

Health-Related Fitness Differences Amongst Allied and Non-Allied Undergraduate Health Majors

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Background

Physical activity has many health benefits, such as reducing cardiovascular disease risk, improving body composition, and increasing longevity. Epidemiological evidence has shown a decrease in physical activity as students transition from high school to college. Two popular undergraduate programs are allied health (kinesiology, nursing) and non-allied (computer science, engineering) based programs. Allied-health majors have more exposure to physical activity and the physiological benefits of exercise from their major course classes than non-allied health majors.



Methods

- A total of 24 full-time students
- 12 allied health and 12 non-allied health majors
 - Ranging from freshman to senior standing
 - Between the ages of 18 to 30
 - The FITNESSGRAM testing battery will consist of the following: Cardiovascular Endurance (PACER), Body Composition (7-site Skinfold), Muscular Endurance (Curl-Up), Muscular Strength (Pushup), and Flexibility (Sit-N-Reach).

Purpose

The purpose of this study is to determine if there is a difference in health-related fitness between undergraduate allied and non-allied health majors, utilizing the FITNESSGRAM testing battery.



Anticipated Results

Allied-health majors will score higher in aerobic capacity and flexibility, have lower percent body fat, and higher repetitions in muscular strength and endurance compared to non-allied health majors. Allied-health majors have an advantage because of exposure to exercise testing, assessment, and prescription.

Conclusion

This information can be used to adjust class courses and educate the importance of physical activity by making it a general education requirement.

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