



Research Project: Presentation

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English Composition II, Section 1
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Introduction

- Research Question: For the last two years in the Commonwealth of the Northern Mariana Islands (CNMI), has physical activity decreased?
- I have chosen this topic due to being an interesting topic and I felt that awareness should be spread if physical activities was decreasing.

Tentative Schedules

RESEARCH SCHEDULE

****Aug. 25 – 30 – Gather some information of whether physical activity is increasing or decreasing**

****Sept. 2 – Research Proposal Rough Draft #1 Due**

****Sept. 5 – 9 – Interviewing people on their thoughts about the physical activities happening here in the CNMI by asking friends and teachers**

**** Sept. 12 – 16 – Do surveys and questionnaire in different schools; also having formal interviews with certain people**

WRITING SCHEDULE

****Sept. 1 – Start writing about what I learned and gathered so far**

****Sept. 6 – Add more information on rough draft and make corrections**

****Sept. 17 – 19 – Add more information on rough draft and make corrections**

****Sept. 20 – Final Revised Rough Draft #1**

RESEARCH SCHEDULE

- **Aug. 25 – 30 – Gather some information of whether physical activity is increasing or decreasing**
- **Sept. 2 – Research Proposal Rough Draft #1 Due**
- **Sept. 29 – Created Pilot Survey**
- **Oct. 9 – Created Final Survey**
- **Oct. 19 – List of Experts for Letters-to-Experts**
- **Oct. 24 – 31 – Contact with Ms. Mendiola from one of the Letters-to-Experts recipients**
- **Oct. 31 – Interview with Ms. Mendiola, one of the Letters-to-Experts recipients**
- **Nov. 2 – Found Articles for Literature Review**
- **Sept. 5 – Nov. 28 – Received responses from respondents for survey**

WRITING SCHEDULE

- **Sept. 1 – Start writing what I learned and gathered so far**
- **Sept. 6 – Add more information on rough draft and make corrections**
- **Sept. 17 – 19 – Add more information on rough draft and make corrections**
- **Sept. 20 – Final Revised Rough Draft #1**
- **Oct. 18 – First Draft of Letter-to-Expert**
- **Oct. 19 – Letter-to-Expert Approved by Dr. Kimberly**
- **Oct. 21 – 22 – Sent Letters-to-Experts to Recipients (On-Island)**
- ** Oct. 26 – Sent an assistance request to Ms. Cherlyn Cabrera, Principal of MHS**
- **Nov. 4 – Process Essay**
- **Nov. 9 – Sent Letters-to-Experts to Recipients (On-Island)**
- **Nov. 13 – Sent Letters-to-Experts to Recipients (Off-island)**
- **Nov. 14 – Outline for Literature Review**
- **Dec. 1 – Draft of Literature Review**
- **Dec. 2 – Final Draft of Research Project**



For the Last Two Years in the CNMI, Has Physical Activity Decreased?

○ Secondary Questions:

- Are there more people getting ill or having severe diseases due to the lack of physical activities?
- What are some of the causes that is hindering people from exercising? Hectic Schedules?
- Is the hot climate affecting the residents of the CNMI from exercising?
- Does technology have a correlation to physical activity decreasing in the community?




Investigating with the following:

- Survey
- Letters-to-Experts with a brief questionnaire
- Interview



Results

- Survey (Sept. 5 – Nov. 28)
 - Used www.surveymonkey.com
 - Made a pilot survey – 13 Respondents
 - Made a final survey – 23 Respondents
 - Both Surveys were 10 questions
 - Categorized:
 - High School Students (7)
 - Peers & Other NMC Students (13)
 - Adults: 19 Years Old & Above (3)
- The student researcher was able to look through the responses, but was unable to analyze the data due to short amount of time and was still collecting data.

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- Letters-to-Experts with a brief questionnaire (Oct. 21 – Nov. 13)
 - Sent to 9 Individuals
 - Each recipient had a different letter.
 - On-Island Recipients:
 - Amber Lynn Mendiola, Chairwoman of Let's Move Marianas
 - Jeninifer Tanaka, DYS CSP Coordinator
 - Vivian Sablan, DYS Head Administrator
 - Diane Camacho, Executive Director of Ayuda Network Inc.
 - Off-Island Recipients:
 - Brandon Bean, CEO of Gold's Gym
 - Cassey Ho, Founder of Blogilates
 - Robin Schepper, Executive Director of Let's Move
 - Tim Cook, CEO of Apple Inc.
 - Referred to one person (On-Island): Vivian → Diane → Amber Lynn
 - One response from Off-Island Recipients: Let's Move Child Care



○ Interview

- Had an approval to interview Mr. Benjamin Jones, former NMC: Personal Health Instructor, but was unable to interview him
- Unable to contact Mr. Jim Feger, MHS: Physical Education Instructor
 - No more time
- Had an interview with Ms. Amber Lynn Mendiola, Chairwoman of Let's Move Marianas in her office at CHC
 - About 17 minutes Interview
 - Opposed the researcher's question
 - Physical Activity has **INCREASED**.
 - Due to gyms packed in the morning and night, people still walking/jogging/running at the sidewalk at Beach Road.



Improvements on Project

- Survey

- Collect data at least with the same amount of people for each group of respondents.

- Letters-to-Experts

- Follow – up on each expert and send more to other experts.

- Interview

- Make a schedule, date and time, of when to meet for an interview to discuss about the research topic.



Personal Mistakes / Suggestions to Improve on the Project

o TIME

- o Schedules – Help keep track of receiving/collecting data and when to start writing about the research topic.
- o The amount of time used to collect data is the same in order to analyze the data.

o Feeling Disappointed

- o Things I would have done differently
- o Things I would have improved on

Learned

- It is hard to identify if physical activity has decreased due to different perspectives.
- Ms. Amber said physical activity has increased.
- Articles and studies show that people are not performing physical activity.
- Physical activity for young children is important to develop motor and sensory skills.
- Pre-obesity could be exposed to children, even those who are still in elementary.

A decorative header featuring a bright yellow sun with a small blue circle in the center, partially obscured by stylized blue and white clouds. The background is a solid blue color with a subtle pattern of lighter blue squares.

Thank you