

PROMOTION OF HEALTH AND WELLNESS: ENCODED LESSON FOR BETTER FITNESS IN POST PANDEMIC ERA.

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Abstract

Sports and physical activities are essential to the development of health, fitness and wellness because they are capable of lifting people out of several forms of avoidable diseases. Diverse studies have been carried out on how to facilitate learning in relation to the pastime of educators and learners as well as their performance. This paper highlighted the place of physical activities as sport that could play a positive role in the improvement and sustenance life globally irrespective of academic leanings. Secondary information from other scholars were reviewed. The paper revealed that physical activities at workplace need to be planned to avoid injury or death and each fitness initiative needs individualized planning for effective results in health and wellness. Advantages of sport to life and fitness and adverse effects of unplanned workout and activities were emphasized. Recommendations were made on application of knowledge in sport, education of the populace on the right sport for their age and or necessity for the use of modern technology correctly in physical activities.

Keywords: Activities, Health, Planning, Fitness, wellness.

Introduction

Physical activities are essential for the survival of man and when this is deprived, mankind tends towards experiencing disaster. Many lessons were learnt from the COVID-19 lockdowns resulting in chaos in many places warranting lack of movement and starvation hospitalization and or even death. Man was created to be physically active and the inability of man to initiate such tendency has been stated to be the cause of many diseases and death (Ezema et al., 2021). One of such avoidable diseases is diabetes which is commonly associated with people having low level of activities (Ezema et al., 2021). According to Adegun (2005), activities and lifestyle

plays a role in the health of an individual and these determine their wellness. The international institution, World Health Organization (WHO) posited that sedentary lifestyle can cause death in individuals with non-communicable diseases (NCD). This has encouraged research works to track the physical activity of man in Africa (Adewale et al., 2018) and by extension the need to improve physical activity in Nigeria. Engagement in sports is an example of physical activity and scholars have different definitions to justify this (Pitts et al., 1994; Rasheed, & Oyinlola, 2014). Sports can be done individually and in group however, with the advancement in technology, sports can be individualized as

a companion through artificial learning, smart machines like internet of things (IoT) and gamification.

Presently, there are technologies that can be used in monitoring and moderating the level or extent of physical activities that people would participate in, though many do not consider the relevance of having such technological facility. It might be as a result of lack of knowledge or cost implications. As the 21st Century continues to age, more educational innovations that can aid fitness are introduced. The innovation of an android based software with the ability to support and guide those involved in fitness has been put under trial (Yasep et al., 2021). Advent of COVID-19 pandemic has shown that weak immunity in people could enable easy transmission of avoidable diseases or death. In addition to good work outs and sports, it is imperative to have good immunity in order to reduce the risk of transmission of the virus. One of the ways to boost human immunity is to be systematically involved in good exercise. According to Yasep et al. (2021), there exists a noteworthy gap in knowledge of people regarding physical activity. Consequently, many of the mandatory activities associated with for good health are missed out.

It is pertinent to emphasize that be fit to engage in physical activities, measures must be taken to avoid cases of injuries or unplanned accidental cases of death that has been observed when people engage in jogging, wrestling, push-ups or bench press among others (Meagan et al.,

& Benito et al., 2019). Unfortunately, cases of injury resulting in death have been recorded in sports as football, gymnastics and wrestling. Accidents of great magnitude occur whenever people ignore their health status and capabilities and exercises that exceed what their body is willing to endure.

Sedentary or sit-down careers that entail sitting and working over a long duration of time as it is evident in the lives of typists, data analysts, librarians and business or educational secretaries expose them to risk of injury when there is no evaluation of the strain on their body. It becomes vital to emphasize that the physical activities these workers engage in have benefits and shortcomings. Attempt to correct this shortcomings in a jump ca in the long run become detrimental and lead to loss of life, hence reasonableness is required. Other group of people affected are welders, farmers, building technology workers who have to stand for a long time in the execution of their jobs. Precautionary guidelines are indispensable to individuals in order to comprehend the worth and level of physical activities needed for survival and sustenance. This is because it is cheaper to sustain good health than engage in activities that are not moderated which might become too costly to endure. When the issue of wellness is taken lightly, the avoidable and costly consequences like sudden death, stroke and dependence on drugs for survival therefore become inevitable.

The germane questions to ask are, how much of physical activity can be

considered enough and at what price? How much understanding do teachers and other professionals have about how much physical activity they should be exposed to in order not to reduce health hazards? What is the level of such knowledge that should be considered as excessive? Answers to these questions epitomize the reason why encoded fitness plan for management and education professionals become sacrosanct in priority and safety for optimal performance.

Purpose

This paper focused on encoded sports, fitness and wellness and how it could have a momentous role in the preservation of lives globally. Activities in teaching, administration, management and sports settings encompass lots of strength and vigour. Conversely, the lack of personal evaluation of the challenges of the workspace and the possibility of this being part of the reasons for cases of ill-health such as stroke, heart problems and self-induced diabetes calls for objective scrutiny. A weak health practice therefore, is prone to health failure on the long run. In a previous study on physical activity and workout behavior of those in the academics at tertiary institution carried out by Adegboyega (2015), it was revealed that the physical activities of the personnel were low. However, Dominic et al. (2012) observed that students are aware of the benefits of physical fitness and consequences of poor fitness behaviour on their performance. Akindutire and Olanipekun (2014) reported that physical

education in schools has declined and proposed enlightenment, use of technology, funding among others to correct the anomalies. The contrary information from the personnel, students and researchers in schools can be explained as forming a quota of the total of individuals in schools who have some level of inclination to fitness.

The study of Adegboyega (2015) recommended that active involvement in fitness among academic can be enriched by improved physical education in schools. Therefore, the researcher indicated that healthy lifestyles which could birth ban sicknesses like obesity, diabetes, hypertension, stroke and health diseases could be compromised when fitness activities are taken for granted. Hypokinetic diseases are fast becoming common incidents among lecturers and the populace. Conceivably, recommendations that are apt can aid better performance and elongate lifespan in our contemporary society.

The need to teach workers within the education space about the need to convert the stamina they have to encode wellness plan before engaging in any sports is germane. Not every exercise is suitable for all, because the health state differ from one individual to another. Furthermore, evaluation of how much stress an individual's body will be able to tolerate without causing harm makes consultation with experts in health and fitness related occupations a wise and worthwhile enterprise. This is essential as athletes do have reports of death when

they engage in excessive use of their energies. In a study conducted by Suhaimi et al. (2021), to understand the effect of lengthy running on altered environmental condition by athletes, it was revealed that performance was hindered under heat or tropical circumstances. If the performance of athletes who are trained in the art of endurance, could be hindered, the untrained professionals need to juxtapose reason with doctrine. They should be mindful of what alteration in environmental conditions could translate into against the backdrop of their rigorous mental workload on the learners.

Sport, wellness and fitness in post-pandemic era can create new but entrepreneurship opportunities for academics through research. Such research activities could proffer solutions to the sports world on how to explore and bring newer and greater openings for a healthier world order. The postulation of Jones et al. (2019) was that academics should research on sport to avail themselves of overtures that are inimical to human health. The vastness of the openings is in billions in monetary terms (Pedersen & Thibault, 2018). It is high time practitioners in the public and private sectors availed themselves the opportunities offered by the post-pandemic era to solve challenges in fitness through collaboration with sport professionals. The seeming sedentary behaviour of the citizenry have increased due to the advent of modern technology and this has given rise to inadequate physical activities. The need for an encoded model for fitness and wellness

cannot be over emphasised. The idea could be both human and technology-supported such that individual needs can be met. Such areas of need include checks on blood pressure, breathing rates, heart beat and identification of sicknesses through eye scans. Applications that are mobile devices friendly can be created for this purpose to eliminate or reduce the fear of those might be scared of possible erosion of their privacy. This application could be encrypted to require not less than 2-3 authentication steps before accessibility.

Methodology

Secondary information was reviewed as it relates to sports and physical activities. Studies of scholars were appraised on the importance of sport to health vis-à-vis the post pandemic era, the advantages of physical activities and how they relate to workers in the public and private sectors. The health challenges of the present day world of work was articulated and the attendant implication of ignoring the advice of health, sports and fitness experts in post-pandemic era were identified and analyzed.

Findings

It is evident that man needs physical activities to live a healthy life when sports and planned physical exercises are given their proper pride of place. It plays an indispensable role in the life of humans and has a vast impact on the global populace as a consequence. For apparent reasons, sports, fitness and wellness have become more of business

ventures than amusement. Those that are not engaged in it directly as a vocation for fitness or wellness are indirectly involved in relishing in business or amusement. As much as everyone has the responsibility to exercise their body for fitness and wellness, the onus is on them to verify the exercise that is adequate and appropriate enough for their health through trained specialists who can professionally and dexterously do it in relation to their age and health conditions. This concerns everyone, irrespective of career and affiliations. Post-pandemic era has lifted restrictions regarding sporting events and other forms of human gatherings and this has resulted in increased inactivity among the populace. As the restrictions are gradually being removed, depending on reported cases of the pandemic or the intensity from country to country, planned physical exercises can be done at home subject to guidance and direction of sports and wellness experts through prepared videos or virtual interactions via the internet.

Individuals living sedentary lives and those engaged in tedious practical activities alike, should consider engaging in planned or encoded physical activities that can complement their health rather than drive them to complicated health situations, early or avoidable death. This paper hopes to challenge sports experts to proactive exploration of the post Covid-19 pandemic for entrepreneurial and societal wellness on a global scale. Professionals the world over are being sensitized to create innovative designs that can use

natural and technological resources for creating a process capable of increasing participation of people in sports for better health. The initiative would reduce unemployment and convert the disruptive situations of the post pandemic era into novelties targeted at providing better health education and monitoring of wellness for a new world order for wellness.

Studies reviewed have shown the importance of engagement in fitness and the causative effect of diseases that could result from inactivity. In conclusion, experts and fitness specialists in collaboration with the laymen can encode the lessons learnt from the COVID-19 to encourage pastime of harmless sporting and wellness activities that are necessary at this period.

Recommendations

Based on the discussions from the review and analysis of the strength and weakness of sporting activities to man and his health, the following recommendations are made:

1. Educators especially academic and workers should be mindful of the amount of physical activities they engage in. Not every exercise is tolerable for everyone.
2. Awareness on the consequence of injuries and death in excessive physical activities should be promoted among the general public through broadcasts, village and city hall meetings.

3. Health education should be encoded for individualised training that would cater for the endurance and fitness capacity of people, to circumvent injuries or death.
4. Research into software development that can assist in the monitoring of health should be encouraged by sports experts as digital monitors that could be worn to alert a worker when his/her health is threatened when involved in competitive or individual sporting activities.
5. Academic and other individuals whose daily activities do not permit to have sufficient body exercise should take a break and look for help to avoid a break down resulting from accumulated pressure.

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