

STUDENT NUMBER:2224203
STUDENT NAME:MARIELLE NGOY
LECTURER 'S NAME:OGOCHUKWU AGUNENYE

Prevalence of Physical Activity among Students in a Public University

Introduction

- ▶ Physical inactivity is associated with 1 in 6 deaths in U.K. (Physical Activity, 2016)
- ▶ Estimated to cost the U.K. € 7.4 billion annually.
- ▶ Current population is significantly less active than in the 1960s (projected to be 35% by 2030).
- ▶ This study aims to determine the prevalence rate of physical exercise among university students.
- ▶ The study will also identify the factors that influence the situation among students at the university level.

Rationale of the Study

- ▶ This research is important because it will help identify the prevalence of physical activity among university students.
- ▶ It will also identify the factors that influence their stand on engaging in physical activity.
- ▶ After identifying these factors, the study can propose measures that will improve the prevalence of physical activity among university students.
- ▶ Improving their perception towards physical activity might improve the national situation.

Research Aims/Objectives

- ▶ To identify the prevalence rate of physical activity among university students in the United Kingdom.
- ▶ To determine the factors that influence students' perception of physical activity.
- ▶ To identify potential ways of increasing physical activity among university students.
- ▶ Research Question: What is the prevalence of physical activity among students in public universities?

Research Methodology

- ▶ The research will utilize quantitative methods.
- ▶ Quantitative methods are used when researchers want to confirm or test something (Streefkerk, 2020).
- ▶ This study aims to test the prevalence of physical activity among university students.
- ▶ The general theory is that many people in the U.K. do not engage in physical activity (Pasanen et al., 2019).
- ▶ Using a quantitative approach will test this theory.

Research Methodology (CONT)

- ▶ Quantitative methods would be suitable for the study because they would provide a better understanding of the prevalence of physical activity.
- ▶ The method will also provide numbers and statistics that will help understand the data objectively.
- ▶ An example would be obtaining the percentage of participants that engage in physical activity.
- ▶ Quantitative methods would also be suitable because they are fast and reliable.

Research Design

- ▶ The study will utilize a descriptive design.
- ▶ Descriptive designs answer the questions of who, what, when, where, and how (McCombes, 2022).
- ▶ They also help obtain information about the current status of phenomena and describe what exists (Asenahabi, 2019).
- ▶ The question in this study is what is the prevalence of physical activity among university students.

Sampling and Study Participants

- ▶ The study participants will be selected students at the University of Wales.
- ▶ The researcher will obtain the school emails of several students and send them a link to the questionnaire, along with a description of what the study is about.
- ▶ Those willing to participate in the study will click on the link and fill in the questionnaires.
- ▶ The exact number of participants cannot be determined at this time.

Data Collection Methods

- ▶ The questionnaire will be available on Google Forms.
- ▶ The responses from participants will be recorded and stored on Google Forms.
- ▶ The data will be collected anonymously.
- ▶ Questionnaires will be the data collection tools in this study.
- ▶ Questionnaires would be fit for the study because they can collect large amounts of information in a short time (Alaimo, 2020)

Data Analysis

- ▶ Data collected through Google forms is stored and analyzed automatically.
- ▶ The software summarizes the data and presents it in graphs and pie charts.
- ▶ After getting a summary of the findings, they will be presented thematically.
- ▶ The themes will depend on the nature of the questions asked in the questionnaire.
- ▶ A thematic analysis can identify themes and patterns in the collected data (Maguire & Delahunt, 2020)

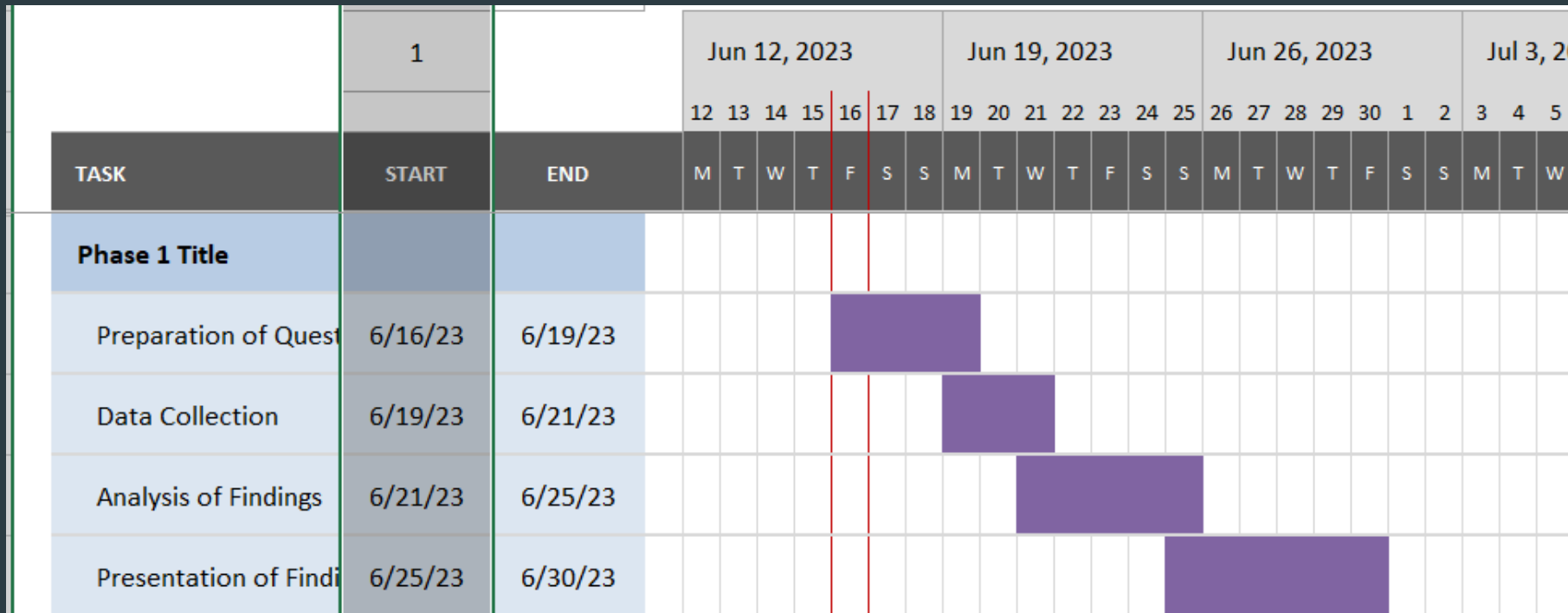
Ethical Considerations

- ▶ All participants must be well informed about the nature of the study and how the information will be used.
- ▶ Maintaining the participant's privacy and confidentiality is essential to the study.
- ▶ All participants must provide informed consent before the researcher can engage them in the study.
- ▶ Participants have the right to refuse to answer questions and should not be forced to.

Implication of Research

- ▶ The findings from this study will provide insight into the state of physical activity among university students.
- ▶ Using this information, it is possible to develop measures and interventions that will encourage university students to become more physically active.
- ▶ Understanding the reasons for their inactivity could be essential to finding solutions to the problem.
- ▶ Developing a culture of being physically active in university could persist to later years.

GANTT Chart



References

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Appendix: Questionnaire

Please, make a circle around the appropriate answer for each question, considering the past 12 months:					
1. Do you or did you practice sports or physical exercise within the past 12 months: yes/no Which sport or physical exercise do you or did you practice more often?					
– how many hours a week?					
– how many months a year?					
If you practice or practiced a second modality of sport or physical activity, what is it?:					
– how many hours a week?					
– how many months a year?					
2. When compared to others of my age, I think my physical activity during leisure hours is: much more/more/the same/less/much less	5	4	3	2	1
3. During leisure hours, I sweat: very often/often/sometimes/seldom/never	5	4	3	2	1
4. During leisure hours, I practice sports or physical exercises: never/seldom/sometimes/often/very often	1	2	3	4	5
5. During leisure time, I watch TV: never/seldom/sometimes/often/very often	1	2	3	4	5
6. During leisure hours, I walk: never/seldom/sometimes/often/very often	1	2	3	4	5
7. During leisure hours I ride a bike: never/seldom/sometimes/often/very often	1	2	3	4	5
8. For how many minutes a day do you walk or ride a bike going back and forth from work, school or shopping? < 5/5-15/16-30/31-45/> 45	1	2	3	4	5
Total in minutes					

Appendix (CONT)

Score question	Yes	No
RAPA ₁		
1. I rarely or never do any physical activities	☐	☐
2. I do some light or moderate physical activities, but not every week	☐	☐
3. I do some light physical activity every week	☐	☐
4. I do moderate physical activities every week, but less than 30 minutes a day or 5 days a week	☐	☐
5. I do vigorous physical activities every week, but less than 20 minutes a day or 3 days a week	☐	☐
6. I do 30 minutes or more a day of moderate physical activities, 5 or more days a week	☐	☐
7. I do 20 minutes or more a day of vigorous physical activities, 3 or more days a week	☐	☐
RAPA ₂		
1. I do activities to increase muscle strength, such as lifting weights or calisthenics, once a week or more	☐	☐
2. I do activities to improve flexibility, such as stretching or yoga, once a week or more	☐	☐

Note. RAPA = Rapid Assessment of Physical Activity.