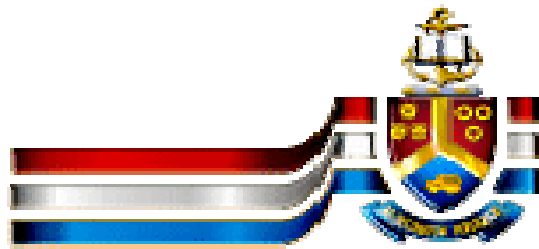


**Effects of a Community-Based Exercise and Lifestyle
Intervention on Health Outcomes in Persons with Type-2
Diabetes Mellitus**

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Submitted in Partial Fulfillment of the Requirements for the Degree
Doctor Philosophiae

in the

Department of Biokinetics, Sport and Leisure Sciences
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Faculty of Humanities

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Declaration

I, Yvonne Paul, declare that the thesis, which I hereby submit for the degree of Doctor Philosophiae at the University of Pretoria is my own work and has not previously been submitted by me for a degree at another university.

Y Paul

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Dedication

To my late beloved father, Dr Timothy Paul, whose motivation and numerous sacrifices during the course of his life assisted me to strive to this doctoral degree

and

to my late uncle Maslamonie Paul, for his encouragement and support during my years of studies.



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Publications and Presentations Arising from this Study

Articles Submitted

Habitual Physical Activity among an African Cohort of Type-2 Diabetics in a South African Resource-Poor Community Setting. Submitted to the Journal of Public Health Nutrition. (Chapter 2).

Effects Of Progressive Resistance Exercise On Glycosylated Haemoglobin (HbA_{1c}) And Lipid Profiles In Subjects With Type 2 Diabetes Mellitus. Submitted to the British Medical Journal. (Chapter 3).

The Efficacy of a 20-Week Progressive Resistance Training (PRT) Programme on Morphological, Musculoskeletal and Aerobic Fitness in Subjects with Type-2 Diabetes Mellitus. Submitted to the Journal of Exercise Science and Fitness. (Chapter 4).

Influence of a Dietary Education Programme on Diabetes Care Knowledge and Activities among Type-2 Diabetics. Submitted to the International Journal of Diabetes in Developing Countries. (Chapter 5).

Papers Presented

12th Asian Federation of Sports Medicine Congress, 1-6 December 2009, Amritsar India. Habitual Physical Activity among an African Cohort of Type 2 Diabetics in a South African Resource-Poor Community Setting.

12th Asian Federation of Sports Medicine Congress, 1-6 December 2009, Amritsar, India. Influence of a Dietary Education Program on Diabetes Care Knowledge and Activities among Type 2 Diabetics.

Pre-Olympic Conference on Science, Education and Medicine in Sport, 1-5 August 2008, Guangzhou, China. Effect of Resistance Exercise on HbA_{1c} and Lipid Profiles in Subjects with Type 2 Diabetes Mellitus.

South African Sports Medicine Association Biennial International Conference, 15 & 16 November 2007, Pretoria, South Africa. Efficacy of Progressive Resistance Training on Morphology and Musculoskeletal Fitness in People with Type 2 Diabetes.

South African Sports Medicine Association Biennial International Conference, 15 & 16 November 2007, Pretoria, South Africa. Efficacy of Resistance Training on Aerobic Function and Perceived Exertion in Patients with Type 2 Diabetes Mellitus.

South African Society for Endocrinology and Metabolic Diseases (SEMDSA) Congress, 30 June - 2 July 2007, Bloemfontein, South Africa. Effects of Progressive Resistance Exercise on Glycosylated Haemoglobin (HbA_{1c}) and Lipid Profile in Black Subjects with Type 2 Diabetes Mellitus (DM).

South African Sports Medicine Association Biennial International Congress, 28- 30 September 2005, Johannesburg, South Africa. Habitual Exercise Practices among African Women with Type 2 Diabetes Mellitus in SA: Mamelodi Diabetes Project.