

A SYNTHESIS OF RESEARCH GERMANE TO FACTORS THAT INFLUENCES ON SUSTAINED INVOLVEMENT IN PHYSICAL ACTIVITY

BY

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Introduction

- A society lays the foundation for improving their well-being, providing opportunity for social and personal development through physical activity involvement.
- Participating in physical activities play an essential role in promoting positive health benefits that can positively impact common health challenges such as: cardiovascular disease, diabetes, high blood pressure, cholesterol, stroke, cancers, osteoporosis, overweight/obesity and arthritis.

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- Thus, President's Council on Physical Fitness and Sports (2000) submit that, participation in physical activity is influenced by a variety of factors, which include: increase in sedentary lifestyles, the decrease in work-related physical activity, and reduced leisure-time activity which identifies a trend towards physical inactivity.
- However, significantly majority of people are not active enough for good health.
- In WA, over 40% of adults in 2006 were not active enough for good health.

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- The preliminary findings from the *2009 WA Adult Physical Activity Survey 2* indicate concerning results:
 - _ 9% decline in people walking for recreation since 1999
 - _ 10% decline in people walking for transport since 2006
 - _ only half of physically-active adults walked more than 10 minutes for recreation
 - _ one in five walked more than 10 minutes for transport in the previous week.

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- Findings from the *Child and Adolescent Physical Activity and Nutrition Survey 3* also raise concerns:
 - less than half of the school students interviewed reported undertaking the recommended minimum 60 minutes of physical activity daily for good health
 - participation was lowest amongst secondary school girls with only 10% meeting the national guideline.

Key Foundations Underpinning Lifelong Involvement in Physical Activity

- The key foundations that underpin lifelong involvement in physical activity include:
 - Child-centred approach, where the needs of young people are central to the activities
 - Distinction between 'deliberate play' and 'deliberate practice'
 - Inclusion for all

Factors Influencing on Sustained Involvement in Physical Activity

- **Cultural influences and Physical activity:**

Numerous factors contribute to this phenomenon this includes:

Age

Gender and Physical Activities

Disability and Physical Activities

- **Image and Fashion and physical activity**

Fashion and Physical Activities

Media coverage and Physical Activities

Influential People and Physical Activities

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- **Resources and Physical Activities**

 - Availability and Access*

 - Location*

- **Socio-economic Status (SES) and Physical Activities:** socio-economic factors, such as education, income, social class, neighbourhood and aspects of wealth, including car ownership, can influence the amount and patterns of activities that people do in different ways

Conclusion

- Evidence is mounting that physical activity are positive elements in the lifestyles.
- Positive experiences are generally characterised as those that are fun that provide a sense of achievement and opportunities to learn and apply new skills.
- Thus, if adults and young people enjoy their early experiences of physical activity, they are more likely to stay involved in the long term.
- Hence, focusing on fun, skill development, individual needs and maximum participation would encourage people to stay involved and achieve success at all levels in line with their choices and potential, reducing sedentary rates and enhancing physical activity involvement across the lifespan.

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- Other consideration factors include age, ability and time of entry.
- In promoting a culture of healthy physical activity, the role of physical education, youth sports, participation and performance should be linked.

Recommendations

- Many factors affect participation in physical activity whereby personal circumstances may influence both choice of activity and the extent to which one takes part.
- Role changing from participant to coach, official, or volunteer.
- understanding the important of involving in physical activity for the well-being of the people, starting from childhood to adulthood would have a long way in encouraging involvement.

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- Hence, the following recommendations are made:
 1. The needs to implement comprehensive programme to increase physical activity levels in populations.
 2. Developing evidence-based programmes and taken a holistic approach to understanding and promoting physical activity from childhood to adulthood that address physical, social and environmental barriers to greater physical activity in the society.

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3. Collaboration with key stakeholders to assess current physical activity participation levels, trends and determinants when developing programmes.
4. Making coordinated use of the full range of resources available to promote physical activity.
5. Given priority to strengthening national policies for physical education, physical activity for all in schools and offices.

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6. Target physical activity policies and initiatives to specific populations and tailor initiatives to respond to population needs.
7. Developing guidelines on optimal physical activity levels and communicate them publicly.
8. Facilitate and invest in the development of culturally relevant, community-level, physical activity programmes as an important means of encouraging more active healthy living.

APPRECIATION

THANK YOU FOR LISTENING