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UNIVERSITY: UNIVERSITY OF WALES TRINITY SAINT DAVID

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MODULE: Practice-Based Research

MODULE CODE: LCHS7001

ASSIGNMENT TITLE: Individual presentation

Lecturer name: Dr Muhammed Afolabi



INTRODUCTION



- Research title: Prevalence of cycling among the students of university of east London.
- Definition of physical activity is proposed as involving “people moving, acting and performing within culturally specific spaces and contexts, and influenced by a unique array of interests, emotions, ideas, instructions and relationships.” (Piggin, 2020)
- Types includes: cycling, walking, swimming, yoga.
- The topic provides details on the prevalence of physical activity such as cycling amongst undergraduate and post graduate students nowadays.
- The current research activity is focused to the student of public universities of the UK.

RESEARCH RATIONALE



- The rationale is to determine the prevalence of cycling among the students, as this may help to help the University put in place appropriate policy and facilities to cater for the needs of the students engaging in cycling.
- there has been a recent surge in the interest in physical activity and this research is important to determine the prevalence of cycling among the students so that appropriate planning and facilities can be put in place by the University management.
- It has been evident from the study of (Wilke et al. 2021) that prevalence of physical activities is crucial for effective mental wellbeing.

RESEARCH AIM



- To determine the prevalence of cycling among students of the University of East London.

RESEARCH OBJECTIVES

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

RESEARCH QUESTIONS

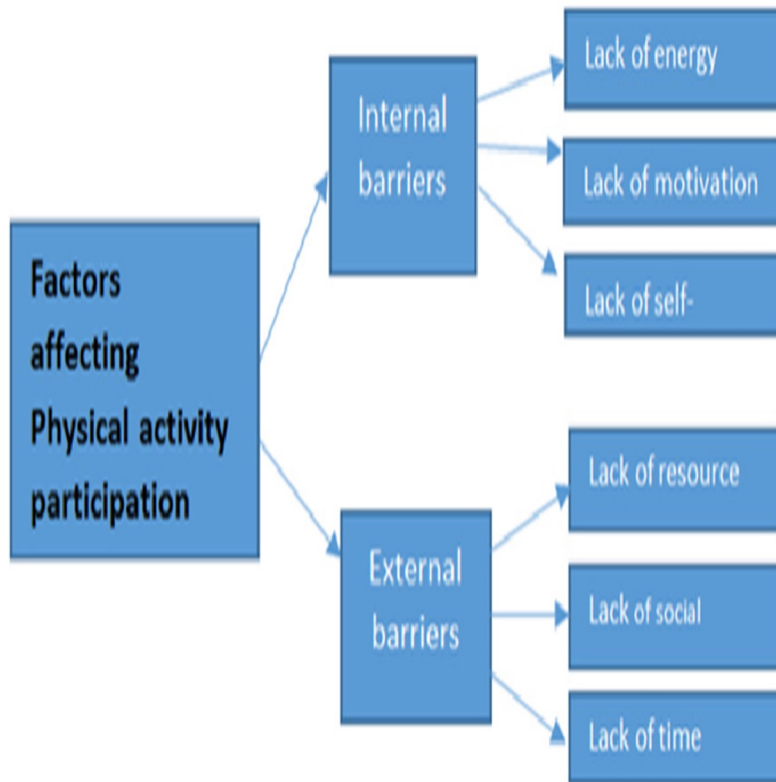
1. how many students of university of east London engage in cycling?
2. What are the socio demographic profile of students of university of east London who engage in cycling?
3. What are the factors influencing students for engaging in cycling?



LITERATURE REVIEW



- Prevalance
- Cycling provides several chances to enhance individual and overall health of society
- Bicycle ownership in the UK surged by 79% between 1975-1976 and 1985-1986 from 7 million to over 13 million cycles
- During the same time, however the distance covered by bicycle hiked by 16%, its share of all road traffic declined from 1.8% to 1.6%.
- Despite the fact that 60% of all trips in the UK are shorter than 5km long, just roughly 2% of all trips are conducted by bicycle (Unwin, 1995)



- *Factors influencing physical activity levels among students in a public university*

- Student participation in physical activity is significantly influenced by their own motivation and self-efficacy (Wilke *et al.* 2021)..
- Students find it difficult to engage in regular physical activity due to time constraints brought on by their academic workload and other obligations.
- Students patterns of physical activity are influenced by environmental variables including the design of the campus and the availability of active transportation choices (Lan, and Hew, 2020).
- Technology-based solutions, such as fitness apps and wearable devices, enhance-student motivation and tracking of physical activity.
- The accessibility and convenience of on-campus fitness centers and programs have a big impact on the amount of exercise students get (Ge *et al.* 2019).



- *Interventions and strategies to promote physical activity among university students*
 - Encouraging cycling and other forms of active transportation (Rudd *et al.* 2020),.
 - Campus-wide campaign and challenges to foster motivation and community engagement.
 - Establishing clubs and programs run by peers to foster an environment that is encouraging and inclusive (Pavlovic *et al.* 2021).
 - Utilizing technology-based solutions, such as mobile apps and online platforms
 - Offering a variety of fitness classes and programs on campus
 - Integrating physical activity into the academic curriculum.



RESEARCH DESIGN:METHODOLOGY

- Cross sectional descriptive research design will be used.
- Descriptive research design will help researcher in analysing the chronology of physical activities and its contribution towards effective mental and physical health.
- Sampling strategy that can be used is simple random.



DATA COLLECTION

- The fresh and innovative collection of primary data tools for educational perspectives will be used.
- Primary data will be collected via questionnaire.
- Questionnaires will also include factors that promote cycling among students.
- The questionnaire will cover the socio-demographic characteristics of the university students e.g. age, gender, residential location, educational level, religious affiliation, marital status, family income.
- The purpose of the questionnaire is to obtain comprehensive understanding of the population
- The respondents to questionnaire will be student from the age group of 21 to 30 years.

DATA ANALYSIS



- Qualitative data and qualitative analysis will be performed.
- Quantitative data analysis will assist the researcher to include data which is numeric or statistics that further make the research more appropriate.
- Can use STATA.
- Sampling strategy that can be used is simple random.
- The analysis of the current research activity can be possible as qualitative data also considers the behaviours of relevant variables.

ETHICAL CONSIDERATION

- This research protocol will be submitted to the Research Ethics Committee of the University of East London 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.



GANTT CHART

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Development and review of the 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.								

IMPLICATIONS

- The research will generate findings on the prevalence of cycling 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 cycling and this can be used to develop a cycling policy for the students in the University.



CONCLUSION

- The research seeks to analyse the prevalence of physical activity among students in a public university to understand the present level of participation in physical activity within this particular demographic group.
- The research analysis meant to understand the present level of participation.
- The research reveals the importance of physical activities



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**THANK
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