

Prevalence of physical activity among students in a public university

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Introduction / Background

Why is physical activity important?

- Swimming as a physical activity
- The benefits of swimming relating to the body
- The importance of swimming for young people as well as safety aspects involved.



Source; https://www.google.co.uk/imgres?imgurl=https%3A%2F%2Fwww.nottingham.ac.uk%2FSport%2FImages-Multimedia%2Fmembership%2Fswimming-Pool-Feb-23-48-Cropped-716x300.jpg&tbnid=MiduHZ_K2Awa_M&vet=12ahUKewij6KfvxZaAAxWdnCcCHb1PC8UQMygvegUIARCZAg..i&imgrefurl=https%3A%2F%2Fwww.nottingham.ac.uk%2FSport%2Fbookings-and-timetables%2Fswim%2F&docid=KD3irCq_In3DUM&w=716&h=300&q=s+swimming%20among%20students%20uk&ved=2ahUKewij6KfvxZaAAxWdnCcCHb1PC8UQMygvegUIARCZAg

		researchers	Method	
Changes in Physical activity among United Kingdom university students following the implementation of lockdown measures	With the implementation of lockdown measures during the second lockdown, it was found by scientists that even though the activity levels decrease, once new rules implemented activity levels did increase.	The listed number of researchers was found to have been eight.	Quantitative	England
The influence of physical activity, sport and exercise motives among UK-based university students	The study has been conducted due to current evidence of majority adult population failing the 30 minutes a day physical activity recommendation by the National Health service.	The listed number of was found to be five.	Quantitative	England
Sport and physical activity habits, behaviours and barriers to participation in university students	This article looks at the links between less wealthy people and their levels of exercise, with their findings being that	The listed number of was found to be three.	Quantitative	England

Article	Summary	Number of researchers	Research Method	Location
Improved mood following a single immersion in water	The use of cold water as a therapy, within swimming is a very well-known way of therapy due to its great ability to improve the mood as well as fitness of the person, mainly focusing on the young and healthy pupils who might be interested in things like competitive swimming.	The number of researchers was found to be two.	Quantitative	England
Training and academic demands are associated with sleep quality in high-performance 'dual career' student swimmers	The article focuses on the findings of dual career athletes that have to focus on education as well as their professional career at the same time. Their findings show that the physical activity that they entail on a daily basis is an amazing help towards their sleep due to using their excess and more energy that then allows them to rest better and focus on schoolwork.	The number of researchers was found to be four.	Quantitative	England

Rationale/ Research question

‘How prevalent is the swimming programme at University of Surrey?’

Objectives

- To research how prevalent is swimming as a physical activity among university students In England
- Develop a questionnaire with questions to help understanding the research question
- Hypotheses

Proposed research Methodology



Source: https://www.google.co.uk/imgres?imgurl=https%3A%2F%2Fresearchmethod.net%2Fwp-content%2Fuploads%2F2023%2F04%2FResearch_Methodology-1024x576.jpg&tbid=Cpkn_hh8-6nPsM&vet=12ahUKEwia3Ljlk5iAAxUvmicCHW0wDOMQMygCegUIARDoAQ&imgrefurl=https%3A%2F%2Fresearchmethod.net%2Fmethodology%2F&docid=Rgl6FiGk04KPM&w=1024&h=576&q=research%20methodology&ved=2ahUKEwia3Ljlk5iAAxUvmicCHW0wDOMQMygCegUIARDoAQ

- Research Design

Quantitative research, through a questionnaire and targeting a sample of University Students who are choosing swimming as physical activity, focusing on numerical aspect.

Collecting primary data.

- Recruitment, Sampling and Study Participants
- Simple random sampling

To use a random number generator

- Materials/ Data collection methods and procedures

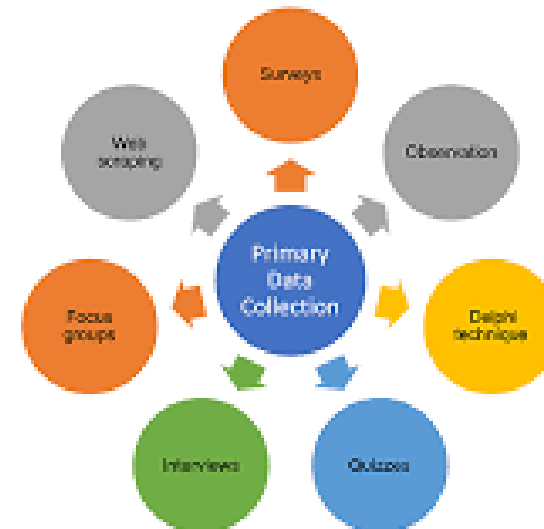
Data collection

Through survey consisted of multiple answers, 4 questions.

The aim is to conduct the survey with 50 Surrey University students on the campus premises from 15th to 18th September 2023 between 9 to 5 pm.

A student was defined as a person already enrolled with University of Surrey and taken part of swimming program.

Participants will be given 10 minutes to fill in anonymously the survey.



Source: https://www.google.com/imgres?imgurl=https%3A%2F%2Fcdn.clickworker.com%2Fwp-content%2Fuploads%2F2022%2F08%2Fprimary-data-collection-types.png&tbid=oZlHPJD-WXUuLM&vet=12ahUKewiD_b2s7ZeAAxU-rycCHc0nB-UQMygCegUIARDrAQ..i&imgrefurl=https%3A%2F%2Fwww.clickworker.com%2Fcustomer-blog%2Fprimary-data-collection%2F&docid=xom8BwbicogP5M&w=800&h=394&q=primary%20data%20collection&safe=active&ved=2ahUKewiD_b2s7ZeAAxU-rycCHc0nB-UQMygCegUIARDrAQ

Questionnaire

1. Is the swimming a physical activity of your interest,
during your studies at the University

Yes

No

2. Is swimming as a physical activity, that would
improve your mental health

Likely

Less likely

3. In your own opinion does swimming help you focus
better to your courses

Yes

No

Potentially

4. have you taken in consideration a University who has
swimming program, when researching the preferred
University to apply for

Yes

No



Proposed data analysis technique

- Methodologies

Primary data to be collected

Quantitative research

Descriptive

Cross Sectional

Capture data from participants through survey conducted

Ethical Considerations

- Due to this study involving human participants, a request will be sent off for approval to the Ethics Committee for the ethical consideration.
- The participants will be required to sign a consent that regards their private data sharing, in order to conform to GDPR.

Implication of research

- Bring attention to how swimming is able to develop the body and muscles.
- Find more of a reputable statistic on how swimming helps as a physical activity
- Use the answers from the questionnaire made to paint a picture on what students think about water sports like swimming and how they help.

Schedule Gantt Chart

	Month 1	Month 2	Month 3	Month 4	Month 5	Month 6	Month 7	Month 8
<i>Introduction/background</i>								
<i>Research Question</i>								
<i>Literature Review</i>								
<i>Rationale</i>								
<i>Proposed research methodology</i>								
<i>Data Collection Questionnaire</i>								
<i>Proposed data analysis technique</i>								
<i>Ethical considerations</i>								
<i>Implication of research</i>								

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