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The Effect of a Structured Exercise Program on Obese African American Participant's Physical and Psychological Health

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Obesity is a global epidemic affecting millions of people. It leads to a myriad of health problems with the most serious being death. By increasing physical activity, obesity can be reversed and or prevented. The purpose of this study was to determine how having a structured exercise program affects overall physical activity and psychological health. Specifically, this investigation examined how body image, self-efficacy and motivation would affect overall physical activity. Using a mixed-method design, subjects were evaluated using pre and post intervention surveys on physical activity, self-efficacy, body esteem and motivation. Results showed that there was a significant difference in self-efficacy, motivation and male body esteem when comparing their post-intervention scores to their pre-intervention scores. However, there was no significant difference in the three phases of overall physical activity or female body esteem. Although there was no significant difference in overall physical activity, the results show it was trending in a positive direction. The small sample size, study duration, physical activity assessment may have influenced the results. Even though there was no significant difference in overall physical activity or female body esteem, a structured exercise program appears to be promising tool for increasing overall physical activity and psychological health.

Keywords: Body esteem, motivation, self-efficacy, physical activity, structured exercise program, obesity, African American, psychological health, Health Belief Model, Logic Model

Bibliography:

Lakina Moseley, DHEd, is an adjunct professor at Wayne State University for the Division of Kinesiology, Health and Sport Studies. Her areas of expertise are exercise and nutrition, physical education, health education, and aquatics. Her research interests are obesity prevention and treatment, physical activity and nutrition behavioral intervention, and exercise motivation and adherence. Dr. Moseley is also the owner of Destination Fitness, which provides individualized exercise programs to her clients. She holds a bachelor's in kinesiology and a master's in the art of teaching from Wayne State University. She also holds a doctorate in health education from A.T. Still University.