RESEARCH IN ACTION

SKILLS DEVELOPMENT PRESENTATION

Presented by : Avinaash Muniandy (2244751)

RESEARCH

TITLE:

The Effects of Physical Activity Intervention on Student Mental Well-being in UWTSD, Swansea: A Quantitative Study using the WEMWBS.

QUESTION:

How does engaging in physical activity intervention affect students' mental well-being?

SKILLS DEVELOPED



Teamwork



Critical Thinking



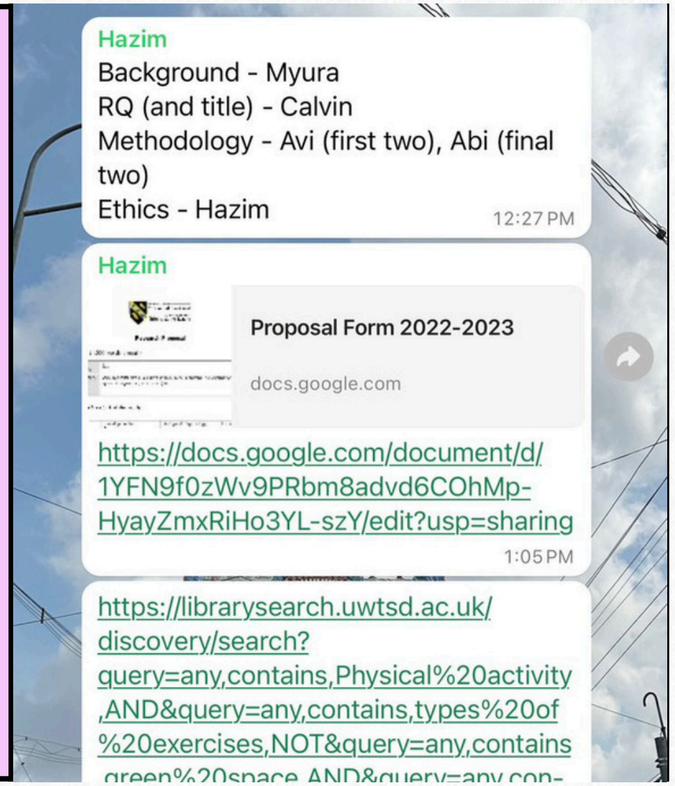
Cultural Competence

TEAMWORK

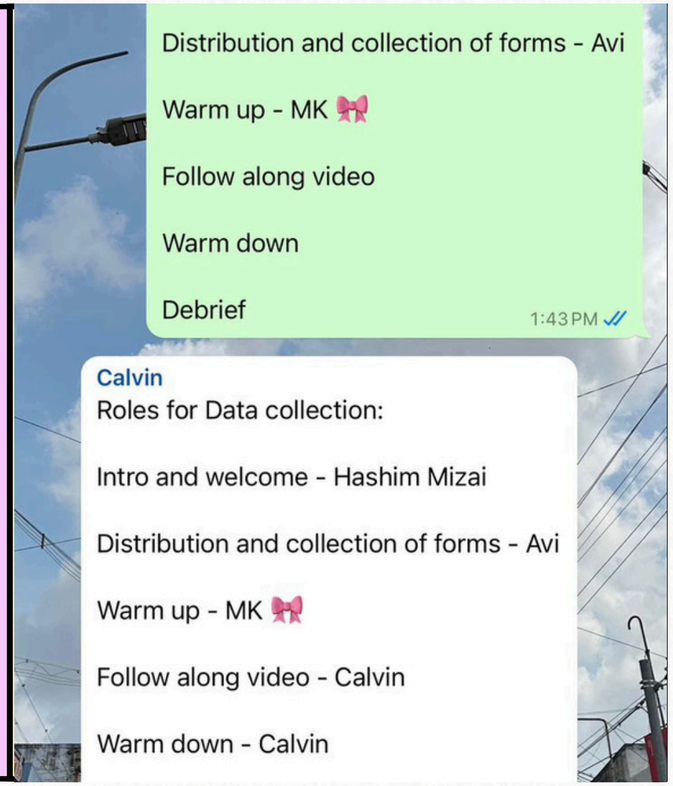
1. Communication
2. Guidance & Support
3. Collaboration with other groups

EXAMPLES OF COMMUNICATION

1



2

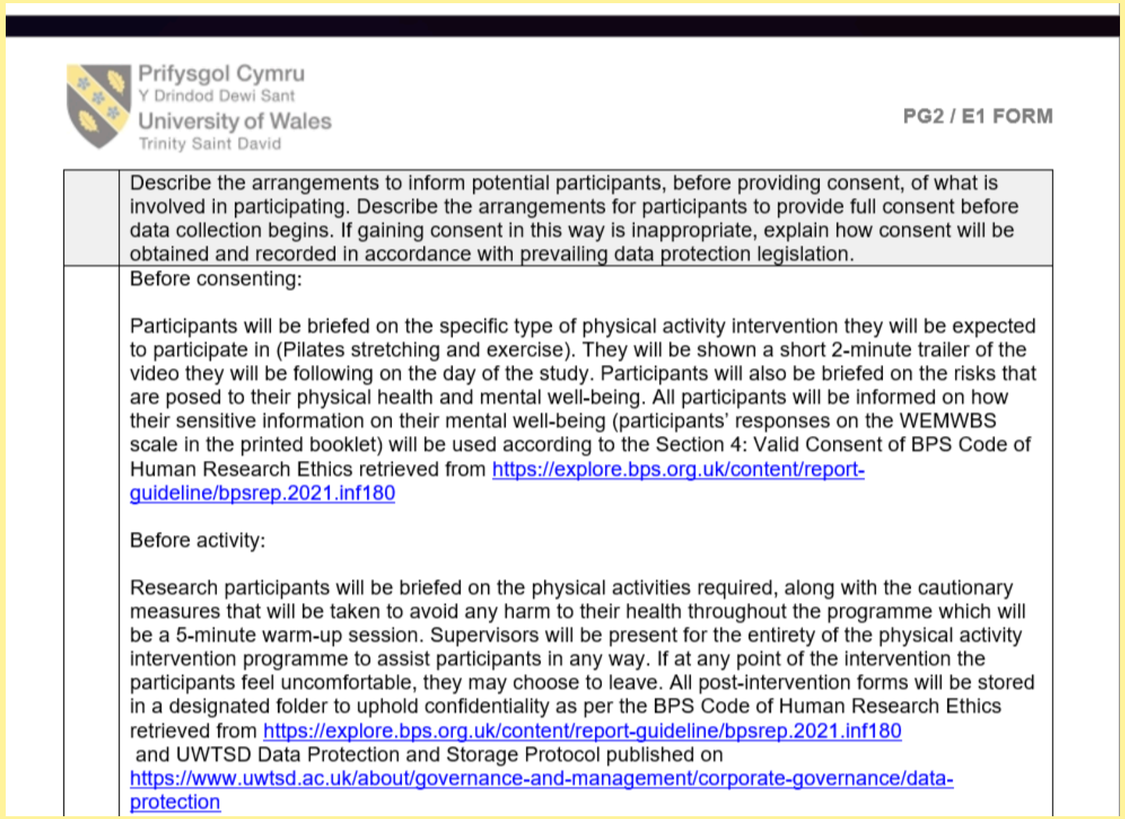


CRITICAL THINKING

1. Learning a new research design

2. Understanding Ethics

WHAT I LEARNED FROM THE ETHICAL FORM?



Prifysgol Cymru
Y Drindod Dewi Sant
University of Wales
Trinity Saint David

PG2 / E1 FORM

	Describe the arrangements to inform potential participants, before providing consent, of what is involved in participating. Describe the arrangements for participants to provide full consent before data collection begins. If gaining consent in this way is inappropriate, explain how consent will be obtained and recorded in accordance with prevailing data protection legislation.
	Before consenting: Participants will be briefed on the specific type of physical activity intervention they will be expected to participate in (Pilates stretching and exercise). They will be shown a short 2-minute trailer of the video they will be following on the day of the study. Participants will also be briefed on the risks that are posed to their physical health and mental well-being. All participants will be informed on how their sensitive information on their mental well-being (participants' responses on the WEMWBS scale in the printed booklet) will be used according to the Section 4: Valid Consent of BPS Code of Human Research Ethics retrieved from https://explore.bps.org.uk/content/report-guideline/bpsrep.2021.inf180 Before activity: Research participants will be briefed on the physical activities required, along with the cautionary measures that will be taken to avoid any harm to their health throughout the programme which will be a 5-minute warm-up session. Supervisors will be present for the entirety of the physical activity intervention programme to assist participants in any way. If at any point of the intervention the participants feel uncomfortable, they may choose to leave. All post-intervention forms will be stored in a designated folder to uphold confidentiality as per the BPS Code of Human Research Ethics retrieved from https://explore.bps.org.uk/content/report-guideline/bpsrep.2021.inf180 and UWTSD Data Protection and Storage Protocol published on https://www.uwtsd.ac.uk/about/governance-and-management/corporate-governance/data-protection

- Understanding the division and importance of BPS code of ethics.
- Replicating the form in a correct manner
- Proper references and citations.

CULTURAL COMPETENCE

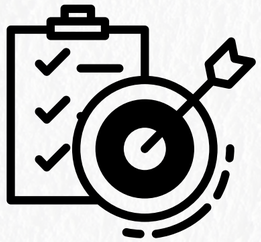
1. Understanding cultural differences

2. Working with people from different backgrounds

MY OVERALL EXPERIENCES







01. INFORMATIVE MODULE FOR FUTURE RESEARCHES

02. ENGAGING AND FUN UNLIKE TRADITIONAL LEARNING

03. SENSE OF ACCOMPLISHMENT IN COMPLETING AN INTERVENTION

REFERENCES

British Psychological Society. (2021). Code of ethics and conduct. https://doi.org/10.53841/bpsrep.2021.inf94

Data Protection. (n.d.). University of Wales Trinity Saint David. https://www.uwtsd.ac.uk/about/governance-and-management/corporate-governance/data-protection

Chair-based pilates video workout. (2023, September 26). Nhs.uk. https://www.nhs.uk/conditions/nhs-fitness-studio/pilates-and-yoga/chair-based-pilates-exercise-video/

THANK YOU