

## CURRICULUM VITAE

**Name:** EDEME –OKONIGENE DORCAS (Mrs.)

**Area of Specialization:** Exercise Physiology and Swim Coach

**Date of Birth:** November 19<sup>th</sup> 1971

**Place of Birth:** Obiaruku

**Local Government of Origin:** Ukwuani

**State of Origin:** Delta

**Marital status:** Married

**Number of Children** One, Okonigene Isimemen Tracy  
Date of Birth: July 17, 1997

**Nationality:** Nigerian

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### **EDUCATIONAL INSTITUTION ATTENDED WITH DATES**

<b>NAME OF INSTITUTION</b>	<b>DATE</b>	<b>QUALIFICATION</b>
University of Lagos, Akoka, Yaba, Lagos	2007-2009	M.Ed. (Exercise Physiology) Human Kinetics and Health Education
University of Lagos, Akoka, Yaba, Lagos	1997-2000	B.Sc. Ed (Physical Education) 2 <sup>nd</sup> Class Upper Division
University of Lagos, Akoka, Yaba, Lagos	1994-1996	Unilag Diploma (ND)
Senior school certification Ethiopia Primary School Obiaruku Delta	Nov/Dec1992	S.S.C.E
	1976-1982	Primary School Leaving Certificate

### **PROFESSIONAL COACHING COURSE ATTENDED WITH DATES**

<b>NAME OF INSTITUTION</b>	<b>DATE</b>	<b>QUALIFICATION</b>
National Institute for Sports (NIS), Lagos	2008-2009	Higher Diploma Coaching and Training [Swimming]
The Citizenship and Leadership Training Center, Sea School Unit, Apapa, Lagos	2009	(a.) Silver Award in Personal Survival in Swimming. (b). Bronze Medallion (Water Life saving).

### **JOB EXPERIENCE WITH DATE**

<b>EMPLOYERS</b>	<b>DATE</b>	<b>POSITION</b>
Bauchi State Sport Council	1989-1997	Senior Coach (Level 10 step 6)
Ambrose Alli University Ekpoma	2001-2002	NYSC
The Lagoon School, Lekki Phase 1, Lagos	2009-2013	Swimming Coach/ PHE Teacher

## RESEARCH PROJECTS

- i. Assessment of Physical Fitness Indices of University of Lagos Basketball Players (M.Ed. Project).
- ii. A case studies of university of Lagos Female Swimmers with particular reference to their Performance at the Nigeria University Game (NUGA) (B.Sc. project.)

## POSTITON OF RESPONSIBILITY HELD

1. Class Representation, Exercise Physiology, Postgraduate Cohort, University of Lagos 2007-2009
2. Captain, Swimming Team, NUGA Game 1998
3. Captain, Swimming Team, West African University Game 1999.
4. Member, committee on conference and seminar, Ambrose Alli University, Ekpoma 2015-date.
5. Member, committee on students Debate and Public speaking, Ambrose Alli University, Ekpoma 2017.
6. Departmental staff Adviser, Physical and Health Education, Ambrose Alli University, Ekpoma 2016/2017 session.
7. Course Adviser 200 Level Physical and Health Education, Ambrose Alli University, Ekpoma 2016/2017 session.
8. Member, committee faculty of Education Staff Welfare Savings Scheme Ambrose Alli University, Ekpoma.

## SWIMMING COMPETITION PARTICIPATED IN

INTERNATIONAL COMPETITIOONS	MEDALS/AWARD	DATE/PLACE
Team Nigeria to All African Game	4 <sup>th</sup> position	(Nigeria Female Relay Team Cairo, Egypt, 1991)
West African University Game	5 Gold, 4 Sliver 2 Bronze	1999(Benin Republic)
West African University Game	11 Gold	1995(Benin City, Nigeria)
ECOWAS Swimming Competition	2, Gold, 1 Bronze	1989 (Lagos, Nigeria)

## NATIONAL COMPETITIONS

NAME OF INSTITUTION	DATE	QUALIFICATION
Nation Sport Festival	2 Gold, 3 Sliver 2 Bronze	1998/Imo
Nation Sport Festival	5 Gold, 3 Sliver 2 Bronze	1991/Bauchi State Nigeria
Nation Sport Festival	5 Gold, 2 Sliver 2 Bronze	1998/Port Harcourt
National Open Championship	Medalist	1987-1993
Nigeria University Game	11 Gold Medals	1998/Lagos, (UNILAG'98) Nigeria

## HONOURS

AWARD	AWARDING BODY	YEAR/PLACE
Best FEMALE Swimmer (Jnr.)	Sport Writer Associates of Bendel state Chapter	1985 (Benin City)
Best athlete of the Year (NUGA 1998)	University of Lagos	1998 (University of Lagos)
Best athlete of the year (WAUG 1995)	University of Lagos	1995 (University of Lagos)
Highest gold Medalist (Bauchi 1991)	Bauchi state	1991 (Bauchi State)

## MEMBERSHIP OF PROFESSIONAL ASSOCIATION

Nigeria Association of Sport, Sciences and Medicine (NSSM)

Health promotion Research Association of Nigeria (HEPRAN)

## HOBBIES

Swimming, Badminton and Cooking

## PUBLICATION

- i. **Title:** Effect of 8- week Differential TREADMILL Gradient Exercise on the Maximum Oxygen Uptake of Long Distance Runner.

**Authors:** Agbonlabor, E.I and Edeme- Okonigene, D

**Journal:** Journal of Human Kinetic Health and Environmental Education. (JOHKHE) Vol.3 No 1 (page 48-56) 2014

- ii. **Title:** Roles of Sports in the Security Transformation Agenda of Nigeria.  
**Authors:** Okosun, J and Edeme- Okonigene, D  
**Journal:** Journal of Human Kinetic Health and Environmental Education. (JOHKHE) Vol.3 No 1 (122-130).tit
- iii. **Title:** Factor Affecting Environmental Sanitation and Roles of Sanitary Officers in the 21<sup>st</sup> Century in Esan West Local Government Area of Edo State.  
**Authors:** Okaka, R.O and Edeme- Oknigene, D.  
**Conference** Heath Promotion Research Association of Nigeria (HEPRAN) 11<sup>th</sup> Annual National Conference/ Workshop. 8<sup>th</sup> – 11<sup>th</sup> October, 2014. Nigeria Journal of Health Promotion Vol. 8 2015 (307-319).
- iv. **Title:** Sinistrality and Dextrality in the Performance of Basketball Motor Skills Among Students ATHLETES OF University of Benin.  
**Authors:** Elvis I. Agbolahor, Ph.D and Edeme- Okonigene, D.  
**Journals:** Journal of University of Port Harcourt of Nigeria Association for Physical, HEALTH Education, Recreation, Sport and Dance. (JONAPHER\_SD) VOL.2 (Feb 2015 (171-176).

#### ACCEPTED FOR PUBLICATION

**TITLE:** Health Education as Tools for PREVENTING THE Burden of Chronic Disease in Primary School

**AUTHORS:** Okaka, R.O and Edeme- Oknigene, D. and Joseph Akhimien

**CONFERENCE:** Heath Promotion Research Association of Nigeria (HEPRAN) 12<sup>th</sup> Annual National Conference on Re-Emerging and Emerging Disease in Africa at University of Uyo, Akwo-Ibom, October, 2015.

#### REFERENCES

1. Prof. Musa Anavberokhai  
Department of Physical and Health Education,  
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2. Dr (Mrs.) G.O. Ikhioya  
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Phone Number: (08058441101, 08033959169)
  
3. Prof. B.O, Obadoni  
Department of Botany  
P.M.B 14, Ambrose Alli University,  
Ekpoma, Edo State, Nigeria.  
Phone Number: (08064869911, 08058472917).

# **EFFECTS OF 8 WEEKS DIFFERENTIAL TREADMILL GRADIENTS EXERCISE ON THE MAXIMUM OXYGEN UPTAKE OF LONG DISTANCE RUNNERS**

**Elvis .I. Agbonlahor, Ph.D**

**Department of Health Environmental**

**Education and Human Kinetics, University Of Benin, Benin City, Nigerian**

**&**

**Dorcas Edeme Okonigene M.Sc**

**Department of Physical and Health Education,**

**Faculty of Education, Ambrose Alli University, Ekpoma**

## **ABSTRACT**

*The overall goal of this study was to gain insight into the cardio-control strategies by using 8-weeks differential treadmill gradients exercise to challenge the cardio respiratory and neuron-muscular systems and by synthesizing an analysis of lower limb biomechanics during this task. Thus, a total of sixty (60) distance runners randomly drawn participated in the study. Maximum volume of oxygen uptake (max-  $\text{VO}_2$ ) was tested in relation to differential treadmill gradients exercise ( $0^\circ$ ,  $5^\circ$  and  $10^\circ$ ). The f-value of 24-923'' was found to be statistically significant at 0.01. Therefore, turkey's honestly significant difference post- hoc test was used to identify the source of the significance. The pair-wise of all the mean difference were found to be statistically significant at 0.01 level of significance, however, pairing significant groups with either the  $0^\circ$  or  $5^\circ$  groups elicited negative significant difference (-76.294 and -198.318). the source of the significance was therefore, the  $10^\circ$  gradient treadmill exercise. It was therefore recommended that differential treadmill gradient exercise should be used as an additional intervention/rehabilitation programme as well as an augmentation to overall fitness programmes required in recreational and sporting programmes*

**Keywords:** *Max- $\text{VO}_2$ . Treadmill, Differential, gradient and exercise*

# **ROLES OF SPORTS IN THE SECURITY TRANSFORMATION AGENDA OF NIGERIA**

**By**

**Okosun, John Ph.d**

**Department of Physical and Health Education,**

**Ambrose Alli University, Ekpoma**

**&**

**Okonigene, Dorcas Edeme**

**Department of Physical and Health Education,**

**Ambrose Alli University, Ekpoma**

## **ABSTRACT**

*This paper highlighted the role of sports in transforming Nigeria in the area of security which is a major aspect that require transformation. Today, Nigeria as a nation is besieged with several national issues such as insecurity of lives and property, kidnapping, robbery, assassination, poverty, unemployment, political insecurity, bombing etc. these problems have brought retrogression to sustainable development in the nation. The Nigeria youth are the vulnerable to these vices of insecurity. Based on the prevailing situations, Nigeria Government has put the transformation Agenda in place to address these issues. This paper therefore examines the issues of youths, role of sport in the transformation agenda of Nigeria and made recommendations. The paper concluded that most insecurity vices are carried out by youths who are gainfully engaged and that the insecurity problems in Nigeria can be tackled through youth participation in gainful sporting activities. It therefore recommended among others that youths sports programme should be developed and emphasized at all levels of government as this will bring sports participation down to the grassroots*



**FACTORS AFFECTING ENVIROMENTAL SANITATION AND ROLES OF  
SANITARY OFFICERS IN THE 21<sup>ST</sup> CENTURY ESAN WEST LOCAL  
GOVERNMENT AREA OF EDO STATE**

**By**

**RICHARD ONOIGBORIA OKAKA**

**&**

**OKONIGENE D.**

**ABSTRACT**

*The paper tried to examine the factors affecting environmental sanitation and the role of sanitary offices in the 21<sup>st</sup> century ibn Esan West Local Government Area of Edo State. the paper tried to define environmental sanitation, the role of good environmental sanitation, the economic benefits and the good functions of environmental health officers. The paper concluded that environmental sanitation is the basis for the protection, promotion and reservation of good health and therefore recommended amongst others that the government must create budget for environmental health programmes, and that private sector participation should ne encouraged.*

**Keywords:** *Sanitation, Health, Environmental Sanitation, Hazard, Health Officer.*

**SINISTRALITY AND DEXRALITY IN THE PERFORMANCE OF BASKETBALL  
MOTOR SKILL AMONG STUDENTS ATHLETES OF UNIVERSITY OF BENIN**

**By**

**Elvis .I. Agbonlahor, Ph.D**

**Department of Human Kinetics and Sports Science,**

**University Of Benin, Benin City**

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**Ambrose Alli University, Ekpoma**

**ABSTRACT**

*The purpose of this study was to determine the difference between sinistrality and dextrality in the performance of basketball motor skills in relation to playing modality. A total of twenty (20) student athletes randomly drawn participated in the study. three variables were examined to reveal handedness in the performance of motor skills in basketball. Thus, the t-value of dribbling, passing and shooting were 0.35, 0.60 and 0.30 compared to a critical value of 1.734 respectively. The results revealed that there is no significant difference in the performance of motor skills in basketball between sinistrals and dextral. It was therefore recommended that both handedness should be trained equally to enhance the execution of motor skills in their various playing modality.*

**Keywords:** *Sinistrality, dextrality, motor skills and performance*