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Module code and title: LCHS7001 – Practice-Based Research

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Assignment title: Individual Presentation- Research Proposal

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



Introduction

- Dancing 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 dancing 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 dancing 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.
- The study will describe the prevalence of dancing among the students of this university and it will contribute to their good health while studying within the university.



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 implementing different aspects related to the subject, the literature review will help to clarify the overall topic.





Importance of physical activity for students

- Physical activities directly contribute to the health and well-being of a person by building strong bones and muscles.
- According to (cdc.gov. 2022), it can be said that physical activities can help in managing health while improving brain health, managing weight, reducing the risk of diseases, and many more.
- It is essential for students to keep proper physical health because it will help them to achieve academic goals and objectives for a better future.
- As per White *et al.* (2021), it can be observed that focusing on physical activities will also help improve confidence among the students which will also help them in improving their competitive nature.

Contribution of dancing to improving physical well-being

- Dancing can be taken as one of the most authentic physical activities as it includes body movements along with creative thoughts and ideas.
- According to betterhealth.vic.gov.au (2023), it can be said that dance provides benefits to all people of different shapes, sizes as well as ages.
- Dance can be taken as one of the reasons people get toned muscles and strength while reducing the risk of osteoporosis.



Importance of dancing in improving mental well-being

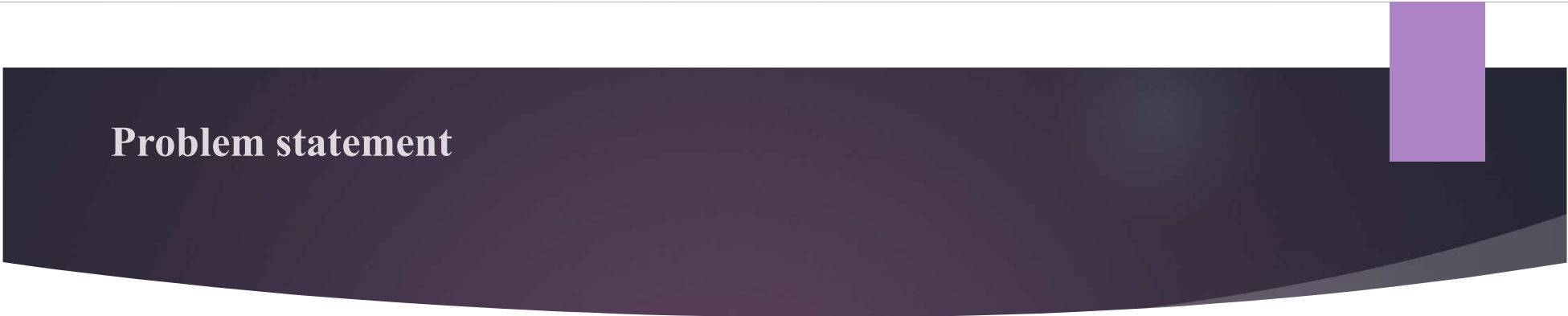
- Dancing gradually increases heart rate and also provides a sense of satisfaction which is one of the reasons for reducing anxiety and depression.
- In the opinion of Bohn and Hogue (2021), it can be observed that dancing is one of the movement therapies which includes numerous physical as well as mental health benefits that includes management of anxiety and improving self-esteem.
- As per Hameline, (2020), it can be said that dancing requires proper creativity in order to move the body in rhythm which creates beauty in each movement and increases likeability among viewers.



Dancing can help in preventing different diseases

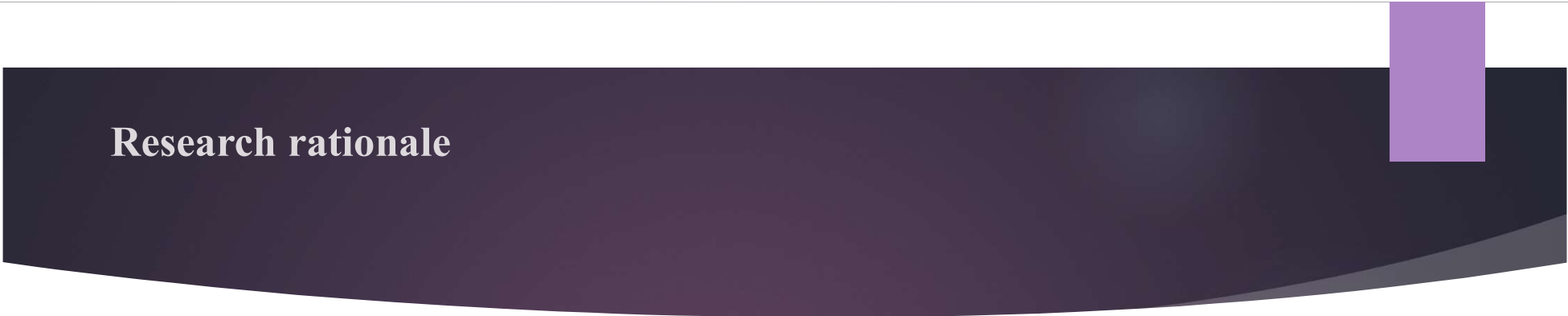
- Adding dance as a part of the daily routine for students will be beneficial for their bodies to get prevented different diseases.
- Most of the time dancing can be taken as a part of workout sessions to make them more meaningful and entertaining for students which helps them to feel burnout.
- As per [bhf.org.uk](https://www.bhf.org.uk) (2023), it can be said that 46% of dances have been found to have a lower risk of cardiovascular death compared to those who never dance or does it often.
- According to commonslibrary.parliament.uk (2023), it can be said that 25.9% of adults are obese in England whereas 37.9% are overweight instead of obese.
- Dancing can help in burning calories which can prevent students from being obese which is one of the concerning diseases within England.





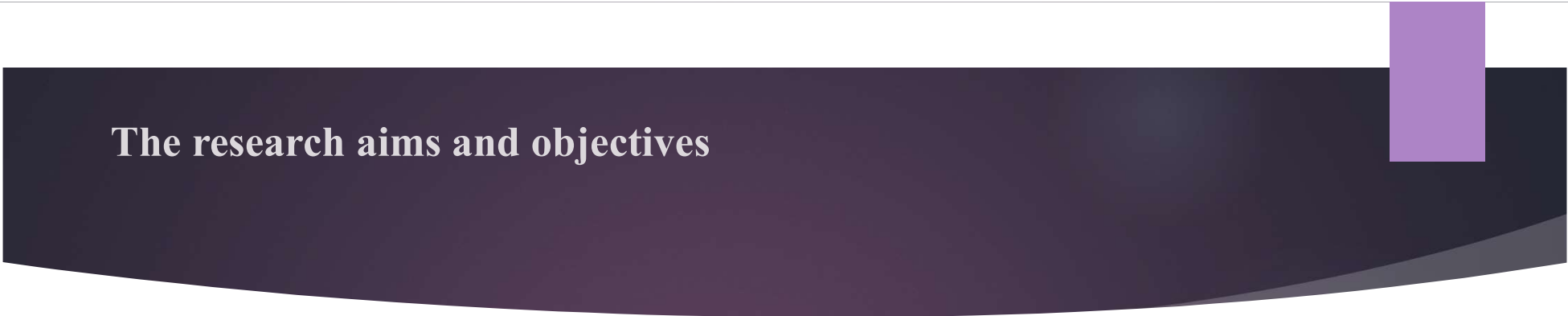
Problem statement

- 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 dancing.
- It is essential for the study to learn about the importance of dancing as it is one of the essential physical activities that improves their physical as well as mental well-being.



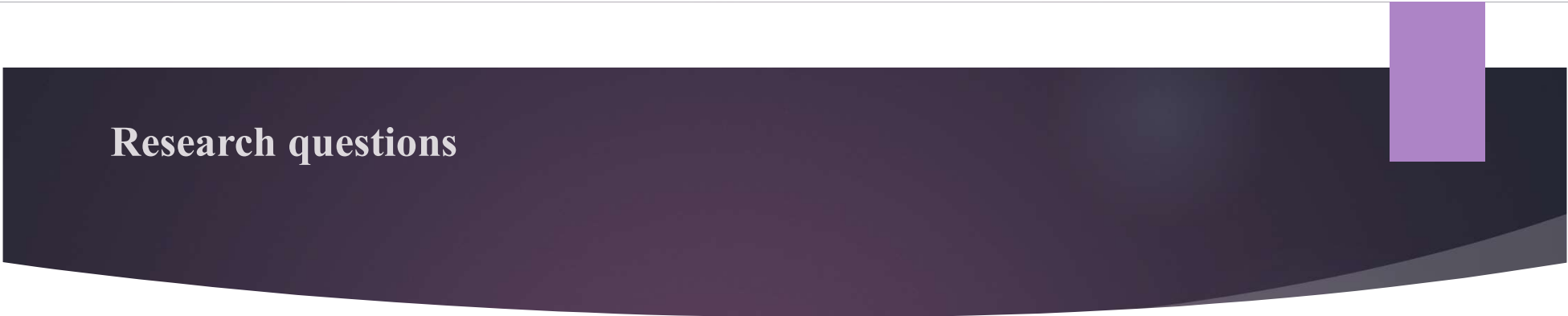
Research rationale

- 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.
- Lack of proper physical activities like dancing can cause students to face different diseases which can impact their overall academic goals and objectives.
- It is an issue because the London Metropolitan University has many students and obesity as well as different types of diseases are impacting people in a negative manner.



The research aims and objectives

- The main aim of the research is to analyse the prevalence of dancing as a physical activity among the students of London Metropolitan University.
- The first objective of the research paper is the importance of physical activities for students.
- The second objective is the impact of dancing on the physical and mental well-being of students.
- The third objective is the importance of dancing in preventing students from different diseases.



Research questions

- What is the importance of physical activities in managing the academic skills of students?
- What is the impact of dancing on the physical and mental well-being of students as a physical activity?
- What are the issues that can be mitigated with the help of dancing while choosing it as a physical activity?

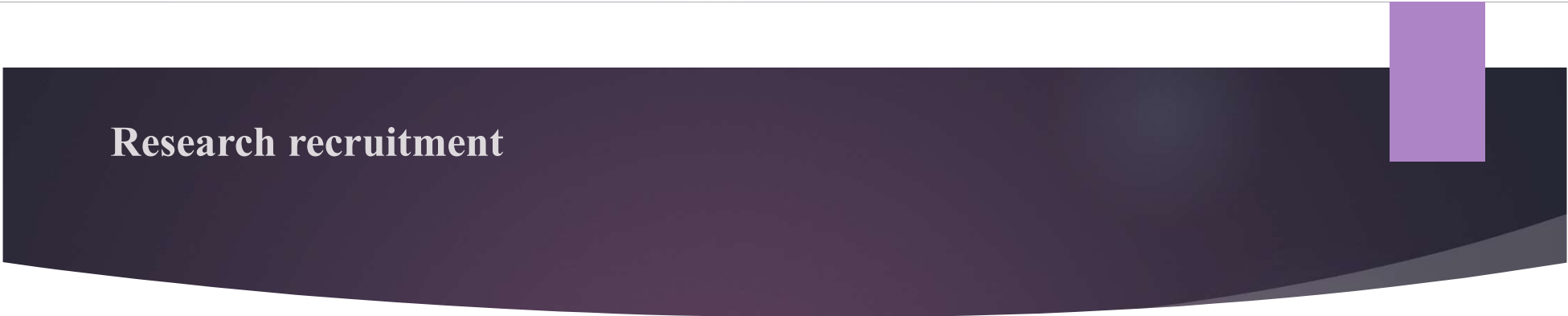
Research methodology

- 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 who are interested in taking dancing as physical activity.
- 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 dancing 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 dancing 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 e 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 analysis

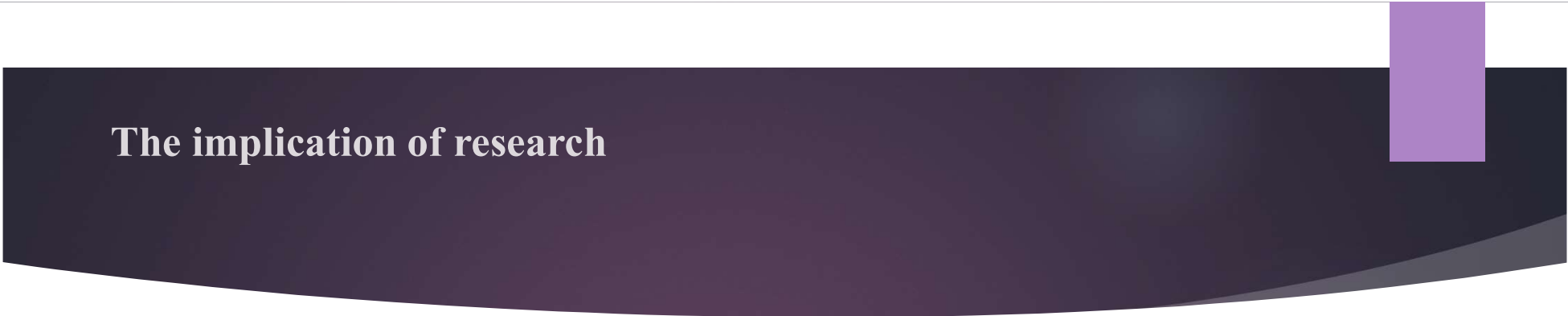
- The data analysis is one of the significant parts of the research paper which deals with analysing the collected data and information in an authentic manner (Raj, 2020).
- With the help of data analysis, the researcher will be able to clean, model as well as transform data in order to discover useful 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).



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.
- The ethical considerations of the paper will help the participants to feel free to take part in the interview and share their opinions in an open manner.





The implication of research

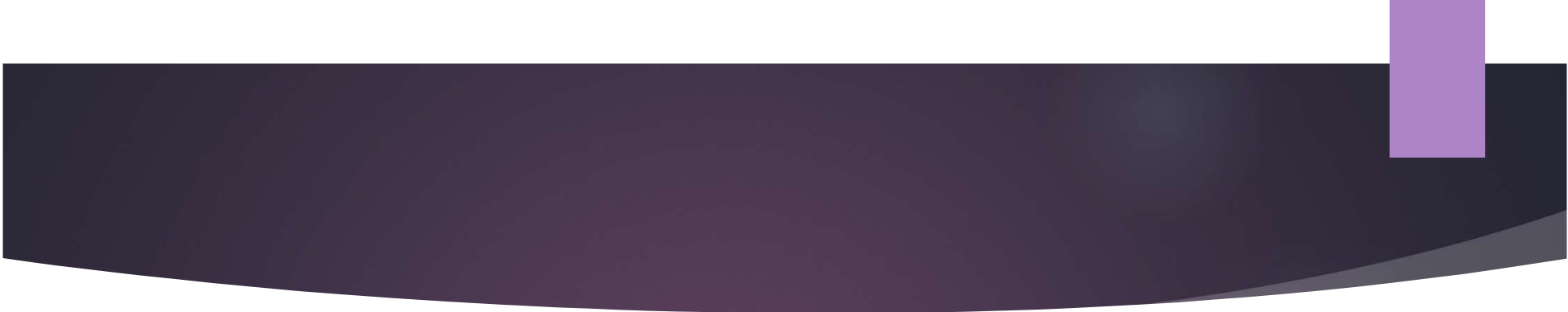
- The research paper will include all the possible information about dancing and how it is associated with physical activity.
- The research paper will help the students of the university to acquire knowledge about the importance of academic skills as well as physical activities in an authentic manner.
- The research paper will also be beneficial for the researchers who will research similar topics related to health, physical activities, dancing, and many more.

Gantt chart

Task	Week-1	Week-2	Week-3	Week-4	Week-5
Topic selection for the research paper					
Generating research aims and objectives					
Developing literature review					
Collecting data					
Analysing data					
Paper submission					

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Thank You

