"WINNING COMBINATIONS: A SUCCESSFUL PARTNERSHIP BENEFITING COLLEGIATE SPORT SCIENCE AND WELLNESS EDUCATION MAJORS"

ACADEMIC YEAR 2012-2013 (20120511)

John Roncone, Ph.D., University of Akron Wayne College
What is Arthritis?

- According to the Arthritis Foundation (2012), arthritis means joint inflammation; the term is often used to refer to any of the more than 100 diseases that affect the joints—where two or more bones meet to allow movement.
- Common types include: Osteoarthritis, rheumatoid, gout, juvenile, lupus, and fibromyalgia
- Symptoms may include: Breakdown of cartilage, obesity, diet, defect in the body’s chemistry, disease of the body’s connective tissue, or injury to a joint
How can PA and good fitness contribute to optimal health/wellness?

1. Aid in disease/illness prevention
2. Significant contributors to disease/illness treatment
3. Methods of health/wellness promotion
4. May improve quality of life
5. Slows premature aging
6. Promotes weight control
7. Increases one’s self-efficacy
Factors that CANNOT be Altered

1. Age
2. Heredity
3. Gender

Factors that CAN be Altered

4. Physical activity
5. Diet
6. Stress
7. Tobacco use
8. Body (fatness)
9. Blood lipids, blood glucose, and blood pressure
10. Reducing your risk of diseases
Participants/Sessions

- **Fall 2012**
  - $N = 14$ participants
  - 7 sessions (1 session in the months of September and December, 3 sessions in October, and 2 sessions in November; 1 session had zero participants)

- **Spring 2013**
  - $N = 34$
  - 7 sessions (2 sessions in February, 3 sessions in March, and 2 sessions in April)

- **Total participant involvement, $N = 48$ with 13 sessions**
Specific Program Goals/Outcomes

• Participants will be able understand the importance of physical activity and its relation/benefits to health and wellness;

• Participants will be able to demonstrate/perform the exercises implemented in the AFEP sessions;

• Participants will feel good about themselves (self-confidence) while engaging in the program and after the program; and

• Participants in the AFEP will experience a fun, safe way to exercise, while treating arthritis.

- All of the above Program Goals/Outcomes were accomplished
Specific Program Strategies/Activities

• The Arthritis Foundation Exercise Program (AFEP) is a group recreational activity program designed specifically for people with arthritis.
• It includes gentle range of motion, muscle strengthening and endurance exercises, plus body mechanics and relaxation techniques.
• The class can be done seated or standing and is taught by Arthritis Foundation (AF) trained and certified leaders.
• The AFEP provides participants with a fun, safe way to exercise.
• A partnership was established between the Sport Science and Wellness Education (SSWE) Department, University of Akron Wayne College, Dr. John Roncone, Assistant Professor and Program Coordinator, SSWE, and the Arthritis Foundation of Great Lakes Region in NE Ohio, Mrs. Mary Bird, Program Manager, initially during the academic year 2011-2012.
Wayne College is a host site to this land Arthritis Foundation Exercise Program (AFEP).

At the time of this collaboration, Wayne College was the only land AFEP in Wayne County.

In fall 2011, five students completed the AFEP certification training (October), of which they also had to complete FACPR training, prior to the AFEP certification training.

The second year of the program, AY2012-2013, five more students completed the required trainings (AFEP & FACPR).
Measuring Success Pertinent to Program Goals/Outcomes

- **Participant/Instructor** *(highlights)*
  - Personal achievements (as identified by program participant and was encouraged by AFEP instructors)
  - Warm-up and stretching (as completed voluntarily by program participant and was encouraged by AFEP instructors)

- **Fall 2012 Survey** *(highlights; N = 8)*
  - Increase self-efficacy = 2/8; 25% AGREE; 4/8; 50% STONGLY AGREE; 2/8; 25% DID NOT ANSWER
  - Positive Overall Experience = 1/8; 12.5% AGREE; 5/8; 62.5% STONGLY AGREE; 2/8; 25% DID NOT ANSWER
  - Pleased with Instructors = 1/8; 12.5% AGREE; 5/8; 62.5% STONGLY AGREE; 2/8; 25% DID NOT ANSWER
  - Pleased with Location = 1/8; 12.5% AGREE; 6/8; 75% STONGLY AGREE; 1/8; 12.5% DID NOT ANSWER
  - Understanding of Importance of PA Related to Benefits of Health/Wellness = 75% *(N = 6)* of participants indicated favorable or excellent
  - Participant Demonstration/Performance of Exercises = 62.50% *(N = 5)* of participants reported favorable or excellent.
Measuring Success Pertinent to Program Goals/Outcomes (Continued)

- **Spring 2013 Survey (highlights; N = 12)**
  - Increase self-efficacy = 9/12; 75% AGREE; 3/12; 25% STONGLY AGREE
  - Positive Overall Experience = 6/12; 50% AGREE; 6/12; 50% STONGLY AGREE
  - Pleased with Instructors = 6/12; 50% AGREE; 6/12; 50% STONGLY AGREE
  - Pleased with Location = 1/12; 8.3% STRONGLY DISAGREE; 6/12; 50% AGREE; 5/12; 41.7% STRONGLY AGREE
  - Understanding of Importance of PA Related to Benefits of Health/Wellness = 83.33% (N = 10) of participants indicated favorable or excellent
  - Participant Demonstration/Performance of Exercises = 91.66% (N = 11) of participants reported favorable or excellent.

- **TOTAL Survey (highlights; N = 20)**
  - Increase self-efficacy = 11/20; 55% AGREE; 7/20; 35% STONGLY AGREE; 2/20; 10% DID NOT ANSWER
  - Positive Overall Experience = 7/20; 35% AGREE; 11/20; 55% STONGLY AGREE; 2/20; 10% DID NOT ANSWER
  - Pleased with Instructors = 7/20; 35% AGREE; 11/20; 55% STONGLY AGREE; 2/20; 10% DID NOT ANSWER
  - Pleased with Location = 1/20; 5% STRONGLY DISAGREE; 7/20; 35% AGREE; 11/20; 55% STONGLY AGREE; 1/20; 5% DID NOT ANSWER
  - Understanding of Importance of PA Related to Benefits of Health/Wellness = 80% (N = 16) of participants indicated favorable or excellent
  - Participant Demonstration/Performance of Exercises = 80% (N = 16) of participants reported favorable or excellent.
H.E.L.P. Philosophy

The Basis for a Healthy Lifestyle

• **H** A personal philosophy that emphasizes **HEALTH** can lead to behaviors that promote it.

• **E** **EVERYONE** can benefit from healthy lifestyles regardless of age or current health status.

• **L** Healthy behaviors are most effective when practiced for a **LIFETIME**.

• **P** Healthy lifestyles should be based on **PERSONAL** needs and interests.

• Corbin, C., Welk, G., Corbin, W., and Welk, K. (2011)
Timeline/Duration of Proposed Wellness Program

- Spring 2011 = Collaboration began with Dr. Roncone (UAWC) and Mrs. Bird (AF Program Mgr.-Great Lakes Region in NE Ohio)

- Summer/fall 2011 = organize program specifics/agenda/announcements to surrounding community and students at Wayne College; General Council, and UA administration approval of AF/UAWC/UA Agreement

- Fall 2011 = Review of AFEP and ready for implementation; Instructor training

- Spring 2012 = implementation of AFEP (season 1)  
  - 4 Sessions = Fridays, 9:30-10:15am, Boyer Gymnasium, March 30, April 13 & 27, and May 11

- Summer 2012 = implementation of AFEP (season 1 continued)  
  - 3 Sessions = Fridays, 9:30-10:15am, Boyer Gymnasium, June 8, July 13, and August 10

- Fall 2012 = implementation of AFEP (season 2)  
  - 7 Sessions = Fridays, 9:30-10:15am, Boyer Gymnasium, September 14, October 5, 19, & 26, November 9 & 30, and December 7; 5 new instructors completed instructor training.

- Spring 2013 = implementation of AFEP (season 2)  
  - 7 Sessions = Fridays, 9:30-10:15am, Boyer Gymnasium, February 1 &15, March 1, 15, & 22, and April 5 & 19; Data review and wrap-up of program

- Summer 2013 = All research activities are complete and Submit UA IRB Final Report Form for Research Involving Human Subjects.

- Fall 2013 = Presentations at OAHPERD.
Community Mobilization Effort

- UA Wayne SSWE faculty, coordinated by Dr. John Roncone, Assistant Professor and Program Coordinator, SSWE, was in collaboration with Regina Schwartz, Community and Media Relations Director for UA Wayne College.
- Collaboration effort continues with Mrs. Mary Bird, AF Mgr., Great Lakes Region of NE OH; currently, in third season (7 sessions fall 2013).
- Presented at OAHPERD Convention as both lecture and research poster session. Further, possibility to present program at College’s Faculty Round-Up (a brown bag seminar presentation opportunity organized by the Faculty Development Committee).
- Submitted manuscript for consideration into peer-reviewed journal.
Participant Demographics

**Fall 2012**
Sessions = 7 (6 with participants; 1 had no one come)
N = 14
Females = 14
Age Range = 41-82
Mean Age = 71
*7 returning participants throughout fall 2012
**7 first time participants throughout fall 2012

**Spring 2013**
Sessions = 7
N = 34
Females = 28
Males = 6
Age Range = 54-87
Mean Age = 68
*23 returning participants throughout spring 2013
**11 first time participants throughout spring 2013
Participant Demographics (Continued)

TOTAL AY 2012-2013
Sessions = 13
N = 48
Females = 42
Males = 6
Age Range = 41-87
Mean Age = 69
*30 returning participants throughout AY
**18 first time participants throughout AY
Breakdown of Program Budget

- Participant participation = $0.00
- Participant parking on campus = $0.00
- Instructor training = $0.00
- In-Kind Support
  - Posters displayed on campus & within community (grocery store, library, coffee shops, café, businesses, etc. = $0.00
  - Copying = $0.00
- TOTAL Budget = $0.00

Above was an estimation of the program budget, Spring 2010
Participant Suggestion Statements

- “Hold class more often; once a week”
- “If possible, have more Fridays each month”
- “Program very informative, feels, good, and hopes to continue”
- “Wanting program days more often”
- “Provide copies of the exercises”
- “Instructors to speak louder”
- “Very difficult to hear”
- “Started 8 minutes late and ended 5 minutes early...have list of exercises and diagrams as handouts”
- “Students said there was no gymnasium; YMCA said class was in the SLB building; finally students assisted to gymnasium”
References


