

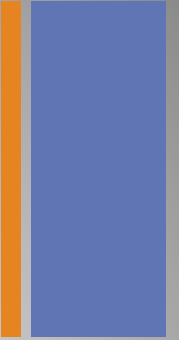


Human Kinetics and Health Education

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Bingham University**

+ Learning Objectives

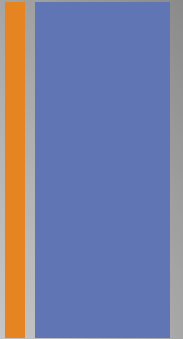


By the end of this session, participants will be able to:

- **Define and explain the concepts of human kinetics and health education**
- **Discuss the relationships between personality, exercise, emotion, and stress to health**
- **Describe the impact of mood modifiers to health**

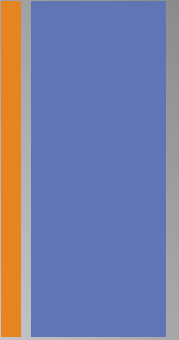


Human Kinetics and Health Education



- Personal Care and Appearance
- Exercise and Health
- Personality and Relationship
- Health Emotion
- Stress
- Mood Modifiers

+ Definitions



■ HUMAN KINETICS

- It is a discipline focused on the comprehensive study and practice of human movement and exercise, and its impact on health and physical performance.

■ HEALTH EDUCATION

- is any combination of learning experiences designed to help individuals and communities improve their health, by increasing their knowledge or influencing their attitudes.

Personal Care and Appearance

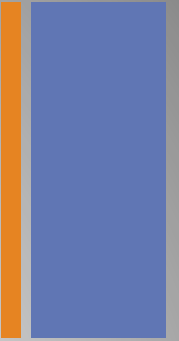
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+ What is Personal Care?

- Personal care is a broad term used to refer to personal hygiene and toileting, along with dressing and maintaining your personal appearance.

+ Includes, but is not limited to:

- Baths and showers
- Skin and Nail care
- Dressing
- Oral hygiene
- Applying make-up, and hair care
- Shaving
- Foot care, especially diabetics, who need to be extra vigilant with foot care

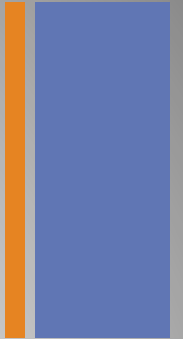


Exercise and Health

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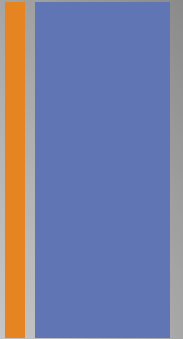
Exercise and Health



- **Physical activity**
- **It is defined as any bodily movement produced by skeletal muscles that requires energy expenditure.**
- **Physical inactivity (lack of physical activity) has been identified as the fourth leading risk factor for global mortality (6% of deaths globally).**



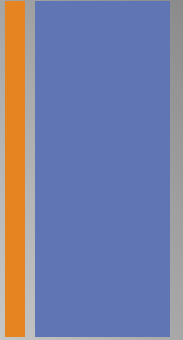
Benefits of Exercise



- **Weight Control**
- **Combats health conditions and diseases**
 - **Stroke**
 - **Metabolic syndrome**
 - **High blood pressure**
 - **Type 2 diabetes**
 - **Depression**
 - **Anxiety**
 - **Many types of cancer**
 - **Arthritis**
 - **Falls**



Benefits of Exercise



- Improves mood/stress
- Boosts Energy
- Promotes Better Sleep
- Fun and Social
- Improves cognitive function and helps lower the risk of death from all causes.



Global Recommendations on Physical Activity

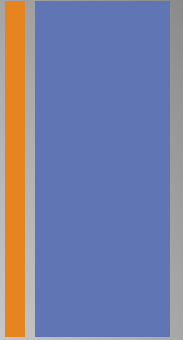


Children and young people (5-17 years old)	60 minutes of vigorous to moderate activity per day	Moderate activity = Cycling and playground activities Vigorous activity = Running and different ball games.
Adults and elderly (18-64 years old)	75 minutes of vigorous activity OR 150 minutes of moderate activity per week	Moderate activity = walking, cycling, yoga Vigorous activity = running, sports, dancing
Older Adults (65+)	75 minutes of vigorous activity OR 150 minutes of moderate activity per week	Moderate activity = walking, cycling, yoga Vigorous activity = running, sports, dancing

Moderate or vigorous activity should increase one's heart beat and breathing rates, but should not cause injury.



Barriers to Physical Activity



- Work –life balance
- Daily life does not involve physical activity
- Easy choices of not being physically active e.g. escalators, autowalks, electric bicycles and scooters
- The world is constantly changing e.g. climate changes, increased urbanization and automatization.

Personality and Relationships

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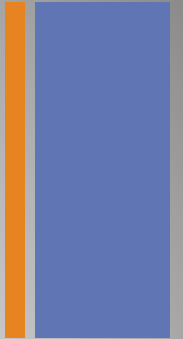
+ Personality



Personality is defined as the characteristic sets of behaviors, cognitions, and emotional patterns that evolve from biological and environmental factors.



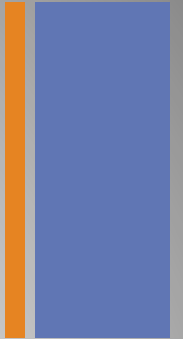
Personality & Health



- **Type A - Characterized as hard-driving, controlling, and perfectionistic.**
 - **hypertension, increased job stress, and social isolation**
- **Type B – More relaxed and laid back**
 - **Obesity, physical inactivity**
- **People Pleasers – ‘eager to please’ personality type**
 - **Ignore themselves (mental health issues)**



Personality & Health

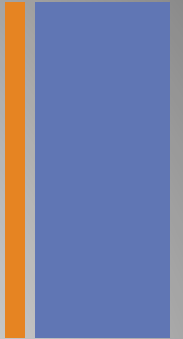


- Worriers- neurotic personality, you may respond to feelings of loss, frustration, and other stresses with negative emotions.
 - generalized anxiety disorder, depression, panic disorder, antisocial personality disorder, and substance use.
- Distressed - type D personality is characterized by "distressed" traits such as being more prone to negative emotions and a lack of self-expression.
 - Stress, depression, anxiety, anger, and loneliness



Personality Types:

Myers Briggs Type Indicator (MBTI) Instrument

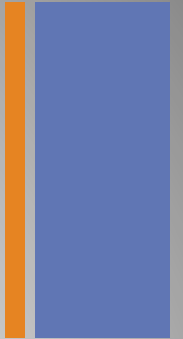


- **Favorite world:** Do you prefer to focus on the outer world or on your own inner world? This is called Extraversion (E) or Introversion (I).
- **Information:** Do you prefer to focus on the basic information you take in or do you prefer to interpret and add meaning? This is called Sensing (S) or Intuition (N).



Personality Types:

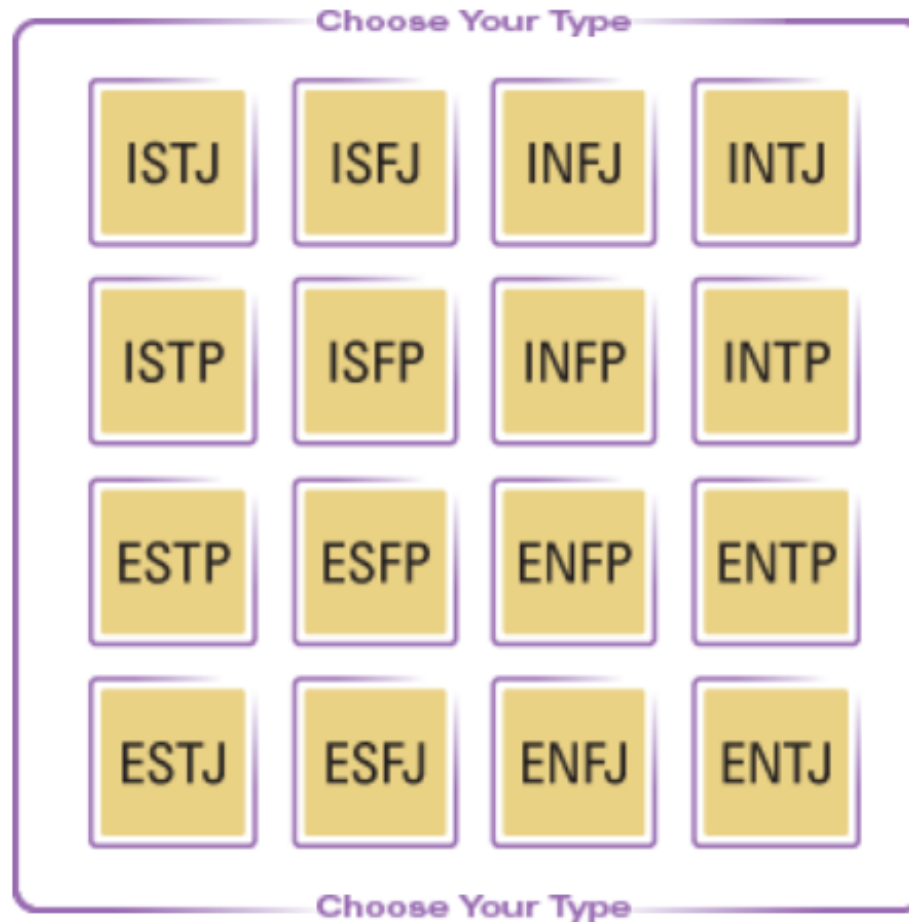
Myers Briggs Type Indicator (MBTI) Instrument



- **Decisions:** When making decisions, do you prefer to first look at logic and consistency or first look at the people and special circumstances? This is called Thinking (T) or Feeling (F).
- **Structure:** In dealing with the outside world, do you prefer to get things decided or do you prefer to stay open to new information and options? This is called Judging (J) or Perceiving (P).

+ Personality Types:

Myers Briggs Type Indicator (MBTI) Instrument

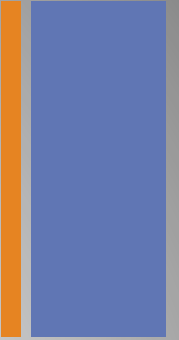


Emotions and Health

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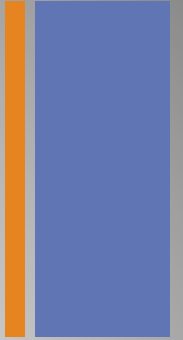
Emotion



Emotion is a mental state associated with the nervous system brought on by chemical changes variously associated with thoughts, feelings, behavioural responses, and a degree of pleasure or displeasure.

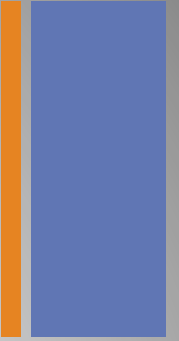


Emotion and Health



- **Any circumstance that disrupts your emotional health can lead to strong feelings of sadness, stress, or anxiety**
 - **Being laid off from your job, Having a child leave or return home, Dealing with the death of a loved one, Getting divorced or married, Suffering an illness or an injury**

+ Emotion Health Management



- Express feelings appropriately
- Live a Balanced Life
- Develop resilience
- Calm your body and Mind
- Take care of yourself

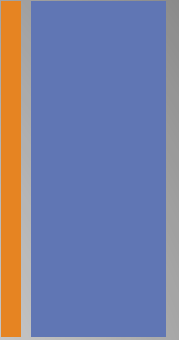


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STRESS



What is Stress?



Stress is the body's normal reaction to any change that requires an adjustment or response which may be physical, mental, or emotional.

+ How does stress affect health?

- The human body is designed to experience stress and react to it.
- Stress can be positive, keeping us alert, motivated, and ready to avoid danger.
- Stress becomes negative when a person faces continuous challenges without relief or relaxation between stressors.

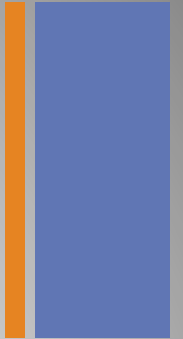
+ How does stress affect health?

- Anxiety
- Depression
- Digestive problems
- Headaches
- Heart disease
- Sleep problems
- Weight gain
- Memory and concentration impairment





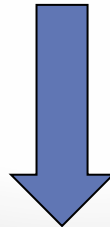
Pathway



**Social/Behavioral determinants
(psychosocial stressors)**

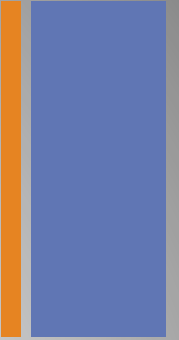


Smoking (behavior)



Disease (Lung Cancer)

+ Why you react to life stressors the way you do?

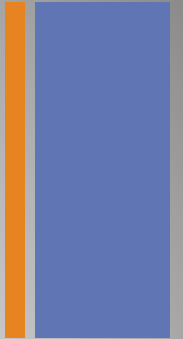


- **Genetics**

- **Life experiences**



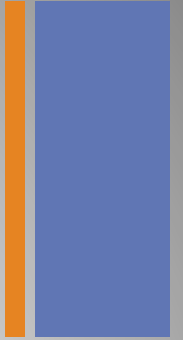
What are the warning signs of stress?



- Dizziness or a general feeling of "being out of it."
- General aches and pains.
- Grinding teeth, clenched jaw.
- Headaches.
- Indigestion or acid reflux symptoms.
- Increase in or loss of appetite.
- Muscle tension in neck, face or shoulders.



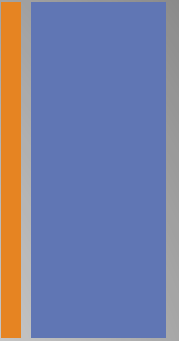
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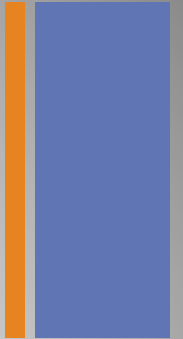
- Cold and sweaty palms.
- Tiredness, exhaustion.
- Trembling/shaking.
- Weight gain or loss.
- Upset stomach, diarrhea.
- Sexual difficulties.
- Problems sleeping.
- Racing heart.

+ Stress Management

- **Eating a healthy diet and getting regular exercise and rest**
- **Practicing relaxation techniques such as trying yoga, practicing deep breathing, getting a massage or learning to meditate**
- **Taking time for hobbies, such as reading a book or listening to music**
- **Avoid alcohol, drugs, or compulsive behaviours**



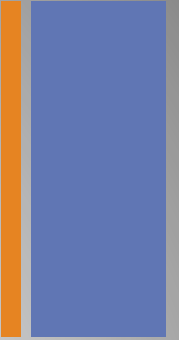
+ Stress Management



- Fostering healthy friendships
- Having a sense of humor
- Volunteering in your community
- Seeking professional counseling when needed
- Time management

Mood Modifiers

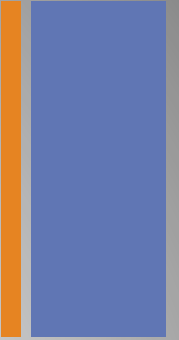
+ Mood modifiers



- Mood modifiers are substances that change the way we feel at a particular time.
- Antidepressants and Psychodysleptics

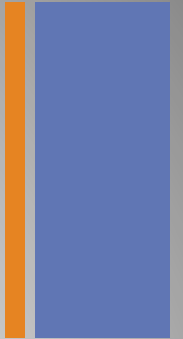
Antidepressants

+ Antidepressants



Antidepressants are medications that can help relieve symptoms of depression, social anxiety disorder, anxiety disorders, seasonal affective disorder, and dysthymia, or mild chronic depression, as well as other conditions.

+ Types

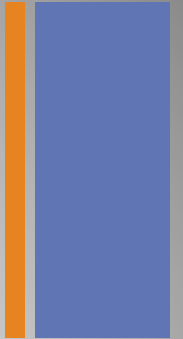


- **Serotonin and noradrenaline reuptake inhibitors (SNRIs)** - raise levels of serotonin and norepinephrine, two neurotransmitters in the brain that play a key role in stabilizing mood. e.g. Desvenlafaxine
- **Selective serotonin reuptake inhibitors (SSRIs)** - block the reuptake, or absorption, of serotonin in the brain. e.g. Setraline.

+ Types

- **Tricyclic antidepressants (TCAs)** - contains three rings in the chemical structure . e.g. amitriptyline.
- **Monoamine oxidase inhibitors (MAOIs)** - It inhibits the action of monoamine oxidase, a brain enzyme. Monoamine oxidase helps break down neurotransmitters, such as serotonin . e.g. Selegiline.
- **Noradrenaline and specific serotonergic antidepressants (NASSAs)**

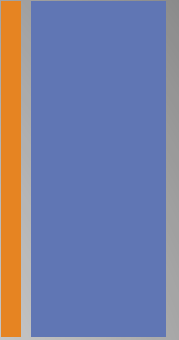
+ Uses



- Agitation
- Obsessive-compulsive disorders (OCD)
- Childhood enuresis, or bedwetting
- Depression and major depressive disorder
- Generalized anxiety disorder
- Bipolar disorder
- Posttraumatic stress disorder (PTSD)
- Social anxiety disorder
- Insomnia
- Pain
- Migraine



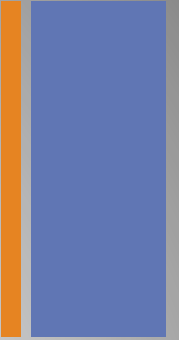
Side Effects



- General side effects
- Suicidal thoughts
- Withdrawal symptoms

Psychodysleptics

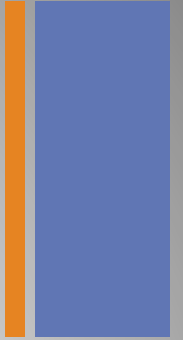
+ Psychodysleptics



- **Psychodysleptics** - A hallucinogen is any chemical substance that induces a dreamlike state and produces changes (distortions) in perception, thought, and mood that depart from reality.



Hallucinations



- **Hallucinations are sensations that appear to be real but are created within the mind. Example include seeing things that are not there, hearing voices or other sounds experiencing body's sensations like crawling feeling on the skin or smelling odor that are not real.**



Types of Hallucinations

- **Visual Hallucinations-** involves seeing things that are not there. For example, you might see a person who is not in the room or flashing lights that no one else can see.





Types of Hallucinations

Auditory Hallucinations- are among the most common type of hallucinations. You might hear someone speaking to you or telling you to do certain things.





Types of Hallucinations

Olfactory Hallucination: involves your sense of smell. You might smell an unpleasant odor when waking up in the middle of the night or feel that your body smells bad when it doesn't.



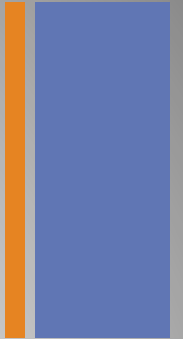
+ Types of Hallucinations

Tactile Hallucinations- involve the feeling of touch or movement in your body. For example, you might feel that bugs are crawling on your skin or that your internal organs are moving around. You might also feel the imagined touch of someone's hand in your body.





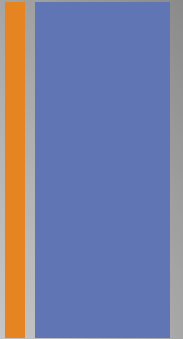
Types of Psychodysleptics



- **Deliriants** – cause solid hallucinations which display themselves seamlessly into waking consciousness, similar to fully formed dreams or delusions.
- **Psychodelics** - trigger experiences via serotonin receptor agonism, causing thought and visual/auditory changes, and altered state of consciousness.
- **Dissociatives**- distort perceptions of sight and sound and produce feelings of detachment – dissociation – from the environment and self.



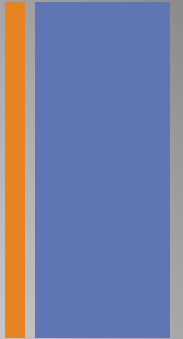
Forms of Administration



- Swallowing as tablet or pills
- Swallowing as liquid
- consuming raw or dried
- Brewing into tea
- Snorting
- Injection
- Inhaling
- Absorbing through the lining in the mouth



Sources



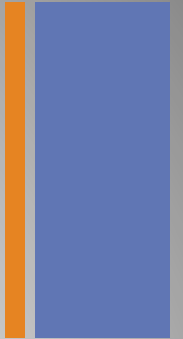
■ Natural Sources

- LSD (d-lysergic acid diethylamide)
- Mescaline
- Psilocybin and Psilocin
- Bufotenine
- Tetrahydrocannabinol(THC)

■ Synthetic or Man-made Sources

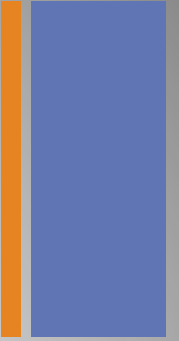
- Methylenedioxymethamphetamine(MDMA)
- Phencyclidine(PCP)
- Tetrahydrocannabinol(THC), the active ingredient in Cannabis, or marijuana

+ Medical Uses



- Treatment of certain mental illness, addiction, to alcoholism and drugs.
- A hallucinogen of African origin Ibogain has been identified for use in the successful treatment of addiction to cocaine.
- A synthetic form of THC has been approved for prescription use by cancer patients who suffer from severe nausea after receiving chemotherapy.

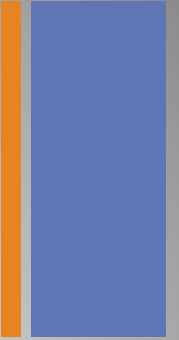
+ Medical Uses



- **THC is also used to reduce eye pressure in treating severe cases of glaucoma, seizures, and pain management.**
- **Hallucinogens are used to directly aid patients suffering from post traumatic stress.**



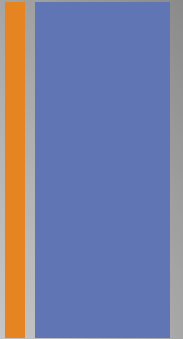
Codeine



- Codeine is an Opioid used to relieve mild to moderate pain and to reduce coughing.

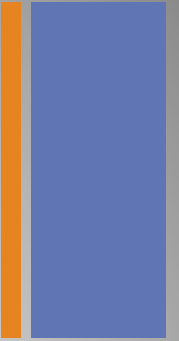


Codeine



- Use may lead to general side effects common to most medicines
- Bluish lips or skin
- Chest pain or discomfort
- Constricted, pinpoint, or small pupils
- Decreased awareness or responsiveness

+ Treatment



- **Medical Base Therapy**
- **Psychotherapy/ Counseling**

QUESTIONS?