

Work-load and Exercise Participation among middle-aged University of Lagos Senior Administrative Staff

By

¹Obashoro-John A. Ouwayemisi, ²Haastrup E. Adenrele & ³Adeogun J. Femi

¹Department of Adult Education, University of Lagos, Akoka-Lagos, Nigeria

²Department of Human Kinetics and Health Education, University of Lagos, Akoka-Lagos, Nigeria

³Department of Physical and Health Education, Lagos state University, Ojo-Lagos

Abstract

This study surveyed the University of Lagos middle aged senior administrative staff's participation in physical activities vis-à-vis the variables of workload, place of residence, availability of sport facilities and perception on value of exercise. Using a self-developed questionnaire, respondents were purposively surveyed from among senior administrative staff. The reliability of the questionnaire was 0.87 using test re-test method while face and content validity was used to determine the validity of the instrument. The inferential statistics of Chi-square was used to test hypotheses. Findings of the study indicated that senior administrative staff of University of Lagos were not exercisers; they were unaware of sport facilities available at their disposal on campus; and closing late from work may make engagement in physical exercise difficult. The study however showed that the respondents attached value to participation in physical activities. The study recommends that the University authority should institutionalize wellness programme for staff; experts in exercise physiology should be commissioned to run seminars on exercise and the University should provide incentives for staff participation in the wellness programme.

Keywords: *Work-load; Senior administrative staff; physical activity; wellness programme.*