

PREVALENCE OF RUNNING IN THE CARDIFF UNIVERSITY STUDENTS IN THE UK



Introduction

Background

- Numerous health advantages of regular exercise include increased mental clarity, greater cardiovascular health, and a lower chance of chronic illnesses.
- Particularly, running is a well-liked type of exercise that needs little equipment and is simple to include in everyday schedules.
- Promoting healthy lifestyles and creating focused treatments require an understanding of the prevalence of running among university students (Mamurov *et al.*, 2022).

Types of Run



TYPES OF RUNS

1. RECOVERY RUN

- 4 miles
- Easy pace
- Run with short bursts
- Add mileage to a runner's training
- Do not take away from harder performance

2. BASE RUN

- 6 miles
- Run at natural pace
- Short to moderate length
- Big improvements in aerobic capacity and endurance
- Heightened running economy

3. LONG RUN

- 10 miles
- More than that last longer
- Runners are left moderately fatigued
- Increase in endurance
- Duration depends on runner

4. PROGRESSION RUN

- 5 miles at natural pace + 1 mile at marathon pace + 1 mile at half-marathon pace
- Begin at natural pace
- Ends at anywhere from marathon to 10K pace
- Moderately challenging

5. FARTLEK

- 6 miles at natural pace + 10 x 100 pickups at 5K pace + 100 moderate intervals
- Best for which miles in intervals of varying distance/duration
- Method of developing efficiency & fatigue resistance at faster speeds

6. HILL REPEATS

- 2 miles of easy jogging + 10 x 45-second hill repeats at a hard effort + 2-minute jogging recovery between repeats + 2 miles easy jogging
- Repeats of short segments of hard uphill running
- Increased aerobic power & high-intensity fatigue resistance
- Heightened pain tolerance & non-specific strength
- Introduction to harder high-intensity training

7. TEMPO RUN

- 1 mile of easy jogging + 4 miles at lactate threshold + 1 mile of easy jogging
- Sustained effort at lactate threshold intensity
- Increased speed you can sustain for a long period
- Increased time you can sustain relatively fast pace

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Aims

- This study's main aim is to find out how common running is among Cardiff University students in the UK.

Objectives

- To determine the frequency of running among students at Cardiff University.
- To look into how often and for how long students engage in running activities.
- To investigate the driving forces and justifications underlying running involvement.

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Research Questions

- How common is running among students at Cardiff University?
- How often and how long do students participate in running activities?
- What are the primary reasons students participate in running?
- What obstacles and difficulties do students have when participating in running engagements?

Rationale of Research

- The research findings can be used to build specialized treatments and support services to encourage people to run as a healthy lifestyle option.

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Significance of Research

- This study has several significant ramifications.
- The findings may also be used to help create targeted programs that will raise running participation and encourage a culture of physical activity in academic settings (Jeong and So., 2020).
- Last but not least, knowing how running habits relate to other lifestyle choices might improve kids' academic performance and general well-being.

Components of Physical Fitness



Literature Review

- With a particular focus on students at Cardiff University in the UK, this review of the literature offers an overview of the current studies on the prevalence of running among college students.
- In a study done by Busseet al., (2021), also said that running was shown to be the most common type of physical exercise among students in a university context, with 60% of participants running at least once per week.
- To guide the proposed study on the prevalence of running in this demographic, the review intends to identify relevant results, trends, and information gaps.

Prevalence of running among University Students

- The potential effects on university students' health and well-being have made research on their physical activity patterns popular.
- While studies have looked at levels of total physical activity, there has not been much investigation into how common running is among college students depicted by Centeioet al., (2021).

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- According to Xiang *et al.*, (2020), a significant share of university students participate in running as a form of exercise.
 - Nearly 45% of college students engage in running at least once every week.
 - Additionally, it was shown that female students ran more frequently than their male counterparts.
 - 52% of female students ran, compared to 38% of male students.
 - Physical fitness, stress relief, weight control, social engagement, and personal challenge are some of the reasons people run that are studied by Box *et al.*, (2019).

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- But there are also obstacles for university students who want to run.
- It is essential to remove these obstacles and offer support systems to encourage and sustain university students' engagement in running.
- Promoting healthy lifestyles and creating focused treatments require an understanding of the prevalence of running among university students studied by Mamurov *et al.*, (2020).
- Student achievement in their studies, physical health, and general well-being can all be improved by encouraging running among university students.

Benefits of Exercise



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Factors Influencing Running Participation

- According to Hashmiet *et al.*, (2021), students at universities were inspired to run for both psychological and physical reasons, such as preserving their health and well-being, controlling their stress levels, and boosting their self-esteem.
- On the other side, obstacles to running participation might include a lack of time, a belief in one's incapacity, worry about injuries, and unfavorable weather studied by Arkesteyn *et al.*, (2023).
- According to Williams *et al.*, (2020), running may be preferred by students with hectic schedules since it is flexible and simple to include in regular routines.
- Students are more likely to take part in running activities if they have concrete running goals, such as finishing a race or reaching a certain distance depicted by Ruset *et al.*, (2019).

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Correlation with Other Lifestyle Factors

- The relationship between physical work out, such as running, and scholarly accomplishment has been inspected within the investigative handle.
- According to Ladu *et al.*, (2019), understanding the connection between running habits and other lifestyle elements is essential to understanding the wider effects of running on the well-being of university students
- For occurrence, college students' levels of physical workout and academic success are emphatically delineated by El Ansari *et al.*, (2022).
- A study done by Cox., (2023), says running may also have an impact on other lifestyle and health-related decisions.
- Students may find themselves more motivated and disciplined in other areas of their lives as a result of running, leading to a more complete and healthy lifestyle depicted by Liu *et al.*, (2019).

Theoretical perspective

Social Ecological Model

- The Social Ecological Model (SEM), which considers several levels of impact, offers a thorough framework for comprehending health behaviors depicted by Ngwenya *et al.*, (2020).

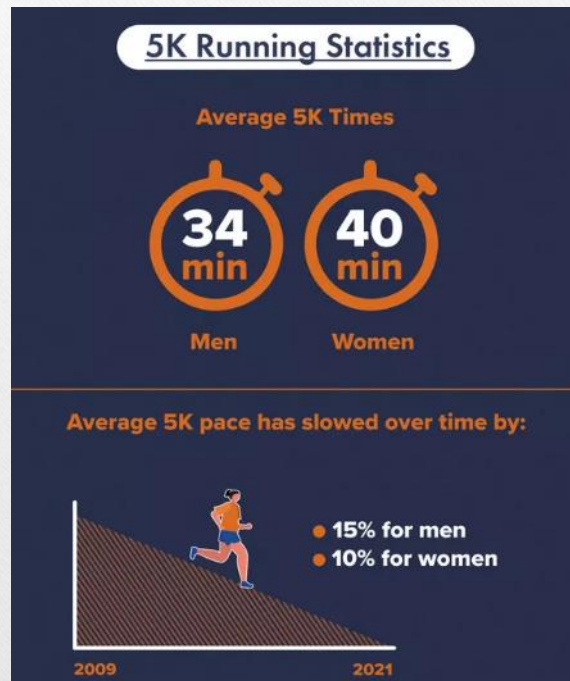
Theory of Planned Behavior

- According to the Theory of Planned Behavior (TPB), perceptions of behavioural control, subjective standards, and attitudes influence how people behave said by La Barbera and Ajzen., (2021).

Self-Determination Theory

- According to Tsai *et al.*, (2021), running and other types of physical exercise are more likely to be done by those who have a feeling of autonomy, competence, and relatedness, according to SDT.

Running Statistics



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Transtheoretical Model

- This model can help explain the prevalence of running among Cardiff University students at different phases of behavior change.
- Pre-contemplation, contemplation, preparation, action, and maintenance are some of the steps that the Transtheoretical Model, often known as the steps of the Change model, contends behaviour change proceeds through as depicted by Saulick *et al.*, (2023).

Research Gaps

- The opportunity to fill this information vacuum and provide light on the prevalence, drivers, obstacles, and possible relationships between running and other lifestyle characteristics among Cardiff University students is provided by the research proposal (Santos., 2023).

Research Methodology

Research Design

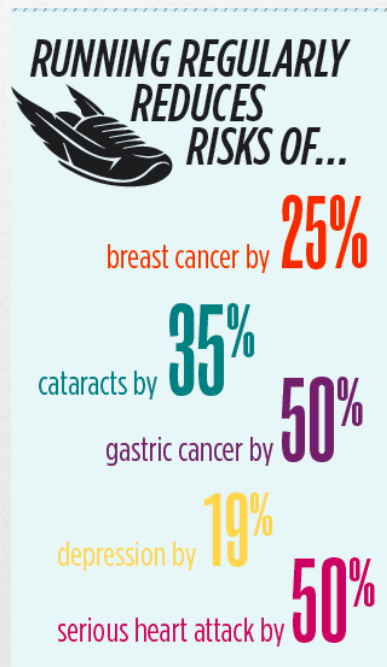
- Exploratory, explanatory, and descriptive are the three basic study strategies that researchers might use as they learn about how common running is among Cardiff University students in the UK.
- A descriptive study strategy would be the most trustworthy approach for this subject (Sileyew., 2019).
- A straightforward explanation of the subject would make it possible for the research's target consumers to arrive at straightforward conclusions and understandable viewpoints (Goldsmith *et al.*, 2021).

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Research Approach

- Inductive and deductive research methodologies are two options for the research strategy that might be used for the subject of this project (Newhart and Patten., 2023).
- The researchers would be better able to form their findings and hypotheses about the subject if they used this deductive technique of approach (Kygäs, 2020).
- Academics will be able to find other characteristics of those Cardiff University students and their involvement in common running that have not previously been researched and studied by other academics, making the research more varied and comprehensive.

Running Regularity Reduces Health Risks



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Research Philosophy

- The interpretivism research philosophy would be the most appropriate for researchers because it emphasises different concepts and would be helpful for the researchers in learning about the different types of students available in the University, their learning paradigms, and their significance for running as a physical activity (McNamara and Haegele, 2021).

Data collection

- The primary method of data collection is the one that would be appropriate for this study (Busettoet *al.*, 2020).

Sampling and Sample Size

- The use of these sampling techniques would guarantee that the data are collected objectively and without prejudice (Umanailo., 2019).

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Data Analysis

- The researchers should use the qualitative data analysis approach while analysing the acquired data.
- To ensure that the data is comprehensive and relevant to the subject, the analysis might be done on a thematic basis (Sebele-Mpofu., 2020).

Sample Interview Questions

- Q1. How do students frequently exercise by running?
- Q2. How long do students' running workouts last on average?
- Q3. What are the key drivers behind university students' running participation?
- Q4. Are there any particular objectives that the students want to accomplish through running?

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Ethical consideration

- Once they receive the necessary permission to use the data, they will only use it for their study and nothing else.
- These are a few of the research ethics that researchers need to abide by.

Implication of research

- The quality of the data is one of the constraints the researchers would have when carrying out their investigation.
- The validity of the data needs to be considered by them because they will be employing secondary data (Sileyew., 2019).
- There are relatively few sources available, and they would also need the owner's permission to use them, so that is another restriction they would encounter.

Work Plan and Time Schedule

Project activities	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Research topic Introduction						
Literature review of the research topic						
The planning for the methods of the research						
Analysis of the collected data for this research paper						
Ethical Considerations for the research paper						
Conclusion of this research paper						

Conclusion

- In conclusion, it is noteworthy that running is so common among Cardiff University students in the UK.
- Numerous students now participate in running for a variety of reasons, including exercise, stress release, and socialising.

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Thank you