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Submission date: 23-Jun-2023 11:34AM (UTC+0100)

Submission ID: 209368111

File name: 44931_Sukhpreet_Kaur_Thalour_Sukhpreet_kaur_504337_1612624107.pptx (272.51K)

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Topic:

¹ Prevalence of physical activity among students in a public university

Module Name:- practice based research (LCHS7001)

Lecturer Name:- Dr. Ogochukwu agunenye

Student name:- sukhpreet Kaur Thalour

Student id :- 2217030

Title: Prevalence of Physical Activity among Students Aged 20-24 Years in a Public University in the UK.



AIM:

- To examine the prevalence of physical activity among students aged 20-24 years in a public university in the UK.
- To determine the factors influencing university students participation in physical activity between the ages of 20 and 24.
- To provide guidance for research-based initiatives and interventions that support physical activity among university students and improve their general health and wellbeing.



Background

- ▶ University students aged 20 to 24 years frequently have higher academic workloads and sedentary behaviours, which might have a negative impact on their physical activity levels (smith et al., 2021).
- ▶ According to prior research by johnson and white (2020), there are differences in the amount of physical activity that university students engage in depending on things like gender, social economic satus etc.,. Compared with women, tendency to participate men in more physical activity.
- ▶ The development of specific interventions and initiatives to promote health depends on understanding the prevalence of physical activity among students aged 20 to 24 in a public university in the uk (johnson & white, 2020).



Rationale

- The prevalence of physical inactivity and sedentary behaviors among university students aged 20-24 years is a significant concern, with potential negative impacts on their health and well-being (smith et al., 2021).
- This study will help close knowledge gaps and develop practical measures to boost physical activity and enhance overall health among 20 to 24 year old uk university students, ultimately promoting a well-being culture on campuses.



Research question:

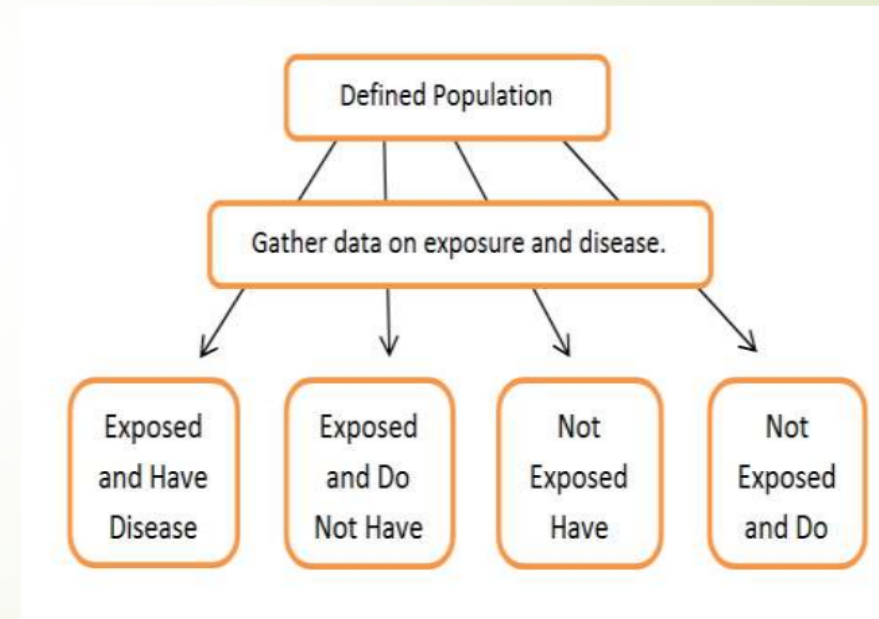
what is the prevalence of students between the age group of 20-24 years to engage or participate in physical activities in the UK?

Objectives:

- a. To review and study the literature on the prevalence of physical activity among university students in the UK between the ages of 20 and 24.
- b. To determine the factors affecting this population's participation in physical exercise.

Research design:

- The chosen research design is a cross-sectional study (Smith and colleagues, 2021).
- This design enables data collection at a precise period in time, providing a snapshot of physical activity levels among university students aged 20 to 24 years.



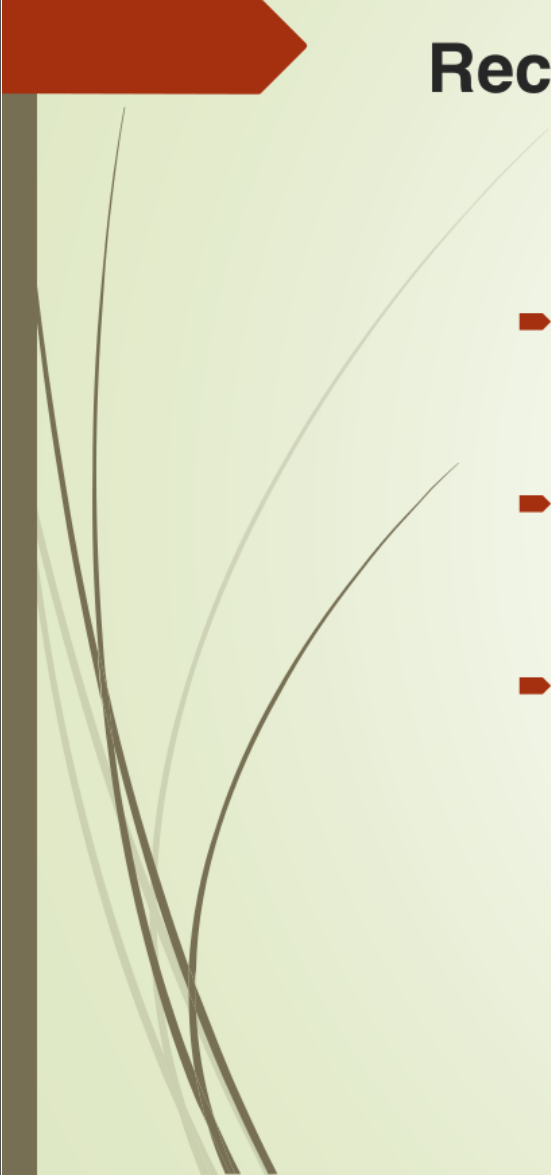


Research methodology: Quantitative

The study will recruit university students aged 20-24 years from multiple public universities in the uk.

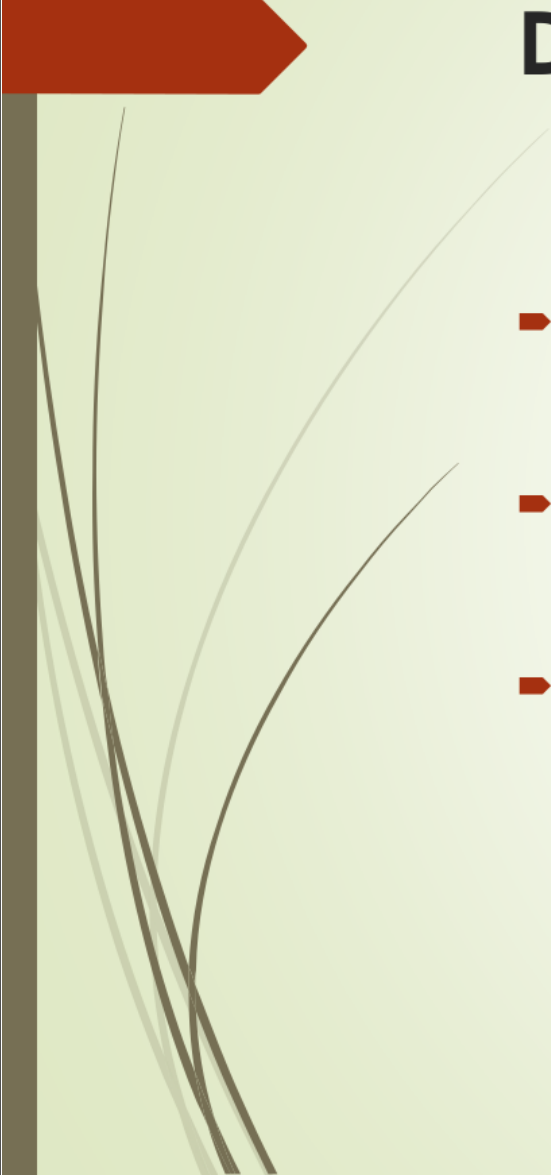
A convenience sampling approach will be employed, where participants will be recruited based on their availability and willingness to participate.

Demographic information (e.G., Gender, ethnicity, socioeconomic status) will be collected to explore potential associations with physical activity levels (johnson & white, 2020).



Recruitment, Sampling & study participants

- Students from several public universities in the UK between the ages of 20 and 24 will be recruited for the research.
- Using a convenience sample strategy, participants will be chosen for the study based on their availability and desire to take part.
- Data will be collected to investigate potential correlations between levels of physical activity and ⁴demographic characteristics (e.g., gender, ethnicity, socioeconomic status). (johnson & white, 2020).



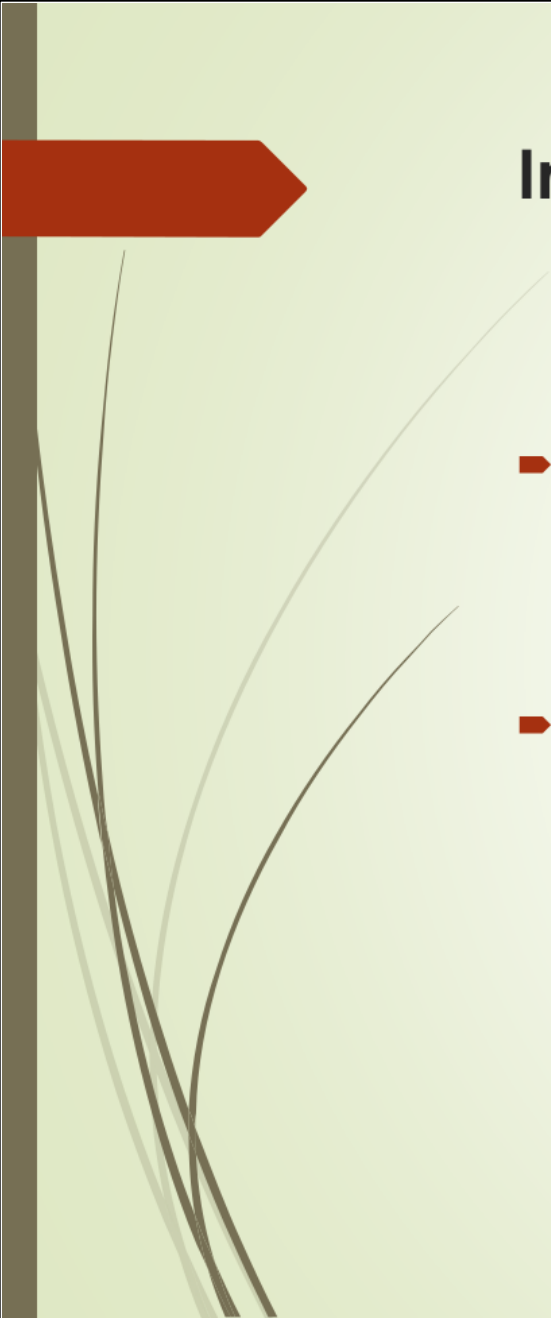
Data collection method:

- Validated questionnaire: A questionnaire with required questions to collect data on physical activity levels.
- Data collection: Participants will fill out a questionnaire that contains questions about ³the frequency, duration, and intensity of their physical activity. .
- Data collection location: the data will be collected within the university campus or online, depending on the feasibility and convenience for participants.



Ethical considerations:

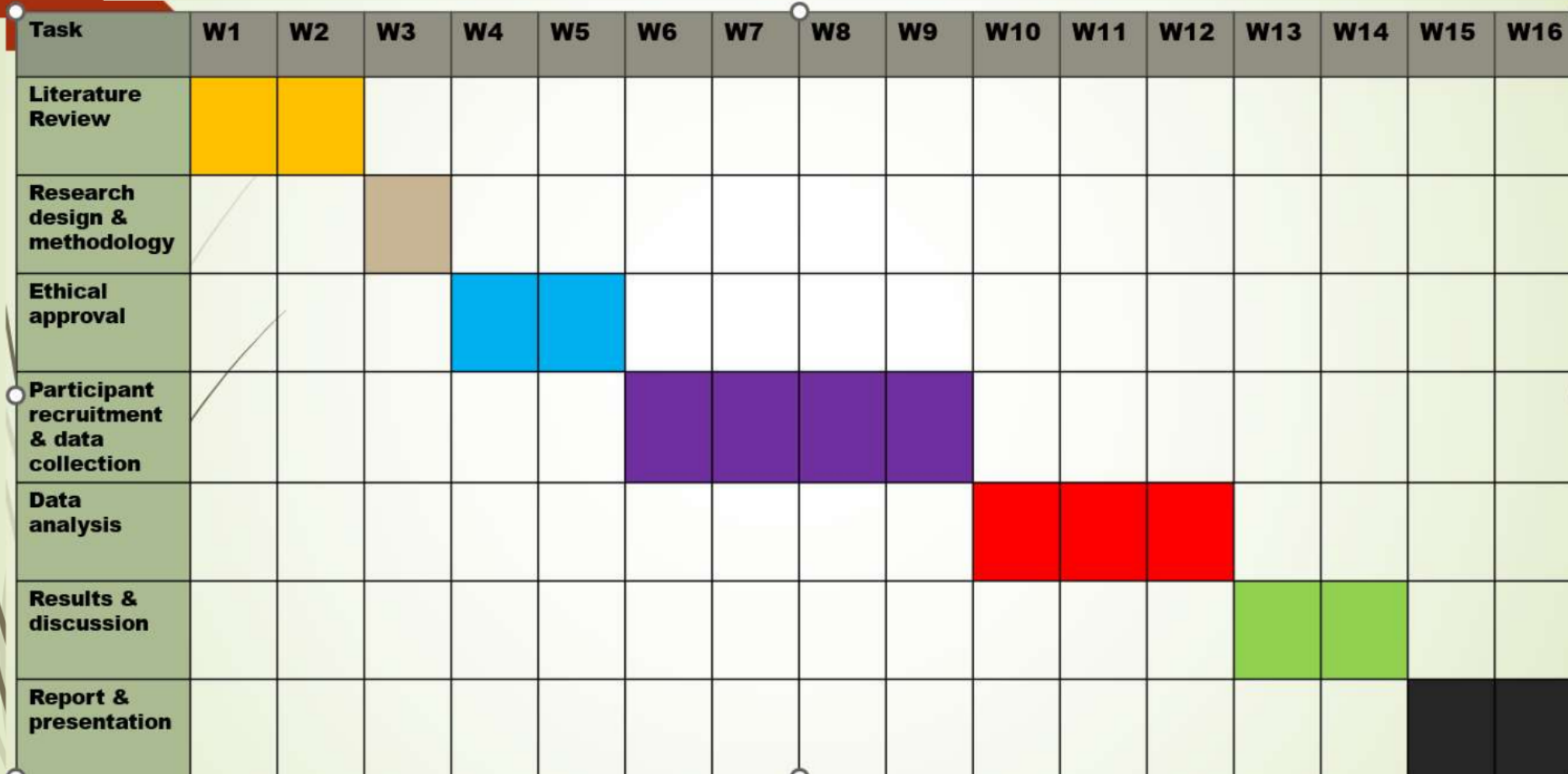
- Informed consent: participants will be given comprehensive information about the study and their choice to participate, as part of informed consent. Prior to collecting any data, informed consent will be asked..
- Confidentiality: All collected data will be treated with strict confidentiality, and participant identities will remain anonymous (Smith et al., 2020).
- Ethical approval: The research protocol will be submitted for ethical review and approval from the relevant institutional ethics committee (Johnson & White, 2019; Brown et al., 2022).

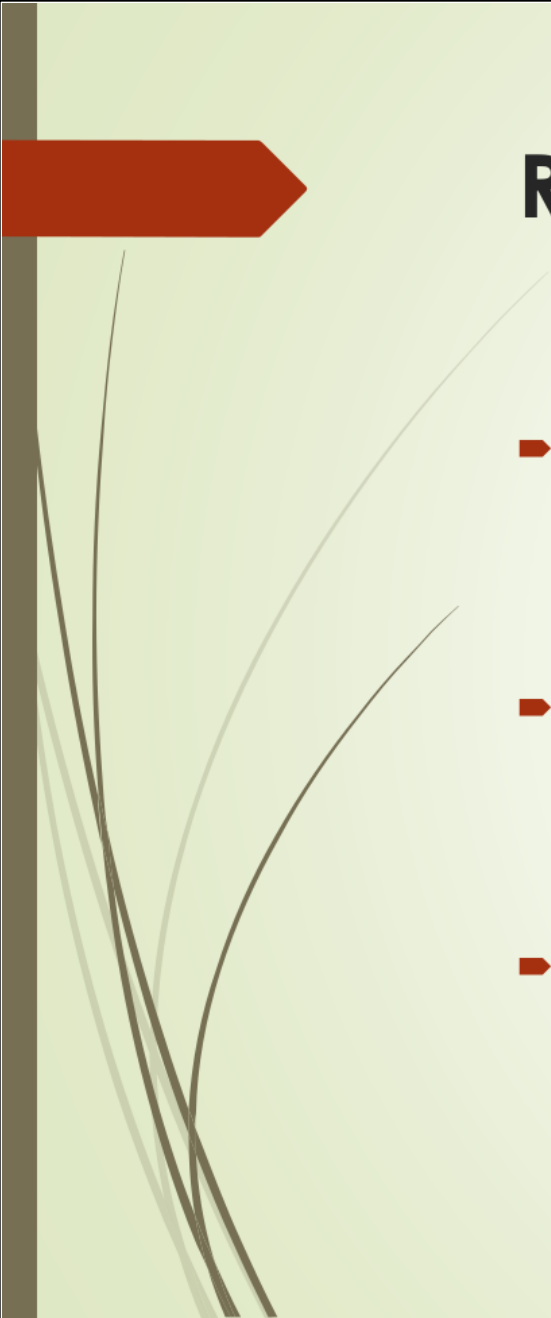


Implications:

- 1. Health promotion: the research will help design evidence-based programs and interventions that encourage physical activity among university students between the ages of 20 and 24.
- 2. Policy and planning: the research findings can help planners and university officials build plans to foster a culture of physical activity in the academic environment.

Plan and time schedule- Gantt chart





References

- Smith, J, johnson, A. B., & Davies, C. (2021). Prevalence of physical activity among students aged 20-24 years in a public university in the UK. Journal of physical activity and health.
- Johnson, k, & white, l. (2020). Exploring disparities in physical activity among university students in the UK: A systematic review. International journal of exercise science.
- ² International physical activity questionnaire (ipaq). [Online]. Available at: <https://sites.Google.Com/site/theipaq/> [accessed: june 13, 2023].



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