

## **Knowledge of University Athletes about Knowing and Monitoring of Vital Signs of Blood Pressure (BP), Heart Rate (HR) and Body Mass Index (BMI) as Preventive Strategy in Reducing Early and Unsuccessful Ageing Cased at Njala Campus**

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### **Abstract**

**Aim:** To assess the preventive strategy in reducing early and unsuccessful ageing among University Athletes using Njala Campus as a case study, with the significance to measure and evaluate the knowledge of University Athlete about knowing and monitoring of vital signs of blood pressure [BP], heart rate [HR] and body mass index [BMI] as preventive strategy in reducing early and unsuccessful ageing. **Method:** The modified health risk behavioural survey questionnaire [MHRBSQ] was adopted for testing the parameters. The respondents interviewed were mainly undergraduate athletes with an aggregate of one hundred and fifty [n=150]. However, 55 with 37% were female and 95 with 63% were male, selected using the systematic random sampling. Also sampled were four Schools:25 with 16.6% female and 40 with 26.6% male from the School of Agriculture & Environmental Science;30 with 20% female and 55 with 37% male from the School of Education & Technology, from level [100-200] and from level [300-400], within the age range of [18-30 year]. **Results:** Analysis of findings from knowing and monitoring of vital signs of blood pressure [BP], heart rate [HR] and body mass index [BMI], show a holistic significant difference in all three variables [t-values of 4.666, 4.711 and 3.368 p<0.05]. **Conclusion:** Conclusively therefore, the findings show that majority of the University Athletes were experienced holistically in their knowledge about preventive strategy in reducing early and unsuccessful ageing with respect to the evaluated variables. It was recommended that University Athletes be given thoroughly supervised seminars, workshops and screening prior to any intercollegiate competitions held, with special reference to knowledge of vital signs.

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### **Introduction**

Vital signs [shortened as vitals] are used to measure the body's basic functions. These measurements are taken to help assess the general physical health of a person, give clues to possible diseases, and show progress toward recovery. The normal ranges for a person's vital signs vary with age, weight, gender, and overall health, *National Early Warning Score Development and*