<u>Research</u>

(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.