

Comparison of Perceived Health vs Measured Health Among University Employees

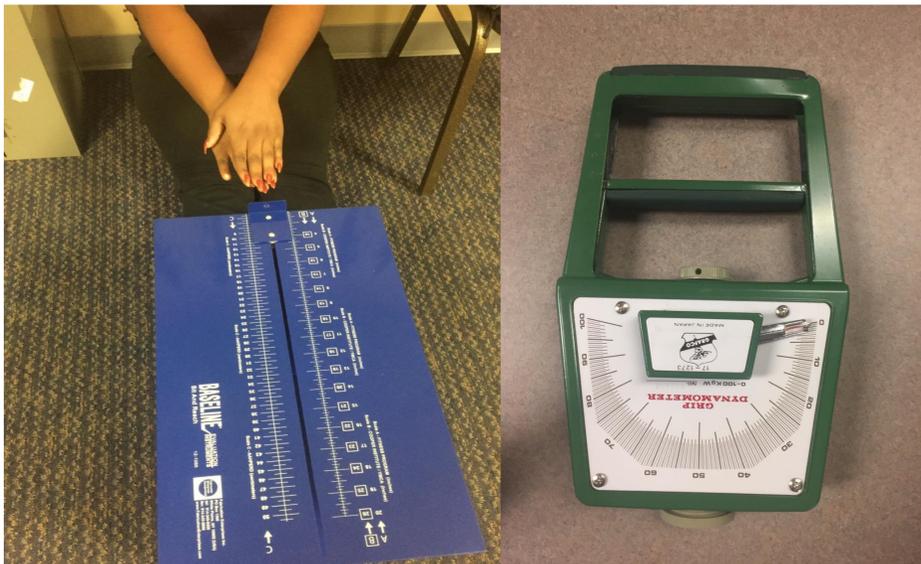
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Background

- It is essential for individuals to understand the benefits and importance of physical activity and being physically fit in order to reduce progression of disease.
- Physical activity is any bodily movement that increases energy expenditure produced by skeletal muscles.
- There is evidence that proves a person who participates in physical activity reduces their chances of acquiring cardiorespiratory-related diseases, obesity, depression, osteoporosis, metabolic diseases, and premature death.
- Engaging in physical active may improve one's social life and mental capacity.
- The five components of physical fitness are 1) cardiorespiratory fitness, 2) muscular strength, 3) muscular endurance, 4) flexibility, and 5) body composition.

Methods

- Thirteen university employees were recruited for participation, 10 females and three males
- The testing took place in the Exercise Physiology Lab at UAH
- Cardiorespiratory Fitness (CRF) was measured by the YMCA Step Test. Data are recorded as heart rate in beats per minute (BPM) at completion of the test.
- Muscular strength (MS) was measured by the Hand Dynamometer. Results are provided in kilograms.
- Muscular endurance was measured by the push up and curl-up (sit-up) test. The number completed is presented.
- Flexibility was measured by the YMCA Sit-and-Reach Test. Results are presented in cm.
- Body composition was measured by body fat percentage using a Tanita body fat analyzer
- Perceived health was measured with a questionnaire developed according to the American College of Sports Medicine classifications



Results

Variable	M	SD	Variable	r	p
Age (years)	41.6	11.0	BMI (kg/m ²)	.66	<.01
BMI (kg/m ²)	26.6	5.2	Percent Bod Fat	.34	.13
Percent Body Fat	29.8	8.7	CRF (bpm)	.55	<.05
CRF (BPM)	103.9	40.0	MS (kg)	.29	.17
MS (kg)	35.8	12.4	Push-Up	-.24	.22
Push-Up	10.9	10.9	Curl-Up	.84	<.001
Curl-Up	66.4	17.2	Flexibility (cm)	.54	<.05
Flexibility (cm)	34.5	8.0			

Purpose and Hypotheses

- Perceived health is an individual's thoughts or feelings of their actual health.
- This study is designed to determine whether participants overestimate or underestimate their measured health.
- The overall aim of this research study is to determine if university employees' perception of their health is accurate by measuring their actual health.
- It was hypothesized that there will be a negative correlation between participants' perceived health and measured health.

Conclusion

- It was hypothesized that there would be a negative correlation between participants' perceived and measured health. This means that participants would over or under estimate their actual health.
- The results of the study proved that the hypothesis was true in the case of muscular endurance (push-up test). Results from all other measurements showed a positive correlation between perceived and measured health, which means that participants correctly estimated their health status.