



How often do people exercise?

(Presentation II)

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Process (Collecting Data)

The Student research conducted....

1

Surveys

Goal for responses was 40.
Received 30 responses.

2

Interviews

Conducted 4 interviews.
2 individuals that exercise
2 individuals that don't
exercise.

3

Letters to experts

Sent out 10 Letters to
experts.
3 out of 10.



Results (Findings)

- The Student research can conclude that out of the 30 NMC students, about 76% of them often exercise.(23)
- The top 3 barriers these students face are
 - the motivation
 - Time
 - Lack of enjoyment
- So the 14% explained that
 - They have part time jobs
 - wants to focus on school
 - other priorities
 - Being lazy
- The top 3 exercises that the NMC students indicated was walking, running, and lifting weights.
- The majority of the responses of why do they exercise was to stay fit and be healthy.
- 30% of the students workout for an 1 hour
- 20% of the students workout for an 1.5 hours
- 50% of the students responded saying it really depends
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Results (Findings)

- Group exercise
 - Majority of them prefer and do workout with a group. Motivation really kicks in when there are individuals around you that push you during the workout.
 - They workout on their own if schedules conflict with one another
- Letters to experts: 3 out of 10
 - They all had similar answers because the 3 responses came from trainers. The meaning of exercise to them is a goal to have self improvement in yourself and have a healthy lifestyle. Recommended time to exercise is between 30 mins to an hour. With limited time, you can do high intensity weight training or you can go for a small distance run. Influencing people to making it a habit would require a lot of motivation and people around you to make yourself better.

Results (Findings)

- Academic articles
 - For my articles, college students face the same challenges that we have here. They either have no time due the amount of workload they get from their classes. They have part time jobs. And that they want to mainly focus on passing their classes. There were tips that were highly encourage to do for students that didn't have the time.
 - They could take a longer route going to class. They could go workout or go for a run in between their classes. They could take their work to the gym and do some reading on a treadmill or step machine. Workout with a buddy to help motivate you. Time management is the key for success.

Analysis

After collecting research data in a four-week course, the responses show that 76% from the 30 NMC college students that took the survey often exercise. Time, the motivation, and lack of enjoyment were barriers from the students to exercise. Your general surrounding really affects your decision on whether or not to exercise. Everyone has their own opinion on this subject and what predicament they're in. To better my research, I would have conducted 2 observations with 2 NMC college students with one individual with barriers that person would have that would keep them from exercising. And the other individual that allows them to exercise on a regular basis.