




An Investigation to the Physical Activity of Amateur Athletes during the COVID-19 Quarantine

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Abstract

Background. Given the current prevalence of COVID-19, the World Health Organization has ordered the implementation of health protocols and social distancing, as well as home quarantine as a way to control and manage the disease. Athletes' physical activity has been affected due to quarantine conditions, so this research was done to evaluate the physical activity of amateur athletes of Tehran National Gas Company in an attempt to provide a solution to maintain physical fitness.

Methods. This study was a descriptive-survey research and the data collection tool utilized in this study was a researcher-made questionnaire consisting of 15 questions. The validity and reliability of the questionnaire were checked by experts and provided online questionnaire by the google form software and was available to individuals. The variables examined in the questionnaire were: current status of athletes' physical fitness, relationship with the coach, place of residence, physical activity at home, athletes' feelings, training programs, level of family support for Athletes' sports activity, number and duration of training sessions, training intensity, and diet. The statistical population of this study was 100 people. The sample size was determined based on Morgan table, and 70 people were finally selected through easy sampling method and entered the study.

Results. The results showed that most athletes were in the age range of 51-60 years. Most of the participants were active in the field of mountaineering. The majority of participants in the study had moderate physical fitness compared to the pre-quarantine period.

Conclusion. According to the findings of this study, most athletes in this study had a moderate level of physical fitness. The study suggests that we increase the intensity of physical activities under supervision of coaches to maintain the fitness and increase the health and immunity.

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Extended Abstract

Background

In December 2019, the city of Wuhan, China, announced the outbreak of a novel virus from coronavirus family called sars-cov-2 (acute respiratory

syndrome). The virus is highly contagious and is easily transmitted from person to person. To prevent further spread of the virus, recommendations from the World Health Organization on the observance of safety principles, including social distancing and home

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quarantine, were issued. But the negative impact of these restrictions on people's lifestyles was inevitable. The physical fitness of athletes has been affected by inactivity and sedentary lifestyle due to mandatory staying at home. Unfortunately, there is currently no effective treatment for this disease. Pathological conditions or biological factors such as age are the main cause of death. Inactivity due to hospitalization and inactivity due to home quarantine and social distancing reduce the ability of organs to resist infection and increase the risk of damage to the respiratory, cardiovascular, musculoskeletal and brain systems. Spending a long time at home causes problems for their physical activity. Therefore, identifying appropriate solutions for maintaining health and fitness is necessary.

According to the current situation, the World Health Organization has issued an order to implement health protocols and observe social distancing and home quarantine as a way to prevent further spread of this disease. This study was conducted to evaluate the physical activity of Iranian amateur athletes of the National Gas Company of Tehran province and to provide a solution to maintain physical fitness.

Methods

In terms of methodology, this research study is a cross-sectional and descriptive survey studying the variables of current physical fitness status, relationship with the coach, place of residence, physical activity at home, feeling of athletes, training programs, family support, duration of training sessions, number of sessions, intensity of training, exercise activity and diet. In terms of purpose, the present research is an applied research study. The statistical population consisted of 100 athletes from National Gas Company of Tehran province. Final sample size was determined through Morgan table, and 70 athletes were selected through easy sampling method. The data collected through questionnaires were then statistically analyzed.

Results

The findings of this study showed that most of participants in the study were in the age range of 51-60 years. Most of the participants were involved in climbing and the majorities were moderately fit compared to the pre-quarantine period.

In addition, most of the participants did not communicate with their coaches but had sports

equipment near their place of residence. Moreover, most of them had the physical ability to work at home or open spaces close to home. According to the results, people only sometimes have good filing while working. The study found that people rarely followed physical activity recommendations and the special exercise plans, but often had family support. It was also found that people in the current situation most often followed a special diet and did physical activities, with the type of exercise with low physical activity receiving the most votes. Finally, the results showed that the amount of physical activity was often 2 times a week and also for one hour.

The best solution for the amateur athletes based on the results of the present research and review of the literatures can be the followings:

- Use sports equipment near work or house
- Perform aerobic exercise for 150 minutes and strength training 3 days a week.
- Adhere to a special diet.
- Physical activity 30 minutes a day for adults and 60 minutes a day for children.
- Doing elastic exercises at home
- Perform stretching and aerobic activities at home.

Conclusion

It can be concluded that according to the answers of the participants in this project, most athletes in this study had a moderate level of physical fitness. The study suggests increasing intensity of physical activities under the supervision of coaches to maintain the fitness and increase the health and immunity.