

Gerald James De Guzman

EN202-02

Spring 2019

Dr. Kimberly

Bunts-Anderson



search the things
4/2/19
EN-202
H. Kim Dec 14

Sample Essay

This essay is to help us brainstorm ideas for our research project. It is based on our interest so we don't get bored during the process. I have three ideas in mind that revolve around my daily routine and what I do with my time.

First would be how often do people in Japan exercise? This is a perfect topic for myself because I do exercise 6 times a week. There are a lot of variables that could play into this research like what kind of workouts you do. How long do you do it for? How often do you exercise? And what location do you go to. I could go more depth into it but it's just an idea.

Next is are our public schools overpopulated? I've done some observations last semester in teachers classrooms and I noticed that it's too crowded in some of them. Asking opinions from teachers and what could be some solutions to that area that could benefit both teachers and the student at the same time.

Brainstorm

VALUES

MERCURY

Mercury is the closest planet to the Sun and the smallest one in the Solar System. In fact, it's only a bit larger than our Moon

VENUS

Venus has a beautiful name and is the second planet from the Sun. It's terribly hot—even hotter than Mercury—and its atmosphere is extremely poisonous

MARS

Despite being red, Mars is a cold place, not hot. The planet is full of iron oxide dust, which gives the planet its reddish cast

ESSAY #1

ILLUSTRATIVE ESSAY

Pros and Cons Between Two Topics

Illustrative Essay

Gerald James De Guzman

Northern Marianas College

Dr. Kimberly Bunts-Anderson

April 9, 2019,

Pros and Cons Between the Two Topics

Do people really keep track of how fit they are? Do teachers really connect with their students? I have two topics in mind, but I can't decide on which topic to do. Individuals have different ways of being active in their everyday life. But with the family, work, school, and the limited time available, what do they do to keep an active lifestyle? Students connect through their educational lifestyle, their teachers, so how well would they impact them? This essay will illustrate the pros and cons between how often people on Saipan exercise along with how well teachers make an impact on students.

The first topic that I had in mind would be on how often people on Saipan partake in exercising or fitness activities. This initially caught my interest as a topic, because I personally enjoy physical activity. I love working out and exercising everyday. I would either go running three times a week while I go to the gym four times a week. I am surrounded by people who are quite active making them excellent participants in the coming survey I will provide for them. With my survey approach, I will be using SurveyMonkey and will be distributing the survey

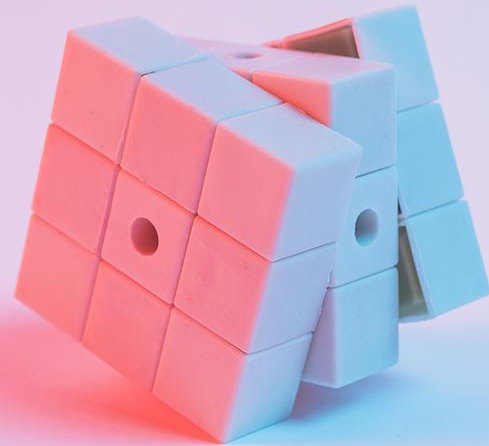
PROJECT MERCURY



Mercury is the closest planet to the Sun and the smallest one in the Solar System—it's only a bit larger than our Moon. The planet's name has nothing to do with the liquid metal since it was named after the Roman messenger god, Mercury

ESSAY #2

PROPOSAL ESSAY



How Often do you Exercise?

Persuasive essay

Gerald James De Guzman

Northern Marianas College

Dr. Kimberly Bunts-Anderson

April 23, 2019,

How Often do you exercise?

Have you ever thought about exercising? People attempt to exercising on a regular basis, but tend to have an excuse not to do it. They either don't make time, get lazy, or lose motivation to continue. This topic will indicate how often people on Saipan work out. It will show what types of exercises they do and what keeps them motivated in the process. This is a proposal of why this topic best fits me for my research project. This essay will persuade on why I should be doing this topic.

The topic that I chose is a really good one due to it relating to my everyday life. I have have peers that I could experiment with and it would help me collect data. This topic is interesting because I really want to get in depth with how people stay fit on Saipan. Do they go running on a daily basis? Do they go to the gym to do weight training? What motivates them to actually exercise? I feel like I can go in depth with this topic. I love doing hands on activities which makes this project enjoyable.

Next I'll be talking about the 5 literature sources that could help support my research project. I'll be referring to the EN202 textbook to properly structure my research project. I have

ESSAY #3

Process Essay

How often do you exercise

Process Essay

Gerald James De Guzman

Northern Marianas College

Dr. Kimberly Bunts-Anderson

May 5, 2019

How Often do you exercise?

Exercise is an important part of keeping a healthy lifestyle. There are all sorts of factors into exercising. The motivation to push you to actually doing it. The time you're willing to make to exercise for that day. The activities you do that considers as an exercise. And what goes on your daily life. So how often do people exercise? The purpose of this essay is describe the methodology I used to show step by step on how I collected my primary data to attempt to answer my research question.

The student researcher collected data through two surveys that were distributed to 38 NMC students. The first survey was a 10 question pilot survey intended to test data collection with the instructors and peers. The pilot survey contains demographic questions and to questions specific to the student's research question. The survey was distributed electronically. Student's peers were asked to take the survey and give feedback on a Google Doc's page. The pilot survey was designed using SurveyMonkey that included short answers, matrix and checked box answers (Appendix A). The Pilot survey received feedback from instructor and 10 peers. Feedback included suggestions that pointed out how some questions could be combined and how it should have more choices for people to choose from on specific questions. They also gave some suggestions to having new questions for the pilot survey. After revisions were made, the student

ESSAY #4

Literature Review

How often do you exercise

Literature Review

Gerald James De Guzman

Northern Marianas College

Dr. Kimberly Bunts-Anderson

May 5, 2019,

How Often do People Exercise?

There are a multitude of articles that relate to the percentage of people who do not exercise which include but are not limited to factors that allow people to not exercise and how much time do people need to exercise for that day.¹¹ There is an article that explains how often a person exercises.¹¹ The topic was then narrowed down to focus on NMC students and how often do they exercise.¹⁶ What factors could play out for college students? ⁸ This essay will present the research that has been found throughout academic articles.¹²

A Google Scholar search on May 23, 2029 using the key words “ motivation and Time management” found 1,000,000 hits. A significant section contained articles looking at the impact of time management on how often do people exercise(Macan,1990;Ebben, 2008). Another section contained articles generally covering how motivation reflects on how often people exercise. Those covering how often do people exercise highlighted tips on how to deal with it. With the keywords, the literature focused on tips that dealt with time management and motivation for college students to enforce for them to actually exercise. Narrow the topic further the researcher did another research using the key words (CNMI) found only 403 published academic articles. In the CNMI, the student researcher found nothing at all that related to the topic for the CNMI. Most of the academic articles dealt with the students in the United States. This is where most of the data is found.

Reading Notes

Reading Notes to fill out when reading course and outside reading materials for assignment

Note Taking Sheet: Reading # __1__

NAME _____ COURSE __English Composition II__ Section
 ___En202-02_____

With many sources to read and evaluate, you need a way to keep track of the material you may use in your research paper. You need to record where you have looked, what you have found, and how to find each piece of information again (this is for your bibliography).

Directions: Fill in the information below, and keep with all of your resources. This will help you when it is time to write both your outline, paper, and annotated bibliography.

1. Author's Name: Bruce Ballenger
2. Author's Credentials (Boise State University)
3. Publisher [or title of organization]: Pearson Education, inc.
4. Heading of Section [title of reading]: Finding Experts Pg. 83 Living Sources: Interviews and Surveys Pg.82-89
5. Year Written: 6. Pages:
7. Website URL:

Main Ideas/Points	Important Quotations	Supporting Details	Relevance to Your Assignment
<ul style="list-style-type: none"> How do you find experts to your interviews? 	<ul style="list-style-type: none"> "Most people, no matter who they are, love the attention of 	<ul style="list-style-type: none"> Checking your sources, ask your friends 	<ul style="list-style-type: none"> This gives us options to collecting data from experts that we intend to send letters to.

Directions: Fill in the information below, and keep with all of your resources. This will help you when it is time to write both your outline, paper, and annotated bibliography.

1. Author's Name: Bruce Ballenger
2. Author's Credentials (Boise State University)
3. Publisher [or title of organization]: Pearson Education, inc.
4. Heading of Section [title of reading]: Finding Experts Pg. 83 Living Sources: Interviews and Surveys Pg.82-89
5. Year Written: 6. Pages:
7. Website URL:

Main Ideas/Points	Important Quotations	Supporting Details	Relevance to Your Assignment
<ul style="list-style-type: none"> How do you find experts to your interviews? (p.83 - 84) How do you properly quote your source or sources in your essay? (page 112-113) How arranging interviews is good for your research? 	<ul style="list-style-type: none"> "Most people, no matter who they are, love the attention of an interviewer, no matter who she is, particularly if what's being discussed fascinates them both." (para. 1) "To quote someone who says something effectively that supports a key point you're trying to make." (para. 5) "Ultimately, what makes almost any topic compelling is discovering why it matters to people close to the subject - 	<ul style="list-style-type: none"> Checking your sources, ask your friends and your instructors, check phone book, check faculty directory, and check the internet When you're writing an essay that uses primary sources- a literary text, a transcript, and so on- quoted material is essential. Doing interviews with people close to the subject is the 	<ul style="list-style-type: none"> This gives us options to collecting data from experts that we intend to send letters to. Quoting properly is essential to the student researcher's essay. This section helps us to site sources properly within the text. It will definitely help gaining knowledge about the topic from the source.

Gerald James De Guzman
 Dr. Kimberly Bunts-Anderson
 Northern Marianas College
 5/18/19

Note Taking Sheet: Reading # __3__

Course _____
 ENCOURSE NAM _____ EN 202 _____ Section _____
 2 _____

With many sources to read and evaluate, you need a way to keep track of the material you may use in your research paper. You need to record where you have looked, what you have found, and how to find each piece of information again (this is for your bibliography).

Directions: Fill in the information below, and keep with all of your resources. This will help you when it is time to write both your outline, paper, and annotated bibliography.

1. Author's Name: Rachel Hosie
2. Author's Credentials Rachel is Senior Lifestyle Reporter for Business Insider UK and Insider.
3. Publisher [or title of organization]: Independent UK
4. Heading of Section [title of reading]:HOW MANY TIMES A WEEK SHOULD YOU EXERCISE, HOW LONG SHOULD YOUR WORKOUTS BE? 5. Year

Exercise?

5. Year Written:2010 6. Pages:

7. Website URL:

<https://www.ideafit.com/fitness-library/what-motivates-people-to-exercise>

Main Ideas/Points	Important Quotations	Supporting Details	Relevance to Your Assignment
<ul style="list-style-type: none"> • The Process That Leads to Exercise Participation • Key pointers to what keeps people motivated to continue exercising 	<ul style="list-style-type: none"> • “According to Whaley and Schrider (2005), how people view themselves—based on past experiences and current reality—soundly influences their physical activity choices. Self-perception plays a major role in whether people will start exercising, and it may impede some individuals from beginning a program even 	<ul style="list-style-type: none"> • Fortunately, these inhibiting self-perceptions are modifiable, especially with social support and encouragement from others (particularly exercise professionals). <p>For my second main point:</p> <ul style="list-style-type: none"> • Demographic and Biological Factors. Trost et al. note that men are more involved than women in physical activity, according to the research. Moreover, being 	<ul style="list-style-type: none"> • Self motivation and having people around you helps you to start exercising. • Major factors that influences people to continue exercising.

Directions: Fill in the information below, and keep with all of your resources. This will help you when it is time to write both your outline, paper, and annotated bibliography.

1. Author's Name: Alexa Tucker
2. Author's Credentials: I'm a freelance writer, editor, and content specialist based in Denver.
3. Publisher [or title of organization]: Self
4. Heading of Section [title of reading]: How Often Should You Work Out? The Perfect Weekly Workout Routine
5. Year Written: 2019 6. Pages: n/a
7. Website URL:
https://www.researchgate.net/profile/Shawn_Bergman/publication/245162458_University_students_exercise_behavioral_regulation_motives_and_physical_fitness/links/02e7e53021dd6f05b3000000.pdf

Main Ideas/Points	Important Quotations	Supporting Details	Relevance to Your Assignment
<ul style="list-style-type: none"> How often do you need exercise for young adults 	<ul style="list-style-type: none"> As you can imagine, there's no simple formula that's right for everyone. So if you're wondering, "how many 	<ul style="list-style-type: none"> We all go into workouts with our own set of goals and expectations, and most of us have wondered how often you should work out. Maybe 	<ul style="list-style-type: none"> Just gives a general idea on how often a person should exercise and it allows tips on doing it

Directions: Fill in the information below, and keep with all of your resources. This will help you when it is time to write both your outline, paper, and annotated bibliography.

1. Author's Name: Marcu Kilpatrick
2. Author's Credentials: PhD
3. Publisher [or title of organization]: JOURNAL OF AMERICAN COLLEGE HEALTH
4. Heading of Section [title of reading]: College Students' Motivation for Physical Activity: Differentiating Men's and Women's Motives for Sport Participation and Exercise
5. Year Written: 2005 6. Pages: na

7. Website URL:
https://www.researchgate.net/profile/Marcus_Kilpatrick/publication/296266370_Motivation_for_physical_activity_Differentiating_motives_for_sport_and_exercise_participation/links/5af996d7aca2720af9ef3451/Motivation-for-physical-activity-Differentiating-motives-for-sport-and-exercise-participation.pdf

Main Ideas/Points	Important Quotations	Supporting Details	Relevance to Your Assignment
<ul style="list-style-type: none"> What are their self motives for exercise 	<ul style="list-style-type: none"> For the motive of posi 	<ul style="list-style-type: none"> Table on pg 91 	<ul style="list-style-type: none"> What the factors could be for their self motivation Variables that would get students to get

Ebben, W. (2008). *Motivations and barriers to exercise among college students*, 11(5), 1-11.

<https://www.asep.org/asep/asep/EbbenJEPonlineOctober2008.pdf>

Lucier, K. (2019). *How to find time to exercise in college*.

<https://www.thoughtco.com/find-time-to-exercise-in-college-793557>

Krafitz, L. (2010). What motivates people to exercise?

<https://www.ideafit.com/fitness-library/what-motivates-people-to-exercise>

Nunez, A. (2013). *Do You Exercise More Than the Average American?*

<https://www.shape.com/fitness/do-you-exercise-more-average-american>Ballenger, B. (2017). *The curious*

researcher: A guide to writing research papers, 9th Edition. Boise, Idaho: Pearson. Ch.3.

Hyperlink Sources

Cash, H., Dela Cruz, R. (2016). *Commonwealth of the northern mariana islands non-communicable disease and risk factor hybrid survey report*. pg. 10.

<http://i2io42u7ucg3bwn5b3l0fquc.wpengine.netdna-cdn.com/wp-content/uploads/2017/04/CNMI-NCD-Survey-Report-FINAL-2017.pdf>

Hosie, R. (2017). *How many times a week should you exercise, how long should your workouts be?*

<https://www.independent.co.uk/life-style/health-and-families/how-many-times-exercise-week-long-workouts-gym-lifestyle-health-fitness-a7910676.html>

Tucker, A. (2019). *How Often Should You Work Out? The Perfect Weekly Workout Routine*.

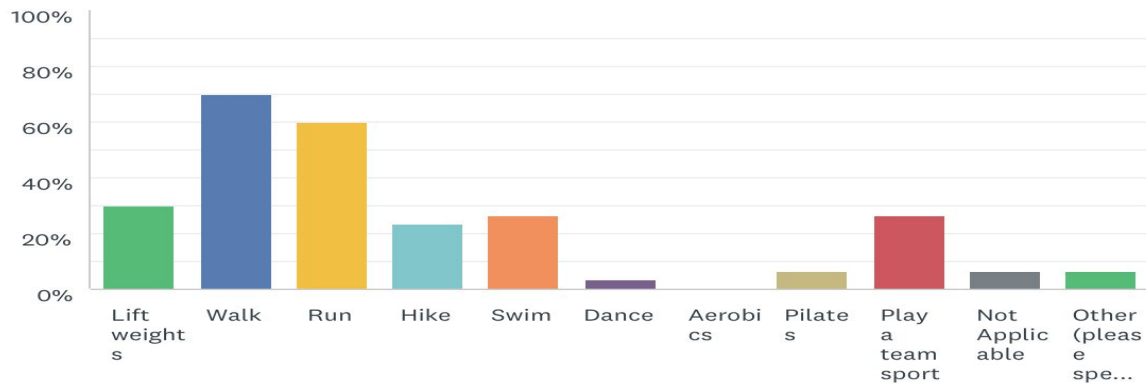
<https://www.self.com/story/heres-what-a-perfect-week-of-working-out-looks-like>

cont.

Appendices

What do you most often do for exercise?

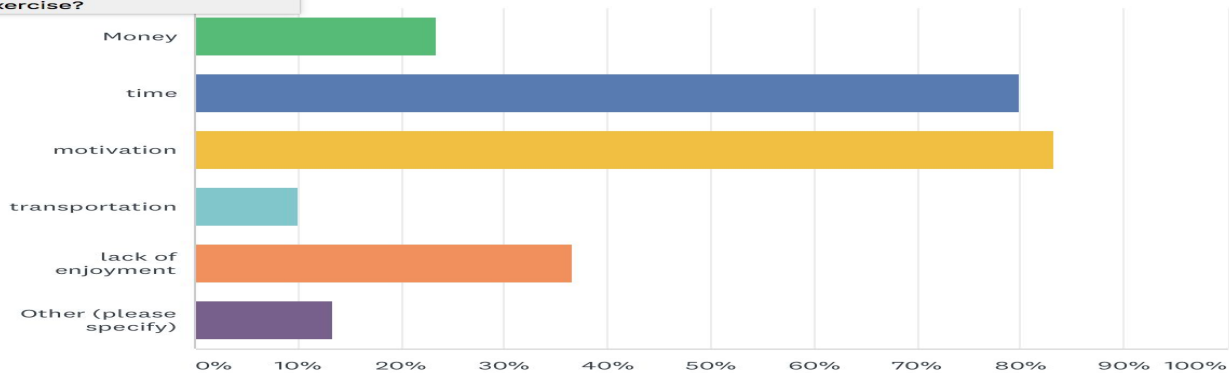
Answered: 30 Skipped: 0



What do you think is the biggest barrier for those who don't exercise?

Answered: 30 Skipped: 0



What do you think is the biggest barrier for those who don't exercise?



What environment do you prefer when working out?

Answered: 30 Skipped: 0

RESPONSES (30) WORD CLOUD TAGS (0)

 Sentiments: OFF 

Apply to selected ▼ Filter by tag ▼

Search responses  

Showing **30** responses

Inside a room without people

5/9/2019 6:38 PM

[View respondent's answers](#) [Add tags ▼](#)

Cloudy, not too hot

5/9/2019 5:19 PM

[View respondent's answers](#) [Add tags ▼](#)

Private and secluded

5/9/2019 5:15 PM

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Outdoors in a park

5/9/2019 5:09 PM

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What motivates you to exercise?

Answered: 30 Skipped: 0

RESPONSES (30) WORD CLOUD TAGS (0)

 Sentiments: OFF

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the hunger to become a better version of myself

5/12/2019 11:54 PM

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My family and friends

5/12/2019 11:46 PM

[View respondent's answers](#)

[Add tags](#) ▼

to have a good body and be healthy

5/12/2019 11:10 PM

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I Just do, since I have a partner who love to stay fit.

5/12/2019 9:44 PM

[View respondent's answers](#)

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The idea of a healthy future

Q9



Save as ▾

Do you exercise by yourself or with a group? please explain.

Answered: 30 Skipped: 0

RESPONSES (30) WORD CLOUD TAGS (0)

Sentiments: OFF



Apply to selected ▾

Filter by tag ▾

Search responses



Showing **30** responses



With my significant other. We usually walk/run together

5/12/2019 4:43 AM

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Myself, only do group exercises if someone needs help or training with hardcore athletes.

5/12/2019 2:53 AM

[View respondent's answers](#)

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Sometimes by myself, because I enjoy being able to do everything at my pace and it takes up less time. Other times I like working out with a group because I have company and I enjoy sharing the same fitness goals as others.

5/12/2019 12:04 AM

[View respondent's answers](#)

[Add tags ▾](#)



Most of time, group working out. I enjoy basketball a lot.

5/10/2019 7:14 PM

[View respondent's answers](#)

[Add tags ▾](#)

1. In your opinion, what gives meaning to exercising?

- For me and based on my experience as a personal trainer, Exercise has more meaning when you do it for yourself. Though it sounds vain, the people whose goal is towards self betterment or to get a bit healthier have the most fun at the gym or just exercising in general. What I believe causes this is the knowing of the imminent health benefits as well as psychological benefits that exercising can do to a person. It can not only prolong a persons life but exercise has been clinically researched to show spikes in endorphins which causes these happy feelings people who suffer from a bad day can benefit from. Not only that, daily exercise can cause a spike in a persons self esteem and confidence. And of course the more cosmetic benefits such as a better physique and the strengthening of the body.

2. How much time does a person actually need to exercise to see and/or feel results?

- Though it can vary from people to people and there are multiple factors that come into play (such as work, fitness level, confidence, family support, finance, etc) can either hinder a person from exercising alot or the reverse someone who has too much time and they workout too much. But the basic guidelines I follow is at least 30 minutes a day of some sort of exercise whether it be walking or resistance training. Often times people dont notice a difference in their body within the first or two weeks but people would start noticing that individuals progress fast especially if they dont see the individual as often.

3. From your experience, What are the best exercises to do with limited time?

- HIIT which stands for High Intensity Interval Training. What this is, is doing vigorous exercises in a matter of 20 -30 seconds that will spike your heart rate up very very high. My recommendation is for a person limited on time to perform explosive and full bod movements (so long as they have no injuries and concerns prior to exercising) such as squat jumps, burpees and plyo push ups. Another alternative is to run for 1 or 2 miles as a 8 to 9 minute mile. This is sure to put your heart rate at its threshold and push the person to a challenging level.

4. How can you support others to make exercising a habit?

- Motivate each other! and always try to share information on workouts supplements and if time permits workout together. Its always a different atmosphere when you got great friends pushing and suffering with you and trying to achieve the same goals as you.



Aaron The poké-builder <aaron.q.tomokane@gmail.com>

Mon, Jun 3, 9:57 PM



to me, tyce.goldsgymsaipan ▾

Sup Gerald!

Questionnaire:

1. In your opinion, what gives meaning to exercising?

- In my opinion, exercising is the action you take to reach your specific goal for everyone has different goals which require different exercises.

2. How much time does a person actually need to exercise to see and/or feel results?

- Time will always vary pending on the persons goal. Wether it's to lose fat, gain muscle, perform better, run faster, jump higher, etc. Seeing results and expecting results are two different things when it comes down to the exercises you do. Is it enough? Is it too much? Different goals = Different results = Different time.

3. From your experience, What are the best exercises to do with limited time?

- Circuit training is always my go to for training my clients and myself if time is limited.

4. How can you support others to make exercising a habit?

- What i tell people is that think of exercising is your medical insurance. If you keep yourself healthy, you wouldn't have to see the doctor often. Exercising helps boost your confidence, it helps you with everything mental and physical in your life.

Peace out brother!



Latte Built24

to me ▾

Mon, Jun 3, 12:04 PM



Hi Gerald,

No problem... here you go:

1. (This question is a bit strange to understand exactly what you're looking for, but...) In my opinion, people begin exercising for a magnitude of reasons, however most of those boil down to simply they just want to look and feel better about themselves. Athletes train to perform at the highest caliber possible in their sport, but even they want to maintain their training to look and feel better.
2. This depends on a few variables; Is the person male or female? How old is the person? Was this person an avid athlete or trainer in the past and just needs to get back on track? Or, is this person about to exercise for the very first time ever in he/she's life? In general however, I recommend at least 5 hours of exercise per week to reach results. This could be 5 days of 1 hr each or maybe 6 days/ week of 45 minutes each session. If the person is brand new to exercising, I'd probably recommend 3-4 hours/ week to start then work up to 5+ hours. Now with this said, NUTRITION is a HUGE component to seeing results. If he/she eats a low quality diet and too many calories, he/she will NEVER see results, even if he/she trains 20hrs/ week. Nutrition is Key to any goal. Learn how to perfect that than the working out part is the easy part!
3. This also depends on many variables, what are the persons goals? Build muscle or Lose body fat? If the goal is to build muscle, COMPOUND movements are king. They require multiple muscles to move the weight, these are exercises that typically are Olympic lifts: Dead lifts, Squats, Bench Press, Clean & Jerk, Snatch's, etc. If their goal is to lose body fat I'd still recommend compound lifts about 3 days/ week and then High Intensity Interval Training (H.I.I.T.) exercises 2x per week. There are thousands of variations, but a few examples would be Sprints, Spin bike sprints, kettle bell swings, Slam balls, Wall balls, Burpees, Mountain climbers, etc.
4. Supporting anyone would be done by encouraging them and their goals; remove all unhealthy food from the house; help them cook quality food; prepare meals for them until they understand how to do it on their own; buy he/she new workout gear; shoes; headphones; etc. Workout with the person so he/she has a partner and feels like they are part of a team rather than all on their own.

I hope these help. Your questions did not touch on nutrition at all but I included the extreme importance of it in each question.

Good luck,

Coach Derek

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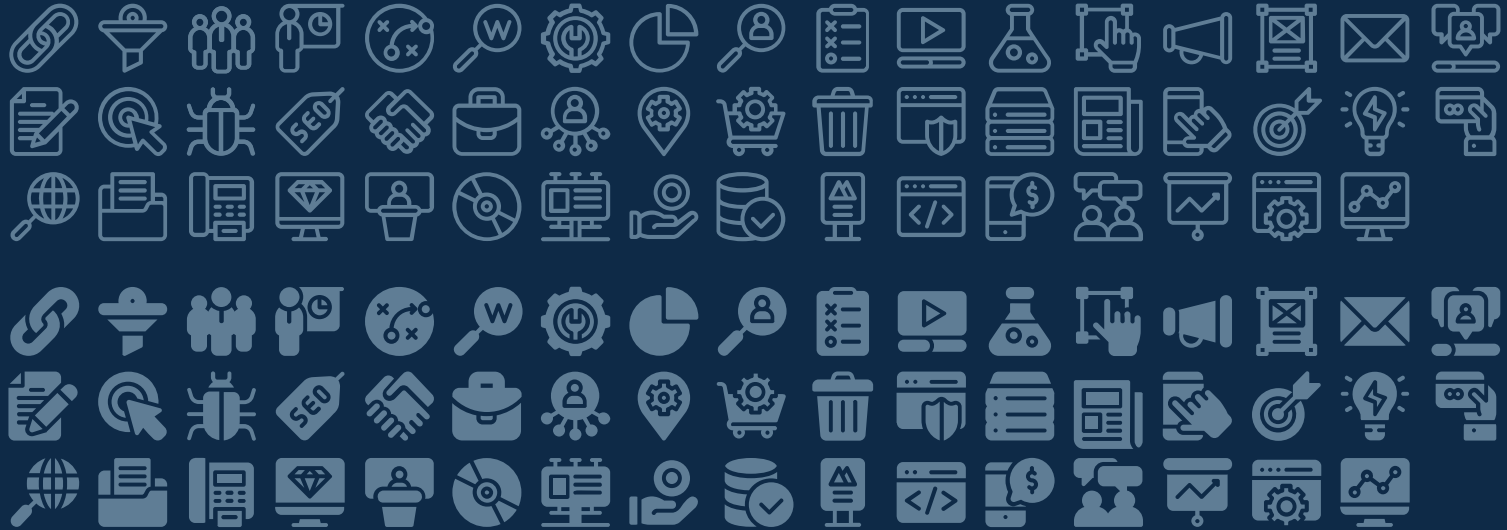
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