

THE ROLE OF KINETIC PROGRAMS IN STIMULATING THE PROACTIVE BEHAVIOR IN SEDENTARY ADULTS FOR THE IMPROVEMENT OF THE QUALITY OF LIFE

PhD Thesis ABSTRACT

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PART I: The Theoretical Context of the Research

The studies referring to sedentary behavior and to the influence this has on the modern individual are, in my opinion, instrumental, essential and necessary, a real priority in managing both national and international public health systems.

In this vein, conceptualizing and measuring the indicators of sedentarism belong to an area of in depth high scientific quality research. A major deficiency of the previously mentioned research studies is the lack of clear definitions and complex evaluation indicators of sedentarism to satisfy all the life circumstances in which one could encounter this contemporary epidemic at the level of daily life and routine of the (post)modern individual.

Lately, stimulating a proactive behavior, especially in a professional environment, was studied with much interest by specialists in the field. The subjects exhibiting a proactive behavior do not relate to circumstances, life conditions or conditioning in order to make important decisions. Their behavior is basically the result of their own conscious choices, based on a personal value system and not the aftermath of feeling related conditioning.

Since the nature of the human being is innately proactive, adopting a lifestyle based on and influenced by conditioning is the result of a conscious decision of accepting the respective circumstances and conditioning as parameters of acceptable behavior. In this situation, proactivity becomes reactivity.

Consequently, it is of real importance that a specialist in the field of sports and physical education to be able to select and individualize a training plan and strategy, choosing the optimal work methods to fit the lifestyle and personality of the subject he/she is coaching and assisting in training.

Nowadays, the kinetic programs represent the most simple and efficient training possibility and solution to this issue. The benefits reside in the fact that these programs have the wide scope of amplifying the body's physiologic capacity of mobilizing itself in all spacial plans using complex movements.

Most of the individuals I train lead a mainly sedentary lifestyle. They motivate their lack of physical activity justifying insufficient leisure or spare time, and claiming at times the high level of difficulty and complexity of training exercises they have experienced during previous training sessions. Our discussions on the topic also revealed the fact that the subjects consider that allotting insufficient time to difficult training sessions, they find themselves incapable to achieve satisfactory results.

Utilizing a specific range of kinetic programs, I succeeded in motivating the people I worked with to adopt an active lifestyle, since they noticed that soon enough, without spending much time in the fitness center and without exhausting themselves during extremely harsh exercises, they could achieve notable results in a relatively short timeframe.

All these reasons motivated me to deepen my research in kinetic programs practice and design and in the way in which these programs could determine, induce and produce long term physical and psychological benefits for my subjects/clients and how these people could be influenced at the behavior level to regularly practice physical exercises.

The first part of my PhD paper highlights the theoretical and methodological framework of the research topic, presenting and providing relevant information in defining sedentarism and its effects on people's quality of life, approaching sedentarism issues following WHO guidelines and principles, while having an in depth look at types of human behavior and the benefits of kinetic programs on individuals.

The second and third parts of the present research aim at determining the efficiency of implementing individualized kinetic programs in modifying the type of behavior in the individuals involved in the research study, through creating a proactive lifestyle by systematically practicing physical exercises under the supervision of a specialist.

In this context, this research finds its relevance and opportunity. Moreover, these findings could represent both a landmark and beachhead in this field, since it really represents a pioneering research study in Romania.

Bringing together the sum of information highlighted in the first part of the research paper, we might draw the following theoretical conclusions:

1. Sedentarism is a modern-day epidemic and produces several negative effects on the human being, constituting a major risk health factor in many chronic afflictions;
2. The lack of physical exercises can have major implications on people's health, sedentarism being one of the main ten causes of death and disability at global level;
3. Programs of functional training are generally designed with the purpose of contributing to the support of the daily physical activities of a socially integrated individual. Training the predilect daily movements of a person leads to a healthier lifestyle, and therefore contributing to the refutation of the sedentarism epidemic worldwide.

PART II: The Preliminary Research

Nowadays, one of the main general deficiencies in the research of sedentarism is the fact that researchers and specialists fail to adequately, scientifically and thoroughly define and measure sedentary behavior.

The definition of sedentary people as those who have deficient physical activity levels lacks accuracy and can lead to erroneous attempts to frame the concept of sedentary behavior.

I would rather suggest and support the classification and nomination of individuals with low physical activity as insufficiently active adults, rather than sedentary adults.

Both research studies in the field and my own observations at the workplace demonstrated and made me believe that kinetic programs are much more indicated and safer than other means of training, since they involve all muscle groups and physical qualities of the practicing individuals, respecting their age specificities and personal needs, without necessitating too many props and/or other aiding materials.

Nevertheless, I observed an increase in the motivation of subjects involved in training, since the exercises I used were simple, are not long-lasting and facilitate the adaptation of the body to any type of physical and psychological challenges, in order to adequately accomplish and successfully attain all daily routines.

All these reasons made me research the way in which the regular practice of complex, specialized, personalized, kinetic programs could determine physical and psychological benefices at the level of subjects and the way in which these programs could influence people's behavior to constantly practice/perform physical exercises and activities.

Functional training programs are generally conceived as to contribute to the support of daily physical challenges of the socially integrated individual.

Within the concept of FUSION DYNAMICS I identified and analyzed a sum of principles correlated to the PYF exercises designed in the process. The basic principles of the PYF exercises integrated within the concept of FUSION DYNAMICS are respiration, alignment, stability, articulation, integration, fluidity and dynamism.

The notion of “quality of life” refers to the general wellbeing of individuals and societies in general. This term is also extremely versatile, being used in a variety of contexts, including the area of international development, health care and politics and mustn’t be wrongly related to the notion of life standard, concept basically linked to the level of either personal income or national GDP.

PART III: The Main Research

To stimulate proactive behavior in sedentary adults, I’ve used nine kinetic programs. The kinetic programs designed and developed by us reside in bringing together sets of simple physical exercises, done with or without props, and have aimed at global physical training and amelioration of motric capacity of our subjects. The props used were TRX, Bosu and Fit-ball balls, medical balls and elastic bands. The exercises had a progressive degree of difficulty, by increasing the duration of the series and decreasing the breaks between the series.

From the analysis of the primary data, during preliminary research, we noticed the existence of a correlation between the registered parameters, and therefore we applied instruments of statistics analysis on the sample research per se, on a ponderous sample of 40 subjects, with an oscillatory behavior linked to movement. Besides the analysis of existent relations among the components of the body mass or functional parameters, we also analyzed at this stage the level of the mobility of the body joints.

Conclusions

The role of the kinetic programs in stimulating proactive behavior in sedentary adults in order to improve the quality of life was an extremely interesting, motivating and challenging research topic.

The notions of quality of life and sedentary behavior necessitated clarifications, as well as the elaboration of a sum of evaluation and parameter setting criteria, for a better understanding of the way in which the kinetic programs (that I designed and analyzed, conceptualized and conceived throughout time, and

being passionate about) constantly stimulate proactive (as a reverse of reactive) behavior in sedentary adults.

Improvement of the quality of life is an important challenge for each and every single one of us, and the role physical activity plays in this vein is instrumental. My entire career rests on and emphasizes the importance of daily physical activities, and the kinetic programs I have conceptualized, developed and used produced visible results in the life behavior, attitudes and health of the subjects I worked with on a regular basis.

Most of the adult subjects (ages ranging between 35 and 50) who I worked with and supported in using Fusion Dynamics and PYF exercises used to lead a sedentary life style.

Using the kinetic programs, I have conceived and developed throughout time, I succeeded in motivating and encouraging the subjects involved in this process to adopt an active life style, because they became aware of the fact that, without having to spend long hours in the gym and without exhausting themselves, they reached their goals in a relatively short time span.

My research clearly highlights the importance of role of the emotional component in this process, and its relevance in designing any type of kinetic program nobody could dispute nor minimize.

Elements of Novelty

This research study introduces a new concept of kinetic programs which I have named FUSION DYNAMICS. This concept holistically integrates elements of well-known kinetic programs, such as Pilates, Yoga and Functional Training, from the acronyms of which I have obtained the name of the new type of exercise I propose: PYF.

Another element of novelty that highlights the originality of the current research study is the analysis of the way in which human behavior can be influenced by systematically practicing custom-made, original, individualized physical activities, under the direct supervision of a specialist.

Moreover, the originality of the present research also resides in the analysis of the way in which the occurrence of a gap in physical activity can influence the evolution of functional parameters (capacity to effort, cardiac rhythm on effort), joint mobility and body composition components, as well as the way in which coming back to regular, systematic physical activity, under the supervision of a specialist, can bring back the values to the level before the interruption of training has taken place.