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An assessment of the health status and fitness level of coaches in Sierra Leone

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Abstract
This study focuses on assessing the health status and fitness level of coaches in Sierra Leone. The coaches used in this research are drawn from sporting disciplines such as Soccer, Volleyball, Basketball, Athletics and Tennis. A total number of one hundred coaches were selected and used as a sample for the survey. The set objectives of the research were to ascertain how knowledgeable these coaches are about their health status. It also finds out about their level of fitness. The results got from the research were analyzed using both the quantitative and qualitative form of analysis. The Statistical Package of Social Science was used as the application software to complete the analysis. From the results, the analysis shows that 26% of the coaches had suffered from hypotension, emphysema, smelling disorder and bone injury during their lifetime. It was also realized that most of these coaches do smoke and drink alcohol, which justifies the increase in emphysema among these coaches. These coaches engage in physical activities with different frequencies and intensity level and therefore do not maintain a proper fitness level as it should be for most other coaches.

Keywords: health, fitness, coaches, diseases, prevalence, stroke, dyslexia

1. Introduction
Health is now considered to be one of the most important values that we should uphold. Many people, in particular in modern times, have regarded health as one of the most precious values in life. Health, as well as longevity, should, they think, be protected and enhanced as much as possible. Thus, the art and science of medicine, has received a crucial place in the modern, both Western and Eastern, society. The doctors, physical trainers and other health workers are important people. They are highly regarded and they are well paid in most countries. In certain circles they have replaced the priests or even the gods of old times. We can also see the rapid development of the movement of health promotion which is partly but not wholly connected to the development of medicine. Health promoters of various kinds play roles as advisors and supporters to many modern people. And the commercial industry has followed in these steps. Huge amounts of goods which purport to be beneficial for one's health have been marketed and successfully put up for sale.

Health, thus, is a notion primarily applied to a human being as a whole. On the other hand, there are more specific derivative notions. Ever since antiquity, and reinforced by the Cartesian distinction between body and mind, it has been natural to separate somatic health from mental health. The interpretations of mental health have varied over time. The ancient notion of mental health was closely connected to morality, whereby the mentally healthy person was a person who lived a virtuous life, but this idea has lost most, though not all, of its significance today. The idea of spiritual health is also current on the health science, although it is not systematically recognized. Bernhard Häring is a leading spokesman for a notion of health, including a spiritual dimension: "A comprehensive understanding of human health includes the greatest possible harmony of all of man's forces and energies, the greatest possible spiritualization of man's bodily aspect and the finest embodiment of the spiritual"

Health has received less philosophical attention than a disease, and this essay will correspondingly have less to say about it. The conceptual terrain in the case of health is a little more complex than that of disease; one way of thinking about health, says that it is just the

absence of disease, so if the disease is biological malfunction or abnormal, it follows that a healthy person is someone whose biological systems are all in order. But another way of looking at health insists that it is not just the absence of disease but the presence of something more; a positive state. The constitution of the World Health Organization (WHO) defines health "a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity" (WHO 1948). According to views like this, we should not think in terms of health and disease alone, but in terms of health, disease and normality. This essay will look at the health status of our coaches and how physically fit they are.

1.1 Objectives

The main objectives of the study are:

a) To ascertain the fitness level of coaches in Sierra Leone
b) To bring out their level of awareness of healthy living
c) To observe the health status and lifestyle of these coaches
d) To identify the disease prevalence with these coaches

2. Methodology

The sample frame was 100 coaches drawn from various disciplines. A simple random sampling method was used to identify those who will be in the survey. Questionnaires were given to them that have items seeking information ranging from their lifestyle, health status, physical activities and their perception on health concept. The data were converted to quantitative form for better analysis. The Statistical Package for Social Science software was used to do the analysis.

3. Findings and Discussions

This chapter looks into the various components listed in the questionnaire given to the coaches. Discussed below are the tables deduced from the questionnaire on which analysis is made.

Table 1: Cardio-vascular disease suffered by coaches

	Sporting Discipline Of The Coach					Total
	Soccer	Volleyball	Basketball	Athletics	Tennis	
Stroke	1	0	1	0	1	3
	4.0%	0.0%	5.3%	0.0%	5.6%	3.0%
Hypertension	8	2	2	4	3	19
	32.0%	13.3%	10.5%	17.4%	16.7%	19.0%
Hypotension	8	2	5	8	3	26
	32.0%	13.3%	26.3%	34.8%	16.7%	26.0%
Heart Attack	0	1	1	1	0	3
	0.0%	6.7%	5.3%	4.3%	0.0%	3.0%
Coronary Artery Disease	3	6	6	4	3	22
	12.0%	40.0%	31.6%	17.4%	16.7%	22.0%
Non of the Above	5	4	4	6	8	27
	20.0%	26.7%	21.1%	26.1%	44.4%	27.0%
Total	25	15	19	23	18	100
	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%

The above table gives a comprehensive state of coaches' cardiovascular status. 20% of the Soccer coaches had not suffered any form of the above mentioned ailments whereas 4% of them have suffered from stoke, 32% of high blood pressure, while another 32% have suffered from low blood pressure. None has suffered from a heart attack, but 12% have suffered from Coronary Artery Disease (CAD).

The Volleyball coaches suffered more from CAD with 40% of their respondent reported so. Hypertension and hypotension carry 13% each while 7% of volleyball coaches have suffered from a heart attack but none has suffered strokes. 5% of Basketball coaches have suffered stroke, 11% suffered hypertension and 26% suffered hypotension. 5% of the respondents have also suffered from stroke and 32% have suffered from CAD, however, there were 21% of respondents who have not suffered from any of the above ailments. 4% of athletics coaches have suffered from a heart attack, 35% suffered from hypotension, 18% of hypertension, 17% from CAD and 26% have not suffered from none of the above. Within the Tennis category, 6% have suffered from stroke, 18% of hypertension, 35% from hypotension, 4% have suffered from a heart attack and 17% from CAD. However, there are 26% of the Tennis respondents who have not suffered from any of the above.

Table 2: Respiratory Disease Suffered By Coaches

	Sporting discipline of the coach					Total
	Soccer	Volleyball	Basketball	Athletics	Tennis	
Asthma	0	0	1	0	0	1
	0.0%	0.0%	5.3%	0.0%	0.0%	1.0%
Bronchitis	0	0	2	0	1	3
	0.0%	0.0%	10.5%	0.0%	5.6%	3.0%
Emphysema	6	4	6	6	3	25
	24.0%	26.7%	31.6%	26.1%	16.7%	25.0%
Short of breath	5	1	3	7	6	22
	20.0%	6.7%	15.8%	30.4%	33.3%	22.0%
Tuberculosis	6	1	1	3	1	12
	24.0%	6.7%	5.3%	13.0%	5.6%	12.0%
Allergic reaction	3	6	1	4	3	17
	12.0%	40.0%	5.3%	17.4%	16.7%	17.0%
Non of the above	5	3	5	3	4	20
	20.0%	20.0%	26.3%	13.0%	22.2%	20.0%
Total	25	15	19	23	18	100
	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%

When the respondents were asked if they have suffered from any respiratory tract infection or disease, 24% of Soccer coaches accepted that they have suffered from both emphysema, and Tuberculosis, while 20% of them have suffered from short of breath (SOB). 12% of them do suffer some allergic reactions and 20% had not suffered any form of respiratory disease. In a similar vein, 40% of the Volleyball coaches said they have suffered from some form of allergic reactions and 26% have suffered from emphysema but only 7% have suffered from either tuberculosis and short of breath while 20% have not suffered from any of the above listed respiratory diseases. Basketball coaches have 32% of their respondents who confirmed that they suffered from emphysema and 16% from SOB whereas 5% did suffer from Tuberculosis, allergic reactions and asthma. However, 13% of their respondents were free from all these diseases as indicated in their questionnaire and 11% did suffer from bronchitis. The group of athletics coaches given questionnaires to, 26% did suffer from emphysema, while 30% suffered from SOB and another 17% from allergic reaction. 13% have suffered from tuberculosis and the remaining 13% have not suffered from any respiratory tract infection. A majority of Tennis coaches suffered from SOB as 33% of their respondents declared that. 17% suffered from allergic reactions and emphysema while 6% from bronchitis and Tuberculosis. 22% of athletics coaches were free from all these ailments.

Table 3: Nervous Disease Suffered By Coaches

	Sporting discipline of the coach					Total
	Soccer	Volleyball	Basketball	Athletics	Tennis	
Paralysis	2	0	2	0	1	5
	8.0%	0.0%	10.5%	0.0%	5.6%	5.0%
Epilepsy	1	1	0	0	2	4
	4.0%	6.7%	0.0%	0.0%	11.1%	4.0%
Aphasia	1	1	1	1	0	4
	4.0%	6.7%	5.3%	4.3%	0.0%	4.0%
Smelling disorder	6	4	6	7	4	27
	24.0%	26.7%	31.6%	30.4%	22.2%	27.0%
Dyslexia	0	2	1	1	1	5
	0.0%	13.3%	5.3%	4.3%	5.6%	5.0%
Non of the above	15	7	9	14	10	55
	60.0%	46.7%	47.4%	60.9%	55.6%	55.0%
Total	25	15	19	23	18	100
	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%

Though 60% of the respondents of Soccer coaches said they have not suffered from any nervous disorder, yet 24% have suffered from smelling disorder and 8% from paralysis while 4% suffered aphasia and epilepsy. With the Volleyball coaches, 27% had gotten smelling disorder while 13% have suffered from dyslexia, 7% of epilepsy and aphasia. 46% of them are free from nervous disease as at the time of collection the information. Basketball has 32% of their member with smelling disorder, 11% with epilepsy, and 5% who have aphasia and dyslexia while 47% are nervous disease free. A similar routine is shared by Athletics coaches as 30% of them had smelling disorder, 4% aphasia and dyslexia and 61% who are free from such ailments. 22% of Tennis coaches do have smelling disorder, 11% have suffered from epilepsy and 6% from paralysis and dyslexia while 56% are free from these diseases.

Table 4: Musculoskeletal Diseases Suffered By Coaches

	Sporting discipline of the coach					Total
	Soccer	Volleyball	Basketball	Athletics	Tennis	
Bone injury	6	4	3	4	5	22
	24.0%	26.7%	15.8%	17.4%	27.8%	22.0%
Tendomitis	1	1	2	4	2	10
	4.0%	6.7%	10.5%	17.4%	11.1%	10.0%
Lower back pain	7	0	3	3	2	15
	28.0%	0.0%	15.8%	13.0%	11.1%	15.0%
Joint pain	2	4	6	6	1	19
	8.0%	26.7%	31.6%	26.1%	5.6%	19.0%
Muscle pain	6	3	2	3	2	16
	24.0%	20.0%	10.5%	13.0%	11.1%	16.0%
None of the above	3	3	3	3	6	18
	12.0%	20.0%	15.8%	13.0%	33.3%	18.0%
Total	25	15	19	23	18	100
	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%

Table 4 is a complete description of respondent musculoskeletal state as at the time of conducting the research. Within the Soccer coaches, 24% had suffered from bone injury and muscular pain while 28% had gotten lower back pain (LBP). 12% had not suffered from none of the mentioned issues, but 8% had got joint pain and 4% tendonitis. 27% of volleyball coaches have suffered from bone injury and another 27% from joint pain while 7% have suffered from tendonitis and 20% from muscular pains. However, there is another 20% who have not suffered from any of the ailments. 32% of Basketball coaches do suffer from joint pain while 16% had suffered from bone injury, LBP, and another 16% have not suffered from none. However, 10% of these respondents have suffered from tendonitis and muscular pain. Within the athletics family, 26% do suffer from joint pain, 18% of bone injury, 17% from tendonitis and 13% from

LBP, and muscle pain. The remaining 13% said they have not suffered from any of the above stated ailments. 28% of Tennis coaches have suffered from bone injury, 11% from tendonitis, LBP and muscle pain. 6% have suffered from joint pain, but 33% of these coaches said they are free from these issues.

Table 5: Smoking Habit of Coaches

	Sporting discipline of the coach					Total
	Soccer	**Volleyball**	**Basketball**	**Athletics**	**Tennis**	
Yes	15	7	8	15	10	55
	60.0%	46.7%	42.1%	65.2%	55.6%	55.0%
No	10	8	11	8	8	45
	40.0%	53.3%	57.9%	34.8%	44.4%	45.0%
Total	25	15	19	23	18	100
	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%

When these coaches were asked about their smoking habit, 60% of Soccer coaches said they do smoke while 40% do not smoke. 47% of Volleyball coaches do smoke and 53% do not smoke as compared to Basketball coaches were 42% do smoke and 58% do not smoke. With the Athletics category, 65% do smoke and 35% do not smoke and with Tennis coaches, 56% are smokers and 44% are not smoking.

Table 6: Alcohol Drinking Habit of Coaches

	Sporting discipline of the coach					Total
	Soccer	**Volleyball**	**Basketball**	**Athletics**	**Tennis**	
YES	16	13	9	11	10	59
	64.0%	86.7%	47.4%	47.8%	55.6%	59.0%
NO	9	2	10	12	8	41
	36.0%	13.3%	52.6%	52.2%	44.4%	41.0%
Total	25	15	19	23	18	100
	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%

The number of Soccer coaches who drink alcohol amounted to 64%, while 36% do not drink. Volleyball responded with 87% of their respondents do drink alcohol and 13% who do not drink. In the Basketball category, 47% do drink alcohol and 53% do not drink. In a similar circumstance, 47% of Athletics coaches do not drink alcohol while 53% do drink alcohol. With Tennis coaches, 56% do admit of drinking alcohol while 44% said they are not drinking alcohol.

Table 7: Physical Activities of Coaches

		Sporting Discipline Of The Coach					Total
		Soccer	**Volleyball**	**Basketball**	**Athletics**	**Tennis**	
How Often Do You Take Part In Physical Activities?	Everyday	3	2	4	2	3	14
		12.0%	13.3%	21.1%	8.7%	16.7%	14.0%
	Occasionally	7	4	4	7	3	25
		28.0%	26.7%	21.1%	30.4%	16.7%	25.0%
	1-2 Times A Week	5	5	1	3	4	18
		20.0%	33.3%	5.3%	13.0%	22.2%	18.0%
	3-4 Times A Week	4	1	5	3	4	17
		16.0%	6.7%	26.3%	13.0%	22.2%	17.0%
	5-6 Times A Week	6	3	5	8	4	26
		24.0%	20.0%	26.3%	34.8%	22.2%	26.0%
Total		25	15	19	23	18	100
		100.0%	100.0%	100.0%	100.0%	100.0%	100.0%

Table 7 presents the activity level of these coaches. The focus was on their physical activities, and specifically on their frequency. 28% of the Soccer coaches said they do take part in physical activities occasionally, 24% said they do exercise at least 5-6 times a week. 16% confirmed of exercising between 3-4 times a week, while 20% confirmed doing it 1-2 times a week and only 12% do exercise every day. Within the Volleyball category, 13% do take part in physical activities every day, 27% does so occasionally, and 33% do take part in physical activities 1-2 times a week. Only 20% does their 5-6 times a week and 7% do theirs 3-4 times a week. 21% of Basketball coaches do take part in physical activities every day, while another 21% does so occasionally. 5% does theirs 1-2 times a week, 26% do their 3-4 times a week and another 26% similarly do theirs 5-6 times a week.9% of the Athletics coaches do physical activity every day, 30% do theirs occasionally and 13% does theirs both 1-2 times a week and 3-4 times a week while 35% do exercise 5-6 times a week. 17% of Tennis coaches do exercise both occasionally and every day while 22% of them does theirs 1-2 days a week, 3-4 times a week and 5-6 times a week.

4. Summary and Conclussion

4.1 Summary

It is realized after the analysis that 26% of all the coaches did suffer from hypotension, 22% from coronary artery disorder and 19% of hypertension. It was, however noted that 27% of the coaches were free from all cardiovascular diseases. With respect to the respiratory system, 25% of these coaches have suffered from emphysema, 22% of short of breath and 17% of allergic reaction. However, 20% are free from respiratory diseases. 55% of the coaches are free from all nervous disorder, while 27% have suffered smelling disorder and 5% have suffered from either dyslexia or paralysis. It was deduced from the research that 22% of the coaches have suffered from bone injury, 10% from tendonitis, 15% suffered from lower back pain. 19% of these coaches have suffered from joint pain, 16% of muscle pain and 18% of these coaches are free from musculoskeletal disease.

The survey proved that 55% of the coaches do smoke and 45% are not smoking. For those who are drinking alcohol, 59% of the coaches do drink alcohol while 41% do not drink. These coaches when asked about their physical activity status responded as follows, 14% do take part in physical activities every day, 25% does it occasionally, 18% did there between 1 and 2 times a week while 17% said they are doing these activities 3 to 4 times a week and 26% said they do physical exercise 5 to 6 times a week.

4.2 Conclusion

From the above research findings, the researcher could state that one vital reason for the increase rate of emphysema ailment is as a result of the coaches smoking habit. Emphysema is a disease caused by excessive smoking and the result of these coaches shows a correlation between smoking and emphysema. It could be seen that 55% of the coaches do smoke. Emphysema does run with high percentage across all caches which could be the reason for them not exercising that

much. Coaches do not take part in an exercise that much as 25% of them reported of exercising occasionally. This also has an effect on the cardiac-vascular system as exercise does increase the cardiac output and makes the heart fit for any workload. The number of paralysis and stroke cases is a cause for concern. It is obvious that before a person suffers a stroke of paralysis, he or she must have had some coronary artery disease. Therefore, it is incumbent for the coaches association to be letting their members do a series of test to keep them fit and healthy. This research has the possibility of prompting another research on the intensity and time spent during these physical activities undertaken by these coaches.

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