Compulsive Jogging and Eating Disorders

Overactivity, excessive training, and compulsive athleticism are concepts related to the symptoms of female eating disorders. It is suggested that male compulsive joggers exhibit symptomatology similar to that of females with anorexia. The purpose of this study was to investigate this hypothesis. Ten females with restrictive, bulimic, and anorectic eating disorders (Group 1); 6 male compulsive joggers (Group 2); and 6 others (Group 3) ages 25–42 years were interviewed with a diagnostic survey for eating disorders. The EAT (Eating Attitude Test) and EDI (Eating Disorder Inventory) were used to evaluate relations to own body, food, and exercise. All groups had a low percentage of body fat (range = 9.4–14.3%), and Groups 1 and 2 had significantly higher scores on EDI and EAT than did Group 3 (p < .05). Group 1 and Group 2 had similar pathological findings related to reasons for their behavior. These findings suggest that male compulsive jogging may be a parallel state to female eating disorders with predisposed individuals. However, the sample is too small to draw firm conclusions, and further investigations are necessary.


Relaxation and Shooting Performance

The purpose of this study was to examine the effect of relaxation training on shooting performance. Twenty-five elite shooters were randomized into two groups. Group 1 (n = 13) went through a 7-week course in meditation. Group 2 (n = 12) received no intervention. Performance on shooting tests, as well as competition results, were compared before and after the intervention, and participants also evaluated their anxiety level on an ordinal scale. Results indicated that Group 1 shot significantly better than Group 2 in the competitions (p < .05), but the test shooting showed no differences. Self-reported level of anxiety also gave no differences, but there was a negative relationship between level of anxiety and performances (r = -.42, p = .001). Changes in life event stress, smoking habits, use of alcohol, and quality of life did not influence performance.


Exercise to Lose Weight and More!

This review essentially presents a cost-benefits perspective about the role of exercise in obesity treatment programs. With an emphasis on health gains related to exercise, the author notes that obese persons may experience a variety of benefits if they exercise to reduce body mass. Shephard notes that
research on obesity treatment has focused solely on the reduction of fat. The inclusion of exercise in a weight management program helps one maintain the weight loss and leads to better health. Independent of the health gains of fat reduction, exercise will help preserve lean tissue, lessen the chance of developing cardiovascular disease, decrease the risk of cancer, decrease the likelihood of musculoskeletal disorders, and improve mood state. Shephard argues that, from a public health perspective, exercise should be included in all weight management programs.


Achievement Goals and Sport Rehabilitation

Lampton et al. hypothesized that athletes’ compliance to rehabilitation prescriptions would be dependent on their self-esteem and achievement motivation. To examine this hypothesis, they administered a set of questionnaires and prescribed individualized rehabilitation programs to 31 patients; 10 females and 21 males. From the questionnaire responses, subjects were classified as being either mastery oriented or performance oriented, and either low or high in self-esteem. Compliance was assessed by tracking the number of missed rehabilitation appointments and by clinicians’ ratings of the effort expended during rehabilitation sessions. Although motivation and self-esteem were not found to be related to the rehabilitation compliance measures, several statistical trends were noted. Specifically, the compliance of performance-oriented subjects appeared to be inversely related to level of self-esteem, although subjects with lower self-esteem generally tended to be less compliant than those with higher self-esteem. The authors suggest that self-esteem might mediate achievement orientation.


Assaults on Umpires

In this study Rainey investigated the incidence of assaults against baseball and softball officials, the participants involved, and the characteristics of these assaults. They collected the data as part of a larger survey conducted with the cooperation of 48 local umpire associations. Of the 1,500 umpires belonging to these associations, 782 (52%) returned completed questionnaires. Eighty-four (11%) reported they had been physically assaulted while umpiring. Assaults ranged from spitting on umpires to choking or hitting them with bats and balls. The most common type of assault was pushing, shoving, or grabbing (44%); the second most common was punching (25%). Thirty five (41%) of the assaults occurred during either college or adult league play. The assailants were most often players in adult leagues and coaches in high school and youth leagues. Nine of the 35 adult league assaults involved alcohol consumption by the assailant. Consequences for the assaults also varied, with the most