

CURRICULUM VITAE

- I. a. Name: **Isiaka Oladele Oladipo**
b. Date of Birth: 24 September, 1963
c. Department: Human Kinetics & Health Education
d. Faculty: Faculty of Education.
University of Ibadan, Ibadan. Nigeria
- II.a. First academic appointment: Lecturer II, 2 January, 2001
b. Present post (with date): Lecturer I, 1 October, 2004
c. Date of last promotion: 1 October, 2004
d. Date of last considered: (in cases where promotion was not through) Not Applicable
- III UNIVERSITY EDUCATION (with dates)
(a) University of Benin, Benin city - 1987-1992
(b) University of Ibadan, Ibadan - 1993-1995
(c) University of Ibadan, Ibadan - 1997-2000
- IV. Academic Qualification (with dates and granting bodies)
(a) B.Ed (Hons)University of Benin 1992
(b) M.Ed University of Ibadan, Ibadan 1995
(c) Ph.D. University of Ibadan, Ibadan 2000
- V. **Professional Qualification and Diploma (with dates)**
B.Ed. Hons. Physical and Health Education 1992
- VI. **Scholarships Fellowships and prizes (with dates) in respect of undergraduate and post graduate work only:**
Nil
- VII. **Honours Distinction and Membership of Learned societies.**
(a) Member, International Council for Health Physical Education, Recreation Sports and Dance (ICHPER. SD)
(b) Member, Nigeria Association for Physical, Health Education Recreation, Sports and Dance (NAPHER.SD)
(c) Member, Nigeria Association for Sports Science and Medicine (NASSM)
- VIII. **Details Teaching Experience at University Level**
1. Lecturer II -2 January, 2001- 30 September, 2004
2. Lecturer I 1 October, 2004 — to date

Teaching Load

Below are the lists of undergraduate and postgraduate courses and their units, which I taught singly or with others since 2000/2001 academic year,

(A) Undergraduate Courses

KHE 101	Skills Development and Teaching in Track Events –
KHE 204	Skills Development and Teaching in soccer (Football)
KHE 210/HEE 204	First Aid and Sports Injuries
KHE 301	Skills Development and Techniques in Field Events
KHE 305	Professional Practice I supervision
KHE 307	Basic Kinesiology
KHE 405	Professional practice II Supervision

(B) Degree of Master Courses:

KHE 701	Research Methodology in physical and Health Education
KHE 703	Measurement and Evaluation in Physical Health Education Jointly taught
KHE 713	Skills Development and Techniques in Athletics
KHE 730	Physical Fitness, Weight Control and Relaxation
KHE 733	Exercise and Health

C. M.Phil /Ph.D Level Courses:

KHE 816	Physiology of Human Performance
KHE 817	Growth and Development

(D) Ph.D. Level Courses

KHE 901	Advanced Research Methodology in KHE
KHE 903	Doctoral Seminar in KHE and Recreation

(E) Postgraduate Students' Supervision

M.Ed degree students that I have supervised in this university over a period of eight years accumulated to 21 students.

IX **Research**

(a) **Completed**

The following are some of the completed researches conducted by me and other professional colleagues.

(i) **Effects of warming up on balance: Implications for primary prevention against postural problems and sports injuries, 2003.**

It is known that warming up has positive effect on motor or performance skills. The study was designed to evaluate the effect of warming up on control of balance and see the implication on using warming up as primary prevention against postural problems and sport injuries. Sixteen volunteers with records of shortening hamstring muscles took part in the study. The design for the study was one group pre-test-post test experimental design. Measurement of range of motor (ROM) was taken and the assessment of shortening hamstring in balance was carried out using the computerized balance master system (BMS) tests. The mean standard deviation and t-test were used to describe and interpret the results of the study at 0.05 level of significance and to establish the relationship between warming up and control of balance with shortening hamstring between warming up and stretching of muscle. The study concluded that proper warming up exercises should be emphasized before any strenuous motor performance to prevent postural problems and sport injuries.

(ii) **Evaluation of physiological fitness of football referees in Nigeria, 2003.**

Co-Researcher

Prof. Nwankwo E. I.

This study evaluated the physiological fitness of male football referees in Nigeria. Two hundred top male football referees were selected using purposive random sampling technique. The design for this study was ex post facto research design. The main variables tested were resting heart rate, resting systolic blood pressure, resting diastolic blood pressure and maximum oxygen uptake. The means, range, standard deviation, percentile rank of the scores of the test were used to describe the data while the inferential statistics used was the student t-test analysis to establish the significant differences between the subjects determined values in the tested parameters and that of FTFA standards. The study revealed that the subjects possess adequate levels of resting systolic blood pressure and their cardio respiratory endurance is up to that of FIFA standard, while they possess high resting heart rate.

(iii) **Relationship between body mass index and sum of skinfold of female university students, 2006.**

**Co-Researcher
Angba Tessy**

This study examined the relationship between body mass index and sum of skinfolds of female students in university of Ibadan, Ibadan, Nigeria, The participant comprised 90 female students that were systematically selected from five halls of residence within University of Ibadan. Age was recorded to the nearest birthday, height and weight were measured to calculate Body Mass Index (BMI). The skinfolds thickness of triceps, supraspinale and thigh region were measured along with age and used to calculate percent body fat and lean body mass. Statistical analysis of the data was carried out using descriptive statistics of mean, range and standard deviation. Person Product Moment Correlation was used to determine relationship among the variables. The result indicated a significant relationship between BMI and sum of skinfold with $r=0.534$. The study therefore confirmed that BMI can be used to predict percent body fat, lean body mass and sum of skinfold.

(vi) **Home based remedial exercise programme for low back pain, 2006.**

**Co- Researcher
Ogbuehi R.A.**

The purpose of this study was to find out the effect of a home based remedial exercise programme for low back pain among non academic (secretaries) staff of University of Ibadan considering changes in pain level, flexibility of the lumbar spine and functional activity level. The participants were 6, comprising of 5 females and 1 male. Prior to the programme there was a pre test of low back pain level then an 8 week exercise training programme followed by post test. Obtained result was analyzed using descriptive statistics of range, mean and standard deviation and inferential statistic of paired sample t test at significant level of 0.05. The result of the study revealed that there was reduction in the pain level and increase in functional ability due to the exercise programme but there was no significant effect on flexibility.

- (v) **Therapeutic exercise and electrical stimulation in the management of sciatic nerve injection injury, 2008.**

**Co-Researcher
Davis, O. A.**

The purpose of this study was to compare the effectiveness of therapeutic exercise and electrical stimulation in the management of Sciatic Nerve Injection Injury (SNII). The pre-test post-test design was employed for this study. Thirty SNII patients aged 3-8 years were randomly assigned to three treatment groups: *Therapeutic Exercise* (group I), *Electrical Stimulation* (group II) and *Electrical stimulation and Therapeutic Exercise* (group III). Rehabilitation was carried out in selected physiotherapy departments three times a week for twelve weeks. Statistics of mean, standard deviation and frequency of occurrence were used to describe the data. Inferential statistics of t-test was used to analyze the differences between pre-test post test in each group. Analysis of variance (ANOVA) was also used to analyze the differences among the three groups. The study concluded that therapeutic exercise was more effective than electrical stimulator in the management of SNH, but the effect was multiplied if the two modalities were combined. (*Accepted for publication at University of Botswana*).

- (b) **In progress**

Below are the on-going researches designed and carried out by me in collaboration with my academic colleagues.

- (i) **Effects of Ascorbic Acid supplement on leg power.**

The research is an experimental study to investigate how ascorbic acid affects leg power of male amateur athletes in Lagos state. The study adopted pretest, posttest control group experimental design sixty participants were randomly assigned to two experimental groups and one control group. The programme lasted three weeks using training. Data collection has been completed. Data analysis will involve the use of descriptive statistics of mean and standard deviation; and inferential statistics of analysis of covariance (ANCOVA) and t-test to test the changes in the variable under study caused by the effects of treatment.

(ii) **Comparative analysis of selected health related physical fitness variables among primary school pupils in Ondo, Ondo State.**

The study is an experimental research designed to compare some selected health related physical fitness variables among primary school pupils in Ondo town. The purpose of the study is to form a norm for these age groups at this part of the world also to find out at what age will significant difference be noticed in muscular strength, muscular endurance flexibility and cardio-respiratory during childhood development. Data analysis will involve the use of means and standard deviations for descriptive statistics and t-test as inferential statistics to compare each fitness variables between the two groups.

(c) **Dissertation and Thesis**

- i. OLADIPO I.O. (1995). Relationship between Selected Performance Fitness Variables and Referees Performance in Football. Unpublished Master Degree Project University of Ibadan, Ibadan, Pp120.
- ii. OLADIPO I.O. (2000) An Evaluation and Selected Physical Physiological and Performance Parameters and Their Relationship to Match Performance of Football Referees In Nigeria. Unpublished Doctoral Thesis, University of Ibadan, Ibadan, Pp 250.

X. **Publications**

(a) **Books already published** - Nil

(b) **Chapters in books already published**

1. OLADIPO, I.O. (1999) Towards a Better Selection of Youth National Teams for Nigeria: A Way Out. In V.C. Igbanugo (Ed) Multi Dimensional Approach to Youth Soccer, Ibadan: Nigeria Association Of Sports Science And Medicine, pages 4 1-46. (Nigeria**)

2. Emeahara, G. and **OLADIPO, I.O. (2002). Indices of Circulorespiratory Fitness: A prerequisite for Athletic Training. In V.C. Igbanugo (Ed) Preparation of Athletes for High Level Performance. Ibadan: Nigeria Association of Sports Science and Medicine, pages 24-27. (**Nigeria**)
Contribution: 60%

*3. OLADIPO, I.O. (2004) Physiological Limiting factors to physical exercise performance. In D.F. Elaturoti and Kola Babarinde (Eds) Teachers Mandate on Education and Social Development in Nigeria, Ibadan: Stirling-Horden pages 76-81 (**Nigeria**)

4. **OLADIPO, I.O. and Moses, M.O. (2002) Evaluation of Physiological Fitness level of Shooting Stars Football Club Players. In V.C Igbanugo (Ed) Multi-Disciplinary Approach to Human Kinetics and Health Education; Department of Human Kinetics and Health Education, University of Ibadan pages 3 42-348. (**Nigeria**)

5. Ekpon, P.O., **OLADIPO, I.O. and Onojete, P.E. (2008) Physical Fitness, Relaxation and Body Massage. In F.O. Money (Ed.) Essentials of Sports Science and Health Education Benin City, BOBPECO Publishers Pages 238-259. (**Nigeria**)
Contribution 45%

6. OLADIPO, I.O. (2010) Exercise and Mental Health. In B.O. Ogundele (Ed.) Optimal Health Performance: The Basis of Human Movement Education in the 21st Century; Department of Human Kinetics and Health Education, University of Ibadan pages 99-108 (**Nigeria**).

(c) **Articles that have already appeared in referred conference proceedings:**

7. **OLADIPO, I.O. and Nwankwo, E.I. (2003) Evaluation of Physiological Fitness of Football Referees in Nigeria. In V.C. Igbanugo (Ed.) The Official Magazine of the International Council for Health, Physical Education, Recreation Sports and Dance: African Regional Conference Proceedings. Pages 22-24 (**Nigeria**)
Contribution 70%

- **8. **OLADIPO, I.O.** and Usman, M.E. (2003) Psycho-Physiological Reaction of Nigerian Male University Football Players to Stress during 2002 NUGA Training and Competition. Proceedings of Nigeria University Games Association Forum pages 133-135. (**Nigeria**) **Contribution 70%**
- **9. **OLADIPO, I.O.** and Davies, O.A. (2008) Therapeutic Exercise and Electrical Stimulation the Management of sciatic nerve injection injury. Fourth International Council for Health, Physical Education, Recreation Sport and Dance (ICHPER-SD) African Regional Proceedings 44-49 (**Botswana**) **Contribution 70%**
- (d) **Patents:** Nil
- (e) **Articles that have already appeared in learned journals**
- *10. OLADIPO, I.O. (1997) Enhancing students Physical and Health Education Teaching, Journal of Nigeria Association of Physical Health Education and Recreation Vol. 1, 1, 30-35 (**Nigeria**)
- *11. Agbanusi, E. C Ayeni , S.O. Adelaye, E.O Birabi, N.B. Emeahara E and **OLADIPO I.O.** (2001). Physical Development Norms for Assessing Children Southern Part of Nigeria. Journal of Health and Movement Vol. 5, 1, 97-106. (**Nigeria**) **Contribution 20%**
- *12. Waheed AL-Dali, Moronkola, O.A and **OLADIPO I.O.** (2003) Effects of Warming-up on Balance: Implications for Primary Prevention against postural problems and sports injuries. Journal of the Nigerian Medical Rehabilitation therapists, Vol. 7, 1, 23-26. (**Nigeria**) **Contribution 35%**
- *13. Nwankwo, E.I and **OLADIPO I.O.** (2003). Performance Fitness Level of Football Referees Nigeria. West African Journal of Physical and Health Education Vol. 7, 18-21. (**Nigeria**) **Contribution 50%**
- **14. **OLADIPO I.O.** and Ogbuehi R.A (2006) Home based remedial exercise programme for low back pain. West African Journal of Physical and Health Education, 10, 124 -126. (**Nigeria**) **Contribution 70%**
- **15. **OLADIPO, I.O.** and Angba Tessy (2006) Relationship between Body Maxx Index and Sum of Skinfold of Female University Students. Journal of International Council for Health, Physical Education Recreation, Sport and Dance, Vol. 1, 2, 53-57. (**Nigeria**) **Contribution 70%**
- **16. Abass, A.O, **OLADIPO, I.O.**, Emeahara, G and Alo, S.B (2007) Nutritional supplementation and Elite sports performance.

Journal of International Council for Health, Physical Education Recreation Sport and Dance. Vol. 2, 1, 39-41 African Region (Ghana) Contribution 35%

17. **OLADIPO, I.O. and Solubi I.O. (2008) Constraints of talent identification in tertiary institutional sports Nigeria. International Journal of Applied Psychology and Human Performance, 3, 657-666. (Ghana) Contribution 70%

18. **OLADIPO, I.O. (2008) Body Composition and its relationship to match performance of Football Referees in Nigeria. Accepted for publication in the Journal of Nigeria Association of Sports Science and Medicine. Vol. 10, 2, 6-9 (Nigeria)

19. **OLADIPO, I.O.** and Davies, O.A. (2010) Efficacy of Therapeutic Exercise and Electrical Stimulation on Angle Range of Motion of Sciatic Nerve Injection Injury. Ghana Journal of Health, Physical Education Recreation, Sports and Dance, Vol 3, 1, 41-48.

20. Adegbesan, O.A., Mokgwathi, M., Omolawon, K.O., Ammah, J. And **OLADIPO, I.O.** (2010). Sport Talent Identification and Development in Nigeria: A preliminary Investigation. International Journal of Coaching Science. Vol. 4, 1, 3-13 (Korea).

(f) **Books Chapters in books and articles already accepted for publication -**

(g) **Technical reports and monographs:**

21. OLADIPO, I.O. (2003) Industrial Health. Distance Learning Centre. University of Ibadan, Ibadan. (Nigeria).

*Published/accepted since last promotion

**Published / accepted since last consideration for promotion.

XI. Major Conference Attended with papers read (in the last 5 years)

- (1) International Council of Health Physical Education, Recreation, Sport and Dance (ICHPERSD) Africa Scientific congress (Held at University of Education Winneba, Ghana) 7 August -12 August, 2006

Paper Presented:

Nutritional Supplementation and Elite Sports Performance.

- (2) 17th National Conference of Nigeria Association of Sports Science and medicine (NASSM) (Held at University of Ilorin) November 28 –December 1, 2007

Paper Presented:

Body Composition and its Relationship to match Performance of football referees in Nigeria.

- (3) 39th National Conference Nigeria Association for Physical, Health Education, Recreation, Sport and Dance (NAPHER.SD) (Held at Gidan Matasa, Minna, Niger State). 24 September – 28 September, 2008

Paper Presented:

The place of psychology in effective football coaching.

- (4) 4th Africa Regional Congress International Council for Health Physical Education Recreation, Sport and Dance (ICHPERSD) (Held at the University of Botswana, Gaborone) 14 October – 17 October, 2008.

Paper Presented:

Therapeutic exercise and electrical stimulation in the management of sciatic nerve injection injury.

Dr. I.O. OLADIPO

Date