

MODULE NAME: Practice-Based Research

MODULE CODE: LCHS7001

**Topic: Prevalence of swimming activity among young students in
Greenwich university**

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Introduction

- Physical activity among students or other individuals is considered good practice.
- The presentation describes the planning of a mini-research.
- The research is based on understanding the prevalence of a selected physical activity among the students of Greenwich Public University.
- The physical activity that is chosen for this topic is Swimming.
- (Source: Kayumovna, 2021)



(Source: Kayumovna, 2021)

Background

- In the younger generation, the rate of physical activity has declined over time, impacting their health.
- Swimming is considered as one of the best physical activities.
- It has several benefits as it is considered one of the full bodies.
- It helps in increasing the heart rate.
- It also helps in increasing endurance in the body of an individual.
- (Source: Karpov et al., 2021)
- (Source: Yadolahzadeh, 2020)
- (Source: Slamstox, 2023)



(Source: Moran, 2021)

Background

- Greenwich University students take active participation in different physical activities.
- Swimming is also one of them.
- It has been observed that students who take part in swimming and other physical activity daily often excel in their studies.
- Data about the number of students that participate in swimming is important as it unveils several factors about the practices of the student.
- (Source: University of Greenwich, 2023)



(Source:University of Greenwich, 2023)

Research aims, questions, and hypothesis

- **Aim**

To determine the prevalence of swimming practices among the students of Greenwich University.

- **Objectives**

- To determine the number of active swimmers in different classes in Greenwich University.
- To determine the number of female and male students active in swimming in Greenwich University.
- To determine total number of students who takes part in swimming activity at Greenwich University.

- **Question**

- What is the number of active swimmers in different classes in Greenwich University?
- What is the number of female and male students active in swimming in Greenwich University?
- What is the number of students who takes part in swimming activity at Greenwich University?

- **Hypothesis**

H_I: Students from every class and stream are active in swimming in Greenwich university.

H₀: Students who are not from sports background are less active in swimming in Greenwich university.



(Source: Moran, 2021)

Research Rationale

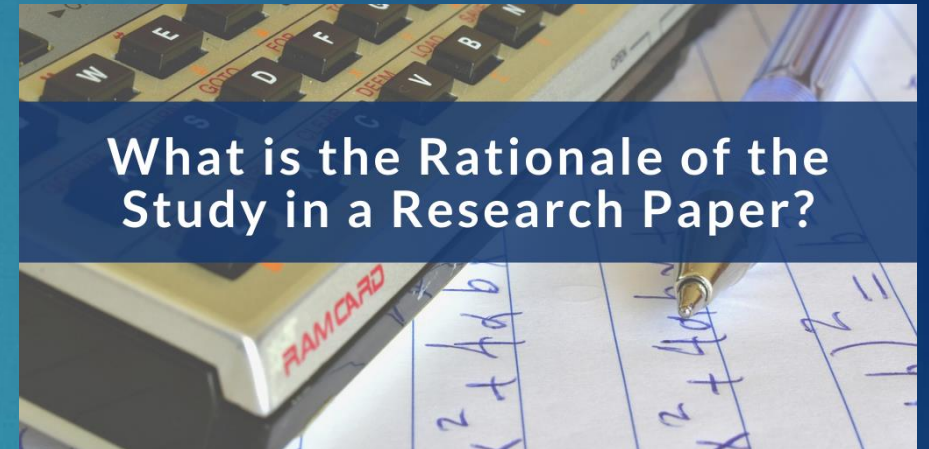
- Swimming is a very basic physical activity.
- It has been observed that the number of people swimming every day has fallen.
- This indicates a sharp decline in the habit of physical activity among individuals.
- Greenwich University actively promotes swimming.
- (Source: Statista, 2017)



(Source: Statista, 2017)

Research Rationale

- An idea of the number of active swimmers in Greenwich University will give an idea about the swimming prevalence among the students in the university.
- It will indicate if the students are active in physical activity or not.
- Upon finding the result, the college's authority can encourage the students to swim.
- (Source: Alkhateeb et al., 2019)

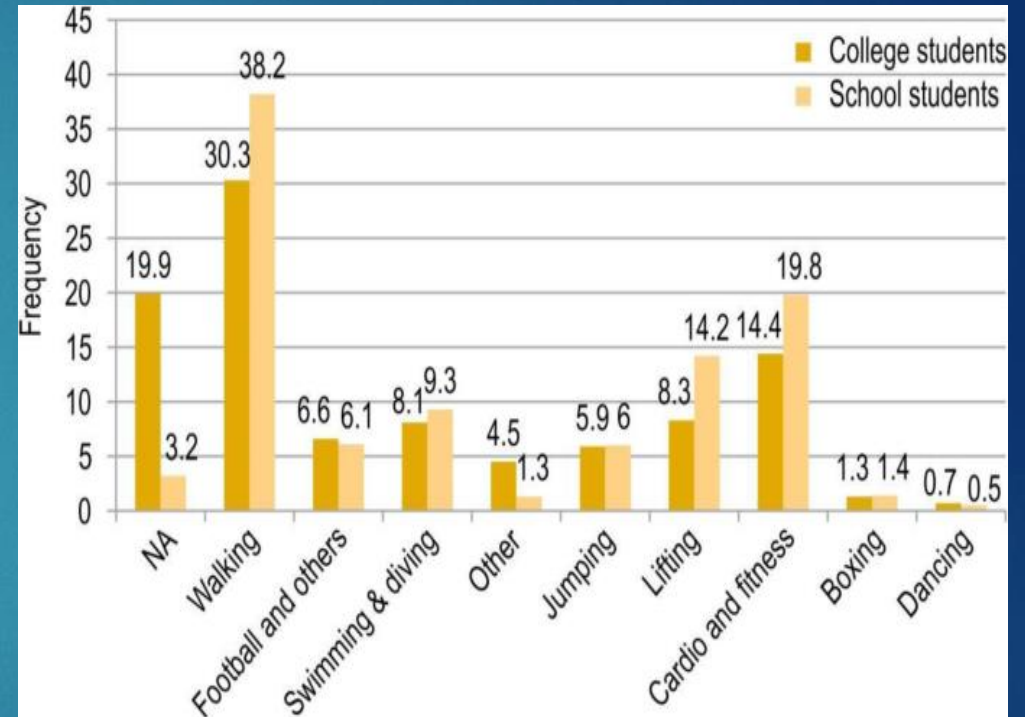


(Source: Alkhateeb et al., 2019)

Research Design

- The “***cross-sectional descriptive research design***” will help to provide an overview of the prevalence of physical activity like swimming.
- It will support by gathering quantitative data method on the prevalence of swimming participation among the students of greenwich.

(Source: åsebø, løvoll, and krumsvik, 2020)

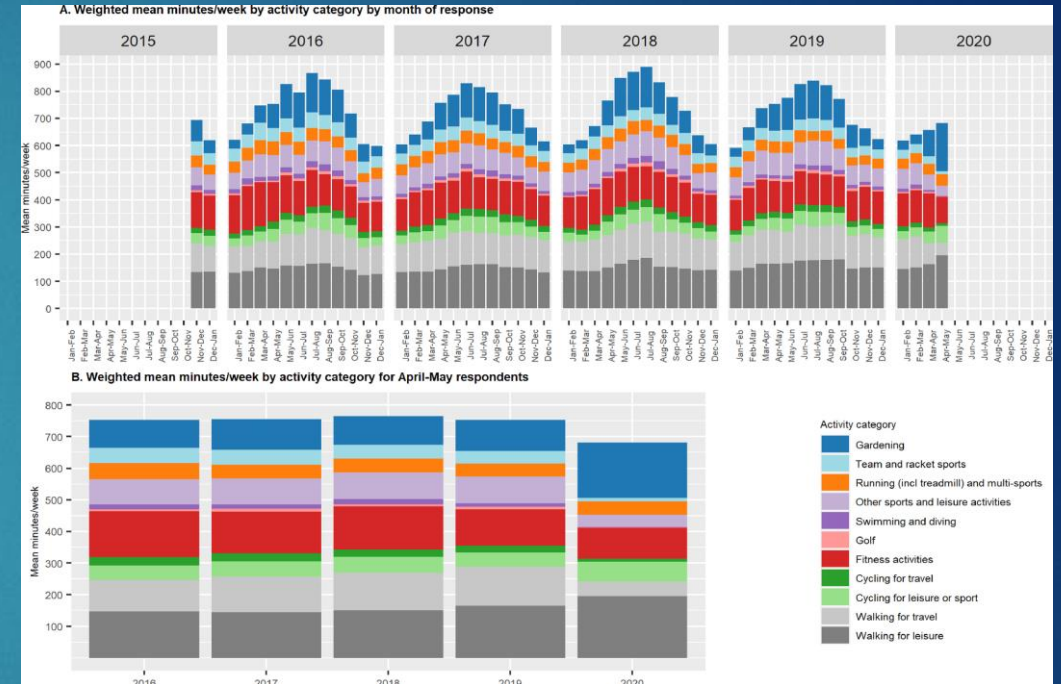


(Source: Alkhateeb et al., 2019)

Research Design

- The “***cross-sectional descriptive research design***” will enable statistical resources to enhance encouragement and generalisations.
- With the use of this design, it will help to estimate trends, patterns, and resources in swimming activities among various students.
- This design will help to derive a prevalence for understanding the development of the current measure of physical activity at the university of greenwich.

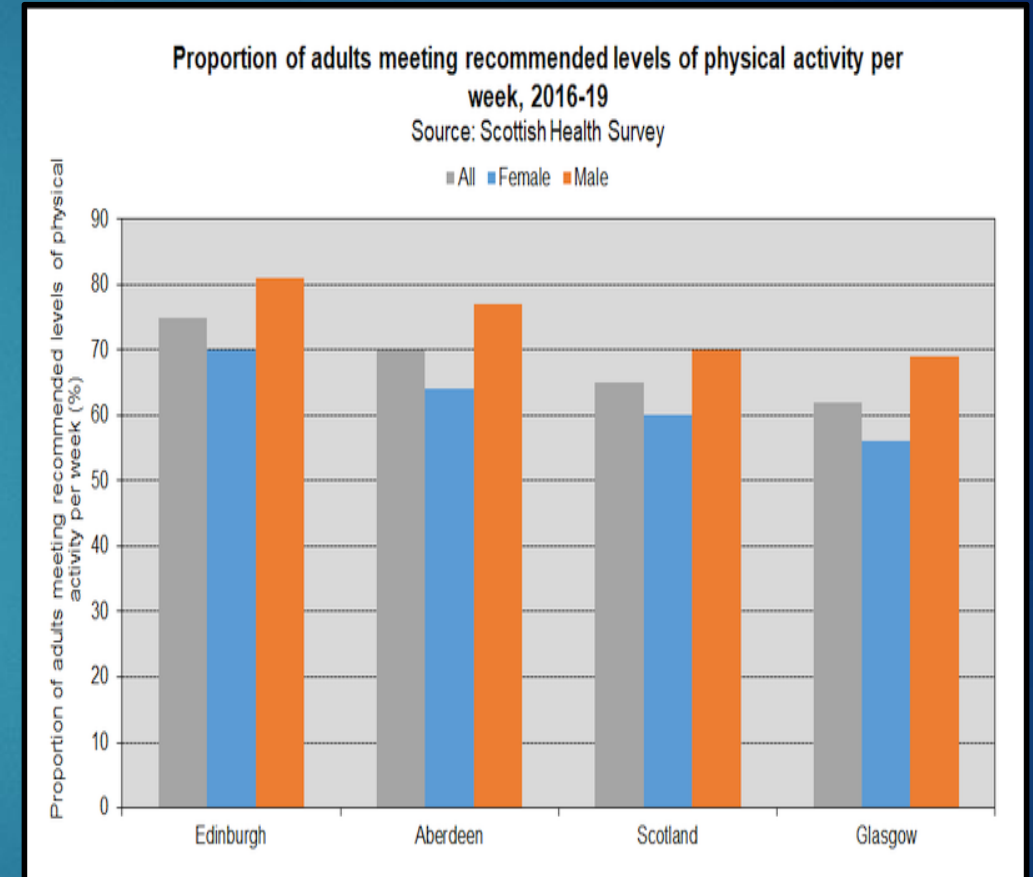
(Source: brenton *et al.*, 2022)



(Source: Strain *et al.*, 2022)

Recruitment, Sampling & Study Participants

- The “*simple random sampling*” method will help to conduct the student at the public university to produce a representative approach.
- Recognised students developed a collaboration system by leveraging email interventions for study participation.
- It can be determined to respond to students to the study through email.
- Simple Random sampling will be used to avoid any biases in the research.

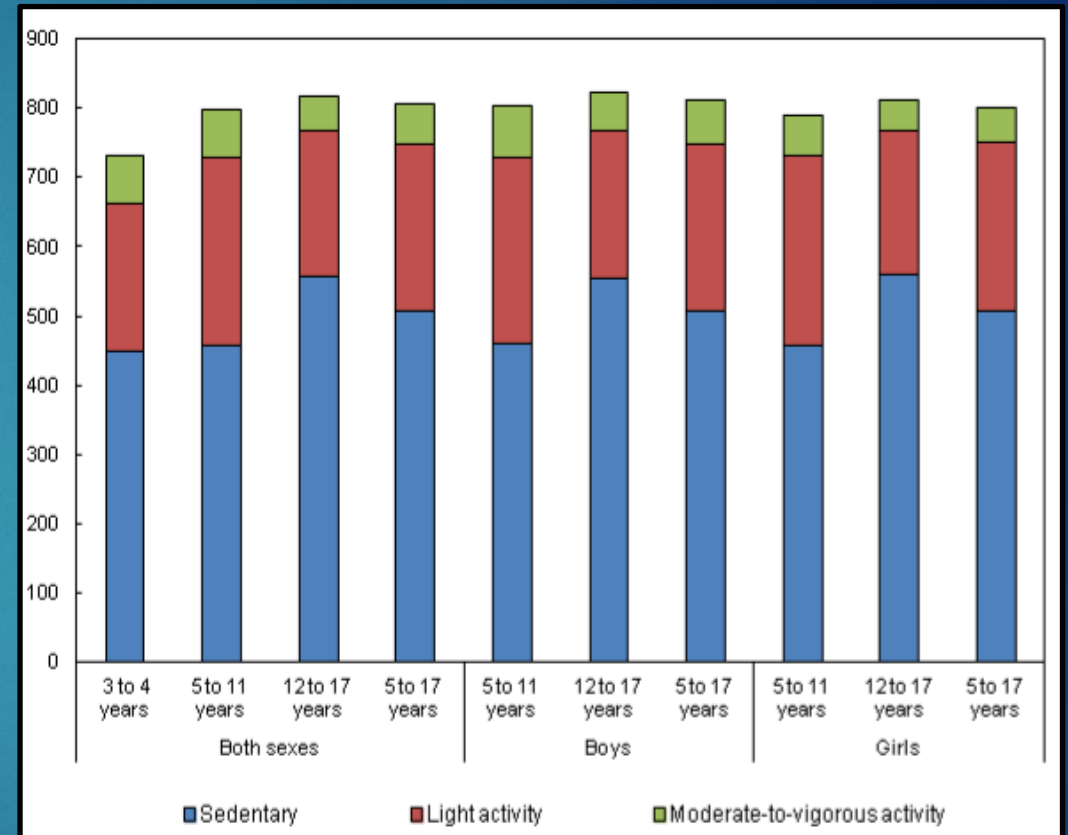


(Source: Understandingglasgow.com, 2014)

Recruitment, Sampling & Study Participants

- This sampling will help to the representation of the random sample of the student.
- It can be engaged to diminish the influence and increase adaptability.
- The sampling strategy will help in the prevalence of physical activity like swimming.
- The participants will be recruited via email to generate a systematic data collection process.

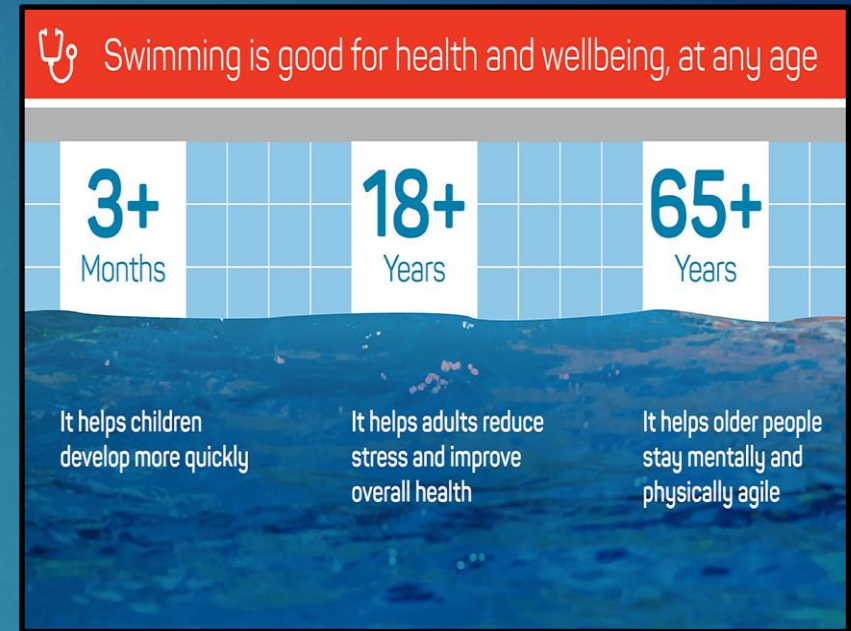
(Source: raufelder *et al.*, 2022)



(Source: Canada, 2013)

Data Collection Method

- Primary data collection is essential for this research study to allow for direct engagement, ensuring updated information.
- Enabling close-ended questions to allow quantitative data enables statistical implementation.
- The university students would be accessible for surveys to quickly initiate a better sample procedure.
- In this research, primary data collection will be used; data will be collected via the survey to gather resources.



(Source: BMJ, 2017)

(Source: raufelder *et al.*, 2022)

Data Collection Method

- Leveraging the close-ended questionnaires will allow us to develop an accurate analysis of the prevalence of physical activity like swimming among students.
- Recognising the primary data collection will enable address research to conduct a comprehensive analysis of the physical activity.
- For example:1. Are you active in swimming?
- Answer: (Yes/ No)
- By using below questionnaires will cover the socio-demographic characteristics of the university students e.g: age, gender, residential location, education level, religious affiliation, marital status, family income etc.
- By using this method we can find which type of factors promoting the swimming among the students etc.
- **(Source: korbmacher et al., 2023)**

Data Analysis

- Descriptive statistical data analysis will be used to evaluate the prevalence of physical activity among students.
- It will allow us to summarise and generalise the required data in a specific concern.
- It will help to engage with any trends or patterns in swimming.
- It will help to identify the possible blockades or challenges that students face in participation during swimming.

(Source: vikas yellapu, 2018)

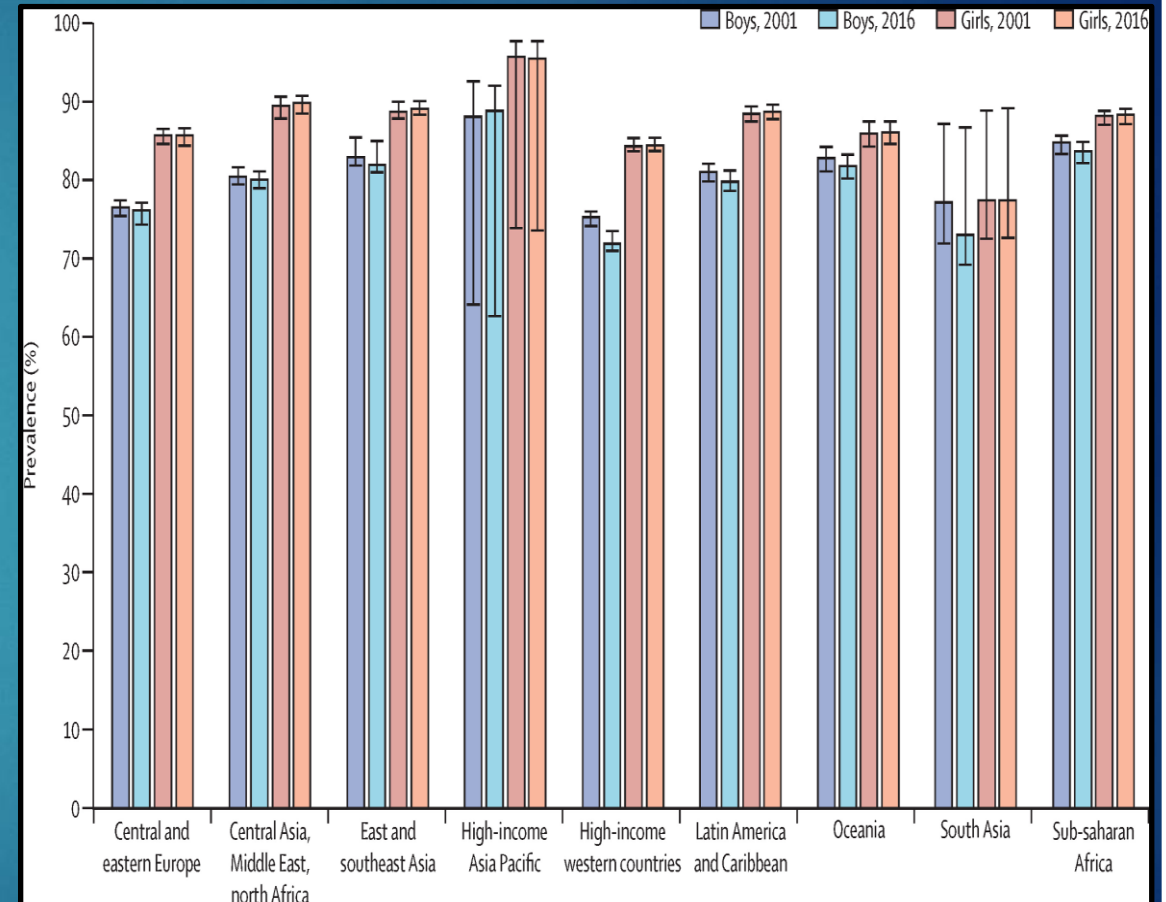


(Source: Moran, 2021)

Data Analysis

- The descriptive statistical analysis can enhance the resources on the average frequency of swimming activity among multiple students.
- It will help to determine to help any occurrences or trends in swimming participation.
- It will be provided to determine valuable insights into the student's encouragement, such as fitness and competition.

(Source: stearns *et al.*, 2019)



(Source: Guthold *et al.*, 2020)

Ethical Consideration

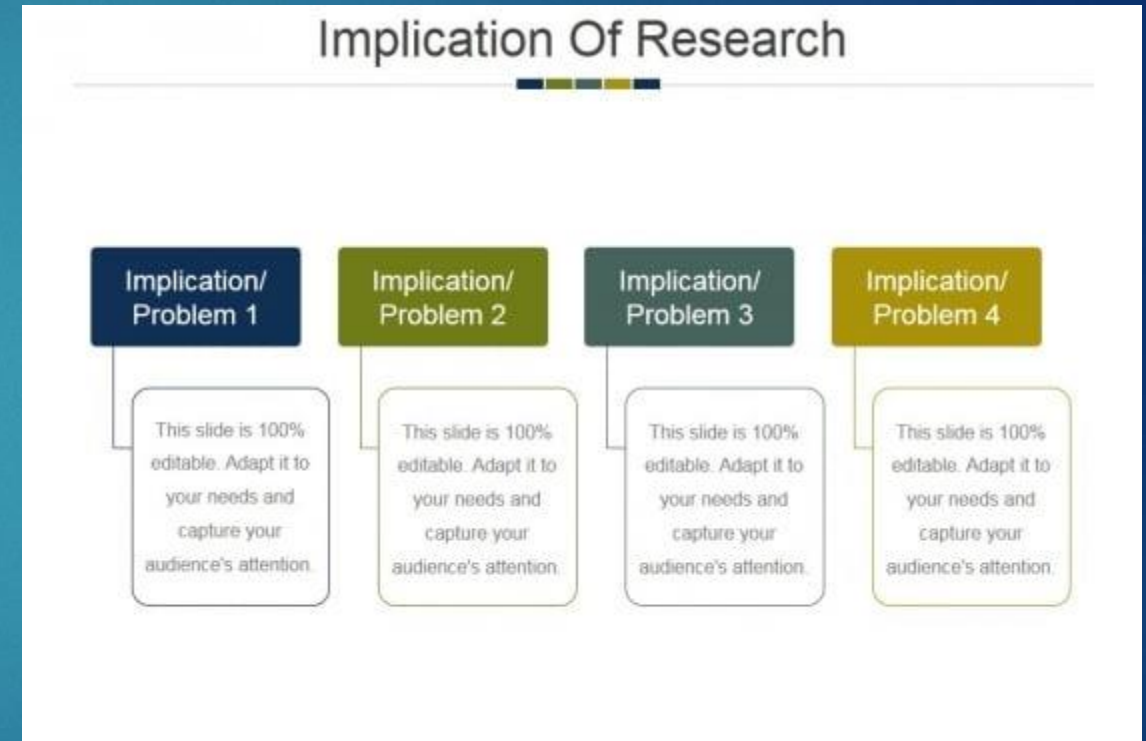
- The research protocol will be submitted to the research ethics committee of the greenwich university for review and approval.
- Voluntary participation will be maintained in the data primary data collection procedure.
- General Data Protection Act Guidelines will be followed.
- A written informed consent form will be obtained from each eligible student before they are recruited in the study.
- The data of the participants will remain confidential.
- Participants will be voluntary and confidentiality will be maintained.
- The participants will be aware of the complete procedure, and consent will be obtained from the Participants with the help of signed consent letters.
- (Source: Husband, 2020)
- (Source: Research-Methodology, 2023)



(Source: Bhasin, 2020)

Implication of research

- The study will produce a critical understanding of the prevalence of physical activity like swimming among the students of Greenwich University.
- The study can help differentiate the prevalence of swimming among students of different age groups at Greenwich University.
- (Source: Research.com, 2021)



(Source: Research.com, 2021)

Implication of research

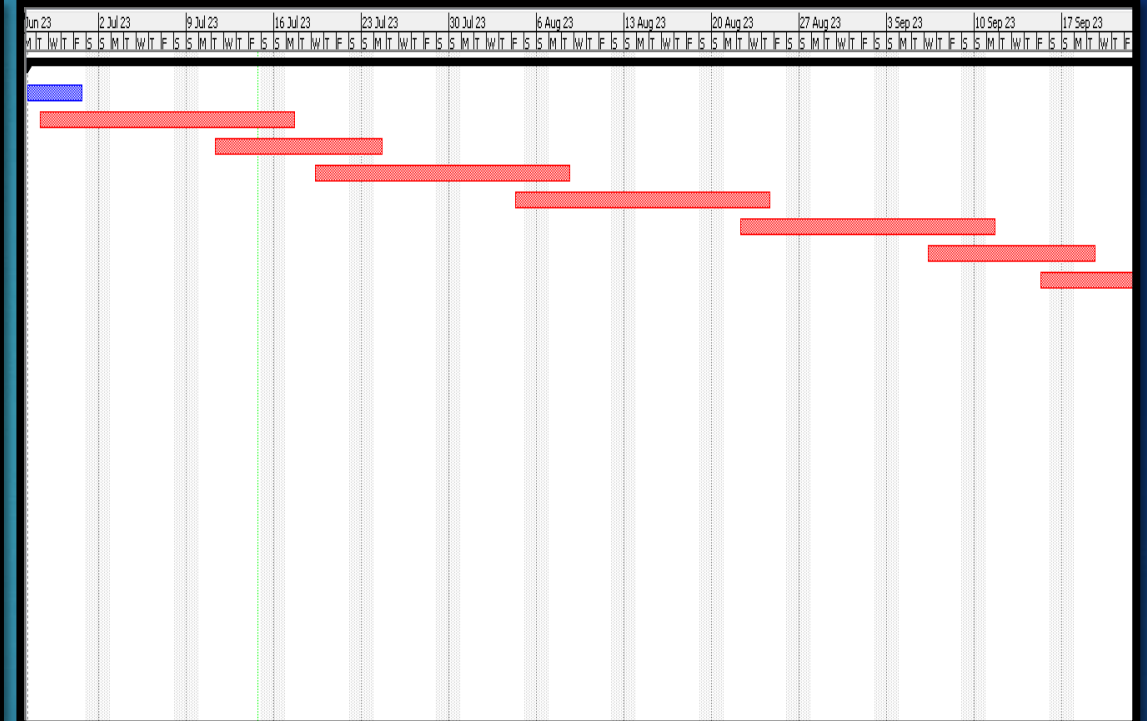
- The data will suggest whether the prevalence of swimming among the students of Greenwich University has faced a decline like the national average.
- The study will further explain which classes or age groups must be spread to increase student awareness.
- (Source: Lloret et al., 2021)



(Source: Lloret et al., 2021)

TimeLine

		Name	Duration	Start	Finish
1		Project Summary	69 days	26/6/23 8:00 AM	28/9/23 5:00 PM
2		Development and Review of research proposal	5 days	26/6/23 8:00 AM	30/6/23 5:00 PM
3		submission of the research proposal to the research eth	15 days	27/6/23 8:00 AM	17/7/23 5:00 PM
4		study staff recruitment	10 days	11/7/23 8:00 AM	24/7/23 5:00 PM
5		study staff training	15 days	19/7/23 8:00 AM	8/8/23 5:00 PM
6		primary data collection	15 days	4/8/23 8:00 AM	24/8/23 5:00 PM
7		data analysis	15 days	22/8/23 8:00 AM	11/9/23 5:00 PM
8		report writing	10 days	6/9/23 8:00 AM	19/9/23 5:00 PM
9		dittermination of findings	10 days	15/9/23 8:00 AM	28/9/23 5:00 PM



(Source: Self-Developed)

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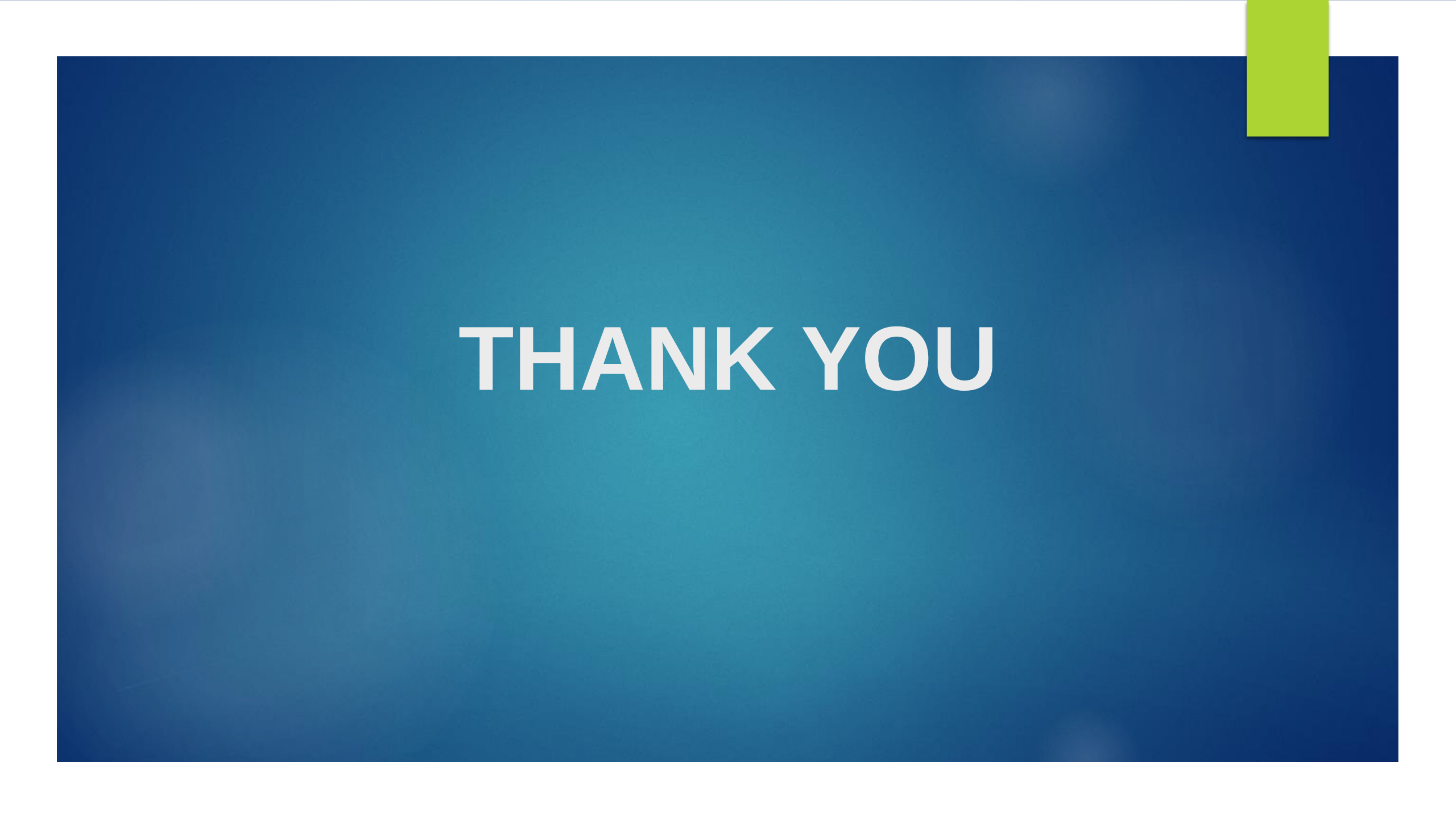
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THANK YOU