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PREVALENCE OF GYMNASTIC AS PHYSICAL ACTIVITY AMONG STUDENTS OF LONDON METROPOLITAN UNIVERSITY



Introduction

- Gymnastic is one of the essential physical activities as it acquires the benefit of aerobatic and weight-bearing activities (medlineplus.gov 2023).
- This proposal will demonstrate the prevalence of gymnastic among the students of London Metropolitan University.
- There will be an indulgence of literature review along with primary methods of collecting data and information within the proposal.



Background of the study

- Physical activity can be discussed as the voluntary movement that is produced by the muscles of our skeletal and requires energy expenditure in an authentic manner (who.int. 2023).
- The background of the study will also focus on gymnastic as a physical activity and how it is relevant to the body and growth of physical well-being.
- The London Metropolitan University is one of the public universities situated in the United Kingdom and consists of more than ten thousand students.
- I will conduct literature review on the topic along with primary methods of collecting quantitative data within the proposal.



Literature review

- The literature review can be described as academic writing which helps to demonstrate the understanding of academic literature on any specific topic.
- With the help of literature, it will be easier for the researcher to elaborate knowledge about the subject in an authentic manner.
- By using different types of textual resources, the literature review will be conducted.
- There will also be an indulgence of different heading in order to analysing the subject of the research paper.



Prevalence of the students of London Metropolitan University to get engaged in gymnastic

- According to londonmet.ac.uk (2023), It can be said that the London Metropolitan University offers a range of opportunities to provide active and fitness facilities for students, staff as well as the public.
- Gymnastics is one of the best ways to improve motor skills, as well as build muscles, improving flexibility which provides benefits in managing the overall physical health and well-being of students.
- As per Ruzmatovich and Shohbozjon (2023), it can be said that gymnastics improves strength, balance, endurance, coordination, and many more which helps students in improving their health and athletic performance.
- In order to maintain the good health of the students, it is essential for the universities to have different types of fitness facilities, which impact both physical as well as mental health restaurants in a positive manner.
- According to londonmet.ac.uk (2023), it can be said that the London metropolitan universities acquire excellent facilities to help students keep active and remain fit Where they promote fitness as well as exercise in students' daily life.

Impact of Gymnastics on Students as a physical activity

- Gymnastics can be defined as the type of physical exercise that requires balance, flexibility, strength, and agility in an effective manner.
- The movements that are involved in gymnastics help to contribute to the development of the legs, back, shoulder, abdominal muscle groups, and chest.
- All the physical growth that happens with the help of gymnastics can impact students' Physical and mental activities in a positive manner which can be taken as an important reason for indulging students in gymnastics.
- According to Jürimäe *et al.* (2018) it can be said that, Children as well as adults and gymnasts. Present higher bone mineral density as well as content values compared to untrained controls.
- The students who are indulged in gymnastic activities acquire high impact. Mechanical loading that appears to be especially osteogenic to achieve the maximum possible peak bone accrual during growth and maturation.
- Gymnastics not only helps in improving physical activities but also provides benefits in encouraging students to take part in different physical activities that improve their academic skills and abilities.



Ways to motivate the students to engage in gymnastic

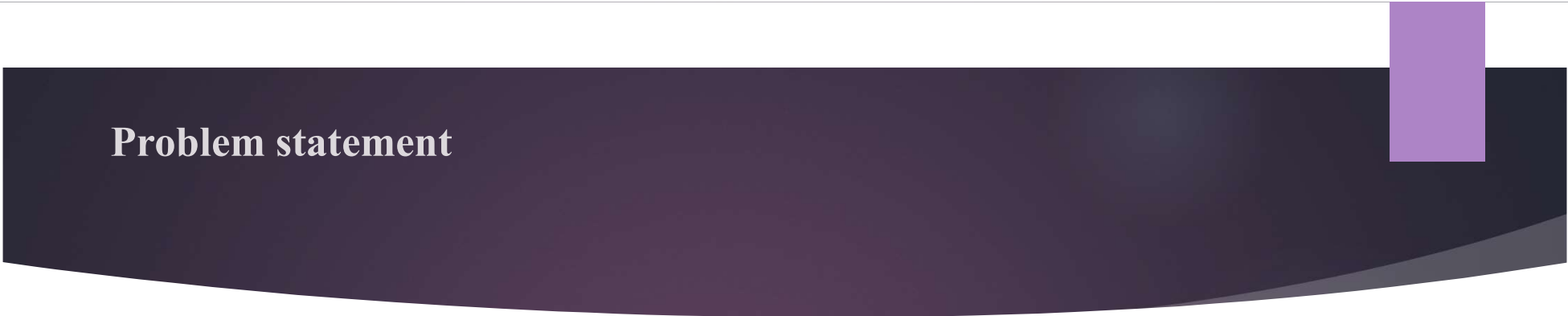
- Motivation is one of the most essential factors which helps to increase confidence and manage the ability to perform tasks.
- As per XXX (2022), it can be said that motivation is the process which regulates behaviour and also controls actions.
- With the help of motivation, it becomes easier to pursue others to perform certain tasks which provides beneficial results in both professional as well as personal life.
- With the help of motivation, it will become easier to make students engage in gymnastics which will be beneficial for their personal and academic growth while managing their physical well-being.
- With the help of feedback, it will be easier to motivate students to indulge in gymnastics as they will get proper guidance about their strengths and weaknesses.
- As per Elshami *et al.* (202), it can be said that effective communication can also be taken as one of the beneficial factors to encourage students.
- With the help of proper interaction, it will be easier to gather thoughts, ideas as well as opinions of students about gymnastics.
- Due to this reason, it will be easier to motivate them while analysing thier negative and positive thoughts and opinions.



Strategies to improve gymnastics among the students of the London Metropolitan University

- There are different strategies that can help in improving gymnastics among students of London Metropolitan University.
- Focusing on the skills of students can be taken as one of the strategies as all the students require different skills with different interests.
- As per Ávalos-Ramos et al. (2020), it can be observed that focusing on the skills of the students will help to manage their gymnastic competencies in an effective manner.
- Improving team spirit by indulging the students in teamwork while performing gymnastics which will help them to remain collaborative.
- While performing in a team, the students will also get access to different skills and abilities which will help them learn different moves that will improve their gymnastic skills.
- Making floor routines will also be beneficial to improve the gymnastics of the students as they will improve other skills like time management, discipline, and many more.





Problem statement

- There are diverse diseases that occur among children due to the comfort they acquire while studying at the university.
- In order to mitigate the issues this topic will be beneficial in improving knowledge about managing physical health through gymnastic .
- It is essential for the study to learn about the importance of gymnastic as it is one of the essential physical activities that improves their physical as well as mental well-being.

Research rationale

- Lack of organisation of physical activities as a part of academic activities can be taken as an issue which can impact the health and well-being of students in a negative manner.
- It is essential for the students of London Metropolitan University to understand the benefit of gymnastic where this study will be beneficial.
- It is an issue because the London Metropolitan University has many students and obesity as well as different types of diseases are impacting students in a negative manner which is the main reason for conducting this study.

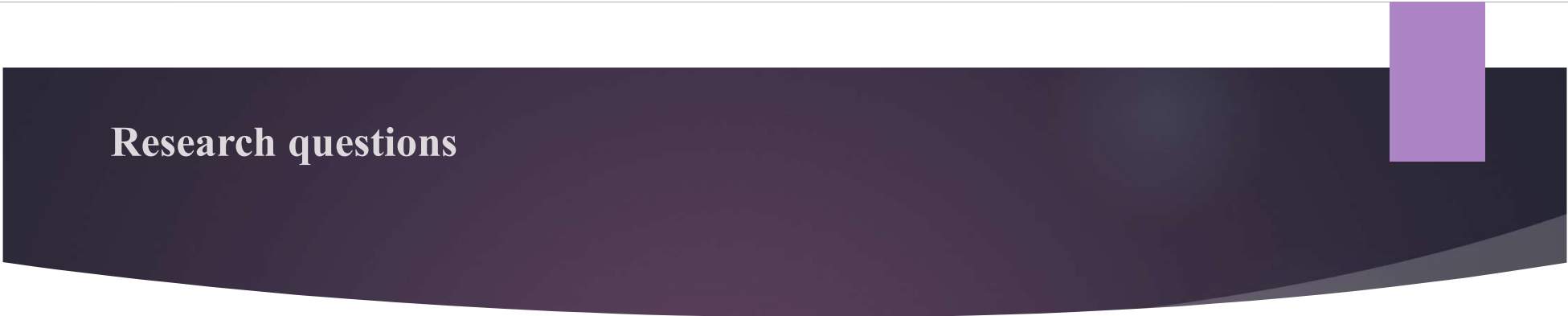
The research aims and objectives

► Aim:

- To determine the prevalence of gymnastic among students in London Metropolitan university.

Objectives:

- To determine prevalence and socio-demographic profile of students engaged in gymnastics in London Metropolitan University.
- To identify factors motivating the students for engaging in gymnastics as a physical activity.
- To examine the strategies for improving gymnastics among students of London Metropolitan



Research questions

- RQ 1. What is proportion and socio-demographic characteristics of students engaging in gymnastic in London Metropolitan University?
- RQ 2. What are the factors motivating the students to engage in gymnastic
- RQ 3. What strategies can be implemented by the London Metropolitan University to improve gymnastic among the students.

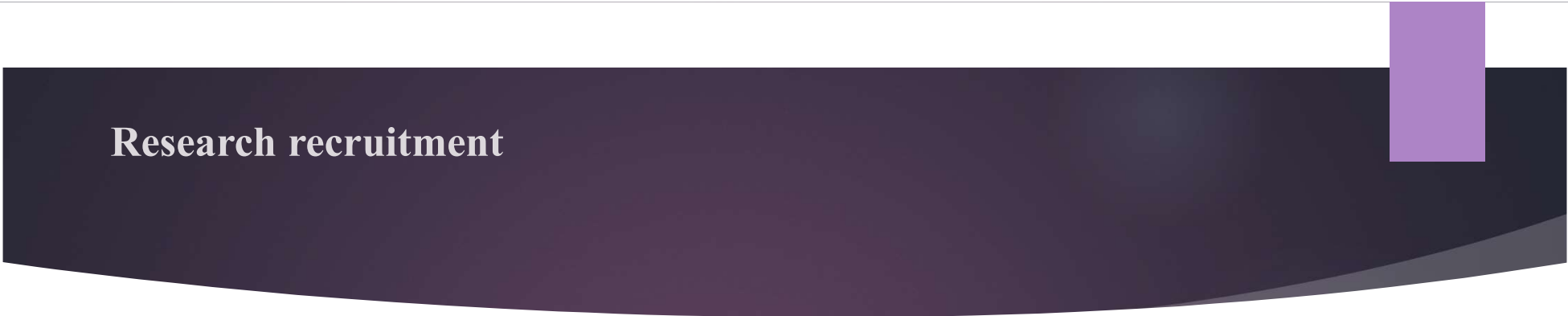
Research methodology

- The research methodology is the systematic approach to resolving research problems by gathering proper data and information related to the subject of the paper.
- With the help of the research methodology, it will become easier for the researcher to generate new knowledge and ideas about the research topic (Bhaskar and Manjuladev, 2023).
- There will be a discussion of different methods in order to collect data and information for the research paper.
- ▶ Research design, research recruitment, research sampling and study participants along with data collection and data analysis in an authentic manner.

Research design

- The research design will help the researcher to analyse any issue that is associated with the research paper in an authentic manner.
- The main purpose of research design is to provide a proper plan of the study that helps to permit an accurate assessment of cause and effect between independent data (pubmed.ncbi.nlm.nih.gov.2023).
- There are three types of research design which are exploratory, explanatory, and descriptive.
- For this research paper, the descriptive research design will be taken into consideration which will help in obtaining information in a systematic manner.

Exploratory
Explanatory
Descriptive



Research recruitment

- The research paper will require the students of the University in order to take proper interviews though questionnaire.
- The students who perform dance will also be chosen for interview purposes as it will help the researcher to gather diverse thoughts and opinions of students.

Research sampling and study participants

- The purposive research sampling will be beneficial for this paper as it is the technique where the units are selected as they have the characteristics that are required for the sample.
- The purposive sampling will help to gather more informative responses that will impact the knowledge of the research paper in a positive manner (Campbell *et al.*, 2020).
- There will be a collection of 8 samples from the total number of students who will be e-mailed about the topic and the reason for choosing them as a part of the research paper.
- It is difficult to study the overall population where sampling is beneficial as they also intended to be generalised to the population as well as to the future (Andrade 2020).
- In order to study participants, the e-mail will include different factors such as their age, name, gender, and the reason for them to choose gymnastic as one of the physical activities.
- The participants will be free from answering personal information but they are required to answer the reason for choosing gymnastic and how it impacts their academic skills.

Data collection

- Data collection is the process of collecting data along with measuring information on variables of interest that helps to address research aims and objectives (ori.hhs.gov 2023).
- Data collection is essential part of a research paper which will help the researcher to gather the proper information and draw a conclusion from it
- There are two types of data collection methods where one is the primary method of collecting data and the secondary method of collecting data.
- For this research paper, the primary data collection method will be taken into consideration which deals with collecting real-time data while focusing on the groups, number of participants, and many more (dshhr.wv.gov. 2023).
- Data collection will be done with the help of questionnaire where it will cover socio demographic of the students.



Data analysis

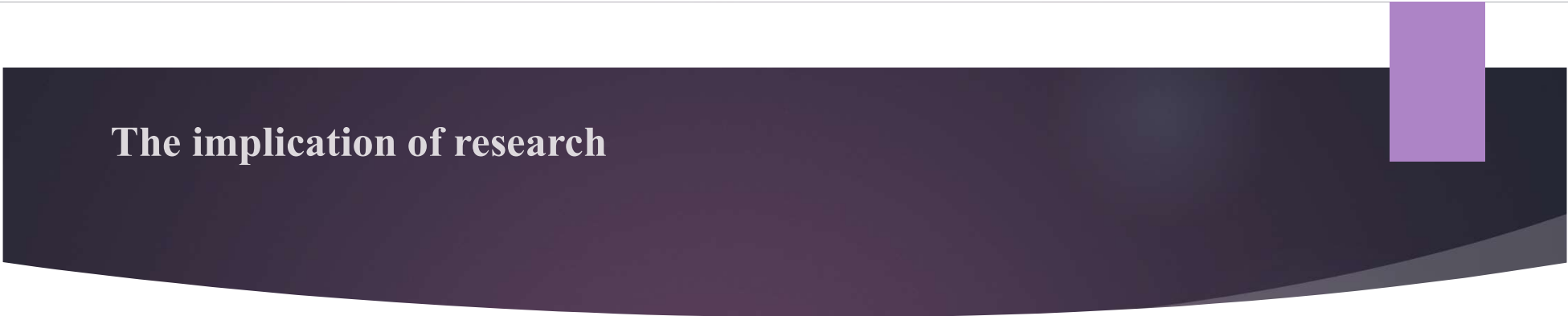
- The data analysis is one of the significant parts of the research paper which deals with analysing the collected data and information in an authentic manner (Raj, 2020).
- With the help of data analysis, the researcher will be able to clean, model as well as transform data in order to discover useful information for the research paper.
- There are two types of data analysis methods that are qualitative and quantitative method of analysing data.
- For this research paper, the researcher will use the quantitative method of analysing data which deals with analysing statistical and numerical data and information (Mishra and Alok, 2022).
- Analysis of the data will be done with the help of SPSS.



Ethical considerations

- Ethical considerations are a beneficial part of the research paper as they will help the researcher to guide the research design and practices in an effective manner (Mohajan, 2020).
- The ethical practices that will be taken into consideration are voluntary participation, informed consent, confidentiality, potential harm, and many more.
- This research protocol will be submitted to the Research Ethics Committee of the London Metropolitan University for review and approval.
- A written informed consent will be obtained from each eligible student before they are recruited into the study. Participation will be voluntary, and confidentiality of the data collected will be maintained.





The implication of research

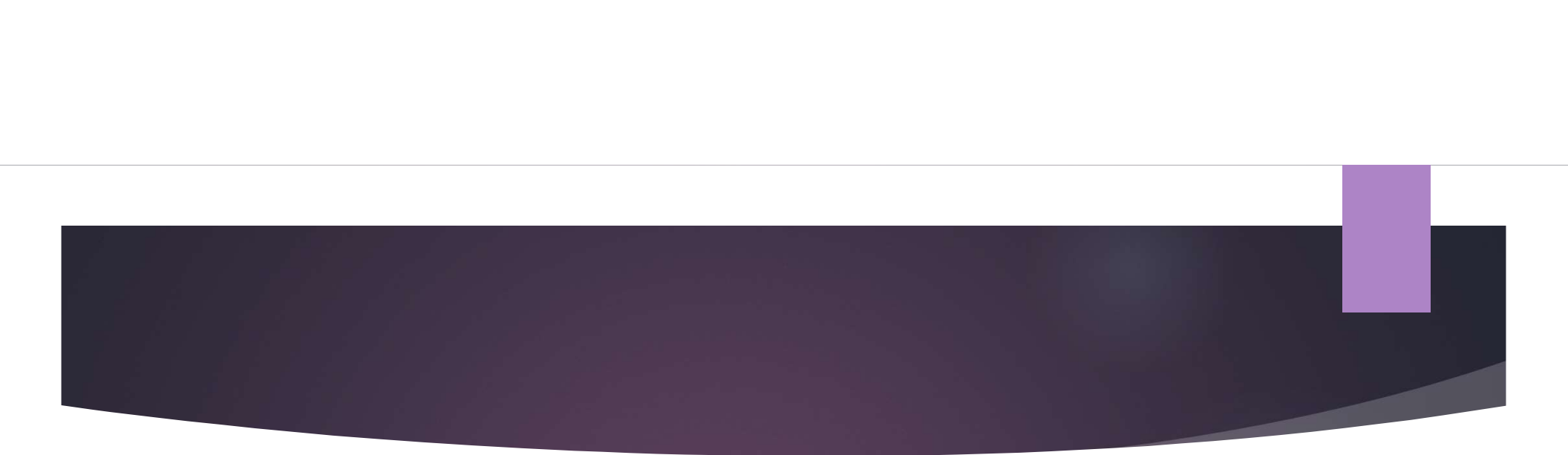
- The research paper will include all the possible information about gymnastic and how it is associated with physical activity.
- The research will generate findings on the prevalence of gymnastic among the students and this can be used to plan support facilities for the students.
- The research will also identify the factors that motivate the students to engage in gymnastics and this can be used to develop a gymnastic policy for the students in the University.

Gantt chart

Development and review of research proposal					
Submission of the research proposal to the Research Ethics Committee					
Study staff recruitment					
Study staff training					
Data collection					
Data analysis					
Report writing					
Dissemination of findings.					

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Thank You

