

MSc Public Health and Social Care in Practice

Practice-Based Research

LCHS7001

Assignment component 1

Individual Presentation-Research proposal

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**PREVALENCE OF PHYSICAL ACTIVITY
AMONG STUDENTS IN A
PUBLIC
UNIVERSITY**

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INTRODUCTION/LITERATURE- BASED BACKGROUND TO THE STUDY.



(Dreamstime, 2023).

RATIONALE OF THE STUDY.



This study will be conducted with the aim of finding the prevalence of physical activity among students in a public university to enable the university to understand what, if any changes it needs to make in its current physical activity programme to make it more inclusive.



(Clipart.com, 2023).

PROPOSED RESEARCH QUESTIONS AIMS & OBJECTIVES.

Objective n° 1

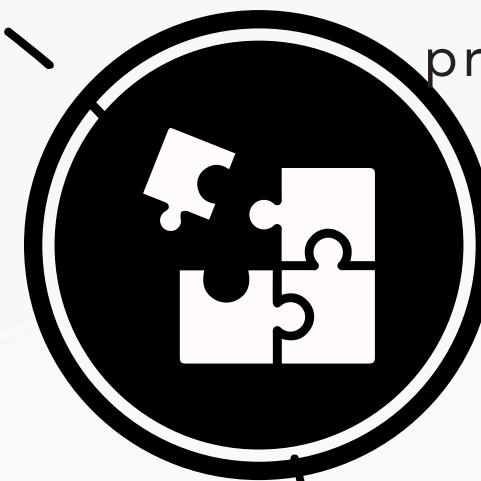
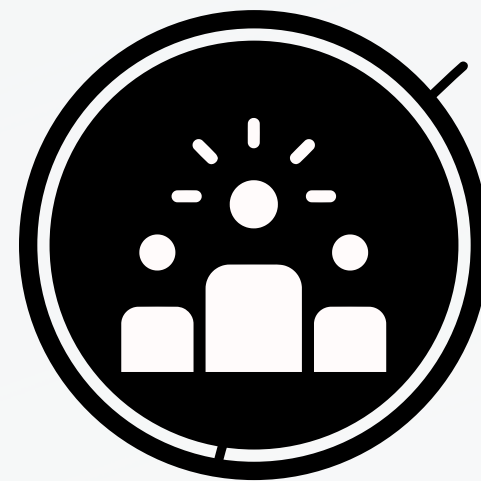
Examine the
·Prevalence of physical
activity among
students in a public
university.

Objective n° 2

Using a mixed methodological approach, in-
depth questionnaires will be provided to all
students, to gather the appropriate data
needed.

Objective n° 3

Use the data gathered
to amend current
physical activity
programmes in the
university.
Ensure all new proposed
physical activities
programmes review the
data collected to
guarantee their
programme is inclusive
for all.



PROPOSED RESEARCH METHODOLOGY AND METHODS.



- + Qualitative research is used to gain a better understanding of people's experiences, attitudes, beliefs interactions and behaviours using non-numerical data (Pathak *et al.*, 2013).



Used to find patterns and averages, make predictions and generalise results, Quantitative research is the method used when collecting and analysing numerical data (Bhandari, 2022).



A mixed methodological approach combines both quantitative and qualitative data in the same study (Bowers *et al.*, 2013). This will be the method used in this study to gain a deeper understanding alongside an insight into the number of public university students engaging in physical activity.

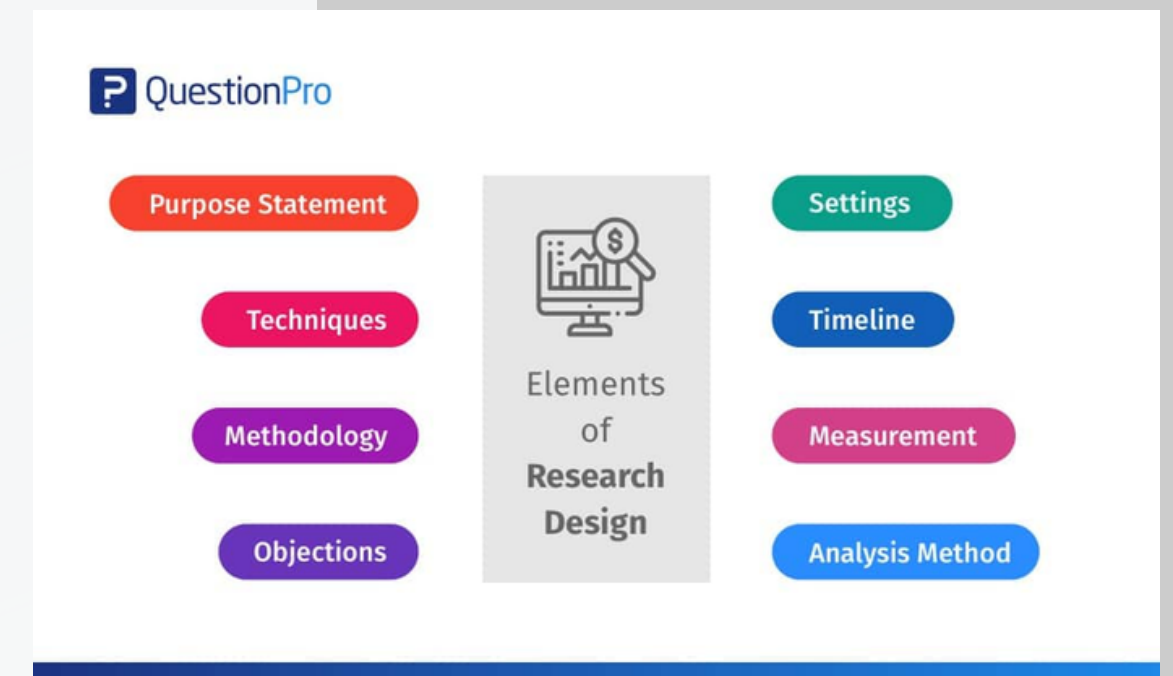


(ResearchLEAP, 2023).

RESEARCH DESIGN.

Sometimes called a research strategy, a research design is a plan designed to answer the proposed question/s. Detailing the methods and procedures used to collect, analyze and interpret data in a specified framework (McCombes and Bhandari, 2023; Bouchrika, 2023)

- Establish the reason for the research.
- Hand out the questionnaire.
- Set a timeline of 4 weeks for the whole research.
- Analyze the data.
- Discuss the data.
- Make relevant changes if any to the current programme. .



(Question Pro, 2023).

RECRUITMENT, SAMPLING & STUDY PARTICIPANTS

Sampling is an effective way of obtaining opinions from a wide range of people, selected from a specific group, to find out more about a whole group in general. There are numerous sampling methods available. Convenience sampling will be utilised in this study. convenience sampling employs people willing to volunteer their services (British Library Board, 2023).

- All university students over 18.
- Some won't participate.
- May have under 18 students.



Focus group

(Neon, 2023).

MATERIALS/DATA COLLECTION METHOD(S)/PROCEDURE/TOOL

Whether it be for business, academic reasons and/or government, data collection is the systematic process of collecting measurements and/or observations. Methods and aims often differ between professions but the core process of data collection remains the same. Accurate data collection offers first-hand insight and knowledge into a research problem (Bhandari, 2022).

- Qualative and quantative questionnaire.
- Handed out to all over 18 students.
- End of all lectures in the university.

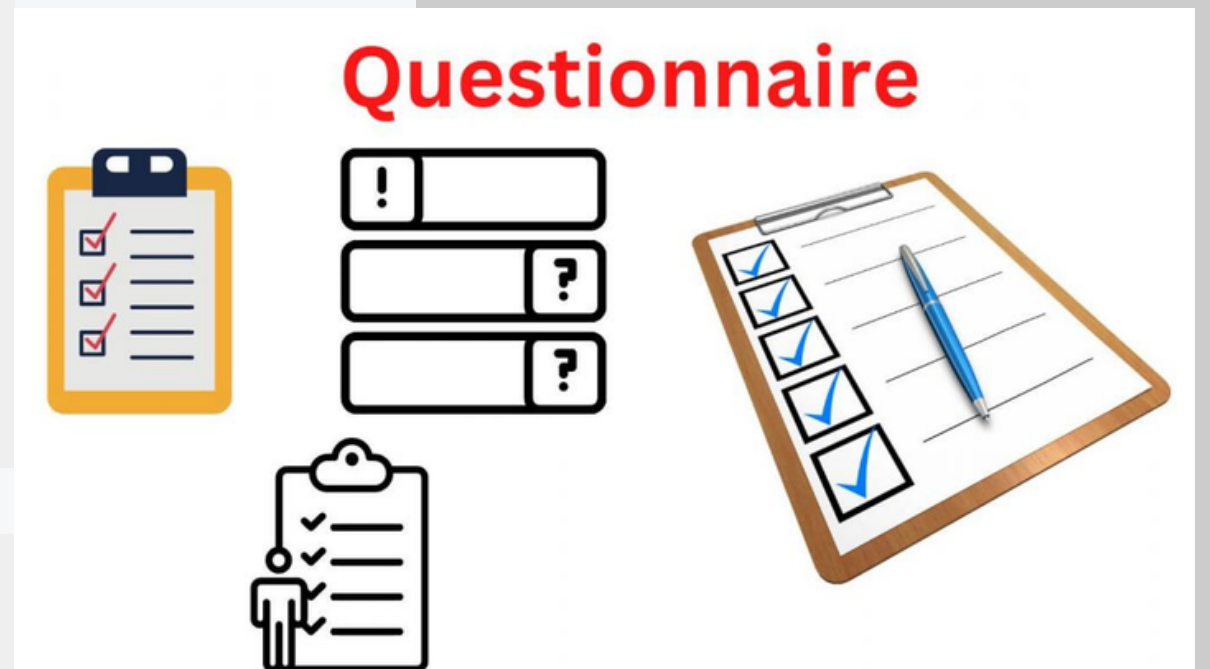


(Nupurjain3, 2023).

VALIDATED QUESTIONNAIRE

Questionnaire validation is a process in which the creators review the questionnaire to determine whether the questionnaire measures what it was designed to measure. If a questionnaire's validation succeeds, the creators label the questionnaire as a valid questionnaire (Verial, 2023).

- Mixed methodology.
- Open and closed-ended questions.
- All questions relate to the research question.



(Hassan, 2022).

DATA ANALYSIS TECHNIQUES

When undertaking the process of data analysis, four main processes must be followed. They are information gathering, information processing, data exploration and the examination of said data to find patterns and/or other insights (Kelley, 2023).

- Research data collected and separated.
- Quantitative data totalled and assessed.
- Examination of quantitative data.



(Agarwal, 2021).

ETHICAL CONSIDERATIONS.

When undertaking research, there is a set of principles that guide research practices and designs. They are voluntary participation, informed consent, anonymity, confidentiality, the potential for harm, and results communication (Scribbr, 2023).

- Age - over 18
- Avoid legal consent



(UNESCO, 2023).

IMPLICATIONS OF RESEARCH

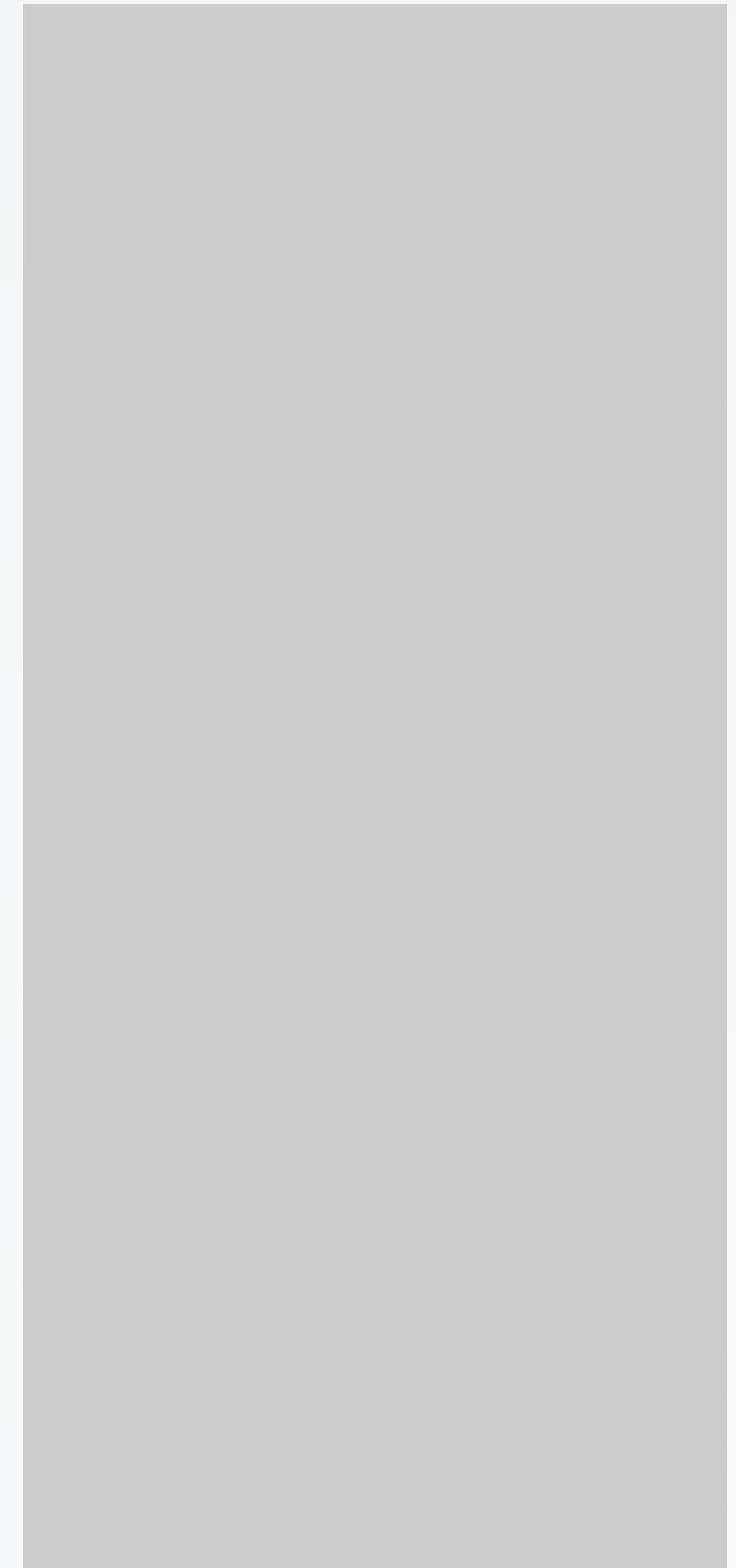
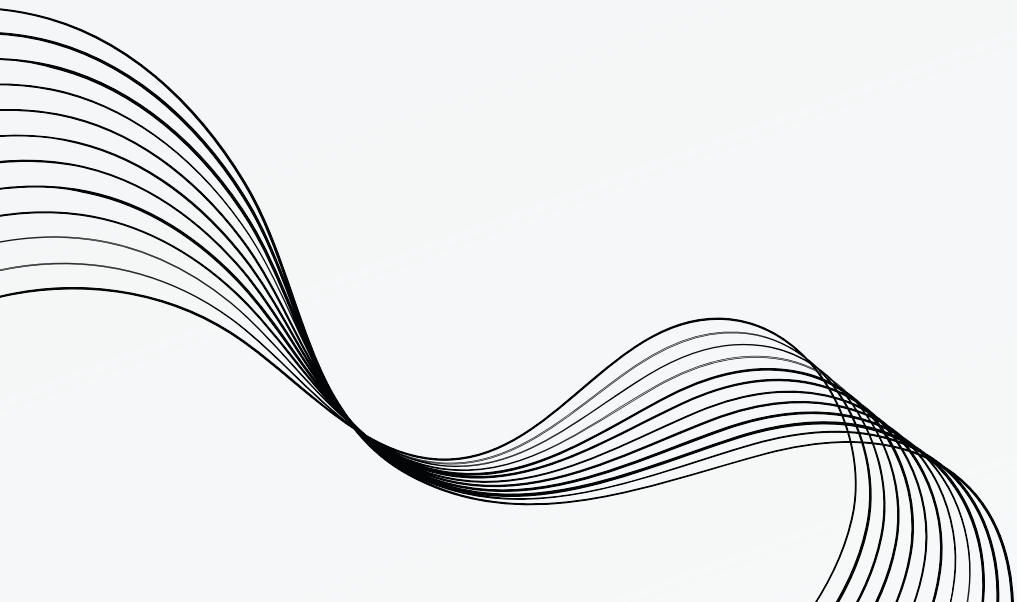
Research implications clarify how the conclusions reached during the research will be important for practice, policy, theory and future research. They must be backed by credible evidence with the study's parameters clarified. The study's limitations also need to be discussed in order to prevent a generalisation of the results (Editage Insights, 2017).



(AJE, 2022).

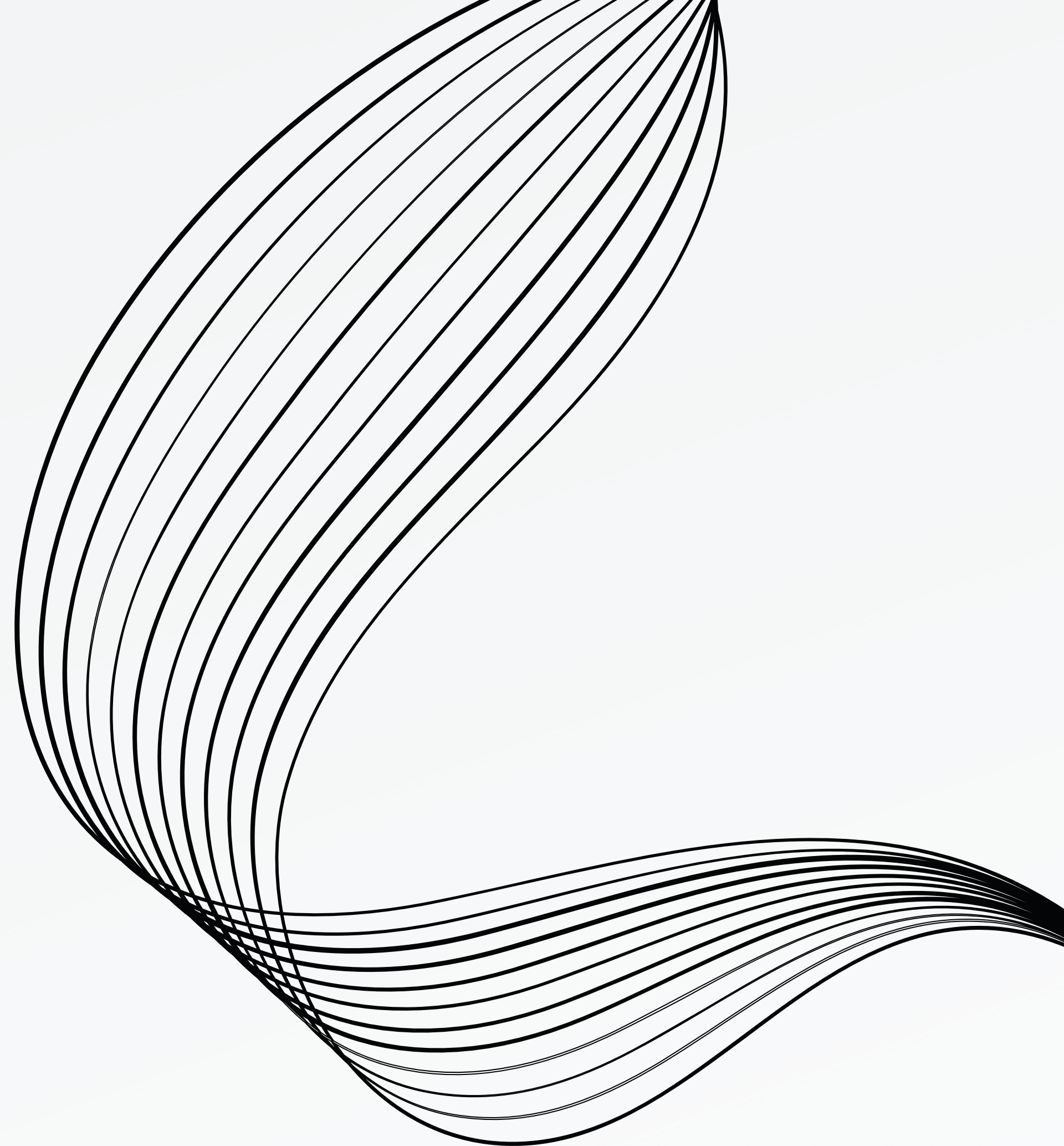
PLAN OF WORK AND TIME SCHEDULE (GANTT CHART)

Containing two main components, a chart timeline on the right and a task list on the left, a Gantt chart is a project management tool that facilitates the creation of a project schedule (ProjectManager, 2023; Writtenhouse, 2022).





THANK YOU



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