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Physical activity pattern and personal-social factors of mothers during pregnancy and birth weight based on MET scale: A case-control study

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Objective: Low birth weight is one of the most important public health issues in developing and developed countries and identifying its etiology is important for prevention. Therefore, considering the unknown impact of physical activity on low birth weight, this research was conducted to investigate the relationship between physical activity and low birth weight.

Methodology: This research was conducted using a case-control design. The control group was made of 500 women with normal birth weight infants and the case group included 250 women with low birth weight infants from the selected hospitals in city of Tehran. The information was gathered using a researcher-made questionnaire which was prepared for determining the relationship between mothers' lifestyle during pregnancy and infants' low birth weight using social determinants of health approach. In this questionnaire, scope of physical activity was investigated in three groups of athletic activities, activities at home and leisure activities. Activity intensity was determined using MET scale and the data were analyzed in SPSS software using independent t-test, Chi-square and logistic regression.

Findings: In the present research, based on the results of multiple logistic regression test, an increase in the time spent on sport activities (OR=2.20) and home activities (OR=1.44) ($p=0.003$) was accompanied by increased chance of giving birth to low birth weight infants; in contrast, one hour increase of leisure activities decreased the probability of low birth weight infants by 0.32 ($p=0.008$).

Conclusion: An increase in the time spent on sport and home activities, even after considering other influential factors, was related to low birth weight.

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Relation between internal and external motivation and anxiety in archery elite athletes

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The main objective of this study is figure out relationship between internal and external motivation, and anxiety (trait-state) in young archery athletes. In order to understand the motivation of athletes, they must realize their needs. The main objective of this study is figuring out relationship between internal and external motivation, and anxiety (trait-state) in young Archery athletes. The confusion that arose in the field federation, led us to investigate the intrinsic and extrinsic motivation and their anxiety. Samples in this study were 90 female athletes with a mean age of 15.3 IMI intrinsic motivation questionnaire which includes the following measures, interest, enjoyment, perceived competence, effort, value and importance to measure intrinsic motivation and Anxiety Inventory STAI is used for anxiety. The questionnaire was given to the athletes by coaches. This study is applicable and the questionnaire method is descriptive. The purpose of this research is to find the relationship between intrinsic motivation and anxiety, also comparisons between trait and competitive anxiety. The correlation coefficient is a statistical method. The participants had very low intrinsic motivation and extrinsic motivation was very high state of anxiety. When athletes are less motivated it causes a lot of anxiety in their competition especially, when their trait anxiety was too low. Coaches should enhance intrinsic motivation of youth and create the field for them.

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