



APPLICATION FOR ETHICAL APPROVAL – BA level

CAIS AM GYMERADWYAETH MOESEGOL – Lefel BA

Mae'r ffurflen hon i'w chwblhau gan bob BA myfyrwr. Rhaid i bob ffurflen gael ei ystyried gan diwtor y modiwl. Dylai un copi o'r ffurflen yn cael ei roi ar y ffeiliau Gyfadran ac un copi cadw ar y ffeil myfyrwr.

This form is to be completed by all BA students conducting research, projects or productions. This form should be completed by the student. All forms must be considered by the Module tutor. A copy of the form must be kept centrally and on the student file.

ADRAN 1 – MANYLION MYFYRIWR

SECTION 1 - STUDENT DETAILS

Enw Llawn Full Name	Jessica Lauren Morris		
Ysgol/Cyfadran/ School/Faculty	Sport Health Outdoor Education (SHOE)	Rhif Myfyrwr Student Number	P152153
Cydlynnydd prosiect / Tiwtor Module Tutor/ Programme Co-ordinator	Andrew Thomas	Enw'r Gradd Name of Degree	BA(Hons) Sports Management

Teitl dangosol yr Traethawd Hir:

Indicative Title of Dissertation:

An evaluation of the motivational factors and barriers of female only swimming within Penlan and Morriston Leisure Centres.

**ADRAN 2 – MANYLION CYFRANOGWYR /
CYNULLEIDFA**

**SECTION 2 - PARTICIPANT / AUDIENCE
DETAILS**

Pwy yw'r cyfranogwyr arfaethedig?	Who are the intended participants?	Ydw / Yes	Na / No
Myfyrwyr / staff Y Drindod Dewi Sant	Students / staff of Trinity Saint David		No
Oedolion (dros oed 16 ac yn gymwys i gydsynio)	Adults (over the age of 16 and competent to give consent)	Yes	
Plant a phobl ifanc dan oed	Children / legal minors		No
Cleifion neu gleientiaid gweithwyr proffesiynol	Patients or clients of professionals	Yes	
Rhywun sy'n cael ei gadw yn y ddalfa neu	Anyone in custodial care or for whom the		No

y mae'r llys wedi cymryd cyfrifoldeb amdano	court has assumed responsibility		
Aelod o unrhyw sefydliad lle mae'n bosibl bod angen i unigolyn arall hefyd gydsynio.	A member of any organisation where another individual may also need to give consent.		No
Eraill: Nodwch: / Others: please identify:			

Nifer, Oed a Ffynhonnell y Cyfranogwyr Rhowch fanylion yr demograffeg y cyfranogwyr / gynulleidfa.		Participant / Audience Number and Age Provide details of the demographics of the participants / audience.	
Nifer o Gyfranogwyr / yn y Gynulleidfa	Participant/ number	Audience	100
Grŵp oedran y Cyfranogwyr/y Gynulleidfa	Participant/ group	Audience age	18-70 years

ADRAN 3 – GWEITHGAREDD YMCHWIL

SECTION 3 – RESEARCH ACTIVITY

1.	Ydy'r prosiect yn cynnwys:	Does the project include:	Ydy / Yes	Nac ydy/No
	Defnyddio holiadur neu offeryn ymchwil tebyg	Use of questionnaire or similar research instrument	Yes	
	Defnyddio prawf ysgrifenedig neu gyfrifiadurol	Use of written or computerised test		No
	Cyfweliad (cysylltwch gwestiynau posibl)	Interview (attach provisional questions)	Yes	
	Dyddiaduron	Diaries		No
	Arsylwi ar gyfranogwyr a hwythau'n ymwybodol o hynny	Participant observation with their knowledge	Yes	
	Arsylwi ar gyfranogwyr a hwythau ddim yn ymwybodol o hynny	Participant observation without their knowledge		No
	Recordio fideo neu sain	Video or audio-taping	Yes	
	Mynediad i wybodaeth bersonol neu gyfrinachol heb gydsyniad penodol y cyfranogwyr	Access to personal or confidential information without the participants specific consent		No
	Defnyddio unrhyw gwestiynau, ysgogiadau prawf, cyflwyniad y gallai rhai cyfranogwyr eu profi fel rhywbeth sy'n achosi niwed / tramgwydd corfforol, meddyliol neu emosiynol	Administration of any questions, test stimuli, presentation that may be experienced as physically, mentally or emotionally harmful / offensive		No
	Cyflawni unrhyw weithredoedd allai achosi embaras neu effeithio ar hunan-barch	Performance of any acts which may cause embarrassment or affect self-esteem		No
	Ymchwilio i gyfranogwyr sy'n ymwneud â	Investigation of participants involved in		No

gweithgareddau anghyfreithlon	illegal activities		
Gweithdrefnau lle defnyddir twyll	Procedures that involve deception		No
Gweini unrhyw sylwedd, cyfrwng neu blasebo	Administration of any substance, agent or placebo		No
Dull arall o gasglu data neu fformat cyflwyno (esboniwr)	Other method of data collection or presentation format (please explain)		No

2. Restru eich dull o gasglu data	List your method of data collection:
The data collection methods for this research project include: participant questionnaire, focus group with a number of participants and interviews with assistant managers who work at the leisure centres and an interview with the manager of both leisure centres.	

3. Risg Posibl: (corfforol, seicolegol, cyfreithiol, cymdeithasol neu economaidd)		Potential Risk: (physical, psychological, legal, social or economic)			
A oes unrhyw risg bosibl i:		Is there any potential risk to:		Ydw / Yes	Na / No
A	Cyfranogwyr?	Participants?			No
B	Ymchwilydd?	Researcher?			No
C	BrifYsgol/Cyfadrn?	University?			No

4. Rheoli Risg: Os oes, beth yw'r risg a sut y bydd yn cael ei reoli?	Management of Risk: If yes, what is the risk and how will it be managed?

5.	Os ydych yn delio â phlant a / neu oedolion agored i niwed, rhaid i chi gyflwyno eich tystysgrif DBS i'ch tiwtor goruchwylio i'w cymeradwyo cyn i unrhyw gysylltiad â cyfranogwyr hyn.	If you are dealing with children and/ or vulnerable adults you must present your DBS certificate to your supervising tutor for approval before any contact with these participants.		
			Ydw / Yes	Na / No
A	Ydych chi wedi gwneud cais am dystysgrif DBS?	Have you applied for a DBS certificate?	Yes	
B	A yw eich tiwtor weld a'i gadarnhau eich tystysgrif DBS?	Has your tutor seen and approved your DBS certificate?	Yes	

6.	A fyddwch yn cael cydsyniad gwybodys ysgrifenedig gan eich cyfranogwyr?	Will you obtain written informed consent from your participants?		
			Ydw / Yes	Na / No
A	Os na fyddwch, pam hynny?	If no, why not?		
B	Os byddwch, sut byddwch yn sicrhau cydsyniad gwybodys?	If yes, how will you secure informed consent?	Yes	

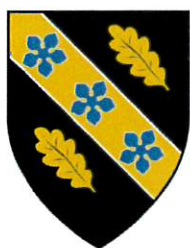
Rhowch eglurhad / Please explain:
 I will obtain verbal consent when carrying out the methodology aspect of my research project. This research project does not require any personal information such as addresses, etc. however; participants may decide to provide their name for the focus group if they wish. I only require views, opinions, feelings and thoughts about female only swimming sessions at Penlan and Morriston Leisure Centres. This will be made clear prior to handing out questionnaires and conducting focus groups and interviews. Additionally, I will obtain written consent by providing participants with a copy of a page six of the ethics form to ensure they understand their participation is voluntary and can withdraw at any time and information they provide is strictly confidential.

Cynhwyswch gopi o'r ffurflen gydsynio os ydych yn defnyddio un.	Please include a copy of the consent form if you are using one. (See page six of this document).
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ADRAN 4	SECTION 4
CEFNOGWYD /APPROVED	NIS CEFNOGWYD/ NOT SUPPORTED
Datganiad Mae'r wybodaeth a gynhwysir yma yn gywir, hyd eithaf fy ngwybodaeth a'm cred. Rwyf wedi ceisio dynodi unrhyw risgiau a phroblemau sy'n gysylltiedig â'r prosiect / ymchwil neu gynhyrchiad ac rwyf yn cydnabod f'ymrwymadau innau a hawliau'r cyfranogwyr.	Declaration The information contained herein is, to the best of my knowledge and belief, accurate. I have attempted to identify any risks and issues related to the project/research or production and acknowledge my obligations and the rights of the participants.

Llofnodau Dylai'r ffurflen hon gael ei chwblhau a'i llofnodi gan y myfyriwr a'r Cydlynnydd y prosiect /Twitor	Signatures This form should be completed and signed by the student and the Module tutor/Programme Co-ordinator.
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Myfyriwr / Student Jessica Morris 	Dyddiad: / Date: 1st February 2019
Cydlynnydd y prosiect /Twitor Project co-ordinator / Tutor Iwan Davies 	Dyddiad: / Date: 1st February 2019
Sefydliad / Organisation Freedom Leisure Penlan and Morriston Jim Kelly (Manager) 	Dyddiad: / Date: 1st February 2019



CWESTIYNAU CYFWELIAD SAMPL

SAMPLE INTERVIEW/ SURVEY QUESTIONS

TEITL Y PROSIECT: / PROJECT TITLE: An evaluation of the motivational factors and barriers of female only swimming within Penlan and Morriston Leisure Centres.

1	Why do you participate in female only swimming sessions? (Please tick the box that applies to you) • Health benefits • Social aspect • Enjoyment • Working towards a competition/event • Improve health conditions/injuries • Other If other, please explain your answer below.....
2	How many times a week do you attend female only swimming sessions? (Please tick the appropriate box) • Once • Twice
3	Do you feel there is a need for more female only swimming sessions? (Please tick the appropriate box) • Yes • No If answered yes, please specify how many more sessions you would attend?
4	Which leisure centre do you predominantly attend to participate in female only swimming sessions? (Please tick the box that applies to you) • Morriston Leisure Centre • Penlan Leisure Centre • Both equally • Any other leisure centre in Swansea
5	What motivates you to participate in female only swimming sessions? (Please tick the boxes that apply to you) • Social aspect • Enjoyment • Improve swimming skill/technique • Health benefits • Improve self-esteem/self-confidence • Praise from others • Other If answered other, please explain your answer.....
6	Which of the following barriers is most likely to affect your participation in female only swimming sessions at Penlan and Morriston Leisure Centres? (Please tick the boxes that most apply to you) • Pricing e.g. cost to participate • Changing rooms

	• Not enough time • Lack of childcare • Employment commitments • Car parking • Access to transport • Personal safety • Body image issues • Other If answered other, please explain your answer.....
7	How can Freedom Leisure improve female only swimming sessions? (Please explain your answer in the box provided)
8	Do you feel social media and celebrity culture influences the way you feel and look at your body? (Please tick the appropriate box) • Yes • No If answered yes, please explain your answer.....
9	Are you aware of any strategies or initiatives to increase female only swimming? (Please tick the appropriate box) • Yes • No If answered yes, please specify which strategies and initiatives you are aware of.....
10	How old are you? (Please tick the appropriate box) • 18-25 • 26-30 • 31-49 • 50-59 • 60+

ENW A CHYFEIRIAD YR YMCHWILYDD	NAME & ADDRESS OF RESEARCHER Jessica Morris 3, Woodcote Green Grovesend, Swansea, SA4 8DR
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CWESTIYNAU CYFWELIAD SAMPL

SAMPLE FOCUS GROUP QUESTIONS

TEITL Y PROSIECT: / PROJECT TITLE: An evaluation of the motivational factors and barriers of female only swimming within Penlan and Morriston Leisure Centres.

This focus group will help to provide me with an insight into views, feelings and opinions about female only swimming at Freedom Leisure sites. I will ask each question and each individual will provide a response. For evidence purposes, I will record the focus group session.

1	What motivates you to participate in female only swimming sessions?
2	What barriers have you encountered that affect your participation in female only swimming?
3	How do you think Freedom Leisure can improve female only swimming sessions?
4	Do you think there should be more female only swimming sessions? If so, how many and what time of day would you prefer?
5	Would you consider attending other female sporting sessions or exercise classes if they are available at Freedom Leisure sites?

ENW A CHYFEIRIAD YR YMCHWILYDD	NAME & ADDRESS OF RESEARCHER Jessica Morris 3, Woodcote Green Grovesend, Swansea, SA4 8DR
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CWESTIYNAU CYFWELIAD SAMPL

**SAMPLE INTERVIEW QUESTIONS
WITH ASSISTANT MANAGERS**

TEITL Y PROSIECT: / PROJECT TITLE: An evaluation of the motivational factors and barriers of female only swimming within Penlan and Morryston Leisure Centres.

The interviews will be with Gareth Isaac who is assistant manager of Penlan Leisure Centre and Ralph Lewis who is assistant manager of Morryston Leisure Centre. These questions are specific to the leisure centre they work in. For evidence purposes, I will record the interviews with the assistant managers.

1	Are there any operational issues that affect female only swimming sessions at Penlan/Morryston Leisure Centre?
2	What's the average number of women who attend female only swimming sessions?
3	Are there any improvements which could be made to increase female participation in women only swimming sessions at Penlan/Morryston Leisure Centre?
4	What is the purpose of offering female only swimming sessions at Penlan/Morryston Leisure Centre and do the sessions benefit the centre?
5	Have you tried anything from a marketing perspective to increase female participation in female only swimming sessions? e.g. social media, radio announcements, posters, leaflets, etc

ENW A CHYFEIRIAD YR YMCHWILYDD	NAME & ADDRESS OF RESEARCHER Jessica Morris 3, Woodcote Green Grovesend, Swansea, SA4 8DR
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CWESTIYNAU CYFWELIAD SAMPL

**SAMPLE INTERVIEW QUESTIONS WITH
MANAGER**

TEITL Y PROSIECT: / PROJECT TITLE: An evaluation of the motivational factors and barriers of female only swimming within Penlan and Morrision Leisure Centres.

I will interview Jim Kelly who is the manager of Penlan Leisure Centre and Morrision Leisure Centre. I aim to gain answers and an understanding from a management perspective relating to the topic area of female only swimming at Freedom Leisure sites. For evidence purposes, I will record the interview with Jim Kelly.

1	Do you have to have a minimum number of customers to make the female only swimming sessions viable?
2	How have the current time slots for female only swimming sessions at Penlan and Morrision Leisure Centres been selected?
3	Has there been any feedback from customers attending female only swimming sessions?
4	Does Freedom Leisure have any strategies and initiatives to increase female participation?
5	Are there any plans to incorporate other sessions or fitness classes for females only?

ENW A CHYFEIRIAD YR YMCHWILYDD	NAME & ADDRESS OF RESEARCHER Jessica Morris 3, Woodcote Green Grovesend, Swansea, SA4 8DR
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PRIFYSGOL CYMRU

Y Drindod Dewi Sant

UNIVERSITY OF WALES

Trinity Saint David

Cyfranogwr Rhif Adnabod:
Participant Identification Number:

P152153

FFURFLEN GANIATÂD CYFRANOIAD

PARTICIPATION CONSENT FORM

TEITL Y PROSIECT: / PROJECT TITLE: An evaluation of the motivational factors and barriers of female only swimming within Penlan and Morriston Leisure Centres.

Name of Researcher: Jessica Morris

Please initial box

1. I confirm that I have read and understand the information sheet dated 1st February 2019 for the above study. I have had the opportunity to consider the information, ask questions and have had these answered satisfactorily.

☐

2. I understand that my participation is voluntary and that I am free to withdraw at any time, without giving any reason.

☐

3. I understand that any information given by me may be used in future reports, articles or presentations by the research team.

☐

4. I understand that my name will not appear in any reports, articles or presentations.

☐

5. I agree to take part in the above study.

☐

Name of Participant:
Researcher: Jessica Morris

Date: 1/02/19
Date: 1/02/19

Signature:
Signature:

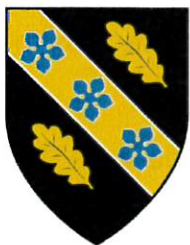
You may decline to participate in this study. You may end your participation in this study at any time. If you decide to remain anonymous, maintaining your anonymity will be a priority and every practical precaution will be taken to disguise your identity. If you prefer anonymity, there will not be any identifying information on audiotapes or transcripts of this or any interview. No-one will hear any audiotapes or see any transcripts without your prior consent. All materials generated from this or any interview will remain confidential.

**When completed, please return in the envelope provided (if applicable). One copy will be given to the participant and the original to be kept in the file of the research team at:
University of Wales Trinity Saint David Swansea Business Campus**

ENW A CHYFEIRIAD YR YMCHWILYDD

NAME & ADDRESS OF RESEARCHER

Jessica Morris
3, Woodcote Green,
Grovesend,
Swansea,
SA4 8DR



PRIFYSGOL CYMRU

Y Drindod Dewi Sant

UNIVERSITY OF WALES

Trinity Saint David

Cyfranogwr Rhif Adnabod:
Participant Identification Number:

P152153

FFURFLEN GANIATÂD CYFRANOIAD

SAMPLE PARTICIPANT INFORMATION SHEET

TEITL Y PROSIECT: / PROJECT TITLE: An evaluation of the motivational factors and barriers of female only swimming within Penlan and Morriston Leisure Centres.

Dear Participant:

My name is Jessica Morris and I am studying in the School of Sport, Health and Outdoor Education.

I would like to invite you to participate in my research project. This project will evaluate the motivational factors and barriers of female only swimming within Penlan and Morriston Leisure Centres and aims to find out what motivates individuals to participate in female only sessions and the barriers that this group of participants experience.

*Attached to this letter is a short questionnaire developed by myself, Jessica Morris, which will assess the motivational factors and barriers of female only swimming within Penlan and Morriston Leisure Centres. I believe your opinions will be extremely helpful to me.

Through your participation in the questionnaire and/or interviews, I hope to ascertain results, views and opinions which I will analyse and use the information to generate graphs and charts. The information will be of practical benefit to Freedom Leisure as it will allow me to provide them with recommendations.

All questionnaires will be kept strictly confidential to the researchers involved and at **NO** time will individual questionnaires be released to the general public. This gives you a chance to express your views on your programme, a confidential and anonymous forum and still be able to make a difference. Your participation in this study is completely voluntary so you can withdraw from the questionnaire at any stage.

My questionnaire should take approximately ten minutes to complete, but there is no time constraint. There are also no right or wrong answers. As this is a new project, your feedback is also important and I would be much obliged if you could also complete the feedback sheet along with the questionnaire. I understand that your time is at a premium but your opinions are very valuable.

After careful and precise analysis of the data obtained from this questionnaire, I will be happy to provide you with a copy of the findings at your request. The results of this questionnaire will hopefully enhance my understanding of the motivational factors and barriers affecting people participating in female only swimming at Penlan and Morriston Leisure Centres and will be stored

on the university's secure 'Turn It In system'. The results of the research will be fed back to the university's programme team and Freedom Leisure.

I would like to thank you in advance for your time and participation. If any questions do arise, feel free to contact me at your convenience.

ENW A CHYFEIRIAD YR YMCHWILYDD	Jessica Morris 3, Woodcote Green, Grovesend, Swansea, SA4 8DR
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DBS Fee Charged

Certificate Number

001642337472

Date of Issue:

27 DECEMBER 2018

Applicant Personal Details

Surname MORRIS

Forename(s) JESS LAUREN

Other Names: NONE DECLARED

Date of Birth: 15 JANUARY 1998

Place of Birth: NEATH

Gender: FEMALE

Employment Details

Position applied for:
CHILD WORKFORCE GYMNASICS COACH

Name of Employer:
FREEDOM LEISURE

Countersignatory Details

Registered Person/Body:
POWYS COUNTY COUNCIL

Countersignatory:
GWYNETH DAVIES

Police Records of Convictions, Cautions, Reprimands and Warnings

NONE RECORDED

Information from the list held under Section 142 of the Education Act 2002

NONE RECORDED

DBS Children's Barred List information

NONE RECORDED

DBS Adults' Barred List information

NOT REQUESTED

Other relevant information disclosed at the Chief Police Officer(s) discretion

NONE RECORDED

Enhanced Certificate

This document is an Enhanced Criminal Record Certificate within the meaning of sections 113B and 116 of the Police Act 1997.

THIS CERTIFICATE IS NOT EVIDENCE OF IDENTITY



Disclosure and Barring Service, PO Box 165, Liverpool, L69 3JD Helpline: 03000 200 190

Continued on page 2

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003575
JESS MORRIS
3 WOODCOTE GREEN
GROVESEND
SWANSEA
SA4 8DR

STRICTLY PRIVATE AND CONFIDENTIAL

If you find this certificate and are not able to return it to the person to whom it relates, please return it to the DBS at the address above or hand it in at the nearest police station.

End of Details

[illegible]