types of role expectation in biomedical engineering in the field of sports, there occurred 'the type of pursuing the prevention of accidents and injuries', 'the type of pursuing the management for enhancing exercise skills and athletic performance', and 'the type of pursuing the real games for enhancing exercise skills and athletic performance'.

Second, according to the results of analyzing the difference between the types of role expectation in biomedical engineering in the field of sports, in the difference between Type 1 and Type 2, 'developing the intelligent equipments for preventing injuries' was a typical positive item, whereas 'developing the software to enable the dynamic analysis of skill movements by sports events easily in the fields' was a typical negative item. In the difference between Type 1 and Type 3, 'developing the intelligent equipments for preventing injuries' was a typical positive item, whereas 'providing the sportainment services fusing exercise effects and entertainment' was a typical negative item.

Third, according to the results of analyzing the consensus items between the types of role expectation in biomedical engineering in the field of sports, positive consensus items included 'the motion analysis equipments for exercise skill enhancement, injury prevention, and posture correction', 'analyzing the information and effects to be able to obtain through training', and 'analyzing body and exercise skill decline areas', whereas negative consensus items included 'the systems to be able to process scientific monitoring analyses, tests, and opinions on online'.

**Key Words:** Field of Sports, Biomedical, Engineering, Role

# **An Analysis of Major Curriculum in Field Practical Practice-focused and Exercise Prescription-related Departments**

**KONG, KIM; YOUNG HWAN, SEO; HA YOUNG, KIM;  
JAE MOON, LEE; SEUNG WOOK, CHOI**

Korea

## **Abstract**

The purpose of this study is to analyze field practical practice-focused university major curriculum through the opinions of field exercise prescriptors, The conclusions of this study were as follows.

First, according to the results of analyzing field practical practice-focused university major curriculum through the opinions of field exercise prescriptors, there occurred a total of 3 types, which were named 'the type of pursuing clinical learning subjects', 'the type of pursuing systematical learning subjects', and 'the type of pursuing the learning subjects to complement and enhance practical practice'.

Second, according to the results of analyzing the differences between types, the characteristics of differences were shown. In the differences between 'the type of pursuing clinical learning subjects' as Type 1 and 'the type of pursuing systematical learning subjects' as Type 2, 'musculoarticular rehabilitation' was the typical learning subject with positive differences, whereas 'growth, development, and exercises', and 'aging and exercises' were the typical learning subject with negative differences. In the differences between 'the type of pursuing clinical learning subjects' as Type 1 and 'the type of pursuing the learning subjects to complement and enhance practical practice' as Type 3, 'ATLAS' and 'musculoarticular rehabilitation' were the typical learning subjects with positive differences, whereas 'biomechanics' and 'sports biomechanics' were the typical learning subjects with negative differences.

Third, according to the results of analyzing the common factors between 3 types, positive consensus learning subjects were 'anatomy', 'physical fitness measurement and evaluation', 'exercises, physical fitness test, medical terminology, and aerobic exercises', whereas negative consensus learning subjects were 'developing physical fitness', 'exercise nutrition', and 'cardiopulmonary resuscitation'.

**Key Words:** Major Curriculum, Field, Focus , Exercise Prescription

# **Investigation of Influences on College Students' Physical Activity Level and Risk Factors for Metabolic Syndrome Using IPAQ**

**JUNG HOON, KIM; JEONG HYUN, KWON; KONG, KIM;  
JI HWAN, OH; SEUNG WOOK, CHOI**

Korea

## **Abstract**

The subjects of this study were divided into the low, moderate, and high activity group with seven subjects in each, and assessed with International Physical Activity Questionnaires for measurement of physical activity level and calculation of physical activity. Participating subjects underwent body measurements, body composition, and blood test. Analysis of risk factors for the metabolic syndrome included the blood pressure, high density lipoprotein cholesterol (HDL-C), triglycerides (TG), fasting blood sugar (FBS), and waist circumference (WC). According to the results of this study, HDL-C and TG showed a significant difference between the high and the low activity groups based on the physical activity level; however, SBP, DBP, FBS, and WC showed no significant differences.

**Key Words:** Physical Activity, Metabolic Syndrome, College Students

# **An Analysis of the Differences in Sex Life Perception, Sex Attitude, and Sexual Desire Coping Behaviors according to Exercise Participation Forms in Married Sports-for-all Club Members**

**KI SUNG, KIM; YOUNG HWAN, SEO; KONG, KIM;  
JEONG HYUN, KWON; SEUNG WOOK, CHOI**

## **Abstract**

The purpose of this study is to analyze the differences in sex life perception, sex attitude, and sexual desire coping behaviors according to exercise participation forms in married sports-for-all club members. The conclusions of this study were as follows.

First, there was no significant difference in all the factors including sex life perception, sex attitude, and sexual desire coping behaviors according to participation frequency.

Second, there was no significant difference in sex life perception according to participation events. There were significant differences in traditional (swimming > badminton) and reasonable (health > archery) sex attitude according to participation events. There were significant differences in expressive (swimming > taekwondo) and controlled (swimming > taekwondo) sexual desire coping behaviors according to participation events.

Third, there was no significant difference in sex life perception and sex attitude according to participation period. There were significant differences in only controlled (over 5 years - under 7 years > under 1 year) sexual desire coping behaviors according to participation period.

Fourth, there was no significant difference in sex life perception and sexual desire coping behaviors according to participation time. There were significant differences in only reasonable (over 2 hours > under 1 hour) sex attitude according to participation time.

**Key Words:** Sex Life Perception, Sex Attitude, Sexual Desire Coping Behaviors, Exercise Participation Forms, Sports-for-all

**Title of Abstract The Effect of Single Bout of Exercise on Postprandial PWV in Trained and Sedentary Men**

**JAE MOON, LEE; YOUNG HWAN, SEO;  
KI SUNG, KIM; SEUNG WOOK, CHOI**

**Abstract**

The purpose of this study was that the effects of single bout of exercise before ingestion of high fat meal on postprandial TG and atherosclerosis(PWV) in trained and sedentary groups. The subjects were separated sedentary group(8 men) and trained group(8 men) who has an experience of exercise over 6 months. The study meals provided as a milk shake (63~67% fat, 28~32% carbohydrate, and 4~5% protein), and they ate immediately after exercise. In the exercise trial, subjects walked for 1 hour on a treadmill at 60% of VO<sub>2</sub>max before ingestion of the test meal. We measured blood TG, PWV(as a marker of vascular function) at pre and 2 4 6 hours after ingestion. Data were analyzed by two way repeated ANOVA. TG was significantly increased at 2 · 4 · 6 hour respectively. PWV had no significance. These findings suggest that the single bout of exercise before high fat meal might ameliorate the postprandial TG, PWV.

**Key Words:** high fat meal, exercise habit, single bout of exercise, postprandial TG, postprandial PWV

# **The Effects of Exercise type During Pregnancy on the Blood Lipid of Mother Rats after Childbirth**

**SEUNG WOOK, CHOI; JEONG HYUN, KWON;  
JAE MOON, LEE  
Korea**

## **Abstract**

The exercise during pregnancy has a positive effect on childbirth due to blood sugar control, weight control and cardiopulmonary function increase (ACSM. 2005) and low-intensity aerobic exercise during pregnancy prevents hypertension and diabetes (Wolfe & Weissgerber, 2003) and both of weight bearing exercise (walking and low-intensity running) and non-weight bearing exercise (such as swimming) are reported to have a positive effect on mothers and babies (Clapp et al., 2001).

Therefore, this study conducted treadmill exercise and swimming exercise on pregnant rats in order to analyze their effects on the blood lipid of mother rats after childbirth.

For ICR-type rat comparison group (n=10), treadmill exercise group (n=10) and swimming exercise group (n=10), it was done with Vo<sub>2</sub>max 40~50% for 30 minutes, 3 times per week for 9 weeks (Bedford, 1987) and the results were as follows.

From the analysis, there was no significant difference between TC and TG and HDL-C in swimming exercise group had a significant difference (P<.05). Also LDL-C in treadmill exercise group had a significant difference (P<.05).

Summarizing the above results, we could see that the factors of blood lipid in swimming exercise group had a somewhat positive effect when comparing non-exercise group and treadmill exercise group during pregnancy and we think it will have a positive effect on the health of mothers and babies. Based on such information, we believe continuous future studies are necessary during pregnancy with the various level of intensity.

**Key Words:** exercise during pregnancy, treadmill exercise, swimming exercise, rats

## **Let's get started: Overview of the ICHPER•SD Children/Youth Fitness Test**

**Koya Suzuki**  
Japan

### **Abstract**

The aim of the project is to collect physical fitness data which is able to permit comparison of children/youth around the world, and to publish significant findings regarding physical fitness of each region's children/youth to ICHPER•SD Journal of Research as feature articles. Each region's data is controlled in survey headquarters, and all members of the research project can utilize the whole data if you want to analyze using pooled data of all regions. We already confirmed that Turkey, Japan, China, Nigeria, and Caribbean region joined the project. The headquarters is also planning to give a feedback sheet for each participant as a part of health education in school. It is hoped that several nations in each geographical region join the international comparison projects. Finally, we hope that the survey is conducted continuously and new findings by longitudinal data from each region serve to develop energetic children/youth in the world. Unfit, inactive, and obese children/youth are increasing worldwide. There is no reason for us not to get started today.

**Key Words:** International survey, physical activity, cross-cultural comparison, obesity

## **Socioeconomic Differences in Physical Activity of Adolescents In Beijing, China**

**Yang Liu**

School of Physical Education and Coaching  
Shanghai University of Sport, Shanghai, China

**Mei Wang**

Mass Sport Research Center, China Institute of Sport Science,  
Beijing, China

**Yan Lv**

Zhejiang Institute of Sport Science, Hangzhou, China

### **Abstract**

Findings from previous literatures addressed socioeconomic differences in adolescents' physical activity (PA) revealed inconsistent results and little is known concerning Chinese adolescents. The aim of this study was to investigate the socioeconomic differences in PA of adolescents in China. Data were collected from the Health Behaviour in School-aged Children (HBSC) linked project survey in Beijing 2008, including 5876 Chinese (boy 47.9%) schoolchildren aged 11, 13 and 15 years. Measurement of PA comprised moderate to vigorous PA (MVPA) last week and the frequency and duration of vigorous PA (VPA) per week. Socioeconomic status (SES) was measured by the Family Affluences Scale (FAS). Descriptive statistics, Pearson's Chi-square test, and logistic regression were used for analyses. For MVPA, boys from the high affluent families were more likely to meet the recommendations among all age groups whereas the difference was absence among girls. In addition, socioeconomic differences in frequency and duration of VPA were found among boys in all age groups and girls in the youngest group. The study suggested that specific policies and interventions should be encouraged and designed for reducing the socioeconomic inequalities in PA of boys and promoting the girl's participation of PA is one of priorities for Chinese educational professionals.

**Keywords:** Adolescent, China, Physical Activity, Socioeconomic difference

## **Contraction-Mediated Redox Signaling: Effect of Muscle Immobilization and PGC 1 $\alpha$ Overexpression**

**Li Li Ji, Chounghun Kang, Dongwook Yeo, Tianou Zhang**

Laboratory of Physiological Hygiene and Exercise Science, School of Kinesiology  
University of Minnesota Twin Cities, USA

### **ABSTRACT**

Contraction-induced production of reactive oxygen species (ROS) has been implicated in oxidative stress to skeletal muscle for the past few decades. As research advances more evidence has revealed a more complete role of ROS under both physiological and pathological conditions. The current speech will highlight the redox sensitive signaling pathways in two experimental settings. First, the authors will provide evidence that in muscle immobilization (IM) and the initial phase of remobilization (RM), mitochondrial homeostasis is disrupted due to a down-regulation of peroxisome proliferator-activated receptor  $\gamma$  co-activator 1 $\alpha$  (PGC-1 $\alpha$ ) pathway, enhanced nuclear factor (NF)  $\kappa$ B activation and inflammation. These findings support a view that contractile activity is required for the constitutive expression of the proteins involved in redox signaling and the maintenance of basic metabolic functions. Second, using an in vivo DNA transfection mouse model, we demonstrate that over-expression of PGC-1 $\alpha$  can ameliorate mitochondrial biogenesis, antioxidant defense and reduce inflammation caused by IM-RM. Crosstalk between PGC-1 $\alpha$ , NF $\kappa$ B, the forkhead family of transcription factors (FoxO) and Sirtuin (Sirt) signaling pathways is critical to conferring muscle genotypic and functional modulation.