

## The Effect of Sports and Diets Programs on Weight, Blood Pressure, and Biochemical Parameters of Tissue Oxygen in Aged Men

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### ABSTRACT

The study seeks to identify the impact of two programs, a sport program and a dietary one on weight, blood pressure and biochemical parameters of tissue oxygen. The study includes a sample of 36 of aged men. The sample is divided into three equal groups. The groups were subject to pretest measures at 9 a.m. on 29<sup>th</sup> Oct. 2016 that included height, weight, blood pressure and biochemical parameters of tissue oxygen. The first group used a sport program of 5 units per week in which the time of each unit was 45 minutes. The second group used diet program of three meals daily, 7 days in a week. The third group was the control one. The two programs continued for (9) weeks starting from 1<sup>st</sup> Nov. 2016. The posttests were conducted at 9 a.m. on 5<sup>th</sup> Jan 2017. The raw data has been treated statistically. The results showed that there are significant differences in the study variables in favor of the two experimental groups in comparison to the control one. However, there is no statistical significance between the first and the second groups due to numerical approximation.

Keywords: diet, weight, blood pressure, and biochemical parameters of tissue oxygen

## The relationship of sports flannel on skin contact allergy, white blood cells and distance achievement of weight-throwing players

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### ABSTRACT

This study aims at identifying the relationship of sports flannel on skin contact allergy, white blood cells and distance achievement of weight throwing players from the colleges of the University of Al-Qadisiyah. The descriptive approach was used in a correlative style due to its suitability with the nature of the study. The sample of the study consists of 18 players, one player of each college of the University of Al-Qadisiyah. The players are divided into two groups with equal numbers (the first group players wear flannel made of natural fabric while the second group players wear flannel made of nylon). Then, the flannel fabric tested for the stretch and tightening test in a specialized laboratory on the first of March 2018. The researcher requested from the players, in accordance with the consultation of dermatologist to wear the flannel in its both types after the pre-test for both groups for three days. The test includes the blood test, height, weight and distance of throwing. The test lasted till 6/3 and the patch test placed. Posttest took place on 7/3, 9a.m at the University of Al-Qadisiyah, College of Physical Education Stadium. The researcher used statistically questions to deal with the raw data. The study findings showed that there are differences of statistical and health significance of skin allergy, increase of white blood cells and distance achieving for both groups and in favour for the first group except three players from the second group whom do not affected by skin contact allergy. **Keywords:** Flannel; Contact allergy; White blood cells; Distance achievement.

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December 24, 2018

### ACCEPTANCE LETTER

Dear Ali Ahmed Alawady <sup>1\*</sup>, Jawad Kadhim Obaid <sup>2</sup>, Mokhalad Dheyaa Abdulrasool <sup>1</sup>  
<sup>1</sup> University of Al Qadisiyah, College of Education, Iraq  
<sup>2</sup> University of Kufa, College of Education for Girls, Department Geography, Iraq

We are very pleased to inform you that your paper "The Use of Some Programs (Running, Diets and Sports Equipment) and its Impact on the Elders' Weight, Diastolic blood Pressure and LDL" has been accepted for publication in the Journal of Physical Education and Sport (p-ISSN: 1582-8131, e-ISSN: 2066-2483).

Thank you for your submission.

Regards,  
Professor Marian Crețu

Editor in Chief



The Journal of Physical Education and Sport (JPES)  
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## Computation of Climate and Physiological Impact on Weight by Using Recreational Sport

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The study aims to identify the impact of climate on weight and other physiological variables through using recreational sport for aged people. The sample includes (24) persons. It is divided into three equal groups, where experimental approach has been applied. The approach takes the form of recreational sport programme that is applied on the two groups only (the first is in Summer for 2 months and the second in Winter for 2 months). The duration of the two programmes is (4) months in which the control group has undergone tests, measurement and blood tests (pretests and post tests for the three groups). The researchers deal with the raw data statistically. The results show that there are significant and health differences for the study variables in favour for the two experimental groups in comparison for the control group. Due to the approximate results of the two groups, they do not show significant differences between them.

Keywords: Climate, Physiological Variables and Recreational Sport.



الاستاذ المساعد الدكتور علي احمد نجيب العوادي التدريسي في جامعة القادسية - كلية التربية يحصل على وسام برونزي علمي لبراءة اختراع ٢٠١٨-٢٠١٩



الاستاذ المساعد الدكتور علي احمد نجيب العوادي التدريسي في جامعة القادسية - كلية التربية يحصل على شهادة المخترع العراقي ٢٠١٨-٢٠١٩



مؤتمر جامعة واسيدا الياباني العالمي يسمي الاستاذ المساعد الدكتور علي أحمد نجيب العوادي من جامعة القادسية عضو لجنة دولية لمؤتمرها العالمي

٢٠١٨

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Ref. No: SUIT/2CONF/371-19

Friday, September 06, 2019

To

**MR. ALI AHMED NAJEEB**  
**PASSPORT NO. A15142987**  
**REPUBLIC OF IRAQ**

Subject: **2<sup>nd</sup> Euro-Pak International Conference on Sports Sciences and Physical Education, 2019, Islamabad-Pakistan: "A Way Forward Towards Healthy Life"**

It is a matter of immense pleasure that your name has been finalized by the competent authority/scientific committee to be a Guest Speaker for the subject conference; being organized by Sarhad University of Science and Information Technology, Peshawar from 11<sup>th</sup>-13<sup>th</sup> October, 2019 as a joint venture of the following Universities/Organizations/Councils:

1. University of The Punjab, Lahore
2. Abdul Wali Khan University, Mardan
3. Otto-von-Guericke University, Germany
4. University of Sargodha, Sargodha
5. Gomal University, DI Khan
6. Pakistan Sports Board, Islamabad
7. Higher Education Department, KP
8. Pakistan Council of Sports Science (PCOSS)
9. INSHS (A European Network)
10. Higher Education Commission Islamabad, Pakistan

It is pertinent to mention here that we are inviting over 10 keynote speakers from technically advanced countries like Germany, France, Colombia, Russia, France, Italy, Brazil, China, Australia and Malaysia. The Conference would cover most important health problems/issues confronting the community. The conference will provide an opportunity to the faculty members and research scholars of Sports Sciences and Physical Education to present their research work in the presence of renowned international scientists.

Keeping in view your vast experience & esteemed position, the management committee has recommended your name as Guest Speaker in subject conference.

I therefore request your good self to confirm your availability for the event as per schedule dates.

Your accommodation has been arranged at House No. 289-b, Street No. 1, NPF, E-11/4, Islamabad-Pakistan, a liaison office of SUIT, Peshawar. The telephone number of the liaison office is +92-51-2318166-68, Cell # +92-321-5169160. During your stay in Islamabad, Sarhad University of Science and Information Technology, Peshawar will provide you local transport and accommodation. You may please process your visa application with the Pakistan Embassy in your country.

If you have still any questions, please feel free to contact.

Sincerely,

**Prof. Dr. Abdul Waheed Mughal**  
**Conference Secretary & Dean**

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