Do EMS College Students Fit Enough for The Future Occupation?

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Abstract (300 word limit)

Emergency responders should be physically fit to perform strenuous duties perfectly and safely. The purpose of the present study was to assess student's occupational physical fitness in Prince Sultan bin Abdulaziz College for Emergency Medical Services (PSAC-EMS) in line with the international physical fitness guidelines for American Council on Exercise (ACE). Seventy-three EMS students randomly selected. Mean age and BMI were (20.5+1.2) and (26.6+6.3) respectively. Participants asked to perform three suggested physical fitness for (ACE). We used tests protocol and administrations to calculate percentages for student group comparing it with the test-terminations criteria for (ACE). One sample t-test used to assess the differences between the obtained scores versus the reference scores. Results clearly showed a moderate to a strong correlation between most of the variables especially trunk flexor endurance test and trunk extensor endurance test ($r=0.69$, $P<0.01$). In addition, there are a strong correlation between trunk lateral endurance (left side) and trunk lateral endurance (right side) tests ($r=0.81$, $P<0.01$). In terms of ACE guidelines for EMS practitioners, results clearly showed that subjects of this study may be not physically fit enough for their future occupation. This research concludes that students in (PSAC-EMS) may need to develop a special exercise program focus primarily on the EMS responder's ability to fulfill their occupational requirements.

Recent Publications (minimum 5)

Yakout, S. M., Alkahtani, S. A., Al-Disi, D., **Aljaloud, K. S.**, Khattak, M. N. K., Alokail, M. S., ... & Al-Daghri, N. M. (2019). Coexistence of Pre-sarcopenia and Metabolic Syndrome in Arab Men. Calcified tissue international, 104(2), 130-136.

Alzahrani, M. A., Alshuwaier, G. O., **Aljaloud, K. S.**, Gibson, C., Khalaf, A., Alhawiti, A. S., & Watson, D. G. (2019). Development of a derivatization method for investigating testosterone and dehydroepiandrosterone using tandem mass spectrometry in saliva samples from young professional soccer players pre-and post-training. Scientia Pharmaceutica, 87(2), 11.

Al-barha, N. S., & **Aljaloud, K. S.** (2019). The Effect of Ramadan Fasting on Body Composition and Metabolic Syndrome in Apparently Healthy Men. American journal of men's health, 13(1), 1557988318816925.

Kamel, K. S., & **Aljaloud, K. S.** (2016). Occupational physical fitness and eating attitudes of emergency medical services students in Riyadh. Saudi Journal of Sports Medicine, 16(3), 179.

Alayafi, Y., Alsulaiman, M., **Aljaloud, K.,** Jabbary, A., Aljaloud, S., Aldayel, A., ... & Gallagher, P. (2015). The Physiological Effect of Fasting the Month of Ramadan on Anthropometrics and Blood Variables. The FASEB Journal, 29(1_supplement), 989-8**.**



Biography (150 word limit)

Khalid Aljaloud is an associate professor in the Department of Exercise Physiology, College of Sport Sciences & Physical Activity. King Saud University. He holds Master of Science in exercise sciences from Physical Education department at the College of Education, Western Illinois University. He teaches different courses in the field of Exercised physiology including exercise and cardiorespiratory system, and exercise and chronic diseases, physical activity and health. His research interest in exercise and cardiorespiratory fitness as well as physical activity and health. He published several studies in different exercise physiology topics. He is the supervisor of the cardiorespiratory physiology laboratory. Recently, he completed translating the textbook “Physical Activity and Health”. He has reviewer in deferent international journals in sports, exercise and health areas. Also, he is a membership in deferent national and international societies in the field of exercise sciences.

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Notes/Comments: