

NMC Students Exercising

How often do people exercise?

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Final Reports

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## Abstract

An NMC, Pacific Island, college student describes an original four-week study highlighting on how often do people exercise. The student researcher wanted to inform readership of how often do people exercise and what key factors could lead people to whether or not to exercise. Interviews, letters to experts, and surveys were implemented in the research. Analyzing interviews, research, and surveys with the 6 week period indicated that time and motivation played a key role whether or not people exercise. Academic articles indicated that college students have too much on their plate with class, homework, studying, and a part time job. The study is important because it illustrates why people don't exercise and informs on how to exercise with limited time.

# Essay #1

## 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 online with all of the contacts I have on social media. I can also ask Alexis Cabrera or Ms. Becky

Sablan to send an email to every student on campus as they are the people on campus who have access to this type of mass email approach. Additionally, I could do some research online with Marianas Variety, Saipan Tribune, and other local services as my non-academic literature. I could easily get hands on in this topic, and it's time consuming do to the fact that it relates to my everyday life.

The next topic I was thinking about doing is how well do teachers make an impact on a student. This is a really interesting topic that I could really relate to. I know I can't be using my personal experiences for this research, but I could use some of my peer's past experiences on this topic. As an aspiring counselor and/or teacher, I am surrounded by people aspiring to be in the same professional field. This gives me a multitude of people to survey or relate to as far as impacts on students from their personal experiences or what has been put into practice during their teaching experiences. This is something I can use as a future reference to develop myself on my journey to becoming an impactful teacher/counselor. I could visit some teachers in some schools to ask them some past experiences with their students and if some of them approached them saying they made an impact on them. And I could make a survey and disseminate them via online and on social media.

On the other hand, there are some points regarding these topics that would put me on the downside of this research project. For my second topic, it would require me to contact some peers and teacher to check on their availability to have a one-on-one interview with them. This

would involve a lot of planning which would make it time-consuming. Being flexible with the scheduling of individuals could conflict with myself moving forward into my research as well. In my own personal opinion, I don't really feel I could really go in depth with this topic. For my first topic, I would have to think about what experiment I could do for this topic. There are a variety of exercises I could list down but try to limit down the types for this case.

With limited time for the short semester, I need a topic that I could stay on track with. It should also make this research project enjoyable and interesting. The topics that came to mind are how often do people on Saipan exercise and how well do teachers make an impact on students. They are both great topics that I am really interested in. They both relate to my daily life in my current situation. I do love exercising and I have a passion to be a teacher in the future. The topic of my choosing would be on how often do people on Saipan exercise. I feel like I could go depth on this topic and have fun doing it as well. It's a really hands on kind of research topic, and it wouldn't get in the way of my everyday persona.

## Background

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 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 4 articles that I would be referring to. 1 article explains how often we should be exercising and how we could benefit from it. My second article I'll be comparing people from stateside with their database with my 3rd article that has a database with people on Saipan. The 4th article talks about how long a workout should be and what exercises could be interpreted. These articles should just give background information and some comparisons with the people on Saipan and people from other countries.

Collecting data from classmates and students in NMC would come in handy with this project. Using Survey, it allows easy access to spread the survey with a single tap on a smartphone or a laptop. Students in our class would be able to take it right on the spot during our time. The survey has 7 questions. How often do you exercise? If no, state why? How important is exercising to you? What types of workouts do you do? What environment do you prefer when you exercise? What motivates you to exercise? And how much time do you spend for your exercise? I will be interviewing one individual that exercises on a daily basis and one that doesn't. I could email the writer from the articles I have for my Letters to Experts. And I could email personal trainers that are here on island.

Time management plays a key role in this research project. Considering the lack of time that is available to me during this accelerated semester, I will have to pay close attention to my current schedule and what I will be adding on to it with respect to this research project. I have



classes from Tuesday to Thursday. Tuesday and Thursday consists of 3 classes while on Wednesday I have only 1 class. I work 5 days a week and I usually working at 5:30 am shifts that usually ends either at 11:30 am or 3:00pm. Coming back from Military Duty, between April 22-April 24, I had to find my articles that would best support my research topic. From April 25-May 8, I'll be using that time to collect data from my articles and the surveys I'll be sending out. May 8-May 15 I'll be using that time to be sending out my Letters to Experts and will be doing my interviews on the 2 individuals. I'll be keeping track of my essays by using our moodles. I do have a checklist on my laptop that reminds me of what needs to be done. I will also be using the syllabus as well that indicates what is going on throughout the semester and when will things be due.

How do people often exercise is a great topic for myself to do for this research project. It correlates with my hobbies. I have my 5 literatures, Letters to Experts, surveys, interviews, and emails to personal trainers on island. I have my my schedule set for what needs to be done and when it should be done. I already have ideas on what types of groups I'll be focusing on. I have the questions I'll be having on my surveys and the names of the trainers I'll be in contact with. I do have a busy schedule on my hands, but I know I'll be able to get this research project done in no time!

## Literature Review

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.<sup>11</sup> There is an article that explains how often a person exercises.<sup>11</sup> The topic was then narrowed down to focus on NMC students and how often do they exercise.<sup>16</sup> What factors could play out for college students? <sup>8</sup> This essay will present the research that has been found throughout academic articles.<sup>12</sup>

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.

Time management is a key point for people to exercise. It's either the student makes time to exercise or not. What do they prioritize more? Mr. William Ebben stated that Various investigations recognized hindrances to practice with changeability in strategies just as results. In the present investigation, the most widely recognized explanation behind not practicing was distinguished as no time. This finding is reliable with the CFLRI think about, yet contrasts with studies looking at boundaries to practice among undergraduates(pg.5). Students identified that they don't have time to exercise due to other priorities that would take up their time. They also explained that it takes up too much time out of their busy college life that they don't think it's necessary for them to do it. School work gets in the way and they have too much to catch up on. Students have exams and quizzes to study up for or else they won't pass. They prioritize their studies over having the time to exercise. There are ways to make time for exercise. On [thoughtco.com](http://thoughtco.com), Kelci Lynn Lucier had ideas on how to make time to exercise for college students. Walking to class the long way, hitting the gym in between classes, exercising with a friend, or doing homework at the gym. These are really good tips that college students should take advantage of.

Motivation is key for a person to exercise. What would student's have on motives to exercise? Mr. Ebben said that in the present investigation, general wellbeing and look after wellness were the two most regular subjects. This finding is reliable with different examinations that distinguished positive wellbeing, wellness, and wellbeing/wellness the executives as the most well-known intentions in exercise (7,8,10,11) alongside appearance/weight the executives which was the second most basic thought process in one investigation (10)(pg.5). It is indicated that students have different perspectives when it comes to motivation. They present two most common themes which are general health and maintain fitness. These students try to find something they could enjoy that keeps them coming back. When that student is having fun doing something, he or she will end up doing it again. On idealfit.com, Dr. Len Kravitz stated that "Physical Environment and/or Physical Activity Characteristics. It appears that easy access to exercise facilities enhances exercise adherence. Also, satisfaction with a workout facility (i.e., the perception that equipment is safe and the facility is user-friendly) is also highly associated with exercise adherence (Kravitz 2010, para. 12)." This indicates that people will try to exercise if it's an easy access or if the equipment is safe to use. When the person gets comfortable doing something, they will tend to come back to doing it again.

The research project started off with a broad topic which led to the main topic. Now it had broad articles which we had break it down with keywords to narrow those articles down. The topic that is presented was pretty vague due to the fact that there wasn't much articles from the CNMI. It did have articles for college students in the United States. The keywords that led us to

these articles was Motivation and Time Management. Time management and motivation was a huge part for college students to exercise. For time management, it was really hard for them to make time due to work loads and study for exams. Their priority for exercise wasn't on the list. College students have different kinds of motives to exercise. The two common motives was general health and to maintain fitness. These are the information that was found online.

## Research questions

### 1. Demographics

- Age
  - Gender
  - Major
  - Ethnicity
  - Full time or part time student
  - Do you have a job?
  - Full time or part timer worker
  - Pay for rent?
2. Have you exercised in the past month or so? If not then state the reason why.
  3. What do you most often do for exercise?
  4. How often do you do these exercises?
  5. What environment do you prefer when working out?
  6. What motivates you to exercise?
  7. How much time do you spend when working out?
  8. What do you think is the biggest barrier for those when working out?

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

## Methodology

Exercise is an important part of keeping a healthy lifestyle. There are all sorts of factors involved with exercising which include but are not limited to 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 the activities in 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 regarding 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 researcher uploaded a new survey link for the final survey on the same shared page four days later. The final survey was posted May 6th, 2019 and was available for a three-week period. On May 9th, the survey had been taken by 14 participants ( 3 males and 11 females ages 18-25) and a suggestion was to add a question that concerns about their well being. If they feel like if they're healthy or not. The purpose of the final survey is for the researcher to collect as much data to analyze for the research project. The goal of this survey is to get at least 40 NMC students to take the survey.

The student researcher has sent 10 letters to experts to collect data. This allows the researcher to get a better understanding of the topic and use that data for the research project. The experts were given 5 questions to answer in the letter. What gives meaning to exercising? What allows people to not exercise? How much time does a person actually need to exercise? What are the best exercises to do with limited time? And how can you make exercising a habit? The student researcher used 5 experts that are from off island and used 5 experts here on Saipan. The 5 experts that could be reached out to are trainers from either Gold's gym, Latte Built Saipan, or nutritionists from pharmacies. The 5 experts that were sent the questions will likely reply as soon as possible than the 5 experts that are off island. After all the responses that were given, you



will be able to get feedback from the letters that was sent out. This allows the researcher to analyze the feedback given and present it for the research project.

The student researcher made 4 interviews that composed of two groups. The first group were people that exercise daily and the second group consisted of people who don't exercise. The two groups got asked different questions that relate to their side of view. The first group was asked about what makes them exercise daily. What keeps you going in your workout? Are there days where you didn't want to work out and did you work out anyway? With that mindset, what are ways to cope with yourself to actually working out? Is time management the key to you exercising every day? How do you make time every day to exercise? The second group was asked about what makes them not exercise often. What keeps you away from working out? What would be the key to have you start exercising often? Have you ever thought about exercising? The interviewer would ask all of the interviewees 2 important questions before ending the interview. What benefits do you think would come out of exercising? And how healthy do you think you are? Make the interviewee go in depth with their answers during the interview. After getting all the responses from the interview, analyze the data given and combine them with the surveys and letters to experts.

The essay is to portray how to collect primary data for your research project. The step that needs to be done is to first create a pilot survey that will get overviewed by the instructor

and the fellow students in that class. Then the student researcher will make minor corrections and create a final survey that will be distributed to 40 NMC students electronically. The next step would be to send letters to 10 experts about the topic. 5 that are off island and 5 that are currently here on Saipan. The student researcher then schedules interviews with 4 individuals into two separate groups, The first group are people that exercise while the second group are people that don't exercise often. After all the data is collected, the student researcher will analyze the data and input it to the research project.

## Findings

My research for this topic didn't have any new information that was already given on the articles that I've read through. Everyone works on their own pace and time. Since NMC students have the same problems as college students to find time to exercise. They have part time jobs or full time jobs while going to school. They are really focused on school so they don't really have much time to exercise. There are single mothers that are going to school and wouldn't have much time to exercise due to the responsibilities they have with their child, work, and with school. However, some of the articles I've read through has given tips for college students to try to make some time to exercise. They could walk a longer path when going to class. In between their classes they could go for a small run or go to the gym. Go to the gym with a buddy to get that motivation to push you. You can bring your homework to the gym and you could do some reading while walking on the treadmill. It's all about time management and how well you do it. It takes motivation and commitment to ourselves to do the work. Instead of finding ways to not go to the gym. You can find ways to make some time to exercise. A simple walk in the park won't hurt or a 10 minute job around the area could help. You just need at least 30 minutes to an hour a day to exercise.

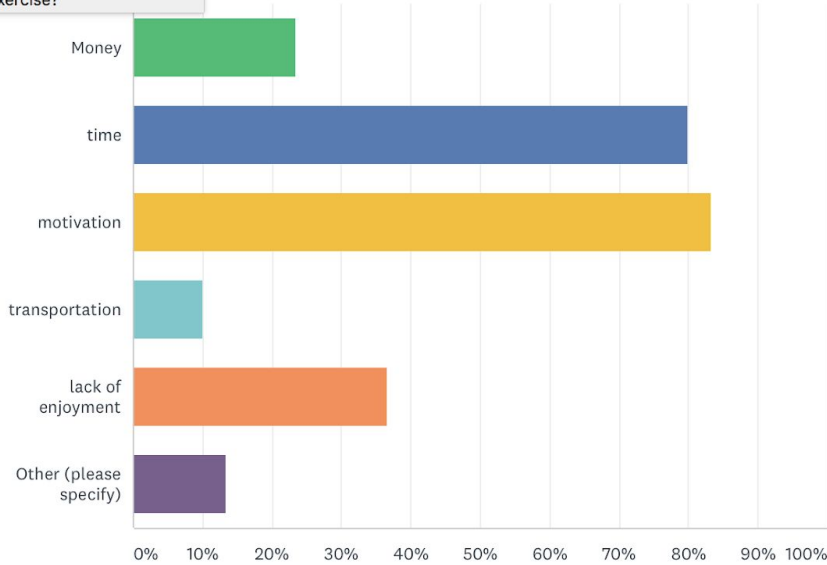
# Appendices

<p>EN202-02 Gerald De Guzman</p> <p><a href="https://www.surveymonkey.com/r/CSB2SLP">https://www.surveymonkey.com/r/CSB2SLP</a></p> <p><b>KBA: Q1-7 could all go in one demographic question or matrix type question see class model. Q6 needs a different type of</b></p>	<p>M.F. Hi Gerald! Great survey. I noticed one of your question asked if we are working part-time or full-time was a yes/no answer, maybe you can have the option of part-time or full-time. Also the last question, you should make it a checkbox instead of multiple choice because I think people's exercises varies. You should also</p>	<p><b>D.R. - Questions 1 to 7 can be combined into one demographic question as well as questions 8 and 9 so I think you should combine these questions and come up with better questions that can give you a wider variety of information on your topic.</b></p>	<p>JC - Good topic, Gerald! However, you could probably add more questions that ask about exercising. I feel like your demographic questions are pretty long. And for question 5, you could probably put 5 and 6 together. For example, Do you work? (If you do, are you full-time or part-time.) You could put that in</p>	<p>A.B. - I suggest combining questions #5 and 6. Add questions that focuses on your topic which is exercise. Ask how often do you exercise? And if you do, why whether it would be for health reasons or just for the fun of it.</p> <p>CEM- Hi Gerald, your questions started out great, but need to</p>	<p>L.L.: Hello Gerald, I like your topic about how often do you exercise, your questions are very detailed and well organized. But just got a little bit confused on your question 6, I think you can change your answer to full time and part time instead of yes or no, because it's conflict. Otherwises, well done.</p>	<p>SC: Hey Gerald, great topic. I feel like this refers to people who lack exercise and needs work. But it is great for those who do exercises, it will show how often people do and makes them want to continue working on it. Although there was one question that caught me off guard on the yes or no question. Maybe be more specific.</p>
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What do you think is the biggest barrier for those who don't exercise?

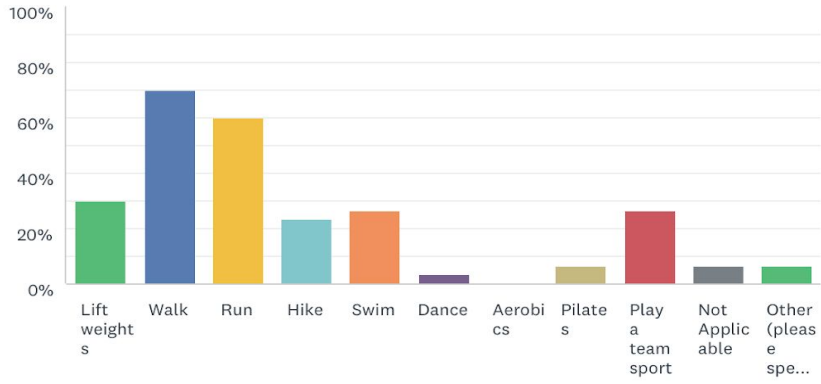
Answered: 30 Skipped: 0

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



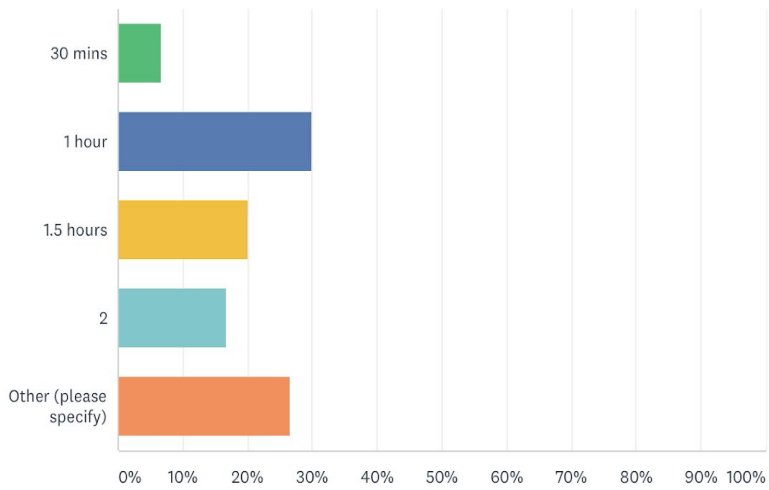
### What do you most often do for exercise?

Answered: 30 Skipped: 0



### How much time do you spend working out?

Answered: 30 Skipped: 0



### 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 [View respondent's answers](#) [Add tags](#) ▼
- Outdoors in a park  
5/9/2019 5:09 PM [View respondent's answers](#) [Add tags](#) ▼

### What motivates you to exercise?

Answered: 30 Skipped: 0

RESPONSES (30) WORD CLOUD TAGS (0)

🔒 Sentiments: OFF

Apply to selected ▼ Filter by tag ▼

Search responses

Showing 30 responses

- the hunger to become a better version of myself  
5/12/2019 11:54 PM [View respondent's answers](#) [Add tags](#) ▼
- 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 [View respondent's answers](#) [Add tags](#) ▼
- I Just do, since I have a partner who love to stay fit.  
5/12/2019 9:44 PM [View respondent's answers](#) [Add tags](#) ▼
- The idea of a healthy future

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