

Perception of Tai Solarin University of Education Women Staff on Fitness Coaches' Influence on Exercise Participation in the Prevention of Hypo-Kinetics Diseases

K.O. Sennuga¹, I. A. Oyewumi², B.O. Osiyale³ and S. AdeniyiOgunkoya⁴

¹Department of Human Kinetics and Health Education, Tai Solarin University of Education Ijagun

²Department of Human Kinetics and Health Education, Lagos State University

^{3,4}Department of History and Diplomatic Studies, Tai Solarin University of Education Ijagun

¹kensennuga@gmail.com, ²akinloyeakinloye@yahoo.com

Abstract

This study focused on perception of Tai-Solarin University of Education women staff on fitness coaching influence on exercise participation and prevention of hypo-kinetics diseases. Descriptive survey research design was adopted in the study. Fifty (50) out of (74) women staff joggers in Tai-Solarin University of Education were selected using purposive random sampling technique. The research instrument for this study was a modified International Physical Activity Questionnaire (IPAQ). Pearson Product Moment Correlation (PPMC) was used to test the hypotheses at 0.05 level of significant. The result shows that all the hypotheses had significant positive effect on exercise participation of women staff joggers and prevention of hypo-kinetics diseases. It was concluded that fitness coaches should possess and demonstrate qualities that will promote coaching and applies that knowledge in helping others improve various form of fitness.

Keywords: Exercise Participation; Fitness Coaches; Hypo-Kinetics Diseases; Women Staff.

Introduction

Research in exercise science, medical science and health has led to a changing concept of physical fitness that is not only more meaningful but also more useful in providing direction for sport, fitness and physical education professionals as they implement programmes designed to help children, youths and adults of all ages improve their fitness. Developing and maintain acceptable level of fitness has been emphasized as the factors necessary for averting degenerative diseases and realizing optimum well-being (Ofili *et al.* 2011). According to United State Department of Health and Human Services (1996) fitness is a set of attributes that people have or have achieved that relates to ability to perform physical activity.

The components of health fitness are general in the sense that they apply to everybody and that each person should achieve and maintain certain level of health fitness to stay healthy as possible throughout a lifetime. The understanding of health-related fitness came with increased evidence that regular aerobic exercise which is sustained by oxygen is very important. People have learned that regular aerobic exercise of the right intensity and duration can help to control weight, reduce the percentage of fat in the body composition, improve circulatory function, control blood glucose level, and reduce stress and depression (Husel & Roth, 1999). The trend toward a sedentary lifestyle is recognized as a major contribution towards many health and social issues. Ajeigbe, Gambari & Oluwashola, (2017) noted that today people are confronted with a number of serious health and social issues ranging from obesity, diabetes, depression, stress, cardiovascular disease and suicide.

Cardiovascular disease had posed the largest and most serious health problem in modern life, so also diabetes. A sedentary lifestyle is one of the five major risks for cardiovascular disease as outlined by (AHA, 2003). Hu (2002) opined that over the past four decades numerous scientific reports have examined the relationship between physical activity and cardiovascular health and have been able to report that more active or fit women tend to develop less cardiovascular disease than their sedentary counterparts. Lee (2001) also asserted that people whose diabetes is under control face an increased risk of cardiovascular disease. A person whose body weight is more than 30%, above the recommended level is at higher risk for cardiovascular disease. Lee (2001) asserted that excess weight increases the strain on the heart by contributing to high blood pressure and high cholesterol. Diabetes is a disorder in which the metabolism of

glucose is disrupted causing a buildup of glucose in the blood stream. Mac Meal (2004) opined that people with diabetes are at increased risk of cardiovascular disease, partly because elevated blood glucose levels can damage the lining of arteries making them more vulnerable to arteriosclerosis. Health fitness is important for the prevention and remediation of hypo-kinetic degenerative disease, the most serious of which has been those related to the heart and vascular system. Most important is the achievement of those specific fitness components which help to reduce the risk of hypokinetic conditions including heart disease, back pain, diabetes, osteoporosis and obesity (Corbin, Welk & Lindsey, 2003).

Prevention is the key factor of promoting health (Chukwumati & Obiechina, 2017). That is why physical fitness and physical activity have become important as understanding of the prevention and remediation of these diseases increase (Clark & Becker, 1998). Oke, (2004) noted that exercise is of utmost importance in achieving physical fitness as well the functions of the body are influenced by muscular exercise. One of the safest and most effective ways to reduce the risk of hypo-kinetic disease and improve fitness is through exercise. One of the most powerful situational factors that influence exercise participation, particularly in the early stage of developing an exercise habit is fitness coaching. According to United State Department of Health and Human Services, (1996) fitness is a set of attributes that people have or have achieved that relates to ability to perform physical activity. Martin Ginis & Mack, (2012) asserted that the fitness coach is often cited as the single most important determinants of an exercisers motivation to continue in an exercise programme. A fitness coach is a person with knowledge of proper exercise testing, exercise techniques and fitness training who provides instruction and guidance to others for the purpose of reaching fitness related goals (Anshel, 2006). A fitness coach, therefore, demonstrated mastery of the exercise science literature and applies that knowledge in helping others improve various forms of fitness. This is why coaching is so important in the process of reversing selfdestructive habits.

Several studies have confirmed that a company or institution that encourages healthy habits among its employees, particularly improve fitness, proper diet and nutrition, time for recovery and reduce stress will improve worker productivity and reduce illness, absenteeism, sickness and diseases. Institution that sponsor programmes that result directly in improved fitness of staff will likely lead to improved employee health, energy, recovery from actives work demands and mental fatigue, social interaction and job satisfaction. Therefore, this study focused on perception of Tai Solarin University of Education on fitness coach influence on exercise participation in the prevention of hypo-kinetics diseases.

Methodology

The descriptive survey research design was used for this study. The sample for this study comprised of fifty (50) academics and non-academics (women) staff joggers of Tai Solarin University of Education selected through purposive random sampling technique. The research instrument for this study was a modified International Physical Activity Questionnaire (IPAQ). The first part of the questionnaire consisted of 7 items which dealt with the demographic characterized of the respondents, while the second part consisted of items which focused on the variables under study. The instrument was pre-tested before training period on ten (10) respondents who are not part of the respondents selected for the study on the field with the aid of two (2) research assistants. The completed questionnaire form was distributed to the selected respondents for the study and collected back on spot, and was used for the analyses of the study. Cronbachs Alpha (r) was used to estimate the reliability coefficient at (0.93). Descriptive statistics of Pearson product moment correlation (PPMC) was used to test the hypotheses at 0.05 significant level.

Table 1: Demographic data of the respondents

Age	Frequency	Percentage
20-24	04	8
25-29	07	14
30-34	16	32
35-39	10	20
40 above	13	26
Total	50	100

Table 2: Educational Qualification

Qualification	Frequency	Percentage
School	06	12
Certificate/WAEC		
NCE/OND	15	30
HND/B. Sc	22	44
M.Sc	06	12
Ph. D	01	02
Total	50	100

Religion	Frequency	Percentage
Islam	22	44
Christianity	21	42
Traditional	07	14
Total	50	100

Table 3: Ethnicity

Tribe	Frequency	Percentage
Yoruba	38	76
Igbo	07	14
Hausa	05	10
Total	50	100

Table 4: Year of Service

Year	Frequency	Percentage
1-5 years	09	18
6-10 years	16	32
11-15 years	17	34
16 years above	08	16
Total	50	100

Table 5: Department

Department	Frequency	Percentage
COSIT	09	18
COHUM	12	24
COSPED	10	20
COVTED	11	22
COSMAS	08	16
Total	50	100

Table 6: Marital Status

Status	Frequency	Percentage
Married	28	56
Single	17	34
Divorced	02	04
Widow	03	06
Total	50	100

Results and Discussion

Hypothesis 1: There will be no significant relationship of physical appearance of fitness coach influence on women staff exercise participation in the prevention of hypo-kinetic diseases.

Table 7: Pearson products moment correlation analysis on physical appearance of fitness coach influence on exercise participation of women staff in the prevention of hypo-kinetic diseases

Hypothesis	Calculated Correlation	Remark
Physical appearance of fitness coaches influence on exercise participation Pearson correlation Sig (2-tailed) N	1 .000 50	Accepted

Calculated value = 1 Sig (2-tailed) = .000 N = 50 Tabulated value = .231 at 0.05 alphabetical

The result is accepted since calculated value is greater than the tabulated value. It means physical appearance of fitness coaches influence exercise participation of women staff joggers in the prevention of hypo-kinetic diseases. Fitness coaches should reflect good health by maintaining proper body weight, fitness, and also by simply looking healthy. An overweight and unfit trainer lacks credibility to lead an exercise programme with participants especially the beginners will not be taken seriously. The fitness coach must appear tidy, clean and appealing to other participants who will likely view the coach as someone they aspire to be like.

Hypothesis 2: There will be no significant relationship of knowledge of fitness coach influence on women staff exercise participation in the prevention of hypo-kinetic diseases.

Table 8: Pearson products moment correlation analysis on knowledge of fitness coach influence on exercise participation of women staff in the prevention of hypo-kinetic diseases

Hypothesis	Calculated Correlation	Remark
Knowledge of fitness coaches influence on exercise participation Pearson correlation Sig (2-tailed) N	.910 .000 50	Accepted

Calculated value = 910, Sig (2-tailed) = .000, N = 50, Tabulated values = .231 at 0.05 alpha level.

The result is accepted since the calculated value is greater than the tabulated value. This means that knowledge of fitness coach has influence on exercise participation of women joggers. The fitness coach must demonstrate mastery of the exercise literature. This includes knowing up-to-date information reported in recent research journals or textbooks about fitness techniques. Fitness coaches should have obtained a university degree or have successfully completed a nationally recognized certification programme that indicates mastery of requisite knowledge related to all forms of fitness.

Hypothesis 3: There will be no significant relationship between communication skills of fitness coach influence on women staff exercise participation in the prevention of hypo-kinetic diseases.

Table 9: Pearson products moment correlation analysis on communication skill of fitness coach influence on exercise participation of women staff in the prevention of hypo-kinetic diseases

Hypothesis	Calculated Correlation	Remark
Communication skill of fitness coaches influence on exercise participation	Pearson correlation .910 Sig (2-tailed) .000 N 50	Accepted

Calculated value = .910. Sig (2-tailed) = .000, N = 50, Tabulated value = .231 at 0.05 alpha level.

Since calculated value is greater than tabulated value, the result is accepted. Fitness knowledge has little meaning if coaches are unable to effectively communicate their knowledge and instruct participants on proper exercise techniques and programmes. It means the fitness coach is able to effectively teach exercise techniques, and participants can understand and carry out the instruction to improve their fitness.

Hypothesis 4: There will be no significant relationship of mental skill of fitness coach influence on women staff exercise participation in the prevention of hypo-kinetic diseases.

Table 10: Pearson products moment correlation analysis on mental skill of fitness coach influence on exercise participation of women staff in the prevention of hypo-kinetic diseases

Hypothesis	Calculated Correlation	Remark
Mental skills of fitness coach influence on exercise participation	Pearson correlation .915 Sig (2-tailed) .000 N 50	Accepted

Calculated value = .915 Sig (2-tailed) = .000 N = 50 Tabulated value = .231 at 0.05 alpha level.

The result is accepted since calculated value is greater than tabulated value. Fitness coaches need to have mastery of the exercise psychological literature that includes the use of mental skills to improve exercise participation and performance. Strategies such as positive self-talk, psyching up, visualization, association and disassociation may be used to improve the participants' emotions and thought processes to facilitate exercise performance.

Hypothesis 5: There will be no significant relationship of administration and organization skill of fitness coach influence on women staff exercise participation in the prevention of hypo-kinetic diseases.

Table 11: Pearson products moment correlation analysis on organization and administration skill of fitness coach influence on exercise participation of women staff in the prevention of hypo-kinetic diseases

Hypothesis	Calculated Correlation	Remark
Administration and organization skills of fitness coaches influence on exercise participation	Pearson correlation Sig (2-tailed) N .890 .000 50	Accepted

Calculated value = .890, Sig (2-tailed) = .000, N = 50, Tabulated value = .231 at 0.05 alpha level.

The result is accepted since calculated value is greater than tabulated value. High quality fitness coaches keep accurate and detailed records of the participants beginning fitness status, current status, test scores, exercise progress, and special needs or desires (e.g. exercising on a certain day at a certain time, avoiding the use of particular exercises or equipment, having injured or uncomfortable body parts). In-depth records of each participant are highly desirable.

Conclusions

For many people, improving fitness and developing a more active lifestyle is simply too challenging to do on their own. This is why coaching is so important in the process of reversing self-destructive habits and replacing them with healthier, more desirable routines.

Recommendations

Coaches in general provide a powerful source of support and should be incorporated into the initial phase of the participants exercise habit. Therefore, coaches should; Provide institution on proper exercise techniques, help participants gain the self-motivation to persist in the exercise programme and not give up, holding participants accountable for attending exercise sessions regularly and adhering to the exercise programme.

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