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Chee Hian Tan

Raja Mohamed Firhad Raja Azidin

Faculty of Sports Science and Recreation, UiTM Shah Alam, Selangor, Malaysia

Jung Young Lee

University of SUWON, Seoul, South Korea

Walter King Yan Ho

Faculty of Education. University of Macau, Taipa, Macau

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Corresponding Author

Tan Chee Hian, PhD

Email: tanchee@uitm.edu.my

*Faculty of Sports Science and Recreation,
Universiti Teknologi MARA,
Shah Alam Selangor.*

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Chee Hian Tan¹, Jung Young Lee², Raja Mohammad Firhad Raja Azidin³, & Walter King Yan Ho⁴

¹*Faculty of Sports Science and Recreation, UiTM Shah Alam, Selangor, Malaysia*

²*University of SUWON, Seoul, South Korea*

⁴*Faculty of Education. University of Macau, Taipa, Macau*

ABSTRACT

Introduction: APecR was a self – health profiling program with natural physical activity which came to one APecR = 138 Kcl burnt and was registered as one measured unit or patterned (LY2019004970- 28/8/19). Method: Field experimental to justify the effectiveness of APecR as profiling tool. 21 participants voluntarily as they were from previous study with continuity another 3 cycles (3 months’ time, same year). Results: Lifestyle which was categorized as Very Active (> 12,000 steps) = 10.2%, Active (> 10,000 steps) = 43.7%, Moderate (7,500 - 9,999 steps) = 37%, Not Active (5000 – 7499 steps) = 10.0% and without Sedentary lifestyle (< 5,000 steps) after the eventual APecR. Overall mean steps and Kilocalories burnt liked: October - 12,161 steps, and burn with 3.8 APecR (524.4Kcl), November - 13,197 steps, burned with 3.5 APecR (483Kcl) and December with average steps - 12, 005, and burn up to 5.3 APecR (731.4Kcl). Sleeping pattern showed on bed time was prolong from 7 hours 6 second (October) to 7 hours and 16 minutes (December). Weight Lose and Heart Rate: October with weight 81.5Kg, BP reading Excel = 120/80 - 31%, Normal = 130/85- 35%, Normal Systolic = 140/90- 32% and Mild Hyper (2%). In December weight scale slightly dropped to 80.3Kg and blood pressure with Excel (34%), Normal (45%), Normal Systolic = 19% and Mild = 2%. Conclusion: ApecR contributed to practices, delivering fitness towards health knowledge and post effect of APecR as unit measured and technique proven as an enhancing maintenance domain.

Keywords: *Self-Health profiling, “APecR,” Effectiveness, Sleeping pattern.*

INTRODUCTION

APecR

One of the scientific physical fitness programme and measured unit, and it provided a great feeling of achievement as well as offering an enjoyable and very accessible way to get fit and healthy. A person needs only to put on a pair of running shoes to run any time or anywhere. APecR as measured units as well as one physical fitness maintenance programme that under scientific studied recently and copyright gained (IPR - LY2019004970 – 28/8/2019) and it make as one form of exercise, but the truth was that just about every aspect of a person's physical and mental health benefited from this APecR.

Objectives

Mainly to re- justify the effectiveness of “APecR” on adults aged 50's with the method of post observation with intention of profiling one's health after the pre -observation.

METHODOLOGY

It was quantitative study with field experimental designed as case study was concerned, at the same time whatsoever daily activities specifically on APecR or daily routine, sleeping pattern and diet style, heart rate as well as blood pressure of a person had been recorded with log book from all participants in this study. Total of 21 respondents with 50's aged male adults with normal lifestyle and the qualification as academia and voluntarily basis. Participants were aged 50 to 56 years old. Duration of 30 to 90 minutes – one session for 3 to 5 times a week across 3 months. Duration time was the main parameter and APecR plus variety warm up and warm down been performed for before and after the APecR. However, there were 9 respondents from previous study dropped out for this continuity programme because of their personal willingness or oversea for their official duties.

Daily food intake in Kilocalories recorded which according and referred in order to be able for measurement as outcomes of the study with refer to the *Food Habits Research and Development, Malaysia. (1988). Nutrient composition of Malaysian foods. ISBN 987-99909-4.* Kilocalories burning of one APecR (it was =138 Kcl). Basic equipment as Xiaomi Mi Band 2, Water Bottle , Running shoes, Attire, Hospital Comfort Upper Arm Blood Pressure Monitor Digital. Venue was public recreational Park.

RESULTS OF APecR

1. Improve Health - APecR was actually a simple way to increase one's overall level of health. It could raise your levels of good cholesterol while also helping you increased lung function and use. In addition, it could boost your immune system and lower your risk of developing blood clots.

2. *Lose Weight* - APecR was one of the best forms of exercise for losing or maintaining a consistent weight. A person found that it was leading way to burn off extra calories and that it was the second most effective exercise in terms of calories burned per minute.

3. *Boost Your Confidence* - Not all of the benefits of APecR were physical. APecR could provide noticeable boost to a person confidence and self-esteem. By setting and achieving goals, a person could help give self a greater sense of empowerment that will leave a person feeling much happier.

4. *Relieve Stress* - Stress could actually cause a number of health and mood problems. It could also diminish appetite and sleep quality. When a person applied APecR, it forced a person's body to exert excess energy and hormones. APecR also helped to reduce chances of developing tension headaches.

DISCUSSION

How effective was the physical activities such as APecR on the adults' Heart Rate, Sleeping Pattern and Weight Lose?

Table 2a, b and c were described the activeness of respondents in performing APecR which was monitored by Mi Fit band statistically and even in different mode of accumulated steps that had done by all respondents concerned.

Table 2 (a): Results of the Overall First Cycles of APecR (October 2017)

Mode of accumulated	Percentage
Very Active (> 12,000 steps)	10.2%
Active (> 10,000 steps)	43.7%
Moderate (7,500- 9,999 steps)	37.0 %
Not Active (50000 – 7499 steps)	10.0%

In the first cycle, 10.2 percent respondents were in very active which was above 12,000 steps, 43.7% in active level, 37% in moderate active, 10.0 % was in not active and without sedentary because of early study resulted.

Table 2 (b): Results of the overall 2nd Cycle of APecR (November,2017)

Mode of accumulated (Jogging / running)	Percentage
Very Active (> 12,000 steps)	12.2%
Active (> 10,000 steps)	45.4%
Moderate (7,500 – 9,999 steps)	33.2%
Not Active (5000 – 7,499 steps)	9.2%

In the second cycle, there was 12.2% respondents were in very active which was above 12,000 steps, 45.4% in active level, moderate with 33.2% and only 9.2% in the not active with 5000 to 7,499 steps.

Table 2 (c): Results of the overall 3rd Cycle of APecR (December, 2017)

Mode of accumulated (Jogging/ running)	Percentage
Very Active (> 12,000 steps)	11.7%
Active (< 10,000 steps)	50.2%
Moderate (7,5000 – 9,999 steps)	30.1%
Not Active (5000 – 7499 steps)	8.0%

In the third cycle which was December 2017, 11.7 percent respondents were in very active which was above 12,000 steps, 50.2 % in active level, 30.1 % in moderate and 8% was at not active stage.

Table 3: Three Cycles of Sleeping Pattern among Respondents (n=21)

Month	On Bed hours	Deep Sleep	Light Sleep	Time to bed	Awaked
October	7' 06"	2'43"	4'23"	11.00pm	0
November	7' 06"	2'58"	4'08"	11.06pm	0
December	7' 16"	2'54"	4'12"	10.35pm	0

Table 3, showed sleeping pattern of these respondents concerned by record made in individual's log book and came to conclude that on bed time getting longer because of APecR make the respondents tired and fall in sleep on bed as showed from 7 hours 06 second to 7 hours and 16 minutes by December.

Deep sleep recorded getting better in hours considered which was 2 hours 43 minute to 2 hour and 54 minutes when December concerned. This went even the light hours also showed similar longer hours too.

Table 4: Result of Weight Lose and Heart Rate Mean among Respondents (n = 21)

Month	Weight (Kg)	Blood Pressure Reading	Percentage
October	81.5	Excel = 120/80	31%
		Normal = 130/85	35%
		Normal Systolic = 140/90	32%
		Mild = 160/100	2%
November	81.3	Excel	32%
		Normal	45%
		Normal Systolic	21%
		Mild	2%
December	80.3	Excel	34%
		Normal	45%
		Normal Systolic	19%
		Mild	2%

Data of October, November & December, 2017.

Table 4 showed result of the weight among respondents had been reduced with pretty good reading whereby it was from 81.5 Kg in the October.

CONCLUSION

The respondent heart rate showed improvement as well by Excellence which was 120/80 from 31% at 1st cycle to 34% at the third cycle and followed normal stage of heart rate from 45% at the 2nd cycle to 45% at the final cycle.

Where else, in October there were 2% at the mild level and at the December result showed. Last but not least, Normal systolic stage showed result of getting better from 32%, reduced to 19% and even lesser rate of 140/90 at the December reading respectively.

It concluded that effectiveness of overload principle would gain weight lose result. Various intensity could improvise one's training programme. Diet control was significance factor in weight lose but APecR could gave impact to sleeping pattern, heart rate as well as weight lose pretty good impact as the end results were concerned.

Author's Contribution

Tan Chee Hian – Corresponding author and design, collecting data and communicating with all participants.

Lee Jung Young – contribution to ideas and following of thoughts.

Raja Mohammad Firhad Raja Abidin – Data interpretation, design and creative work in this study.

Walter King Yan Ho – Design and ideas of creation for the study

Conflict of Interest

Self- funded and there is no self- interest involved.

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