

CURRICULUM VITAE

NAME: OSAGIEDE, ISOKEN FLORENCE
MAIDEN NAME: OSAIUWU, ISOKEN FLORENCE
DATE OF BIRTH: 17TH DECEMBER, 1965
PLACE OF BIRTH: BENIN CITY
SEX: FEMALE
STATE OF ORIGIN: EDO STATE
LOCAL GOVERNMENT AREA: UHUNMWODE
NATIONALITY: NIGERIAN
MARITAL STATUS: MARRIED WITH CHILDREN
NUMBER OF CHILDREN: TWO
RELIGION: CHRISTIAN
PERMANENT HOME ADDRESS: 23, AIRHIENBUWA STREET, OFF SCHOOL ROAD,
OFF OKO CENTRAL ROAD, G.R.A, BENIN CITY
TELEPHONE: 08055672408

EDUCATIONAL INSTITUTONS ATTENDED WITH DATES

1. AMBROSE ALLI UNIVERSITY, EKPOMA 2003-2013
2. UNIVERSITY OF BENIN, BENIN CITY 1992-1995
3. BENDEL STATE UNIVERSITY, NOW DELTA STATE
UNIVERSITY, ABRAKA: 1986-1990
4. INSTITUTE OF CONTINUING EDUCATION(I.C.E) ,
BENIN CITY (ADVANCED LEVEL): 1984-1086
5. ODIGHI GRAMMER SCHOOL, ODIGHI: 1983-1984
6. OUR LADY OF LOURDES CIRLS GRAMMER SCHOOL, UROMI: 1978- 1983
7. EMAI PRIMARY SCHOOL, AFUZE 1972-1978

ACADEMIC/PROFESSIONAL QUALIFICATIONS WITH DATES

1. Ph.D (HEALTH EDUCATION) 2013
2. M.Ed (HEALTH EDUCATION): 1995
3. B.Sc.Ed (PHYSICAL AND HEALTH EDUCATION): 1990
4. WEST AFICAN SCHOOL LEAVING CERTIFICATE (W.A.S.C): 1984
5. GENERAL CERTIFICATE OF EDUCATION (G.C.E): 1982
6. PRIMARY SCHOOL LEAVING CERTIFICATE: 1977

STATEMENT OF EXPERIENCE

1. LECTURER: AMBROSE ALLI UNIVERSITY, EKPOMA. 1999- DATE
2. TEACHING APPOINTMENT: USELU SECONDARY SCHOOL, BENIN CITY. 1991-1996
3. N.Y.S.C.: AKENZUA GRAMMER SCHOOL, BENIN CITY. 1990-1991
4. TEACHING PRACTICE: AKENZUA GRAMMER SCHOOL, BENIN CITY. 1989
5. TEACHING PRACTICE: ST THERESA GIRLS SECONDARY SCHOOL, UHELLI. 1988

RESPONSIBILITIES HELD TO DATE

1. PROJECT SUPERVISOR, DEPARTMENT OF PHYSICAL AND HEALTH EDUCATION, A.A.U., EKPOMA.
2. EXAMINATION OFFICER, DEPARTMENT OF PHYSICAL AND HEALTH EDUCATION, A.A.U., EKPOMA.
3. 400 LEVEL COURSE ADVISER - DEPARTMENT OF P.H.E., A.A.U., EKPOMA.
4. FACULTY OF EDUCATION REPRESENTATIVE TO FACULTY OF SOCIAL SCIENCES.

EMPLOYMENT STATUS: SENIOR LECTURER

SALARY SCALE: 5 STEP 3

MEMBERSHIP OF PROFESSIONAL ORGANISATIONS

- MEMBER, NIGERIAN ASSOCIATION OF HEALTH EDUCATORS (NAHE).
- MEMBER, HEALTH PROMOTION RESEARCH ASSOCIATION OF NIGERIA (HEPRAN).
- MEMBER, NATIONAL ASSOCIATION FOR PHYSICAL, HEALTH EDUCATION, RECREATION AND DANCE (NAPHER.SD).
- MEMBER, THE NIGERIAN SCHOOL HEALTH ASSOCIATION (NSHA)
- MEMBER, NATIONAL ASSOCIATION OF WOMEN IN ACADEMICS (NAWACS).
- MEMBER, INSTITUTE OF POLICY MANAGEMENT DEVELOPMENT (IPMD).

EXTRA CURRICULAR ACTIVITIES

PLAYING GOLF, READING AND COOKING.

PUBLICATIONS

ARTICLES PUBLISHED

INTERNATIONAL

Anavberokhai, M.O. and Osagiede, F.I. (2007). Refocusing Health Education for Relevance in achieving the Millennium Development Goals in Nigeria. *Journal of International Council for Health, Physical Education, Recreation, Sports and Dance (ICHPER. SD. Africa Region)*. 2. (3), 14-16.

Agbonlahor, E.I., Agwubike, E.O., Ikhioya, G.O., Osagiede, F.I., & Agbonlahor, L.N., (2009). Cardiorespiratory responses of tennis players to backward slope walking on differential treadmill gradients. *Ozean Journal of Applied Sciences*. 2(2). 195-203.

Agbonlahor, E.I., Agbonlahor, L.N., Agwubike, E.O., Ikhioya, G.O. & Osagiede, F.I., (2009). Effects of moderate and high intensity resistance training; on body composition of Overweight women. *Ozean Journal of Applied Sciences*. 2 (4). 325-332.

Agbonlahor, E.I and Osagiede, I.F. (2016). Balancing the Imbalance of Stroke Survivors with Backward Slope Walking on Differential Treadmill Gradients. *Journal of Sport Science*. ISSN: 2332-7839, USA.

LOCAL

Osagiede, F.I. (2002). The Effect of warm-up exercises on the performance of selected sports activities. *Journal of Human Movement*, Department of Physical and Health Education, Ambrose Alli University, Ekpoma. 2. (1) 84-88.

Osagiede, F.I. (2005). Causes, forms and effects of examination malpractice in Nigeria Educational system. *Studies in Education Journal*, Faculty of Education, Ambrose Alli University, Ekpoma. 8, 77-80.

Osagiede, F.I. (2006). Motivation for use of alcohol: A case study of secondary school students in Benin city. *Journal of Academics*, Ambrose Alli University, Ekpoma. 1, 208-215.

Osagiede, F.I. (2007). An overview of HIV/AIDS prevention practices in Nigeria and the Millennium Development Goals. *Journal of Human Kinetics, Health and Environmental Education (JOHKEE)* 2, 1.

Osagiede, F.I. (2007). A review of nutrition as the foundation for a healthy living. *Journal of Academics*. Ambrose Alli University, Ekpoma. 2. 25- 40.

Osagiede, F.I. (2008). An overview of safer physical activities and exercises for physical fitness and health promotion. Conference of Nigerian Association of Physical, Health Education, Recreation, Sports Dance (NAPHER.SD). 73-79.

Osagiede, F.I., (2008). Factors militating against National Programme on Immunization in Nigeria. *Intellectualism: A multidisciplinary Journal*. Ambrose Alli University, Ekpoma. 1. (1).

Agbonlahor, E.I., Osagiede, F.I. & Okaka, R.O. (2009). An overview of the public health impacts of physical inactivity in Nigeria: A review statement. *Journal of the faculty of Education, Ahmadu Bello University, Zaria*. 4 (3). 77-80.

- Osagiede, F. I. & Anavberokhai, M.O. (2010). The role of recreation and sporting activities on life and health of people in the present day Nigeria. *Journal of Human Movement*. Department of Physical and Health Education, Ambrose Alli University, Ekpoma.
- Osagiede, F.I. (2010). The need for Health Education in tertiary institution as a tool for promoting good health in the society. *Nigerian Journal of Health Education (NAHE)*. 14 (1), 64- 72.
- Osagiede, F.I (2011). Mother-To-Child-Transmission of HIV: Reducing the risk. *Nigerian Journal of Health Education (NAHE)*. 15(1), 243-249.
- Agbonlahor E.I, Osagiede, I.F. & Agbonlahor, L.N. (2014). Dietary Determinants of Energy Intake and Weight Gain in Healthy Adults. *Journal of Human Kinetics, Health and Environmental Education (JOHKHEE)*. University of Benin, Benin City.3 (1), 83-96.
- Osagiede, I.F. (2014). Poverty: A Major Hindrance to sustainable Development and Environmental Health. *Journal of Human Kinetics, Health and Environmental Education (JOHKHEE)*. University of Benin, Benin City. 3 (1), 140-150.
- Osagiede, I.F and Agbonlahor, L.N. (2014). Health Communication Skills for Effective Health Education. *Nigerian Journal of Health Promotion (HEPRAN)*. 7, 53-64.
- Agbonlahor, L.N. and Osagiede, I.F. (2014). Place of Delivery and Delivery Assistants as a Factor Influencing Perinatal Morbidity and Mortality among Women of Reproductive Age in Edo State. *Nigerian Journal of Health Promotion (HEPRAN)*. 7, 65-74.
- Osagiede, I.F and Agbonlahor, L.N. (2016). Influence of Age at First Coitus on HIV/AIDS Preventive Practices among senior secondary school Adolescent students in Edo State. *Nigerian School Health Journal (NSHA)*. 28 (3), 128-137.
- Agbonlahor, L.N. and Osagiede, I.F. (2016). Curbing The Prevalence of Gastroenteritis VIA The Faeco-Oral Route among Nigerian School Children. *Nigerian School Health Journal (NSHA)*. 28 (3), 52-58.
- Osagiede, I.F. and Agbonlahor, L.N. (2016). Gender and Age Influence on HIV and AIDS Preventive Practices among Adolescents in Edo State. *Nigerian Journal of Health Promotion (HEPRAN)*.
- Olasehinde, Z.O. and Osagiede, I.F. (2017). Community Health Workers Perception on Barriers to Professional Roles Execution in Ose Local Government Area of Ondo State. *Nigeria Journal of Health Education (NAHE)*.

UNPUBLISHED RESEARCH

Osagiede, I.F. (2013). Influence of personal characteristics on HIV and AIDS Preventive Practices among Senior Secondary Sschools in Edo State. Ph.D Thesis.

PAPER SENT OUT

Osagiede, I.F. & Agbonlahor L.N. (2017).Diversity in Developmental Trajectories Across Adolescence and Young Adults: The need for Adolescent Health.

REFEREES

PROFESSOR E.O. OJEME
DEPARTMENT OF HEALTH, ENVIRONMENTAL EDUCATION AND HUMAN KINETICS (HEK),
UNIVERSITY OF BENIN, BENIN CITY.

PROFESSOR AMINU MOMODU
DEPARTMENT OF PHYSICAL AND HEALTH EDUCATION, FACULTY OF EDUCATION,
AMBROSE ALLI UNIVERSITY, EKPOMA.

PROFESSOR M.O. ANAVBEROKHAI
DEPARTMENT OF PHYSICAL AND HEALTH EDUCATION, FACULTY OF EDUCATION,
AMBROSE ALLI UNIVERSITY, EKPOMA.

CARDIO RESPIRATORY RESPONSES OF TENNIS PLAYERS TO BACKWARD SLOPE WALKING ON DIFFERENTIAL TREADMILL GRADIENTS

By

Elvis I. Agbonlahor, Elias O. Agwubike, Grace O. Ikhioya, Isoken F. Osagiede, Loveth N. Agbonlahor

ABSTRACT

A total of thirty (30) tennis players randomly drawn participated in the study. Four variables were examined to reveal the impact of background slope walking of differential treadmill gradients on cardiorespiratory system of tennis players. Thus, the f -values of heart rate, stroke-volume, cardiac-output and max Vo_2 were 7.466, 6.0, 5.2 and 12.372 compared to a critical value of 3.4028 respectively. Therefore, Turkey's honesty significant difference test was used as the post-hoc analysis to identify the sources of the significant difference. Thus, as a result of the follow-up verification, the Turkey's HSD- values for heart rate (3.61); stroke volume (3.7*); Cardiac-output (3.62*) and Max- Vo_2 (3.55*) compared to a critical value of 3.53 respectively. It was discovered that there was a significant difference at 5⁰ gradient compared to 10⁰ and 0⁰ ($5^0 > 10^0 > 0^0$). It was therefore recommended that backward slope walking should be used as an alternate pattern of movement to improve cardio-vascular function and proprioception.*

Keywords: cardiorespiratory, backward slope walking, differential treadmill gradients

EFFECT OF MODERATE AND HIGH INTENSITY RESISTANCE TRAINING ON THE BODY COMPOSITION OF OVERWEIGHT WOMEN

By

Elvis I. Agbonlahor, M.Ed, Loveth N. Agbonlahor, B.Sc, Elias O. Agwubike, Ph.D, Grace O. Ikhioya, M.Ed and Isoken F. Osagiede, M.Ed
Department of Physical and Health Education,
Ambrose Alli University, Ekpoma, Nigeria,
Department of Health Environmental Education, and Human Kinetics, University of Benin, Benin City, Nigeria

Abstract

The purpose of this study was to determine the effect of 12 weeks of high versus moderate intensity resistance training of equal work output on body composition in overweight women ($BMI = 25 = 29.9 \text{ kg/m}^2$). A total of twenty (20) sedentary women were randomized into equal groups. Thus, the moderate intensity exercise (MI: 5 sets 6 reps, 60% IRM-1 repetition maximum and light intensity exercise (HI: sets* 6 reps, 85% IRM) were conducted. Therefore, the *f*-value of lean body weight, percent body fat and body density were 8.87, 5.23, 9.33 compared to a critical value of 3.24 respectively. Thus, turkeys honesty significant difference test was used as the post-hoc analysis to identify the source of the significant difference. Therefore, as a result of the follow-up verification, the turkey's HSD-values for lean body weight (4.20*); percent body fat (4.07*); and body density (4.12*) compared to critical value of 4.05 respectively. Thus, after participation in a 12-week resistance training programme, it is concluded that 12 weeks of high intensity resistance training may be more effective in improving body composition than moderate intensity resistance training. It is therefore, recommended that women should participate in high intensity resistance training to achieve optimal gains in muscle size, strength, fitness and performance.*

Keywords: *overweight, resistance training, body composition and women.*

**THE EFFECT OF WARM-UP EXERCISES ON THE PERFORMANCE OF
SELECTED SPORTS ACTIVITIES. JOURNAL OF HUMAN MOVEMENT,
DEPARTMENT OF PHYSICAL AND HEALTH EDUCATION**

**Osagiede Isoken Florence
Department Of Physical And Health Education,
Faculty Of Education, Ambrose Alli University, Ekpoma.**

ABSTRACT

The study was an attempt to find out the effects of warm-up exercises on the performance of the selected sport activities. Twenty five (25) young adults between the ages of 18 and 24 were randomly selected for the research study. The subjects performed the 100 meters race and javelin throws without and with warm-up exercises to get the results. The findings show that warm-up exercises improved the performance of 100 meters race while it had no significant effects on the javelin throws.

**CAUSES, FORMS AND EFFECTS OF EXAMINATION MALPRACTICE IN
NIGERIA EDUCATIONAL SYSTEM. STUDIES IN EDUCATION JOURNAL**

By

**Osagiede, F.I. (2005).
Faculty of Education,
Ambrose Alli University, Ekpoma. 8, 77-80.**

Abstract

Examination Malpractice which is one of the greatest problems in the conduct of examinations in Nigeria has assumed monumental dimensions. There are variants of examination malpractice beginning with individual candidates who are involved in cheating collusion with teachers and the use of examination touts to schools that compromise in the effective supervision of these examinations in order to attract patronage at future examinations. Various forms of examination malpractice are identified and the major cause among the causes of examination malpractice identified is the nations over emphasis on paper qualification for employment opportunities in various sectors of the economy. This therefore has negative effects on the national economy and productivity. Proficiency and professionalism are sold to the wind. To eradicate this monster called "Examination Malpractice", efforts made by some by some state Ministry of Education are stated and some important suggestions made for the nation's educational system.

MOTIVATION FOR USE OF ALCOHOL: A CASE STUDY OF SECONDARY SCHOOL STUDENTS IN BENIN CITY. JOURNAL OF ACADEMICS, AMBROSE ALLI UNIVERSITY, EKPOMA 1. 208-215

By

Osagiede, F.I. (2006)

Abstract

Alcohol use and abuse among students in our Post-Primary Institutions have become a great problem that gives a lot of concern to the public and various levels of Government in Nigeria. This phenomenon has led to cases of indiscipline in the schools and many anti-social vices. This study therefore examined the motivational factors behind students' interest in alcohol abuse as well as the educational and health implications of this practice and also the possible means of curtailing this problem. To realize the aims spelt out, five different hypotheses were formulated. A questionnaire of twenty five items was used for the study and 12 secondary schools were randomly selected in Benin City. Based on the results of the study, recommendations were made which the researcher hoped will effectively bring the growing wave of alcohol abuse among students under control.

**AN OVERVIEW OF HIV/AIDS PREVENTIVE PRACTICES IN NIGERIA AND THE
MILLENNIUM DEVELOPMENT GOALS. JOURNAL OF HUMAN KINETICS,
HEALTH AND ENVIRONMENTAL EDUCATION (JHKEE). 2, 1**

By

Osagiede, F.I. (2007)

This paper examined and assessed the HIV/AIDS epidemic in Nigeria. There is growing evidence that without decisive action, HIV/AIDS will reverse human development gains achieved in recent decades. The paper also looked at the factors driving or responsible for the spread of the disease and the national response to the fight against the spread so far. Though Nigeria looks poised to halt and begin to reverse the spread of HIV/AIDS and its impact, more concerted efforts would be required to ensure that this happens. Based on this, some recommendations were made that will help in making the nation's dream come true.

**A REVIEW OF NUTRITION AS THE FOUNDATION FOR A HEALTHY LIVING.
JOURNAL OF ACADEMICS. AMBROSE ALLI UNIVERSITY, EKPOMA. 2. 25-40.**

By

Osagiede, F.I. (2007)

Abstract

Nutrition disorders are serious problems everywhere especially in tropical developing countries ranging from under nutrition to over nutrition. Over nutrition is less prevalence in a developing country like Nigeria. These disorders/diseases affect people differently which is linked to their economic status. This paper is poised at knowing why it is so, the meaning of good nutrition and the effects on human health and nutrition disorders' prevention/control. In contributing to the process of reducing nutrition disorders in the country, some recommendations were made on how to improve on good nutrition.