

Publications

(a) Books already published

1. Babalola, J. F. (2007) Introduction to Human Anatomy and Physiology: Ibadan University Press; ISBN 978 978 069 337 4
2. Babalola, J. F. (2010): Handbook of Practical Physical Education. Ibadan, O.B.F. Intercontinental Press Ltd. ISBN 978-978-49787-0-5. 579 pages

(b) Chapters in Books already published

3. Babalola, J.F. (1999): Exercise, Relaxation and Sleep. In O.A. Moronkola (Ed). Essentials of Human Kinetics and Health Education. Ibadan: Codat Publications, pages 1 – 12.
4. **Babalola, J.F.** and Fadoju, A.O. (2001): Effective Teaching of Physical and Health Education in Primary and Secondary Schools. In C.O. Udoh, (Ed) Issues in Human Kinetics, Health Promotion and Education. Ibadan. Department of Human Kinetics and Health Education, University of Ibadan, pages 152 – 159.
5. **Babalola, J.F.** and Fadoju, A.O. (2001): The Psycho-physiological Relevance of Dance in the Training of Physical Educators. In Yomi Awosika, J.B. Babalola, M. Fabunmi, J.O. Osiki and B.O. Emunemu (Eds.) Topical Issues in Education: Ibadan: Faculty of Education, University of Ibadan, pages 263 – 273.
6. Ajala, J.A.; **Babalola, J. F.** and Fadoju, A. O. (2002). What Students Should Learn in the Arts. (Chapter 13). In J.A. Ajala (Ed). Designing Content of the Curriculum: A Guide to Practice. Ibadan, MayBest Publications, pp, 201-215.
7. **Babalola, J.F.** and Fadoju, A.O. (2002). Enhancing Intra-School and School-Community Cooperation for Effective Teaching of Physical Education and Sports in Nigerian Secondary Schools. In V.C. Igbanugo (Ed). The Official Magazine of the International Council for Health, Physical Education, Recreation, Sports and Dance: African Region, Ibadan, Stirling-Horden Publishers, pp.74-77.
8. Babalola, J.F. (2002): Boosting School Athletes' Performance Through Nutrition: Tips for Physical Educators. In D.F. Elaturoti and Kola Babarinde (Eds.) Teacher's Mandate on Education and Social Development in Nigeria. Ibadan: Faculty of Education, University of Ibadan pages, 42 – 52.
9. **Babalola, J.F.** and Aniodo, D.A. (2002): Injuries at Nigeria Colleges of Education Games (NATCEGA) 2002. Preparation of the Athlete In V.C. Igbanugo (Ed) Ibadan: Nigeria Association of Sports Science and Medicine, pages 48 – 50.
10. **Babalola, J.F.** and Sangobi, T.O. (2003): Effects of Eight Weeks Aerobic Exercise Programme on Body Composition of Female Obese osteoarthritic Patients. In O. Ayodele-Bamisaiye, I.A. Nwazuke and Okediran (Eds.) Education This Millennium – Innovation in Theory and Practice. Lagos: Macmillan Nigeria Limited, pages 105 – 112.

11. Babalola, J. F. (2004): Psycho-Physiological Effects of Anabolic- Androgenic Steroids on Exercise Performance. Multi-Disciplinar Approach to Human Kinetics and Health Education. In V.C. Igbanugo (Ed) Ibadan: Department of Human Kinetics and Health Education, University of Ibadan, pages 270 – 277.

12. Babalola, J. F. (2010): Back Pain: Causes, Treatment and Prevention. Optimal Health Performance: The Basis of Human Movement Education in the 21st Century. In Ogundele, Babalola and Moronkola (Eds) Ibadan: Department of Human Kinetics and Health Education, University of Ibadan, pages 42 – 51.

(c) Articles that have already appeared in Refereed Conference Proceedings.

13. Babalola J.F. (1988). Development of cardiovascular fitness as a basis for improved sports performances Book of Proceeding on 6th NATCEGA Games 1 (1), pp, 78-86.

14. **Babalola, J.F.** and Fadoju, A.O. (2002): Enhancing Intra-school and School - Community Cooperation for Effective Teaching of Physical Education and Sports in Nigerian Secondary Schools. 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 74 – 77.

15. **Babalola, J.F.** and Aniodo, D.A. (2002): Injuries at Nigeria Colleges of Education Games (NATCEGA) 2002. Proceedings of Nigeria Association of Sports Science and Medicine, pages 48 – 50.

16. Babalola, J.F. (2003): Perceived Effects of Anabolic Steroid as a Performance Enhancing Drug by Track and Field Athletes. 2002 NUGA FORUM Scientific Congress Proceedings, pages 105 – 108.

(d) Patents – Nil

(e) Articles that have already appeared in learned journals.

17. Babalola, J.F. (1989). A review of the Physical and Physiological Performance Variables of Athletes. Lagos Journal of Physical Health Education and Recreation 2 (1) pp, 16-23.

18. Babalola, J.F. (1989). Effects of Sleep Deprivation on Resting and Recovery Heart Rates of Athletes. College Review 4 (1) pp, 71-78.

19. Babalola, J.F. (1990). Exercise and Diet for Weight Control. Ondo State Journal of Physical, Health Education and Recreation. 1 (1) pp, 110-123.

20. **Babalola, J.F.** and Musa O.M (1993). Hooliganism in Youth Sports. Journal of Nigeria Association of Sports Science and Medicine (JONASSM) III pp, 86-90.

21. Babalola, J.F. (1994): 10-Week Morning and Evening Exercise Training Programme and Improved Capacities for Physical Performance. Journal of Nigeria Association of Sports Science and Medicine Vol. 4. 37

– 43. [Abstract](#)

22. Agbonjinmi, A.P., Hassan-Biu, M.O. and **Babalola, J.F.** (1994). Hematological Variables and Smoke Induced Cardiovascular Responses I: Relationships Amongst PCV, Hb and RBC Count and Tachycardia Induced by Cigarette Smoke. Journal of Nigeria Association of Sports Science and Medicine Vol. 6. 122 – 129.

23. Agbonjinmi, A.P., Hassan-Biu, M.O. and **Babalola, J.F.** (1995). Hematological Variables and Smoke Induced Cardiovascular Responses II: Correlation Amongst PCV, Hb and RBC Count and Cigarette Smoke-Induced Blood Pressure Responses. Journal of Nigeria Association of Sports Science and Medicine Vol. 7. 8 – 16.

24. Babalola, J.F. (1998): Physical and Physiological Comparison of Male and Female in Speed and Agility Events. Journal of Special Education Vol. 8. No. 1, 99 – 105.

25. Babalola, J.F. (1998). Physical Exercise for Health and Fitness. Journal of the Nigeria Association for Physical, Health Education, Recreation, Sports and Dance, 1 (2) pp, 77-83.

26. Babalola, J.F. (1998). Physical and Physiological Comparison of Male and Female in Speed and Agility Events. Journal of Special Education. 8 (1) pp, 76-84.

27. Agbonjinmi, A.P., Cole, O.A and **Babalola, J.F.** (1999) Iron and Protein Energy Nutritional Status in Nulliparous University Female Students. Journal of Health Education and Welfare of Special People Vol. 3. No. 1, 35 – 40.

28. Babalola, J.F. (1999): Effect of Cigarette Smoking on the Cardiorespiratory Endurance and Max. VO₂ of Collegiate Athlete Smokers. Journal of Educational Theory and Practice Vol. 5. Nos. 1 & 2, 97 – 104. [Abstract](#)

29. Babalola, J. F. (1999): Effects of Sleep Deprivation on Resting and Recovery Systolic and Diastolic Blood Pressures of University Freshmen. Journal of Health Education and Welfare of Special People Vol. 4. No. 1, 63 – 73. [Abstract](#)

30. Babalola, J.F. (1999): Negligence: A Potential Source of Liability to the Practical Physical Education. Nigeria Educational Law Journal Vol. 2. No. 1, 76 – 84.

31. Babalola, J.F. and Abass, O.A. (1999). Scientific Training Principles for Optimum Performance. Journal of the Nigeria Association for Physical, Health Education, Recreation, Sports and Dance. 2 (1) pp, 126-133.

32. Agbonjinmi, A.P., Babalola, J.F. and Oranugo, J.B.C. (2000). Estimation of Skeletal and Heart Weights in University Soccer Players. SPED. Journal of Science in Education. 2. (1) pp, 116-120.

33. Babalola, J.F. (2000). Cigarette Smoking a Threat to Health and Safety in Sport. Journal of Functional Education. 2 (1) pp, 50-57.
34. Ogidi, M.M. and Babalola, J.F. (2000). Physical Education, Practical Courses and Individual Safety. Journal of the Nigeria Association for Physical, Health Education, Recreation, Sports and Dance. 2. (2) pp, 105-111.
35. Babalola, J.F. (2000): Cardiorespiratory Capacity as a Component of Physical Fitness. African Journal of Cross-Cultural Psychology and Sports Facilitation Vol. 1. No. 1, 25 – 28.
36. Babalola, J. F. (2001): Application of Physical Exercises in the Management of Mechanical Low Back Pain. Journal of Advance Studies in Educational Management Vol. 1. No. 1, 173 – 178. [Abstract](#)
37. **Babalola, J. F.** and Fadoju, A. O. (2002): Level of Awareness of Graduating Degree and Diploma Students' on Acquired Immune deficiency syndrome (AIDS). Nigerian Journal of Emotional Psychology and Sports Ethics Vol. 4. 119 – 123.
38. **Babalola, J.F.** and Oyeniyi, P.O. (2003): Curbing Sport Hooliganism During Collegiate Sports in Nigeria. West African Journal of Physical and Health Education Vol. 7. 58 – 63.
39. Babalola, J. F. (2005): Physical Exercise and Dieting for Weight Control. International Journal of African and African America Studies Vol. 4. No. 2, 27 – 32. [Abstract](#)
40. **Babalola, J.F.** and Oyeniyi, P.O. (2005): The Use of Exercise in the Management of Coronary Heart Diseases. West African Journal of Physical and Health Education Vol. 9. No. 1, 1 – 9. [Abstract](#)
41. **Babalola, J.F.** and Aniodo, D.A. (2006): Comparative effects of two modes of aerobic training on the pulmonary indices of police trainees. Journal of Human Kinetics and Environmental Education (2006 Special Edition) 55 – 68. [Abstract](#)
42. **Babalola, J.F.** and Oyeniyi, P.O. (2006): Physical Education and Sports as Antidote to Sedentary Living by Persons with disabilities. Journal of International Council for Health, Physical Education, Recreation, Sports and Dance. Africa Region Vol. 1. No. 2, _____
43. **Babalola, J.F.** and Ayenigbara, G.O. (2006): Problems and Prospect of HIV/AIDS Management: A Focus on Antiretroviral (AVR) therapy. Educational Thought Vol. 5. No. 1, 83 – 89.
44. Babalola, J. F. (2007): Effects of Hip Angles of 100° and Above on Quadriceps Strength During Isometric Contractions in the Male and Female Athletes. International Journal of Applied Psychology

and Human Performance Vol. 2. 351 – 356.[Abstract](#)

45. Akinwande, O. A., **Babalola, J. F.** and Mbada, C. E. (2008): Influence of Age on Cardiovascular Response of Normotensive Subjects to Upper Extremities Isometric Exercises. Journal of Physical Education and Research. Vol. XIII No 1. 1897 – 1904.

46. **Babalola, J. F.;** Awolola, O. E. and Hamzat, T.K. (2008): Reliability of Kraus-Weber Exercise Test as an Evaluation Tool in Low Back Pain Susceptibility Among Apparently Healthy University Students. African Journal for Physical, Health Education, Recreation & Dance Vol. 14. No. 2, 188 – 198. [Abstract](#)

47. Babalola, J.F. (2009): Etiological Factors and Management of Obesity. Journal of Educational Foundations and Management. Vol. 7. No. 1, 1-14

48. Babalola, J.F. (2009): Evaluation of Cardiorespiratory Fitness of Elite Soccer Players Using Heart Rate and Blood Pressure Measurements. International Journal of Applied Psychology and Human Performance Vol. 5. 849-858

49. Babalola, J.F. (2009): Physical Exercises and Functional Capacity for the Aging. Journal of Nigeria Association of Sports Science and Medicine. Vol. 11. No. 1, 23 - 28

50. Babalola, J.F. (2010): Relationship Between Body Composition and Functional Capacity of Patients Living with Osteoarthritis of the Knee. European Journal of Scientific Research Vol. 44. No.1, 6-12

51. Babalola, J.F. (2010): Relationship Between Body Composition and Blood Pressure of University Students. Ghana Journal of Health, Physical Education, Recreation, Sports and Dance. Vol. 3, 13-22.

52. **Babalola, J.F.** and Ademuyiwa, G.M. (2011): Physical and Socio-Cultural Factors as Causes of Maternal Mortality in South-West Nigeria. African Journal of Educational Management. Vol. 14, No. 1, 123-132.

53. Babalola, J.F. (2011): Health Consequences of Obesity and Overweight. Pakistan Journal of Social Sciences Vol. 8 No. 3 118 - 124

54. Babalola, J.F. (2011): Effect of Eight Weeks Aerobic Exercise Programme on Body Weight and Percent Body Fat of Female Obese-Osteoarthritic Patients. European Journal of Scientific Research. Vol. 51. No. 4, 484-489.

55. Babalola, J.F. and Taiwo, O.O. (2011): Effects of an Endurance Walking Training Programme on Functional Ambulation Recovery of Stroke Survivors. Research Journal of International Studies Issue 19.

56. Babalola, J.F. (2011): Effects of 8-weeks Circuit Training Programme on Physiological and Performance Characteristics of University Racket Game Players. Journal of Asian Scientific Research. Vol. 10, 1-8
(Pakistan)

57. Awotidebe, T.O., **Babalola, J.F.**, Oladipo, I.O., Abass, A.O., Mbada, C.E. and Onigbinde, A. T. (2011): Comparative Efficacy of Open Kinetic-chain Exercise and Short-wave Diathermy in the Management of Patients with Knee Osteoarthritis. *Medica Sportiva*. Vol. VII No 3, 1635 - 1642.

1. **Books, Chapters in Books and Articles already accepted for Publication**

58. Babalola, J.F. and Nabofa, O.E. (2011): Influence of Martial Arts on Selected Performance Variables Research Journal of International Studies Issue 22.

Articles Already Submitted for Publication.

59. Babalola, J.F. (2011): Effects of 8-weeks Circuit Training Programme on Physiological and Performance Characteristics of University Racket Game Players.

iii. Technical Reports and Monographs

60. Babalola, J. F. (2003): Skills Development and Techniques in Swimming. Distance Learning Center, University of Ibadan.

61. Babalola, J. F. (2011): Skills Development and Techniques in Badminton. Distance Learning Center, University of Ibadan.

62. Babalola, J.F. (2011): Curriculum Development in Physical Education. Distance Learning Center, University of Ibadan.