Putting the Athletic Back in the Trainer

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PROBLEM

- Athletic Training Students are taught about the benefits of physical activity and how to create specific exercise programs to maintain overall wellness.
- Although Athletic Training students have knowledge about the positive effects of physical activity, they continually score lower on activity level scales when compared with the average college student.
- There are many factors that play into the poor health habits of Athletic Training students such as, a rigorous course schedule and long clinical hours.
- Therefore, the purpose of this study is to determine the variables that negatively affect the health habits of Athletic Training students and other students in the College of Health Sciences at Eastern Kentucky University.

BACKGROUND & SIGNIFICANCE

- ACSM Recommends 3-5 days a week of moderate activity for 30-60 minutes [Garber et al., 2011]
- Only 15% of Certified Athletic Trainers met ACSM guidelines for a healthy lifestyle and dietary habits typically score worse on health assessments than the normal college student. This is mainly due to the demands on athletic training students in and out of the classroom.
- We are beginning to find the same correlation in our study. With students that have clinical requirements participating in less physical activity and having worse health habits than other students in the College of Health Sciences.

METHODS

- Student volunteers from the College of Health Sciences at Eastern Kentucky University will be asked to complete a survey modeled after the BAEK Questionnaire that discusses their health habits.
  - There are a total of 25 questions on the questionnaire
  - Questions are in categories of: physical activity during school and leisure time, nutritional habits, and sleep schedule.
  - Participants will mark under the categories of “never”, “seldom”, “sometimes”, “often”, and “always”.
- Students will then be asked to participate in a BodPod Assessment and a Tanita Scan in order to calculate body fat percentage.
- Vertical jump performance and hand grip dynamometer performance will also be recorded.
- Data will be analyzed utilizing ANOVAs for significant differences between each of the groups.
- Data obtained from the BodPod will then be compared to the answers that are given on the questionnaire to determine the overall health status of the student.

IMPLICATIONS/CONCLUSIONS

- Studies have shown that the body mass index and percentage of body fat in college students after four years increases due to lack of physical activity and poor dietary habits.
- Health habits of Athletic Training students in regards to physical activity and dietary habits typically score worse on health assessments than the normal college student. This is mainly due to the demands on athletic training students in and out of the classroom.

REFERENCES


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