

Project Proposal

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Programme of study: BA Physical Education

Discipline: Physical Activity

YFC Engagement with Physical Activity

Introduction

The National Federation of Young Farmers' Clubs (NFYFC) is one of the largest rural youth organisations in the UK. The Young Farmers' Club (YFC) has been around for 90 years, with Hemyock, Devon being the first club to open in 1921. The first YFC to open in Wales was in Clunderwen, Pembrokeshire in 1929 and the first Wales federation established in 1936. In the 1930's, new clubs sprung up in Scotland, Northern Ireland, Australia, and New Zealand. These clubs are provided for anyone aged 10 to 28; the clubs give the members the opportunity to make lifelong friends, learn new skills, make a real difference to the local community and the chance to travel the world. There is a variety of different competition programmes like sports day, tug of war, rallying and many more. There are travelling programmes such as working holidays as well as fun skiing trips. There are skills and training programmes to help advance the members' skills and career. The physical activities that The National Federation of Young Farmers' Clubs (NFYFC) do are tug of war, a sports day which consists of rush hockey, 7 a side rugby, dodge ball, tag rugby, netball, ultimate frisbee and rounders. All these activities provide the opportunity for participants to progress on to national competitions.

So as can be seen from above, YFC members have plenty of opportunity to take part in physical activities in their leisure time in addition to any farming tasks they might have to undertake such as lambing, shearing, milking, harvesting, maintaining, and clearing buildings and farm machinery etc. Does this mean that they have high levels of physical activity?

'Physical activity is a broad term referring to all bodily movement that uses energy. It therefore includes physical education and sport,' (Harris, 2015). Physical activity is included in playing indoor and outdoor, work- related activities, adventurous activities, traveling activities and routine, habitual activities (e.g., using the stairs or working on a farm). Physical activity is important because it improves health and wellbeing by lowering the risk of heart problems and depression as well as lowering death rates. Doing physical activity helps children to maintain a healthy weight throughout their lives. Physical activity lowers the risk of cardiovascular disease by 20% to 35%, it lowers the risk of type 2 diabetes by 30% to 40%, it lowers Musculo-skeletal health by 36% to 68% and it lowers the likelihood of developing mental health problems such as depression by 20% to 30%, (Public Health England, 2016).

The benefits of physical capital for physical activity are the prevention of non-communicable disease and conditions for example obesity, diabetes, and heart disease. The benefits of emotional capital for physical activity are increase the level of self-esteem and reduces depression and anxiety, also helps them when it comes to stressful events. The benefits of individual capital for physical activity are to improve on teamwork, co-operation, and social

responsibility. The benefits of social capital for physical activity are to help people improve their relationship between other people, groups, and organizations, which can help develop social behaviour when participating, (Bailey, *et.al.* 2015).

The NHS say that we should be doing strengthening activity on at least two days a week where we should be working all the major muscles groups (legs, hips, back, abdomen, chest, shoulders, and arms). We should be doing at least 150 minutes of moderate intensity activity a week or 75 minutes of vigorous intensity activity a week, spreading exercise evenly over 4 to 5 days a week, or every day and reduce the time spent sitting or lying down and break up long periods of not moving with some activity, (NHS, 2021).

There are a number of barriers to performing sufficient physical activity:

- Not having enough time to be able to play sport or to do anything active during the day and in the afternoon.
- The lack of motivation is a problem as some people do not have the motivation they need to go out and do physical activity, which links with the lack of skill as people do not feel comfortable with doing physical active if they do not what they are doing or not very good at the activity. So, some people need to have the motivation to get involved into the activity and to learn the skills they need if that activity.
- The fear of injury is a problem for some people as they might have a previous injury that they do not want to be injured again or might struggle with doing physical activity after this injury, so they are not willing to join in the physical activity.
- The weather conditions such as the rain, wind or the cold morning and night can be a problem of people as they are not willing to go out and do physical active or the parents are not allowing their children to go out in these conditions as they will get unwell.
- The traveling as some people do not have the privilege of transport such as a bus or a car, also the cost of transport and be a problem, respondents in rural areas and the lack of late buses.

(Aggleton, *et.al.* 2000).

Aims

The first aim of this dissertation is to ascertain YFC perceived levels of engagement with physical activity.

The second aim of this dissertation is to ascertain barriers or encouragements to physical activity around YFC.

Methods

I am choosing to do a quantitative research design as I can analyse numerical data, also I can use it to find patterns and averages, test for causal relationships and generalise results to wider populations.

Participants for the study:

To get the data I will be asking around 20 to 30 members aged 18-28, hopefully mixed between males and females from other YFC clubs to investigate YFC engagement with physical activity, I will make my own questionnaire that will be aimed towards physical activity.

Measures of the study:

I will be doing a questionnaire, which will have three sections the first section will be demographics example of questions are, age, gender, and location, the second section will be engagement levels with questions such as 'how active are you? Do you take part in physical activity in YFC? The third section will be barriers and encouragements the example of questions, what is in the way for you doing physical activity?

Procedure of the study:

The procedure that will be used will be an online questionnaire, where the participants will be shown a consent form to fill in, then shown a QR code to access the questionnaire online, where they will be able to login to on their phone, which will be password protected, so their data will be projected.

Ethics of the study:

Participants can withdraw from the study if they want to. If they do not want to answer all the questions they do not have to. To ensure that we follow all ethics rules for this study I will be following will be the UWTSD ethics guidelines, here is the link to that:

<https://www.uwtسد.ac.uk/media/uwtسد-website/content-assets/documents/research/RElCoP-July-2022.pdf>

Data Analysis

I will analyse the data by collecting all the questionnaire that have been a done by the YFC member and statistically analysing by using SPSS and using different measure such as t-tests and ANOVAS.

Research Timetable

04th November- hand in project proposal.

By the end of November- complete the ethics part of the dissertation

By the beginning of Christmas break- complete the literature review part of the dissertation

By the end of December- complete the methods part of the dissertation

Send out questionnaires between December and January to have plenty of time to collect them back and analyse the data.

By the end of January- analyse data from questionnaires. Complete the results of the findings of the dissertation

By the end of February- complete the discussion part of the dissertation

By the end of March- complete the conclusion and recommendation part of the dissertation

By the beginning of April- start the abstract

28th April- hand in dissertation

05th May- hand in abstract

References

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Human Kinetics, (2018). *'What is physical literacy and why is it important for children today?'* Available at: <https://humankinetics.me/2018/06/27/what-is-physical-literacy/> (Accessed: 22nd October 2022)

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Public Health England, (2016). *'Working Together to Promote Active Travel: A briefing for local authorities.'* Available at: [https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/523460/Working Together to Promote Active Travel A briefing for local authorities.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/523460/Working_Together_to_Promote_Active_Travel_A_briefing_for_local_authorities.pdf) (Accessed: 22nd October 2022)