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CARDIFF METROPOLITAN UNIVERSITY
Prifysgol Fetropolitan Caerdydd

CARDIFF SCHOOL OF SPORT

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AN EXAMINATION OF THE BARRIERS TO
PARTICIPATION OF PHYSICAL ACTIVITY
AMONG YOUNG WOMEN AGED 18 - 24 IN
CARDIFF METROPOLITAN UNIVERSITY

(Dissertation submitted under the discipline of
development)

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AN EXAMINATION OF THE BARRIERS TO
PARTICIPATION OF PHYSICAL ACTIVITY AMONG
YOUNG WOMEN AGED 18 - 24 IN CARDIFF
METROPOLITAN UNIVERSITY

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Abstract

This study focused on young women, and growing concerns over the lack of physical activity participation in this target group. WSFF, (2010), discussed how only a quarter of young women met the recommended levels of physical activity, in comparison to over one third of males. Gender specific differences have been found to start at as young as nine years of age, with female drop off rates falling much more dramatically than males and continuing into early adulthood (WSFF, 2010). WSFF, (2010), discovered female drop out rates fall 66% between eight and nineteen compared with only 42% of males dropping out between these years.

The study was designed to gain an understanding of the importance of physical activity and the benefits that physical activity can have on an individual. The main objective of the study was to identify the barriers young women face when participating in physical activity. A review of current literature identified key themes in the literature. These themes were then used to analyse the qualitative results found in this study. The results in this study were found through a use of questionnaires, using a mixed method approach of both qualitative and quantitative questions.

The findings of the study showed that 82.4% of the participants believed that they were physically active, with only 91.2% of the participants that believed taking part in any physical activity was important. Although a number of participants who took part in the study were still physically inactive, which helped the researcher to find a number of common themes as to the reasons young women are not participating; psychological factors, social factors, economic factors and the transition phase.

CHAPTER ONE
INTRODUCTION

1.0 Introduction

According to Owen and Sallis, (1999), physical activity refers to any bodily movement produced by skeletal muscles that results in energy expenditure. Physical activity is all around us and easy for everyone and anyone to participate in. It is a part of everyday life with tasks such as stair climbing, walking slightly faster, housework incorporating physical activity. Exercise and Sport are seen as lifestyle choices and it seems a lot of people get confused with the difference between these and physical activity. There is a lot of previous research surrounding the benefits of physical activity and how important leading a physically active lifestyle is (Caspersen et al, 1985; Persson et al, 2013; Silvestri, 1997; Warburton et al, 2006). Allender et al, (2006), explained how it is generally accepted that the benefits of physical activity include psychosocial, functional ability and quality of life, as well as proving to be able to reduce the risks of coronary heart disease and some cancers.

Conversely, Owen and Sallis, (1999), discussed the major global issue of physical inactivity and the effects it is having on public health in the developed world. Physical inactivity is associated with conditions such as obesity, diabetes, muscle problems, joint problems and psychosocial problems (Owen and Sallis, 1999). Alongside physical inactivity, many individuals live a completely sedentary lifestyle. Bauman et al, (2003), discussed how spending extended periods of time completely sedentary can pose a serious health risk. Decreased overall energy expenditure comes through being sedentary which can increase risk of becoming overweight and obese as well as increased risk of chronic diseases; these are the same risks as being physically inactive but can be worse through being completely sedentary. Physical inactivity and sedentary behaviour are one of the biggest cost burdens on public health, even though the government spends money on educating society about the dangers of being sedentary (Fox, 1999). The, Welsh Assembly Government, (2008), explained they had found evidence that concludes the majority of the population do not participate in sufficient levels of physical activity to benefit their health. Bauman et al, (2003), continued that there is a need to develop a

population wide strategy to increase the amount of individuals staying physically active into adulthood.

Contrary to this global concern, the area of women and girls participation in physical activity and sport has become an issue within its self. Women and girls have become an area of concern due to fewer women than men participating in recommended levels of physical activity despite the benefits for women being the same as for men (Moreno and Johnston, 2014). Moreno and Johnston, (2014), concluded gender differences in physical activity levels are initiated in teenage years carrying through into adulthood. Biddle and Whitehead, (2008), explained the change in priorities through adolescence causes young women to value physical activity, not as highly unless they are educated otherwise. WSFF, (2012), discovered just under two million more males than females participated in some sort of physical activity at least once a month.

This study is focusing on physical activity participation, as this is where the issue lies. If individuals started participating in physical activity, some may continue it further into sport and exercise, however the study has taken into consideration that physical activity can incorporate sport and exercise. Physical activity is a platform for greater opportunities and a chance for individuals to better themselves, their health and well- being.

The aim of the study is to examine the barriers to participation that occur in females ages eighteen to twenty- four who study at Cardiff Metropolitan University. The study will achieve an understanding of the barriers to participation young women in this age range face when participating in physical activity along with an understanding of the reasons young women in this age range participate.

1.1 Objectives

1. To conduct a literature review to discover the barriers that are considered to be important in effecting the level of participation in physical activity by young women;
2. To design a primary research project that will collect and analyse data on barriers to participation of this particular population;
3. To discuss the data collected, in the light of the literature review to discover patterns and common themes that emerge and to develop a clearer understanding of the reasons why young women do not participate in physical activity
- 4 To make recommendations for future research and practical advice for improving the levels of participation of young women in physical exercise.

CHAPTER TWO
LITERATURE REVIEW

2.0 Synopsis

To start the research process, the following chapter encompasses a critical evaluation of relevant literature. This chapter will analyse and evaluate existing literature relevant to the research question proposed, it will also explain the terms physical activity, sedentary lifestyle, health and barriers in light of what they will be related to within this study. Furthermore, this examination of literature will discuss physical activity within the UK and more specifically Wales, including the problems created by a lack of physical activity and the barriers individuals face towards participating in physical activity. The discussion will then become more specific and identify the difference in participation rates in physical activity among men and women especially younger adults.

2.1 Benefits of Physical Activity

In 2013, physical activity was voted the most important behaviour to help health related facts to change (Persson et al, 2013). The far reaching benefits of physical activity range from health, social, mental, physical and a whole host more. Health benefits of physical activity are deemed the most important by the majority of literature as they have the most remuneration in the future. Persson et al, (2013), claimed that evidence revealed physical activity can be used to inhibit and/ or treat over thirty physical and mental illnesses. Participating in physical activity can also help prevent premature death and chronic diseases (Warburton et al, 2006). The literature – Warburton et al, (2006) stated that both men and women who participated in regular physical activity had a lowered relative risk of death between twenty and thirty five per cent.

There are so many benefits of physical activity, it is hard to understand why many individuals remain sedentary, especially as physical activity can reduce feelings of stress as well as promote psychological well being (U.S. Department of Health and Human Services, 1999). Physical activity can also reduce feelings of depression and anxiety. Mental Health Foundation, (2015),

explained depression and anxiety as the two most common mental health problems, with quarter of the population experiencing some kind of mental health problem throughout the course of a year. In 2014, it was said one in every four people would experience some kind of mental health problem (Mental Health Foundation, 2015). The Department of Health, (2011), further discussed physical activity as “preventing mental health problems” as well as improving the quality of life of those that experience mental illnesses. Physical activity participation can also help to reduce the risk of dementia and Alzheimer’s later in life (Department of Health, 2011). Regular physical activity can also help individuals achieve and maintain a healthy body weight, which can in turn help an individual feel happy about their body, which can help to boost their self- confidence.

The literature – Department of Health, (2011), suggested physical activity gives individuals the chance to acquire new skills including social skills, leadership, teamwork, co-operation and discipline; these skills are especially important for younger people as they are essential life skills. U.S. Department of Health and Human Services, (1999), continued that physical activity has life saving benefits. Physical activity lowers the risk of dying from coronary heart disease, which causes almost 73,000 deaths in the UK alone every year (NHS UK, 2014). Coronary heart disease is one of the leading causes of death in the UK, with one in six men dying from the condition and 1 in 10 women (NHS UK, 2014). Physical activity can also lower the risk of developing diabetes and colon cancer, which are two both serious conditions. The literature discussed activity can reduce the risk of a heart attack, and lower the risk of a second heart attack in sufferers who have experienced one (U.S. Department of Health and Human Services, 1999). Regular physical activity participation can also lower the risk of developing high blood pressure as well as helping to reduce blood pressure in those that have high blood pressure. Even further benefits include, healthy bones, muscles and joints, keeping arthritis away for as long as possible, and giving older adults the ability to feel more mobile.

Alongside personal benefits, physical activity can also benefit the vitality of our society (U.S. Department of Health and Human Services, 1999). It is important to promote physical activity within a society so that individuals are aware of the benefits. It is also important to notify individuals on the quantity of physical activity they should be participating in and what kinds of physical activity will make them happier and healthier. U.S. Department of Health and Human Services, (1999), explained that physical activity promotion can happen more or less anywhere but for it to be successful it needs to happen everywhere. Physical activity promotion is also an excellent way of getting all different members of communities and societies involved in physical activity participation. An increase in physical activity participation can also benefit the environment, if individuals choose to participate in physical activity by walking or cycling to work they are undertaking less car journeys, minimising pollution as well as reducing traffic and congestion (Department of Health, 2011). This can also be a personal benefit, as it will reduce transport costs saving you money.

The Department of Health, (2011), also suggested physical activity can help combat problems such as criminal and anti social behaviour. Organised activities can keep people, especially young adults off the street, keeping them out of trouble and focusing their attention and energy into something worthwhile. In 2007, funded by the football association and the football foundation, a charity named Street Games was launched. The initiative Street Games was formed to give young people in deprived areas the opportunity to participate in physical activity, meet new people and help give them a platform for greater opportunities. Street Games, (2013), explained it is the only national charity dedicated to developing sport and physical activity among disadvantaged communities. Street Games prides themselves on delivering doorstep sport so it is easily accessible for all, following the motto 'changing sport, changing lives, changing communities' (Street Games, 2013). Street Games, (2013), has found evidence that supports the initiative has helped young people to get and stay physically active, as well as an evidential reduction in the rates of anti social behaviour and low grade crime in the areas Street Games is operating within.

2.2 Physical Activity levels in the UK

The definition of physical activity is any bodily movement produced by skeletal muscles that result in energy expenditure (Caspersen et al, 1985). The Department of Health, (2011), breaks physical activity down into three different subsections that physical activity covers, everyday activities, active recreations and sport. Everyday activities include walking to work, gardening, active recreations cover dance, football in the park and sport incorporates swimming, exercise classes and gymnasium. Bornstein and Pate, (2014), used more extensive knowledge to link increased levels of physical activity with lower risks of chronic diseases and premature deaths.

Furthermore Biddle et al, (2013), conversed over the increased use of the phrase 'Physical Activity is medicine'. The literature is using the term "medicine" to describe physical activity because physical activity can prevent and treat illness (Persson et al, 2013). Physical activity is also a way to look after the human body, keeping it fit and healthy. U.S. Department of Health and Human Services, (1999), educated us that physical activity is something you do, where as physical fitness is something you acquire – a characteristic or attribute that can be achieved by being physically active. Caspersen et al, (1985), informed us that the amount of physical activity performed by an individual is very much a personal choice. In addition to this lifestyle choice everyone has to perform physical activity in order to sustain life (Caspersen et al, 1985). According to Hayes, (2009), who explained physical activity in greater detail, explained that physical activity has benefits such as reducing your appetite, burning calories which in turn will reduce body fat and control your current weight which is essential for a healthy lifestyle. In 2011, the UK government set recommended guidelines for weekly physical activity participation targets, although they are just guidelines and a person should always take into consideration their physical and mental capabilities (UK GOV, 2011).

The guidelines the UK GOV, (2011), had proposed that adults ageing between nineteen and sixty four should strive towards daily activity. Over the space of a week, the combined total of all the periods of exercise undertaken should amount to one hundred and fifty minutes which is around two and a half hours for adults (UK GOV, 2011). Additionally, the guidelines cannot be suitable for everyone due to the broad categories, they start at under fives who are classed as early years, children and young people which is between five years of age and eighteen then onto adults nineteen to sixty four, as discussed above, and finally older adults who are sixty five plus (UK GOV, 2011).

The Department of Health, (2011), explained that results have shown throughout the UK that participation in physical activity declines considerably with age for both men and women. Knowledge of physical activity guidelines is seen as very important, and vital to increasing participation rates especially among young adults, as the majority of older adults do not meet physical activity guidelines especially those in industrialised countries (Bauman et al, 1998). Biddle et al, (2013), explained that knowledge of physical activity guidelines in recent years has increased marginally from 11% in 2007 to 18% in 2013 among adults. Gender, age, employment status, education and marital status are among the key factors that affect the differences in knowledge of physical activity guidelines with underprivileged population groups being the least knowledgeable (Biddle et al, 2013). Allender et al, (2006), expanded on this by explaining how ambitious national targets in the UK and increased funding of community sport and physical activity projects shows that physical activity and sport is gaining social, political and health policy importance. In 2011, the Department of Health, (2011), found that in England 40% of men and 28% of women were meeting the physical activity guidelines whereas in Wales only 36% of men and 23% of women were meeting the guidelines. Evidence shows that physical activity levels are lower in households that have less disposable income; however there are many ways to perform physical activity that have zero cost as well as many funded initiatives that are available.

2.3 Problems of leading a sedentary life

As early as the 17th century physicians discovered a relationship between sedentary behaviour and damaging health consequences (Tremblay et al, 2010). Tremblay et al, (2010), described the word sedentary as a behavioural act defined by little or no physical movement and low or no energy expenditure, anything under 1.5 MET. Evolutionary history taught us that in the early years humans could not have survived without the ability to perform very demanding physical work (Bouchard et al, 2012). The best examples of sedentary behaviour are sitting, watching TV, driving and playing video games (Rey- Lopez et al, 2008, Tremblay et al, 2010).

In addition to sedentary behaviour, there is leading a physically inactive lifestyle which can initiate maladaptations that can cause chronic diseases (Booth et al, 2008). Fuch and Warden, (2009), described physically inactive as not having a regular pattern of physical activity to engage in beyond that associated with daily functioning. Physical inactivity and sedentary behaviour are both growing and incredibly important health concerns for all of the population with this behaviour being deemed as acceptable as we see it all around us from elders and social media (Fuch and Warden, 2009, Rey – Lopez et al, 2008). According to UK GOV [2], 2011, many countries are trying to address the issue of sedentary lifestyles with seven countries having issued guidelines for sedentary/ screen time which sets recommended quantified limits, some limiting sedentary stints to sixty minutes whilst others recommending to limit sedentary time to one to two hours per day. However, the risks of leading a sedentary lifestyle with little or no physical activity are a lot greater than many individuals believe. Fuch and Warden, (2009), deliberated the many consequences of a lack of physical activity, which included enlargement of fat storage and reductions in sensitivity of insulin among skeletal muscles which is incredibly dangerous as it increases risks of obesity, metabolic syndrome and type 2 diabetes. One of the main goals of physical activity is to stop these consequences from becoming reality whilst also augmenting health and increasing life expectancy (Fuch and Warden, 2009).

Furthermore, the literature (Persson et al, 2013), discussed how the health care system is able to try and stop people from leading a sedentary lifestyle by general practitioners (GP's) being readily available to give advice and with the new scheme PAP (Physical Activity on Prescription). PAP is prescribed by authorised health care staff and is a personalised programme including type of activity, duration, intensity and any other relevant information.

Through looking at relevant literature – U.S. Department of Health and Human Services, (1999), discovered that many people do not think it is worth participating at all unless they participate in the full recommended daily amount, they believe nothing less than the recommended daily amount will do. When, in fact it is a lot worse to stay sedentary than do any physical activity at all. U.S. Department of Health and Human Services, (1999), also discovered that many individuals think once they hit a certain age they are too old to start participating. When in fact it is never too late to start participating in physical activity at any age, as many people are participating in physical activity in their everyday life without even realising.

2.4 Health related problems

One of the major impacts of physical activity is on health with studies suggesting that physical inactivity almost doubles health risks (Penedo and Dahn, 2005, Miles, 2007). According to, Penedo and Dahn, (2005), a lack of physical inactivity within a community can put the society at a high risk of disease the same as that can be contracted from smoking. However, within the last two decades physical inactivity is a growing issue among public health due to the major fall of participation rates among physical activity (Abu –Omar et al, 2013). The literature (Abu –Omar et al, 2013) suggests that the lack of physical activity has become a significant problem amongst developed nations. Levels of inactivity are encouraged by factors such as urbanization, car ownership and income growth. Arguably these factors have the potential to combine to produce health problems on a global scale as suggested by Penedo and Dahn, (2005).

The amount of people engaging in sedentary lifestyles is rising among the world population with some studies suggesting there is a worldwide epidemic among this and obesity. Furthermore, developing literature continues to support the idea that a sedentary lifestyle is connected to multiple risk factors for negative health outcomes (Penedo and Dahn, 2005). With this being discussed, in 2012, the UK was shamed the third 'laziest' country in Europe with less than one third of people meeting the minimum guidelines for physical activity (NHS, 2012). With the importance of physical activity benefits on health being advertised all around us it leaves us to question, why the rates of physical inactivity keep rising within the UK.

In 2004, physical inactivity placed fourth in the table of the top ten leading risk factors for the causes of death in the world (Bouchard et al, 2012). The table provided the information that physical inactivity was accountable for over three million deaths in 2003, which is around five and a half per cent of the world's population. These figures show just how severe the problem of physical inactivity is. The health related problems that a lack of physical activity are causing are costing the NHS an estimated 1.06 billion pound (Department of Health, 2011). These costs are based upon five conditions that are directly linked to physical inactivity. These are coronary heart disease, stroke, diabetes, colorectal cancer and breast cancer. NHS spends on the problem of physical inactivity are in fact greater than a billion pounds when considering the cost of other diseases and health problems such as osteoporosis and arthritis. Furthermore, a lack of physical activity is not only damaging the NHS, it is detrimental to the wider economy through sickness absence and premature deaths of valuable individuals (Department of Health, 2011). The Department of Health, (2011), noted England had been estimated at spending five and a half billion pounds per year due to sickness absence and around one billion pounds per year from the premature deaths of individuals at working age.

2.5 Barriers to Participation

It is not uncommon for young people to shy away from participating in physical activity. Physical activity should play a massive part in a young adult's life; but there have become so many barriers for young people participating in sport, it is becoming the norm for them to drop out of any activities they may have participated in. The term barrier among physical activity participation is in essence a factor or situation stopping an individual from enjoying or participating in an activity. A barrier can also be seen as an obstacle an individual can face inhibiting them undertaking, maintaining and increasing physical activity (Allison et al, 2005). The main reason many young people participate in little or no physical activity is due to these "barriers" that hinder their participation; including those which are in our control and those which we do not have control over.

Through looking at relevant literature - Dwyer et al, (2006), it seems the most common drop in physical activity levels is during adolescence. With physical activity rates falling much more sharply among young women rather than young males; who when compared to young women are much more physically active. Allender et al, (2006), stated that the most common period for adolescents to drop out of physical activity is during what is known as the transitional period. The transitional period includes changing schools; from high school to college/ sixth form or coming into or out of university. If adolescents can manage to keep involved in physical activity and stay physically fit during these periods they are more likely to participate in lifelong activity and keep a positive view (Allender et al, 2006). For young women especially, a positive view of physical activity can come from encouragement from family members and significant others, if they have been brought up participating in physical activity. Research shows they are a lot less likely to drop out. Parent's discouragement, negativity and competitiveness can stick with an individual for life and cause them to associate physical activity with bad experiences which is one of the major causes for individuals not continuing to participate in physical activity as they grow into adolescence (U.S. Department of Health and Human Services).

Within the literature there were many barriers that seemed to reoccur through different research. Dishman and Sallis, (1994), put all of the barriers of participation into three different categories; personal, social and environmental. Even though there are many barriers to participation not all of these are under our control, personal barriers are often a focus as they are controlled from within (Beighle and Morrow Jr, 2014). The literature - Beighle and Morrow Jr, (2014), suggest that personal barriers include motivation, self-esteem, confidence, energy, and knowledge of activities and a lack of time.

Time limitations is an interesting barrier to participation due to the controversy over individuals genuinely not having enough time with those who do not make enough time. An interesting study undertaken in Toronto by Dwyer et al, (2006), used 73 participants who were all adolescent girls. Dwyer et al, (2006), used a total of seven focus groups to try and gain a better understanding of the barriers to participation among adolescent girls.

Participants within the study identified lack of time as one of the main barriers along with involvement in technology related activities, influence of parents and significant others, safety concerns, the inability to access facilities or being unable to afford the cost of them and body centered issues. As considerably the main barrier, time limitations is out of the control of most individuals as showing in the study. A lot of the girls had too much homework, or a lot of work just in the hope to graduate from high school with others having no free time with part time job commitments. A notable heart wrenching story in the study - Dwyer et al, (2006), talked of an adolescent girl having to work long hard hours on top of school to help her parents afford to live due to her mother being "very ill" with brain cancer and the young woman having to help with "cable and phone money" as her parents may be short. Another young woman in the study discussed how her parents worked in the evening so she was responsible for the household, looking after her two younger twin brothers alongside cooking and cleaning (Dwyer et al, 2006). These statements show how time limitations really are a major barrier to

participation and how in many cases young people do not have the privilege to have the opportunity to participate in physical activity.

Among psychological barriers, a lack of confidence seems to be something many individuals suffer from. Dishman and Sallis, (1994), explained that previous studies show an individual is more likely to start participating in regular physical activity if they receive support from family and friends as it gives them confidence in their ability to be physically active. Allender et al, (2006), supported this statement by explaining that those who keep participating in physical activity from their late teenage years to early adulthood, also known as the transition phase, continued to participate due to family and peer support. Allender et al, (2007), found that young adults enjoyed participating in physical activity the most when they were participating out of choice as it wasn't something they felt forced to do, which is why it is no surprise that late teenage years/ early adulthood is the time that is thought most people stop participating.

2.6 Women in Physical Activity and Sport

In the past, a perception existed through many generations that men were superior to women. The literature – Franz, (2007), discussed in the 1800's women were not allowed to participate in physical activity and sport, as it was believed it would damage their femininity. As well as not being able to participate women were not even allowed near the competition arena when men were competing. Then in the 1900 Paris Olympics, women were allowed to compete in some events in the Olympics for the first time, totalling nineteen women (Franz, 2007). With 1928 being the year women were allowed to compete in track and field in the Olympics for the first time. From here on women's sport has kept progressing until where it is today. Even now in 2015 women are still looked at differently in sport, which has been shown to affect their motivation to participate in physical activity. There are a lot less opportunities and careers for women in the sporting field, which can be demotivating for women looking to participate in sport and physical activity (Moreno and Johnston, 2014).

A study created by Allender et al, (2006), reviewed qualitative research over the fifteen year period, 1990 – 2004. All of the research viewed was specifically based upon barriers to participation and what factors motivates individuals to participate within physical activity and sport. The research papers were sourced using three different methods, firstly through electronic data bases, secondly using relevant references from published literature and thirdly, finding 'grey' area literature sourced through individuals that have knowledge in this subject area. One of the areas this study focused on was young women. Through looking at an array of qualitative research, Allender et al, (2006), discovered that the main reasons for participation among young women were concerns over their body shape and to keep their weight under control. The study found out that young women felt a lot of pressure to conform to idyllic images of women and beauty in society which is why they were so obsessed with their weight and body image. The study also found out that one of the key factors that kept young women participating in physical activity and sport was having peers to share their active time with (Allender et al, 2006).

Moreno and Johnston, (2014), discussed that a lot less women than men engaged in the recommended guidelines of physical activity. The difference in physical activity levels between genders tends to begin to show in teenage years and continues into adulthood. Moreno and Johnston, (2014), discussed four major barriers they believed effected women participating in physical activity. These were a lack of time, predicted lack of enjoyment, self-consciousness and urinary incontinence. Over sixty per cent of active women stated exercise was an enjoyable experience however only seven per cent of inactive women believed exercise would be an enjoyable experience (Moreno and Johnston, 2014). This shows that many women make a prejudgment based on what they see and have not actually tried it for themselves. Many women find "being too fat to exercise" a barrier to physical activity participation, as women feel they are not capable of performing physical activity because of their size (Ball et al, 2008). Gaining an understanding of

the barriers women face to physical activity participation will be the key to helping women overcome these barriers and start to increase participation.

After a thorough review of literature the research title proposed is 'an examination of the barriers to participation among young women aged eighteen to twenty four in Cardiff Metropolitan University'. By reading a wide range of literature, it seems that if people were more aware of the barriers to participation there could be a chance of putting measures in place to combat the problem and get more people feeling happier with participating in physical activity. This research aims to identify a few of the barriers young female adults find which stop them from participating now they have started their adult life in university.

CHAPTER THREE

METHODOLOGY

3.1 Introduction

The focus of this study is among the barriers to participation of young women aged eighteen to twenty four studying at Cardiff Metropolitan University. The study is aiming to gather information on all perceived barriers no matter what category they fall into; personal, social and mental barriers. Furthermore, the study is set to find out the reasons young women shy away from participating in physical activity. It is also a chance to understand how much information these individuals know around the subject of physical activity including the benefits and the consequences that can happen when an individual is not participating regularly. A questionnaire, given to all participants, will have a wide range of in depth questions. This will give the participants the opportunity to give a valuable answer that is useful to the research question proposed. A piece of literature – Allender et al, (2006), proposed to help find an answer as to why there is a lack of participation in physical activity, qualitative research should be used to support an answer. Although after extensive research, it seemed appropriate to use a mixed methods approach to the questionnaire using both qualitative and quantitative questions. This is to ensure we find out all information that will be relevant to composing the discussion. As part of the study ethical approval was needed. This was granted with the relevant forms.

3.2 Mixed Methods Approach to Data Collection

Rauscher and Greenfield, (2009), explained a mixed method approach as using both quantitative and qualitative methods in a single study. Bryman, (2001), discussed using a mixed methods approach as the best possible way to gain a variety of information as well as giving you the opportunity to look at a problem from different angles. The literature – Gratton and Jones, (2010), explained both research methods try to obtain valid descriptions and explanations, taking advantage of the strengths of each research method (Rauscher and Greenfield, 2009). Using both qualitative and quantitative research methods will help to reinforce the reliability of the questionnaire and help to gain relevant information to answer the proposed question. Both qualitative and quantitative research involves a systematic process, both

striving to reach a conclusion based on evidence found (Gratton and Jones, 2010). The two research methods both attempt to avoid errors, untrustworthy conclusions and false information. However Gratton and Jones, (2010), explained it is important to be careful when using a mixed approach as qualitative analysis takes place during data collection where as quantitative analysis takes place at the end of data collection.

3.3 Qualitative Methods

The literature – Merriam, (2006), construed qualitative research methods as the most suitable for collecting and analysing data within academic disciplines, commonly being used among the social sciences as well as being useful in other circumstances such as market research. Using qualitative research methods can enhance the development of the research and help improve the quality of the research question (Sofaer, 2002). There is no right or wrong among qualitative research, it is almost completely dependent on trust. Gratton and Jones, (2004), described qualitative research as having the ability to capture feelings, emotions, thoughts, opinions, behaviours and experiences. Qualitative research is said to have no formal goal, instead giving individuals the opportunity to understand complex social situations without prescriptive limits (Morse, 1994). Gratton and Jones, (2010), described qualitative research methods as a lot more complicated than quantitative methods, due to qualitative research methods having an air of mystery although researchers argue that qualitative research provides more thorough findings and in depth insights into individuals' experiences and their view on what motivates them and barriers they face to physical activity participation (Allender et al, 2006). Qualitative research has a range of possible approaches, giving researchers the opportunity to gather extra information, and find out information that may be an asset to the research question which would not have been found out using quantitative research methods.

3.4 Quantitative Methods

According to, Gratton and Jones, (2010), quantitative research methods are much more 'logical' and 'objective' than qualitative research methods. Quantitative research methods look for a solid explanation of the research question (Thomas, 2003). Quantitative research methods are focused on statistics, however statistics in themselves have no meaning, and they are only meaningful if they are interpreted correctly in a way that relates to the research objective. Quantitative data needs to be analysed to make sure it is prepared for input into an appropriate statistical model (Gratton and Jones, 2010).

3.5 Participants

The data collected was from a range of one hundred female students aged eighteen to twenty four. This age range was chosen because these young females are just starting their adult life, many coming to terms with having more freedom and independence so we could look at the transitional period in their life from sixth form or college to university and how it has affected their participation in sport. Every participant was asked politely if they would fill out a questionnaire, no participant was forced or obliged to complete one. There was no time limit for completion of the questionnaire, as participants were encouraged to take their time and fill out every question thoroughly and in as much detail as possible.

All of the participants were students at Cardiff Metropolitan University studying at Cyncoed and Llandaff campus, this was a key question asked to all individuals within the questionnaire. The participants were all female due to the research question is being based upon the barriers to participation among females in physical activity. The questionnaires were given out around the university, in the library, students union, reception area and the canteen. By handing out the questionnaires around the different areas of the university meant a more diverse range of participants across the three years of study. However, the consequence for this meant not all of the participants met the

requirements of the questionnaire as it was not possible to communicate with every person that received a questionnaire. Out of the one hundred participants, two did not meet the requirements as they were not in the age range the study is focused upon. The data collected from these two participants were disregarded and not included in the research. The majority of students who filled out the questionnaire were sports students, 60%, although there were nearly 40% non-sport students. The other problem with handing out the questionnaires around the university was that a lot of individuals just walked off with the questionnaires, which assumingly they did not bother to complete so in total the study had ninety one participants with seven questionnaires not being returned and the two participants who were outside the age range.

3.6 Questionnaire

The questionnaire, as seen in appendix A, consists of seventeen questions. The questionnaire is a mix of qualitative and quantitative questions. The use of a questionnaire was used to get a high quality answer from the participants. When the participants were given a questionnaire they were given as much time as they needed to answer the questions. It was anticipated that this would produce better results, as participants will be able to consider their answer thoroughly instead of in an interview situation where they could feel under pressure and not give a valid answer. The questionnaire uses a broad range of questions to stimulate the participants thinking, gaining both how they feel about physical activity presently and previous feelings they may have felt about it. However it can be difficult to capture true thoughts and feelings of an individual through the use of a questionnaire. The questionnaire did give the participants the option to write their name, but it was not essential as it was fully confidential and participants were made aware of this when they were handed a questionnaire.

3.7 Reliability and Validity

Reliability and validity are two of the most important concepts within research as it is important to have reliable and valid research within a study. Among quantitative research, validity can be described as the extent to which a calculation accurately represents the notion it claims to calculate (Punch, 2005). Validity has two approaches within quantitative research, external validity and internal validity. External validity refers to the degree that findings of a study are generalised to a population (Hernon and Schwartz, 2009). Whereas, Hernon and Schwartz, (2009), discussed internal validity in regards to the instruments used accurately measuring what it aims to measure. Furthermore, internal validity questions whether the researcher has gained the correct and best possible interpretation of their research and whether they have considered all factors, variables and conditions they need to consider. Whilst in qualitative research, validity can be evaluated in terms of how well the tool used for research measures the research question under investigation (Punch, 2005).

To strengthen the validity of the qualitative research among this process triangulation was used. Triangulation is a combination of a range of theories, sources of data and methods within the study of a research question (Roberts and Preist, 2006). This study will be using slight triangulation through cross checking the information gained in the literature review with the results found from the research investigation leading to comparisons. Reliability within quantitative research, is essentially based on any given research tool providing the same information when used by different individuals (Roberts and Preist, 2006). Reliability seeks to establish the extent to which the data or measurement is consistent (Hernon and Schwartz, 2009). Roberts and Preist, (2006), explained that the reliability of the research could be assessed upon the internal consistency, which is the relationship between all the results gained from a single test or survey. This study has looked at the internal consistency of individual questions from the questionnaire evaluating them using statistical procedures.

In qualitative research, reliability is placed among the trustworthiness of the method of collecting data and the results that come from it (Roberts and Preist, 2006). Bryman, (2001), explained qualitative research reliability was concerned with the results of a study that are repeated in different circumstances. This study will be analysing the questionnaires looking for common themes that are repeated throughout the answers of the participants. This data will be examined using codes for each theme.

CHAPTER FOUR

RESULTS

4.1 Questionnaire Results

The results being discussed are the findings of the research. The results are based upon the ninety one female participants that filled out a questionnaire. The qualitative data was analysed using a thematic approach, which can be defined as a method for finding patterns within data by identifying common themes and analysing research (Braun and Clarke, 2006). Braun and Clarke, (2006), described thematic analysis as a widely used method of analysis within qualitative research due to its flexible nature and ability to be used within any theory chosen by the researcher. Thematic analysis was the suitable choice of theory for this study as it has been described as a simple, foundation method, which is available for novice researchers with not much experience. The researcher in this study is a novice with little to no previous experience so choosing the thematic analysis approach is a sensible idea reducing the chances of mistakes occurring. Below are the key findings of the thematic analysis of the qualitative results in Table One.

4.2 Qualitative Results

Table One – Table of results (common themes)

Theme Title	Theme Description	Key Quotes
Psychological Factors	<ul style="list-style-type: none">• One of the most common reasons that occurred for participating in physical activity is for physical appearance such as weight control, toned muscles.• Body image also occurred as being a barrier to participation as participants	<p>“So I can be body confident.”</p> <p>“To stay healthy but mainly for physical appearance.”</p> <p>“I get embarrassed at what others think when doing physical activity which often stops me from participating.”</p>

	<p>described not feeling comfortable wearing kit as stopping them from participating in physical activity.</p>	
Social Factors	<ul style="list-style-type: none"> • Many participants described their participating in physical activity was down to social reasons such as meeting new friends with some enjoying being part of a team. • A high number of participants described lack of time due to other commitments as a barrier they faced to physical activity participation. 	<p>“I participate to be social – I love being part of a team.”</p> <p>“A good pastime rather than doing something inactive.”</p> <p>“Time with uni, work and a social life – I don’t want to miss out with my friends.”</p>
Economic Factors	<ul style="list-style-type: none"> • Not being able to participate in a chosen activity due to the costs involved especially with sports. There are many hidden costs such as membership fees, coaching, equipment, and kit. • Many people also find 	<p>“I struggle to participate in activities I enjoy due to money problems, lack of money for kit and equipment.”</p> <p>“At university the club fees are too expensive.”</p> <p>“I can’t afford costs travelling to and from the</p>

	<p>gym membership fees to high especially as a student; it is a cost many would rather spend on other things. Gym memberships can also come with joining fees, which are not always accounted for.</p> <ul style="list-style-type: none"> • Activities are not always easily accessible and travel costs can be great or sometimes not feasible. • Economic factors can also link with environmental factors as other methods of travel such as walking or cycling may not be plausible with weather conditions. • Also depending on the area you live in Cardiff there could easily be a lack of facilities in your area. Cardiff seems to be a good city for sport and physical activity but only if you have a means of travel. 	<p>gym, and money to pay my monthly fees.”</p> <p>“A gym membership is expensive, I could jog but the weather in Cardiff is terrible.”</p> <p>“A lack of gym/ sports clubs in area.”</p> <p>“Money – I would ice skate more in the week if it wasn’t so expensive, and if I didn’t drive I wouldn’t be able to get there at all.”</p>
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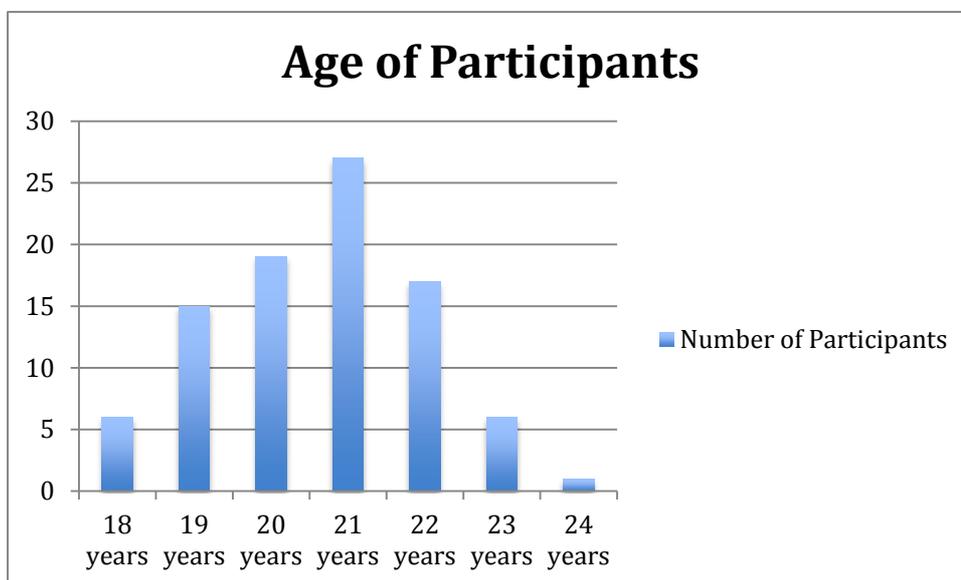
<p>The Transition Phase</p>	<ul style="list-style-type: none"> • A change in the way you perceive physical activity between late teenage years into early adulthood. This is linked with no longer having to participate in physical education in school and participating out of free will instead of being expected to. • It seems if participants are well educated and understand the benefits they have stayed involved in some sort of physical activity whilst being in university. • Still many individuals only continue with physical activity due to vanity and the wish to have an idyllic body image. 	<p>“I think it is more about health and well-being rather than something you do as a result of being in school.”</p> <p>“I used to despise P.E. but now I know you need to do some sort of exercise.”</p> <p>“I stopped after school as there is nobody stressing the importance.”</p> <p>“I think it is even more important as you get older to keep healthy, happy and skinny.”</p> <p>“I understand the health benefits now that I am older.”</p>
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4.3 Quantitative Results

The questionnaire was designed to investigate the barriers the participants are faced with when participating in physical activity. For the information regarding the barriers to participation to be useful it was important to get some background information for a better understanding of the individuals daily lives

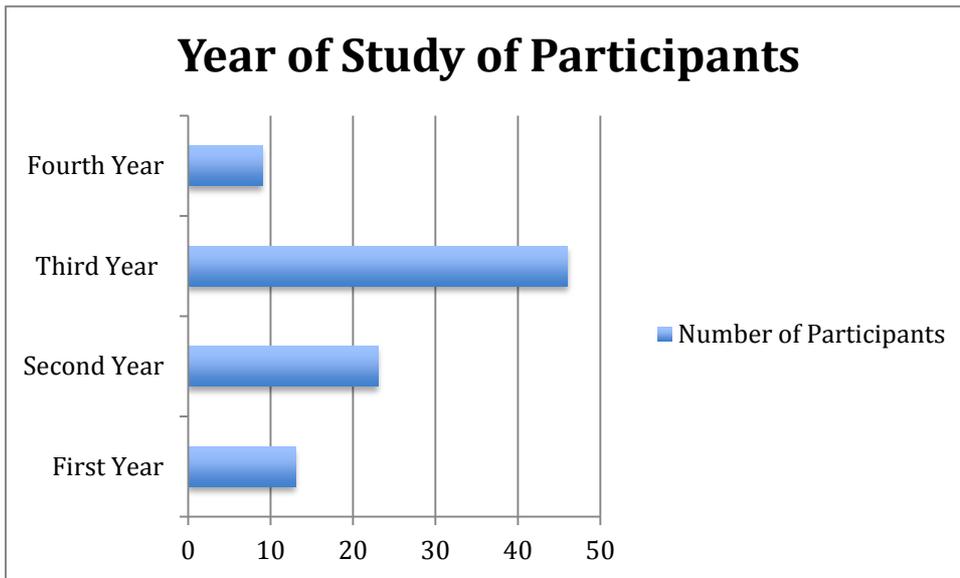
and commitments. The questionnaire required the participants to be between aged eighteen and twenty four, a six-year age range. The questionnaire asked the participants to specify their exact age. The age twenty one was the median being the middle age, as well as being the mean, which is the average of the age range. Coincidentally, it was the most re-occurring age with 29.7% of the participants at this age in comparison with twenty four years of age, which was only 1.1% of the participant's age. Figure One below shows the number of participants of the seven different ages.

Figure One – A Graph to show the age of the participants



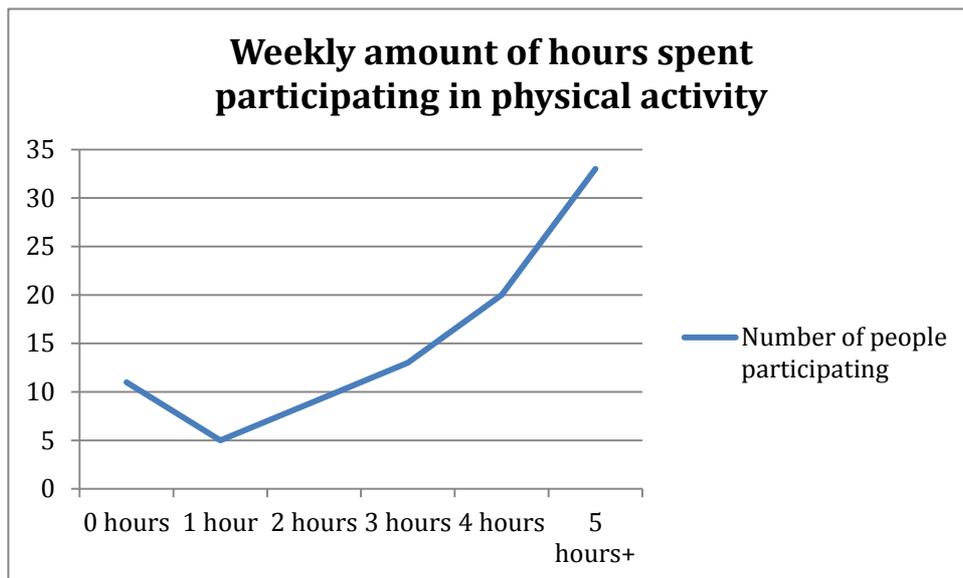
Participants were then asked what year of study in university they are currently in. This was to try and gain an understanding as to whether the year of study in university correlated at all with the amount of physical activity the participants were engaging in. Figure Two below shows the number of participants in each year of study. The majority of participants, 50.5%, were actually in their third year of university.

Figure Two – A graph to show the year of study of the participants



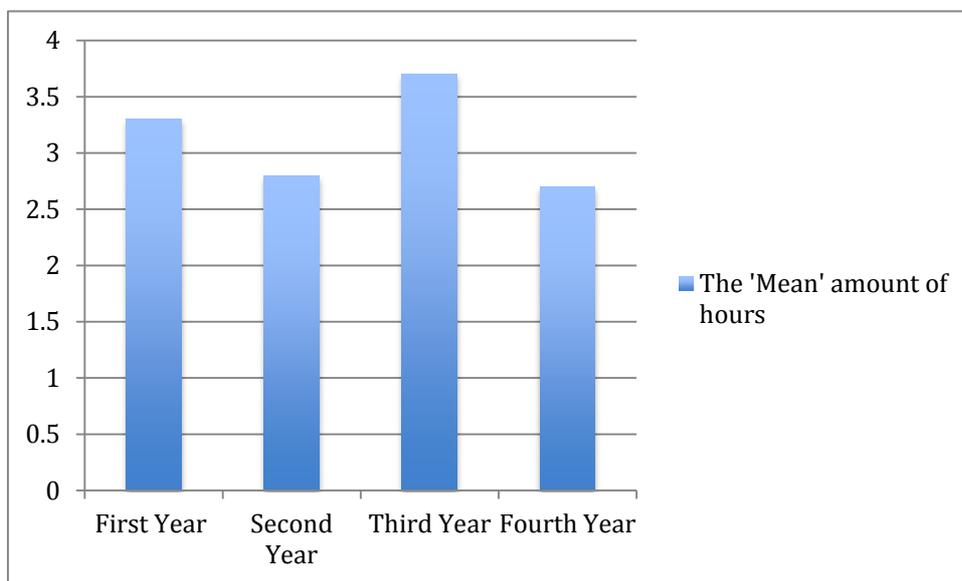
The questionnaire asked participants to estimate roughly how many hours a week they thought they spent participating in physical activity. Below, Figure Three shows a line graph with the results of this question. It highlights that 36.2% of the sample participates five or more hours a week, which is enough to be meeting the governments recommended guidelines for a week.

Figure Three – A graph to show the amount of hours the participants spend participating in physical activity weekly



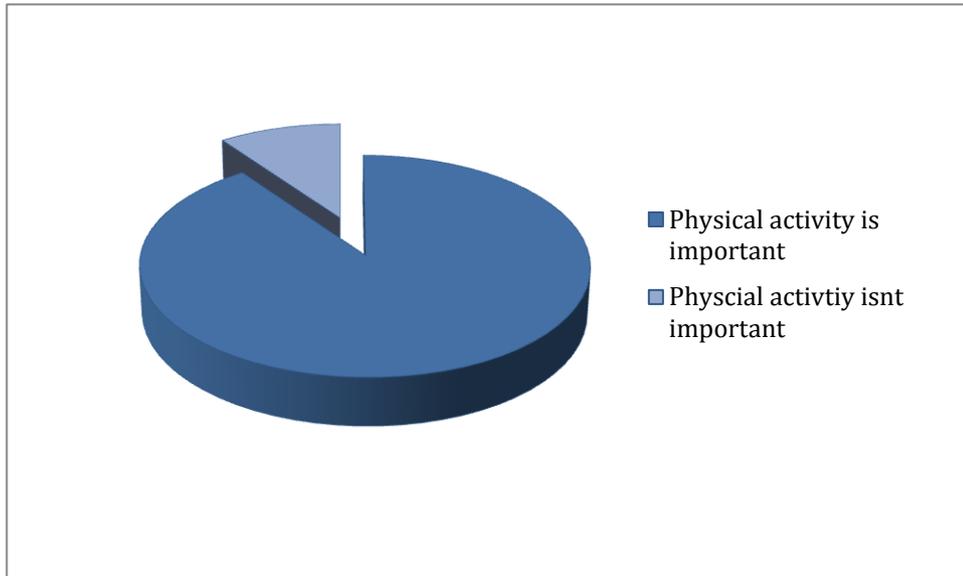
The results in Figure Four show the correlation between year of study and the mean number of hours the participants are participating in physical activity in a regular week. There is not an obvious pattern with these results; by working out the mean we can see the average amount of hours of participation in a regular week for each of the years of study. The mean for first years being 3.3 hours, second years 2.8 hours, third years 3.7 hours and fourth years 2.7 hours.

Figure Four – A graph to show the correlation between the 'mean' amount of hours participated in physical activity weekly, against year of study



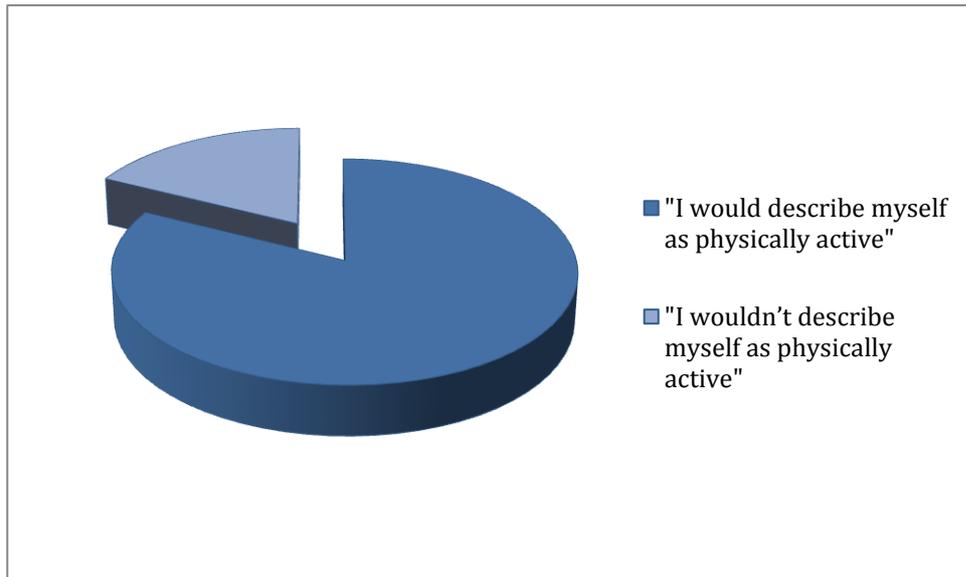
Question six on the questionnaire asked participants if they believed it was important to be physically active. Out of the ninety one participants, 82, 91.2%, believed it was important to participate in physical activity however 8.8% of the participants did not believe it was important to be physically active as shown in Figure Five below.

Figure Five – The belief physical activity is or is not important



The participants were also asked if they viewed themselves to be physically active. Out of the participants, 82.4% described themselves as being physically active where as 17.6% did not describe themselves as being physically active. Furthermore, 91.2% believed that physical activity was important so it leads us to question why 8.8% of the participants understand the importance of physical activity but are not active at all. Among the 82.4% of participants who considered that they were physically active further discussion brought to light that many of these participants did very little physical activity which was evidenced through some of the responses; “occasionally run” and “I go to the gym when I can”. Figure Six below is a pie chart that shows the contrast between the participants who believe they are physically active against those who do not.

Figure Six – The participants describing themselves as physically active or physically inactive



CHAPTER FIVE

DISCUSSION

5.0 Discussion

After analysing the data from the questionnaire in the results section it is clear there are a range of barriers to participation. Even though the questionnaires were filled out by sixty per cent sport students even many of these participants found they had perceived barriers, which inhibited the amount of physical activity they participated in.

This chapter will discuss four of the key themes, even though there were others that were discovered, these themes commonly occurred throughout the research collected from the questionnaires. These barriers are psychological factors, social factors, economic factors and the transition phase, which occurred as a result of the findings, analysed using the thematic approach. Every participant, except two, were able to list three benefits that will come of being physical activity with answers ranging from “better health” to “increased life expectancy”. This makes us question further how barriers to participation are proving a problem for many young women when they are aware of the long list of benefits it can have.

5.1 Psychological Factors

From the questionnaires a number of psychological factors came to light in the participant's answers. Just over 45% of the participants revealed one of the reasons why they participated in physical activity was due to wanting to change their physical appearance. This can be further evidenced by many young women wanting to conform to pressures in society to have the ‘perfect body’; these ideas come from social media, television, films and magazines. For these young women their idea of the ‘perfect body’ is the unrealistically skinny women that are portrayed in the magazines. Young women seeing these images of how they want to look can lead to them becoming disappointed with their appearance and thoughts of their own body image being inadequate (Loop, 2015).

Even though every participant could name benefits of physical activity participation, it became a pattern when analysing the questionnaires that

individuals only participated if they were not completely happy with their physical appearance. One participant noted that she does not participate in any physical activity as she was happy with her body image. Whilst others described the only reason they participate was for “weight control”, “to lose/ keep a healthy weight” with others mentioning they participate to “try and get a good body”.

As well as the idea of having a ‘perfect body’, some of the participants mentioned how physical activity makes them feel better in themselves alongside boosting their self- esteem. Literature – Tremblay et al, (2000), shows that self- esteem and physical activity participation have a very powerful relationship. The development of self-esteem can not only make a person feel better in themselves but help them to become more motivated, persistent and give them a chance to have great success (Tremblay et al, 2000). Whitehead and Corbin, (1997), supported this by establishing that physical activity can have a positive influence on self-esteem, which can facilitate motivation. Self-esteem is also very closely linked with confidence; the more self-esteem you have in yourself, the more likely you are to be confident with your body. A participant answered one of the questions explaining how she participates in physical activity because it gives her more confidence wearing the clothes she likes. The answers received from the participants, gave the researcher the impression they did not understand the range of benefits an increase in self-esteem can have in all aspects of life. The participants seemed solely focused on how physical activity will only affect their self-esteem by giving them more body confidence.

However, as well as physical activity having positive psychological effects, many individuals never get to experience these as they do not feel comfortable with participating in physical activity. This was a problem that arose in the questionnaire when participants were asked if there were any barriers they faced to physical activity participation. One respondent wrote about how they find embarrassment a barrier to participation due to being anxious over what others think when they participate. Whilst other participants discussed how they feel as if others are judging them when they take part in physical activities. This lead to participants explaining how feeling like they are continually being judged, can make them reluctant to participating as it makes them feel uncomfortable. This

links in with, Allender et al, (2006), when the study reported how a lack of confidence can be a barrier to participation as individuals can become anxious when entering unfamiliar settings such as a gym. One participant's answer made a considerable impression when she replied that she does not participate in physical activity because she feels "too big to exercise".

This is a barrier to participation that many overlook as it is not something larger women talk about. However this does relate back to the review of literature, Ball et al, (2000), did a study in Australia giving out a survey to two thousand two hundred and ninety eight adults and with the results they received concluded 4.4% of the respondents reported being "too fat" as a barrier to physical activity. Within those who found being too fat as a barrier to their participation among physical activity, women were the most common sex at 6.2% and 22.6% were already classed as obese (Ball et al, 2000). Ball et al, (2000) found links between being too fat as a barrier and being too shy or embarrassed, which is very similar to the results found in the research concluded for this study.

Other literature – Powell, (2011), found that many women wouldn't join a gym due to embarrassment or would not exercise in daylight as they are worried about others seeing them. Although this is not the case with everyone as some participants expressed the reason they did participate was for weight control or to lose weight so they could stay at or get to a size they were content with.

5.2 Social Factors

A number of the participants discussed social factors to be one of the reasons they participated in physical activity when asked to explain the reasons why they participated in physical activity. The social factors that became apparent in the research ranged from meeting new people, to enjoying doing activities with friends. The participants answers included "meeting new people", "to be part of a team" and for the "social side".

The participants answers were representative of previous research found by Allender et al, (2006), that discussed how social support can increase participation

rates among individuals. Coleman et al, (2007), concluded support from family and friends makes individuals more likely to participate in physical activity. If your friends and family participate, it is more likely that you will be interested in being physically active, Allender et al, (2006), established. This was found in some of the participant's answers with one of the participants explaining the reason she exercised was because she enjoyed the social side of it with the friends that she participated with. Furthermore, Allender et al, (2006), discussed that young women conform to social stereotyping; young women only want to participate if their peers are participating and it is seen as the "cool thing to do". Coleman et al, (2007), also recognised this with their study finding how young women that do not participate in physical activity felt it was due to their friends having a significant impact on their decision not to participate and if their friends decided to participate more it would have a positive impact on their current level of participation.

Young women have also been found to not wanting to seem unfeminine to others, which can come from doing activities that can be seen as 'masculine'. Many women are more concerned with the damaging effect being physically active can have on their social status from other women or more importantly from men. Therefore, they are more likely to not participate and hence, miss the opportunity on the benefits it can bring.

From the results of this study it seemed many people were social with their friends made at physical activities, which proved it could make friends for life. With one participant stating the only reason she participates is for the "socials" she has with her friends outside of the activity and another participant explaining that she only participates because she "love's being part of the team". Unsurprisingly, none of the participants mentioned how family affected their participation in physical activity, this is not surprising because the participants are all university students and most of them are more than likely do not live at home so do not see their family regularly. Nonetheless, family has been described to have a highly significant influence on teenagers, with parents acting as role models or in some cases someone to participate alongside, which is something many individuals take to university with them (Coleman et al, 2007).

However, social factors can also have a negative effect on physical activity participation due to many individuals wanting to spend their leisure time doing other pastimes. A few of the participants responded to the questionnaire explaining how they did not participate due to not having the time with “other commitments” as well as “other things to do”. Dwyer et al, (2006), noted lack of time as a major barrier to participation in physical activity, which they believed to be an intrapersonal barrier. Other participants mentioned how they did not participate due to their social life, with one participant in particular said she did not have “time with uni, work and a social life – I don’t want to miss out with friends”. This is a very truthful answer as a lot of the other participants seemed to be in the same situation but not wanting to face the reality of the fact they are worried about missing out on social events. Coleman et al, (2007), described how the research ascertained from their study showed a common link between a young women’s social life and her participation level in sport, due to the influence a social group has on a person’s life.

Including the participants that discussed time constraints due to their social life, when participants were asked what factors stopped them from participating in physical activities, in total 53.8% of the respondents replied discussing how time constraints were a barrier they faced. Time is an interesting barrier to participation as it is not always in our control as shown in the literature review in Chapter One, many lucky individuals forget others are less fortunate than us and simply do not have the time. One participant mentioned how she did not have enough hours in the day to specifically set aside time for exercising, whilst another participant explained how she would take up physical activity if she had the time. Out of the 53.8%, 35.3% specified that they did not have enough time due to university and the associated workload. This is common in university students as they are not able to manage their time efficiently between their social life and university work. One participant even mentioned how being hung-over was a reason she did not participate in sport and physical activity as much as she would like which indicates that the typical “party lifestyle” of a student hinders their participation in physical activity. Another participant explained how it was hard to find the time to fit physical activity into her weekly schedule especially after undertaking all of her

commitments she is sometimes physically and mentally too tired to participate in any physical activities.

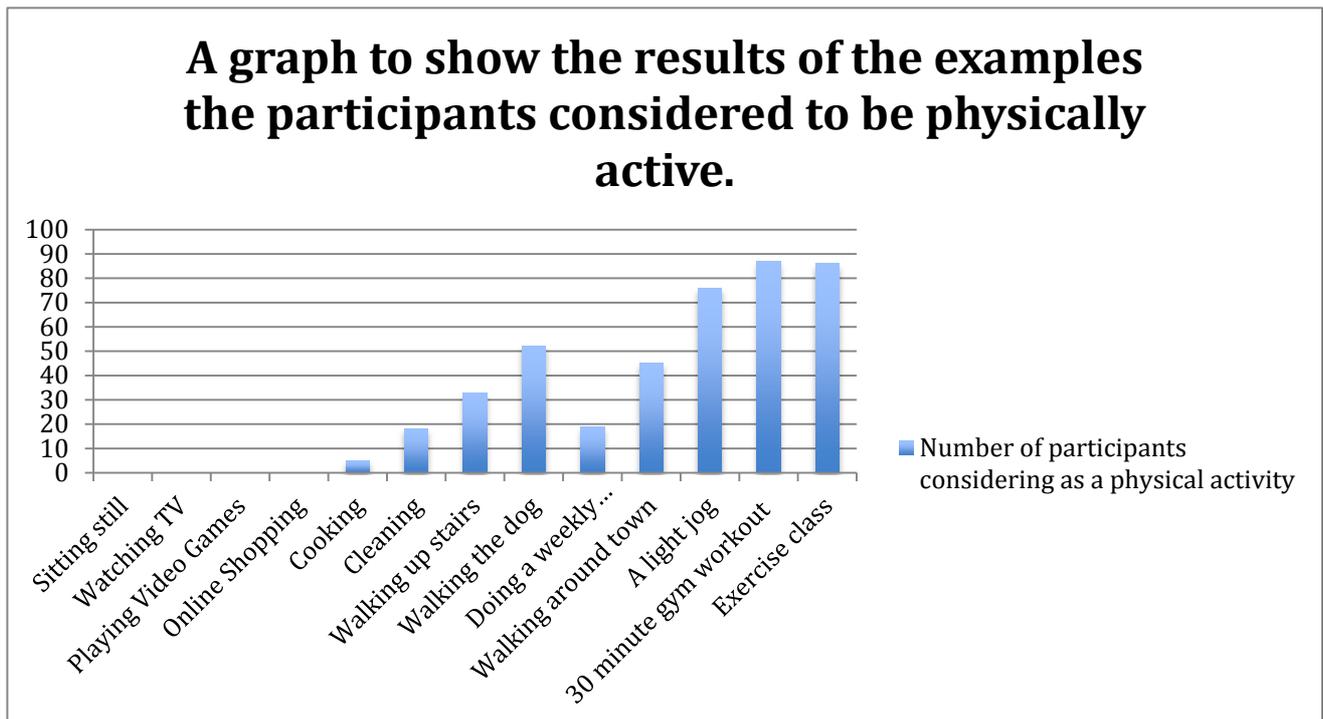
Other participants described time constraints with part time jobs another barrier to participation. Many young women have to get part time jobs to help support themselves through university as the expense of it is too high. It is no secret anymore that student loans are not enough to cover the ever increasing price of student living so many young women have to use their spare time working as many parents cannot afford to cover the additional costs required. Understandably one participant answered that they could not find the time to get to the gym as she is “always working”.

5.3 Economic Factors

Economic factors were discussed by a number of participants. The economic factors that were discussed were the costs involved for some activities, the accessibility to facilities and the facilities available. Results show, 26.3% of the participants named cost as one of the reasons that stop them from participating in physical activity. A number of participants responded “money” as a barrier to participation. Interestingly, one participant mentioned that the one of the only activities she enjoyed was ice skating but could not afford to do it more than once a week, whilst another participant described how she struggled to participate in activities she enjoyed due to money problems. Research shows that physical activity being too expensive is a worldwide problem, but this should not be the case as physical activity can take place almost anywhere, at any time and does not necessarily require equipment (WHO, 2004). A couple of participants answered how the cost of a monthly gym membership is not affordable for them or a cost they do not wish to spend which is what leads them to be physically inactive with a few mentioning they are not able to afford added expenses such as kit or equipment. However, physical activity can be anything from walking up stairs instead of taking the lift, doing a weekly supermarket shop, walking just about anywhere, jogging or cleaning a household (WHO, 2004). The results in the questionnaire show participants lack of understanding of what physical activity entails, and how freely available it is to us.

The fourth question in the questionnaire was a quantitative question, asking participants to tick all the examples of activities they believed were considered physical activity. The results can be seen in Figure Seven below.

Figure Seven – A graph to show the results of the examples the participants considered to be physically active



The graph shows that the majority of participants believe that you are only considered physically active if you participate in an exercise class, thirty minute gym workout or a light jog. A lot of participants, even though the majority were sports students, do not seem to know or understand the definition of physical activity which as stated in the literature review is any bodily movement produced by skeletal muscles that results in energy expenditure (Caspersen et al, 1985). The graph shows only 20.9% of the participants would consider doing a weekly shop as a form of physically active when in fact the, WHO, (2004), would consider it enough to class as a physical activity. Cleaning, walking up stairs, walking the dog and walking around town are also classed as physical activities that many of the participants overlooked.

From the results we can see that a lot of people thought being physically active meant playing sport or exercising. This links with question five in the questionnaire that asked how many hours do you think you need to be exercising in order to be physically active. Out of all ninety one participants only one participant answered zero hours, which was in fact the answer that was being sought after, as you do not need to do any exercise to be physically active as many everyday tasks can be classed as physical activity.

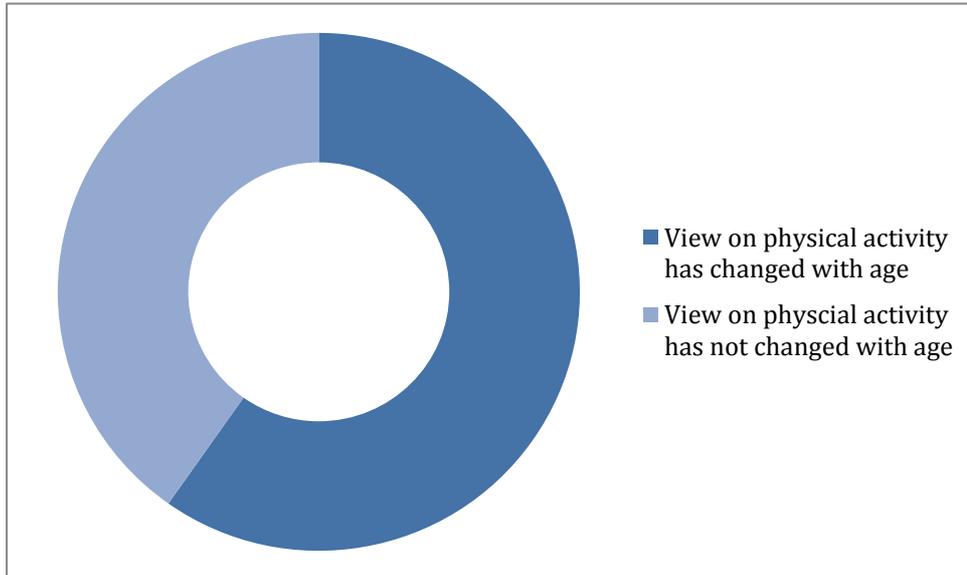
Another economic problem is the accessibility of facilities. A couple of the participants considered that the facilities in Cardiff were not easily accessible and as such this was a barrier that they found when participating in physical activity. A participant talked about how travel costs can become expensive due to the high prices of buses, trains and taxis. Around the Cardiff area facilities, leisure centers and sports clubs are rather spread out, which was what the question found, that it can be hard to have access to facilities if you do not have your own means of travel such as a car or bike.

However, some economic factors can also link with environmental factors, as the weather conditions do not always allow for individuals to cycle to activities. This is the same that goes for running in Cardiff, which we found through a participant answering that she would jog but in her words “the weather in Cardiff is terrible!”.

5.4 The Transition Phase

The transition phase typically focuses on a young women’s transition from high school into university or into the working world. In the final question on the questionnaire participants were asked if their view about physical activity participation had changed as they had got older. Participants were asked to tick yes or no before explaining their answer. Out of the participants, four did not answer this question, but overall 57.1% said their view on physical activity has changed as they have increased in age. This is shown in Figure Eight below.

Figure eight – Participants explaining if their view on physical activity has changed with age



Even though many participants responded explaining their view had changed there were mixed opinions with some being positive and some being negative. One participant noted how she did not realise the importance of physical activity and the benefits it can bring when she was younger, and it was something she has learnt through taking part in a range of physical activities. This was the case for a few participants explaining how they had taken “more interest” in the benefits of physical activity as they had gotten older, as well as realising the importance of a healthy lifestyle. One participant explained how she was not interested in physical activity when she was younger but seeing the benefits it can bring has caused her to start participating to become and stay fit and healthy. One female mentioned the reason she had continued to participate was due to the fact her family and friends did as well.

This backs up previous research from, Allender et al, (2006), which stated how positive influences from family and friends were essential to maintaining participation through transitional phases. A response from the questionnaire that also supports this is one individual explaining how she no longer participates as she does not have anyone stressing the importance. The responses from the

questionnaire gave the researcher the impression that many of the participants only experience with physical activity was through physical education lessons in school which shows just how important they are. An individual responded how she used to “despise P.E.” however she now participates as she realises how important it is although not all are fortunate enough to learn of these benefits.

Allender et al, (2006) supports this by concluding how their results showed negative experiences in school physical activity were one of the strongest factors discouraging participation for young women in their late teens. This is why the transitional phase is so important as when school physical education lessons stop, there is a large drop out rate. Helping young women stay involved in physical activity in the transition phase would give them a platform for physical activity for life.

CHAPTER SIX
CONCLUSION

6.0 Conclusion

Prior to this research, there were many studies that have previously investigated barriers to participation among young women (Allender et al, 2006; Coleman et al, 2007; Dwyer et al, 2006). With all this research being undertaken and now known it is surprising participation levels in women have fallen between 2007 and 2011. WSFF, (2011), discovered in 2007, 31.2% of women were participating in some sort of moderate intensity physical activity once a week but by 2011 the figures had fallen to 29%. Even though this is only 2.2%, it equates to a staggering 337,000 women that are not participating in any physical activity once a week. WSFF, (2011), figures also show that younger women's participation levels are declining more than any other age group with sixteen to nineteen year olds declining almost 7% between 2007 and 2011, and twenty to twenty four years olds declining almost 4%. These figures show how important research into the reasons that young women are not participating in physical activity.

The aim of this study was to identify the barriers to participation of young women in Cardiff Metropolitan University were faced with when participating in physical activity. The target age range was eighteen to twenty four years. Out of the ninety one participants the study found 82.4% of the participants would consider themselves as physically active, with 17.6% not considering themselves physically active. The study found four major factors that influenced young women's decisions to participate in physical activity. These four factors were psychological factors, social factors, economic factors and the transitional phase. All four factors influenced young women in both positive and negative respects. Each of these four factors found barriers to participations that occurred, psychological factors included embarrassment over body image and a lack of confidence. Social factors encompassed influences of friends and family as well as time constraints. Economic factors focused on the cost of participating in some activities as well as accessibility to facilities. The transitional phase showed us the change in the way young women perceive physical activity as they come into university and the attitudes they hold for lifelong participation.

6.1 Limitations

This study has a number of limitations which need to be considered. The limitation that could affect the study the most is the researchers lack of experience, with little previous experience this study was an opportunity for the researcher to learn for the future. The size of the sample of the questionnaires is a limiting factor, as there were only ninety one participant responses. This means the research results could be seen as not thorough or broad enough. With such a small sample, the researcher found it difficult to gain depth within the study. However, taking a sample over the full three years of study throughout the university has given the researcher a chance to gather information regarding how barriers to participation can affect individuals differently through their time at university. Another limitation from this study was the choice to use only one method of research, Hernon and Schwartz, (2009), discussed how the use of numerous methods helped with the strength of the reliability. The researchers choice to use one method shows their lack of experience.

6.2 Recommendations

To gain more comprehensive research in future, the researcher should have used more than one method to attain results. With this type of study the researcher could have used more qualitative methods such as focus groups or interviews to gain more in depth research. Focus groups and interviews would have given the researcher the chance to ask further questions, which could have benefitted the findings of the study.

However, the study still managed to find a sample of participation rates for each year of study across the four years and a number of common themes. The study found that third years participated in the highest amount of physical activity weekly which when explained found this was due to being more settled in university life and not having as much time for social events such as going out due to having a heavier workload. The study also found that not all

participants thought physical activity was important, with 9.8% not believing it is important to participate in any physical activity. This shows the need to educate individuals on how important physical activity really is and the benefits it can bring. Interestingly, the findings showed how most of the participants participated for the reason of the affects it would have on the appearance of their body and not because of the physiological benefits.

In summary, the study found a range of barriers young women in Cardiff Metropolitan University faced when participating in physical activity. It also managed to expand on this, finding the reasons as to why the young women did participate and how their views on participation has changed as they have got older. The use of qualitative and quantitative research methods helped to strengthen the validity and reliability of the study.

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APPENDICIES

Appendix A

This questionnaire is designed to investigate the barriers individuals may face when participating in physical activity. Please answer EVERY question.

Name (optional) _____

1. How old are you?

18 19 20 21 22 23 24

2. What are you studying?

Sport Non- Sport

3. What year of study are you in?

1 2 3 4

4. What do you consider to be physically active? Please tick all the examples that you think apply.

Sitting Still Watching TV Playing Video Games Online Shopping Cooking Cleaning Walking up Stairs Walking the Dog

Doing a Weekly Supermarket Shop Walking around town A light jog 30 minute gym workout Exercise Class

5. How many hours a week do you think you need to be exercising in order to be "physically active?"

0 hours 1 hour 2 hours 3 hours 4 hours

6. Do you believe it is important to be physically active?

Yes No

7. Please explain your answer for answer 6.

8. Please list three benefits that you think will come from being physically active.

1. _____

2. _____

3. _____

9. Do you think that being physically active can have a negative effect? If so please explain how....

1. _____

2. _____

3. _____

10. Would you describe yourself as physically active?

Yes

No

11. Please give a reason for your answer for question 10.

12. What physical activities do you participate in?

13. Roughly, how many hours a week do you spend participating in physical activity?

0 hours

1 hour

2 hours

3 hours

4 hours

5 hours +

14. Please explain why you personally participate in physical activity:

15. The following are often cited as reasons why people engage in physical activity. Please tick all that apply to you:

- | | | | | |
|--------------------------|------------------------------|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Enjoyment | Keeping
Physically
Fit | Meeting
New
People | Health
Benefits | Governments
Recommended
Guidelines |

16. What factors stop you from participating in physical activity participation? If so, why?

17. Has your view about participation in physical activity changed as you have got older? If so, please explain how.

- | | |
|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> |
| Yes | No |

Appendix B

Results

Themes -

Question 8

Benefits of physical activity participation – Health and Fitness

Question 9

Negative effects of physical activity – Addicted/ Obsessed, Can cause injuries

Question 14

Participating in physical activity for physical appearance

Participating in physical activity for enjoyment

Participating in physical activity for social reasons

Participating in physical activity to keep fit and healthy

Question 16

Barriers to participation - Lack of time, Too expensive, Not easily accessible, Injuries

Question 17

Having a greater understanding of the benefits of physical activity as you get older

Question 7 – Please explain your answer for question 6 (Do you believe it is important to be physically active?).

1	So you are able to keep a healthy lifestyle and keep fit as you get older so you are less likely to get health problems regarding weight
2	To be able to stay fit and healthy
3	To have a healthy heart, being physically fit and active reduces the chance of health problems
4	Keeping fit doesn't only keep your body in shape but makes you feel healthier mentally as well as physically
5	Good health, good mental health, opportunity to socialise and meet people, good habits, good activity to get involved in
6	It's important to stay fit and healthy to reduce the risk of health problems
7	It is important for health reasons. The more physically active you are the

	less chance you have of getting things like heart attacks. Healthy people generally live longer than unhealthy people
8	Too look good for boys and holidays
9	Being physically active is a very important part of maintaining good health, both physical and mental
10	It is important to keep fit
11	Less chance of health issues
12	You can meet new people, feel better about yourself
13	You don't want to damage your body
14	To stay fit and healthy
15	To stay fit and healthy
16	Being physically active can prevent heart disease and other diseases
17	Being physically active is a big part of having a healthy lifestyle
18	I believe that it's important because an unhealthy lifestyle can harm your health
19	Stay fit and healthy, good for your body
20	It is important for health reasons
21	It is only important to those people who want to look good
22	For my health and well- being
23	Depends on the person
24	Helps you to live longer
25	Keeps your mind, body and soul healthy
26	It's not a big deal
27	To keep fit
28	To ensure a healthy long life
29	Staying active helps a healthy lifestyle
30	To keep fit and healthy inside and outside
31	-
32	To be fit and healthy
33	To keep fit
34	To have a healthy lifestyle
35	So you can be happy with your physical appearance, so you can keep a fit and healthy lifestyle
36	To lead a healthy life
37	Being skinny isn't everything
38	Because having a good diet is just as beneficial
39	Sport makes a good person, fit, healthy, skinny
40	Improves health and well- being, good body image
41	Staying healthy is key to life
42	To be happy
43	Improves quality of life, good with weight control etc
44	Keeps you fit and healthy - controls weight
45	To be healthy and strong
46	So you don't become overweight, keep a healthy lifestyle
47	Important for your health and well- being. I believe it enhances your quality of life, live longer etc
48	Exercise is important to lead a healthy lifestyle. Exercise will lead to a better quality of life as well as promoting longer life

49	To keep a healthy lifestyle it is important to keep active
50	In order to have a healthy body and mind
51	In order to maintain a healthy lifestyle you need to do some sort of physical activity
52	To keep fit and healthy
53	For a healthy body and bones
54	To stay fit and healthy
55	Only important if you want to be fit
56	If you are physically active you will feel healthy, have a better social, mental and physical well- being and be better off all round
57	Health benefits, enjoying, better quality of life, stress relief
58	It helps with well-being and enjoyment
59	-
60	It is important to be physically active as it has health benefits as well as physical and can also help reduce stress
61	To maintain a healthy active lifestyle
62	Health, weight loss, medical benefits, good mental state, social benefits
63	Otherwise you will get fat
64	So you have a nice body but more importantly fantastic health
65	I feel that everyone is physically active, short walks are active
66	It is always important to have an element of physical activity for various health and well- being issues
67	It is important to exercise every so often to maintain health benefits
68	If you are not physically active then you can become unhealthy, especially when paired with an unhealthy diet
69	To be in good shape
70	If you are not active it can cause health problems
71	To stay fit and healthy and to look good
72	I don't think it is essential to be physically active
73	Yes because you need to be fit and keep a healthy lifestyle
74	To keep yourself well
75	You only get one body and you should look after it, no-one likes to be sloppy
76	No - more important stuff to do
77	To have a good body, healthy heart and be happy
78	To be seen as "fit"
79	Healthy body, clear mind, normal resting heart rate
80	For better health and well- being
81	Helps you stay healthy
82	For health and fitness
83	For your health and fitness levels
84	Keep your body healthy For your health and well- being
85	For yourself
86	To have a long full- filling life
87	Lots of different things are important
88	Helps become fitter, healthier, happier
89	To be fit and healthy
90	For your fitness and health

91	
92	
93	
94	
95	
96	
97	
98	
99	
100	

Question 8 – Please list three benefits that you think will come from being physically active.

1	<ol style="list-style-type: none"> 1. Healthy lifestyle 2. Being able to take part in activities without it being a problem 3. Being a role model for other people
2	-
3	<ol style="list-style-type: none"> 1. Happy mind, body and soul 2. Reduce the risks of health issues e.g joint problems, diabetes 3. Keeping in good shape, lean physique
4	<ol style="list-style-type: none"> 1. Having a fit and healthy body. Looking as well as feeling better 2. Being able to reach goals 3. A good social life – meeting new people with similar interests
5	<ol style="list-style-type: none"> 1. Good health, lowers the risk of having bad health problems 2. In stressful times it helps keep a good state of mind 3. Take it up as a hobby and gain the opportunity to meet new people
6	<ol style="list-style-type: none"> 1. Reduce risk of diseases/ health problems 2. Improves mental health 3. Increases chances of living longer
7	<ol style="list-style-type: none"> 1. Live longer 2. Feel better 3. Look better
8	<ol style="list-style-type: none"> 1. Better health 2. Lower cholesterol 3. Build self esteem
9	<ol style="list-style-type: none"> 1. Better overall health 2. Better mood – exercise releases endorphins 3. Could help form social bonds with other people you exercise with
10	<ol style="list-style-type: none"> 1. Make friends 2. Look good 3. Feel good
11	<ol style="list-style-type: none"> 1. Keeps you fit 2. Meet new people 3. Makes you feel good
12	<ol style="list-style-type: none"> 1. Enjoy more 2. Look good

	3. Feel more confident
13	1. Be healthy 2. Be happy 3. Better quality of life
14	1. Keep healthy 2. Stay in shape 3. Socialising
15	1. Strong muscles 2. Healthy body and heart 3. Stay slim
16	1. Healthier 2. Better lifestyle 3. Live longer
17	1. Feel better in yourself 2. Look better 3. Keep fit and healthy
18	1. Look better 2. Feel better 3. Confidence
19	1. Lower cholesterol 2. Strengthen muscles 3. Help to feel happier
20	1. You will become healthier 2. You will feel better about yourself 3. You will look better
21	1. Looking better 2. Live longer 3. Meeting people
22	1. Making new friends 2. Stay healthy
23	1. Become a pro athlete 2. Become a gym coach 3. Good Stamina
24	1. Can stop/ prevent illness/ diseases 2. Encourage you to eat well 3. Increase life expectancy
25	1. Stay fit 2. Stay Happy 3. Prevent Illness
26	1. Can get a good body 2. Get stronger 3. Run further
27	1. Weight management 2. Prevent health problems e.g obesity 3. Keep fit
28	1. Enjoyable life 2. Feel good about yourself 3. Look healthier

29	<ol style="list-style-type: none"> 1. Stay slim 2. Feeling healthy 3. Feeling happy
30	<ol style="list-style-type: none"> 1. Healthy lifestyle 2. Get in shape 3. Socialising
31	<ol style="list-style-type: none"> 1. Health benefits to balance out the university lifestyle that can include health damaging actions 2. Maintain a healthy weight which will help looks and confidence
32	<ol style="list-style-type: none"> 1. Healthy lifestyle 2. Eat healthy 3. Good body
33	<ol style="list-style-type: none"> 1. Fit and healthy body 2. Healthier mind 3. Reach targets and goals
34	<ol style="list-style-type: none"> 1. Healthy body - inside and out 2. To stay in shape 3. Sociable reasons - gym classes
35	<ol style="list-style-type: none"> 1. Feeling more confident about yourself 2. Keeping a healthy lifestyle 3. Being able to do more activity
36	<ol style="list-style-type: none"> 1. To have a healthy mind 2. To keep your body in shape 3. To meet people with similar interests - exercise and working out
37	<ol style="list-style-type: none"> 1. Less likely to get cardio-vascular disease 2. Healthy mind 3. Skinny body
38	<ol style="list-style-type: none"> 1. You can lose weight 2. To help be skinny
39	<ol style="list-style-type: none"> 1. Prevents illness 2. Prevents diseases 3. Stops Arthritis
40	<ol style="list-style-type: none"> 1. Better Health 2. Maintain body weight 3. Better quality of life
41	<ol style="list-style-type: none"> 1. Body shape 2. Health + Fit 3. State of mind
42	<ol style="list-style-type: none"> 1. Stop feelings of anxiety and depression 2. Good outlook on life
43	<ol style="list-style-type: none"> 1. Weight control 2. Improved confidence 3. Improved health
44	<ol style="list-style-type: none"> 1. Weight loss 2. Health benefits 3. Enjoyment
45	<ol style="list-style-type: none"> 1. Be healthy 2. Longer life- expectancy

	3. Be slim
46	1. Being physically fit 2. Feeling more body confident
47	1. Better body image 2. Improved health and well-being 3. Better quality of life
48	1. Better quality of life 2. Better body image 3. Release of endorphins and feel good hormones
49	1. Appearance 2. Mentally active 3. Health
50	1. Health 2. Physical appearance 3. Emotionally Stable
51	1. Feel good 2. Look good 3. Healthy
52	1. More concentration 2. Healthier 3. More fitter
53	1. Healthy and good body 2. Keeps bones strong and healthy 3. Makes you feel like a good person
54	1. Become fitter 2. Reduce risk of cardio vascular disease and other health related risks 3. Healthier
55	1. Live longer 2. Feel better 3. Look fitter
56	1. Fitter 2. Healthier 3. Stress relief
57	1. Stress relief – a chance to let off steam through exercise 2. Socialise – meet people who also enjoy being physically active/ team sports etc 3. Health benefits – exercising, healthier
58	1. Being healthy 2. Enjoyment 3. Meeting new people who share same interests
59	1. Healthier 2. Fitter 3. Slim
60	1. Improve physical health 2. Improved mental health 3. Reduce risks of cardiovascular diseases etc
61	1. Less risk of coronary heart diseases' 2. Improves quality of life

	3. Better appearance
62	1. Social benefits 2. Health 3. Weight loss
63	1. Good body 2. Good health 3. Happy - exercise releases endorphins
64	1. Stamina 2. Physically attractive 3. Good health
65	1. Fit and healthy 2. Get thinner/ fitter 3. Healthier mind and body
66	1. Better fitness and health 2. More confidence 3. Better social relations
67	1. Better social life 2. More confidence 3. Weight loss
68	1. Good body 2. Healthy lifestyle 3. Less chance of cardio-vascular disease
69	1. A good shape, toned body 2. Healthy mind 3. Less chance of illness
70	1. Perform sport better 2. Better stamina 3. Be healthy
71	1. Good body 2. Breath easier 3. Feel better in yourself
72	1. Be healthy 2. Be fit 3. Good body
73	1. Healthy 2. Nice body 3. Strong
74	1. To be healthy 2. It's good for your body 3. To be seen as active
75	1. Strength 2. Stamina 3. Healthier
76	1. Health 2. Enjoyment 3. Challenge
77	1. Be fit 2. Stay healthy

	3. Lose weight
78	1. Keep your body healthy 2. Good frame of mind 3. Keep you positive
79	1. You will be fit and healthy 2. Live longer 3. Find it easier to do everyday tasks
80	1. Health 2. Better body 3. Happiness
81	1. Happiness 2. Enjoyment 3. Perseverance
82	1. Health 2. Be slim 3. Happy
83	1. Pathway into elite sport 2. Good body 3. Meet new people
84	1. Better overall fitness 2. Good body 3. Healthy lifestyle
85	1. Be healthy 2. Be fit 3. Eat well
86	1. Better fitness 2. Life goals 3. Sense of achievement
87	1. Be healthy 2. Stay fit 3. Increased life expectancy
88	1. Healthier 2. Fresh air 3. Teaches new skills
89	1. Able to have enjoyment with friends 2. Becomes fitter 3. Happier in appearance
90	1. Lose weight 2. Get stronger 3. Be healthy in life
91	1. Good health 2. Strong muscles 3. Good body
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Question 9 – Do you think that being physically active can have a negative effect? If so please explain how....

1	<ol style="list-style-type: none"> 1. Sometimes may become obsessive resulting in eating disorders 2. Make yourself feel bad if you don't take part in physical activity 3. Comparing yourself to others more
2	If you over exercise – put a high strain on the body and can cause people to be unwell.
3	No
4	<ol style="list-style-type: none"> 1. Sometimes people can push themselves too far – exercise obsessions 2. Injuries
5	<ol style="list-style-type: none"> 1. Too much physical activity can go the other way and start more health problems 2. People that get to involved get into using performance enhancing drugs
6	Extreme exercise may put strain on the heart – lead to heart problems
7	<ol style="list-style-type: none"> 1. It can have a negative effect on your social life 2. Sometimes it costs a lot of money 3. It can often conflict with work
8	It can make you too tired to focus.
9	Could cause injury if not done correctly
10	No
11	If your not as confident you may shy away
12	No
13	No
14	No
15	Can pull muscles if don't warm up correctly
16	Possibly pick up injuries
17	-
18	None
19	<ol style="list-style-type: none"> 1. DOMS 2. Overworked muscles 3. Fatigued
20	<ol style="list-style-type: none"> 1. It can put strain on your heart 2. You can injure yourself if you do it wrong 3. It can cost a lot of money
21	<ol style="list-style-type: none"> 1. You can get carried away 2. You can pull a muscle 3. You can break a bone
22	N/A
23	No
24	Repetitive strain injury can occur in some activities

25	N/A
26	<ol style="list-style-type: none"> 1. Can look manly 2. Can ruin your social life 3. Can be addictive
27	<ol style="list-style-type: none"> 1. Too much time in the gym 2. Loosing too much weight 3. Looking unhealthy
28	<ol style="list-style-type: none"> 1. People take it too far 2. They live in the gym 3. Don't have time for anyone/ anything else
29	No
30	Obsession with getting fit
31	-
32	<ol style="list-style-type: none"> 1. Overwork muscles 2. Injuries - strains
33	Overwork yourself
34	<ol style="list-style-type: none"> 1. Exercise obsessive 2. Anorexia
35	<ol style="list-style-type: none"> 1. The feeling of DOMS after exercise 2. Over exercising 3. Eating disorders may occur
36	Sometimes people can become gym obsessive
37	<ol style="list-style-type: none"> 1. Become obsessive - gym 2. Become obsessed with how they look 3. Don't care about anything but looks and being skinny
38	<ol style="list-style-type: none"> 1. It can make your body ache after 2. You can get embarrassed when people see you doing sports
39	I think it is only beneficial
40	No
41	No
42	Become obsessed with losing weight
43	<ol style="list-style-type: none"> 1. Become obsessed 2. Likelihood to become anorexic if become obsessed with exercise
44	If your not as good as other people you may lose confidence
45	Get anxiety over what others think
46	<ol style="list-style-type: none"> 1. People can become obsessed with being fit 2. Compare yourself to other people
47	<ol style="list-style-type: none"> 1. DOMS/ aching 2. Become addicted/ obsessed with exercise
48	Yes - exercise can become addictive and encourage anorexia
49	Addiction, injuries
50	<ol style="list-style-type: none"> 1. Can affect muscles and joints 2. Addicted to exercise
51	<ol style="list-style-type: none"> 1. Some people can get addicted 2. Can affect muscles and joints
52	Can strain the muscles and heart
53	<ol style="list-style-type: none"> 1. Become obsessed 2. Worry too much over physical appearance

54	<ol style="list-style-type: none"> 1. Over exercise can strain heart 2. May cause muscle damage/ permanent injury 3. May become tired and overworked
55	<ol style="list-style-type: none"> 1. Can take up all your time 2. Can be expensive 3. Can be boring
56	<ol style="list-style-type: none"> 1. It can cause injury for some people 2. People may take it to seriously and become addicted
57	Injuries
58	No
59	No
60	If people don't enjoy it then it can increase stress and anxiety
61	None
62	Addiction, to working out
63	<ol style="list-style-type: none"> 1. Addicted to having the perfect body 2. Vanity 3. Annoying facebook posts
64	<ol style="list-style-type: none"> 1. You can get addicted to it 2. Linked to body issues
65	People can get obsessed – go crazy
66	N/A
67	<ol style="list-style-type: none"> 1. Potential injury 2. Waste of money if a membership isn't used
68	<ol style="list-style-type: none"> 1. Diseases – anorexia 2. Exercise obsession
69	<ol style="list-style-type: none"> 1. Can become obsessive 2. Can over do it and injure yourself
70	<ol style="list-style-type: none"> 1. Fatigue 2. Tiredness 3. Time consuming
71	<ol style="list-style-type: none"> 1. Injuries 2. Lead to problems such as anorexia
72	No
73	Cause eating disorders
74	<ol style="list-style-type: none"> 1. Become too muscular 2. Obsessed 3. Causes aches and pains
75	<ol style="list-style-type: none"> 1. Addiction 2. Obsessive
76	<ol style="list-style-type: none"> 1. Fatigue 2. Injuries 3. Loss of time
77	<ol style="list-style-type: none"> 1. Injuries 2. Muscular pain
78	Over do it
79	Can cause problems if you have an illness like asthma
80	<ol style="list-style-type: none"> 1. Tiredness 2. Injuries

	3. Time consuming
81	1. Injuries 2. Sweat can smudge make up
82	1. Injuries 2. Effects on social life
83	1. Get too muscular 2. Obsessed
84	Obsessive – anorexia
85	1. Injuries 2. Aches/ pains 3. Over train
86	Addiction
87	1. Addiction can happen 2. Encourage problems such as anorexia
88	1. Not relaxing 2. Tiring 3. Having to work hard or no point of doing it
89	None
90	No
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Question 11 – Please give a reason for your answer for question 10 (Would you describe yourself as physically active?).

1	I try and go to the gym at least 3 times a week, I walk to uni and home and try and be involved in different sports and activities when I can.
2	Play rugby and also go to the gym regularly
3	I play various team sports such as netball and rounder's. I attend fitness classes such as yoga and Pilates.
4	I like to exercise when I can. A member of a gym at home and university with exercise classes included. Walk to and from work where I am on my feet constantly as well as walking my dog daily.
5	Attend the gym, walking to uni on some days of the week
6	I play football so train weekly and play matches. I also go to the gym at least once/ twice a week
7	I am physically active because I go to the gym at least twice a week.
8	Run a few times a week and do legs, bums and tums
9	Go to the gym three/ four times a week

10	I go for a jog five times a week before uni
11	I participate in daily exercise classes
12	I do regular rugby training, I gym four times a week
13	Don't do any sport
14	Go to the gym four times a week
15	I go to the gym regularly, I play netball
16	I cycle to university, I run, play netball
17	I attend zumba classes twice a week and walk to and from uni, shopping and work
18	Gym 5- 6 times a week, good diet, health conscious
19	Do gymnastics and dance
20	I do exercise at least once a week
21	Occasionally run
22	I don't participate in any sports
23	I study sport so I'm physically active in lectures
24	I participate in activities that increase your heart rate
25	I don't have enough time to participate
26	Do exercise now and again, not that active
27	Happy with how I am
28	Do 3- 5 hours of exercise a week
29	I dance regularly
30	Do plenty of exercise daily to keep fit
31	-
32	I play hockey, go to the gym, run and walk a lot
33	Go to the gym when I can
34	Sports student
35	I take part in sports at university and like to lead a healthy lifestyle
36	Do a sports degree so modules consist of exercise as well as team sports
37	Don't play any sports or go to the gym
38	Because I look after myself even without doing physical activities and sport
39	I am very sporty
40	I play rugby and go to the gym on a weekly basis
41	I play competitive basketball regularly
42	I participate in activities that raise my heart rate
43	Exercise on a daily basis
44	I participate in practical sports lectures and use the gym
45	I don't do any exercise
46	I like to go to the gym and take part in sports
47	I exercise roughly three to four times a week
48	Take part in physical activity 3 - 5 times a week
49	Walking to work/ uni everyday
50	I attend the gym at least three times a week
51	Do my own exercise, go for runs nearly everyday
52	I play sport and go to the gym often
53	I have a healthy body
54	I go to the gym regularly

55	Only now and again am I active
56	Go to the gym regularly and take part in swimming and squash weekly in uni
57	Regularly participate in physical activity on a weekly basis
58	I train six days a week with a mixture of weights and sprinting
59	Play golf, go to the gym
60	I teach four fitness classes a week and train in the gym five times a week
61	I am a regular gym user
62	I study sport, I participate in as much sport as I am able
63	I love the gym
64	I go to the gym once or twice a week and I do a lot of walking as I don't own a car plus my job involves me running up and down stairs a lot
65	A sports student - modules consist of sport
66	5+ hours a week of physical activity
67	Not enough spare time to be fully physically active
68	I look after myself
69	I go to the gym and walk when I can
70	I study sport so am active during lessons
71	I go to the gym on campus and am part of the cheerleading team in uni
72	I don't do any sport or exercise
73	I play for the hockey team at university
74	I play basketball five times a week
75	I go to the gym, walk about five miles a day
76	Do minimal activity
77	I go to the gym, dance back home
78	I play football for the university
79	I coach more often rather than participate
80	Enjoy sport and being active
81	Lots of golf
82	No time to exercise
83	I play netball, go to the gym and walk to uni
84	I don't have enough time to go to the gym but go when I can
85	Just about as I walk my dog through the week
86	I go to the gym and cycle as I don't have a car
87	I go to ice skating lessons, and walk to uni if I don't have change for the bus
88	Difficult to find the motivation
89	As it means I can still have treats, exercise to burn them off
90	I go to the gym, have a personal trainer and do sport in uni
91	I undertake numerous activities through a normal week, I am also a sport student at uni
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Question 12 – What physical activities do you participate in?

1	Gym, gymnastics, walking, swimming, zumba
2	Rugby, gym
3	-
4	Gym member, circuit training, hockey, walking, swimming
5	Volleyball, gym
6	Football, health related activities (gym)
7	Gym, swimming, bike riding
8	-
9	Gym
10	Rugby
11	Netball
12	Rugby
13	Occasional exercise classes but rare
14	Exercise classes, gym workouts
15	I run, including sprint sessions
16	-
17	Zumba, the occasional jog
18	Horse riding, netball
19	Do gymnastics and dance
20	I go to the gym
21	Jogging
22	Walking to uni, walk into town
23	Gymnastics, running, hockey
24	Trampolining and the gym
25	Occasionally yoga and pilates
26	Might go to the gym sometimes
27	None
28	Netball, gym – circuit classes
29	Dance school, zumba classes, gymnastics
30	Football (training and matches), gym, exercise classes
31	-
32	-
33	Gym
34	Gym, hockey, exercise classes
35	Football at university, going to the gym
36	Gym, running, hockey, walking
37	Walk to uni occasionally
38	Walking to university
39	I run, go to the gym, do exercise classes, play rugby, football, hockey
40	Rugby, gym
41	Basketball

42	I swim
43	Gym and exercise class
44	The gym
45	If any, I got to classes irregularly
46	Gym, dance classes, swimming
47	I go to fitness classes and the gym as well as playing badminton
48	Netball, gym
49	Gym, exercise class
50	I go to the gym
51	Running, swimming, walking
52	Football, netball
53	I go to the gym
54	Health related exercise
55	Pilates now and again
56	Gym, swimming, squash
57	Netball, swimming, athletics
58	Athletics (Weights, circuits, sprinting/ hurdles)
59	Play golf, go to the gym
60	Spinning (cycling), weight training, core training, HIIT training
61	Cycling, running, gym work
62	Netball, running, gym, table tennis
63	The gym
64	Gym classes, walking
65	Sports modules, the gym, running/ jogging
66	Training (football), exercise classes and going to a gym
67	Exercise class - 1 a fortnight
68	The gym, football, running, walking
69	Gym, exercise classes, walking, running
70	Rugby, gym
71	-
72	I walk to uni
73	Hockey and running
74	Basketball, gym, walking
75	Running, weights
76	None
77	Gym, walk to uni
78	Football, practical modules in university
79	Rarely do an exercise class
80	Gymnastics, running
81	Golf
82	None
83	Netball, gym, walking
84	Gym (occasionally)
85	Walking/ jogging
86	Walking, cycling, gym
87	Ice skating, walking
88	Occasional jog/ walk

89	Gym, aerobics, spin classes, swimming
90	Gym, use to do gymnastics
91	I play netball, go to the gym and run
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Question 14 – Please explain why you personally participate in physical activity:

1	I try and do at least 3 hours in the gym a week, when competing I train more hours in the week, because of the work I do this also incorporates physical activity.
2	-
3	To stay in shape. I enjoy playing competitive sports.
4	To get into shape.
5	Health, clear my mind, meet new people
6	I enjoy it, want to keep fit and healthy, improve my performance in football and get fitter, social factors
7	I participate in physical activity because it makes me feel better about myself and I also enjoy bike rides and swimming.
8	To keep healthy and it gives me self- esteem
9	For my own benefit, to stay healthy and maintain the shape I am currently in. Also a good past time rather than doing something inactive
10	I enjoy being in a team environment whilst also keeping fit
11	To keep fit and in good shape
12	Because I enjoy and to keep fit
13	-
14	To keep in shape
15	To have a good body, feel good about myself
16	It gives me more confidence in wearing the clothes I like. I can do the activities like walk the dog and play with my younger sister without losing breath.
17	I like to look and feel good and like to live a healthy lifestyle.
18	Better and more confident appearance
19	To stay healthy, try to stay slim
20	I participate to look and feel better about myself
21	I run to keep a flat stomach
22	Walk to stay fit

23	I love playing sport and want to do it professionally
24	To lose/ keep a healthy weight
25	If I participate it is to stay relaxed
26	Just for fun with friends
27	-
28	To keep healthy and to gain a social group
29	I like that it makes me healthy, I feel happier when I exercise, its part of my lifestyle
30	To keep fit - good body
31	-
32	To have a healthy, active lifestyle
33	Stay in shape
34	To keep fit and keep socialising with a team
35	I train three times a week with football and go to the gym at least once a week
36	To be a part of a team, socialise to keep fit
37	I don't
38	So I can get to university when I need to go, unless my friend is driving
39	I want to be the best at everything I can be + be strong, healthy and fit
40	Enjoyment and stay fit and healthy
41	Enjoyment - Stay fit - healthy organs
42	For enjoyment
43	Feel good factor, weight control, body image
44	Weight control
45	If I do it is to try lose weight
46	I go to the gym twice a week and if I have time I like to go swimming
47	It makes me feel good, enjoyable and to lose weight
48	I enjoy competition and it builds self- esteem
49	To keep healthy appearance
50	Makes me feel healthy and makes my physical appearance better
51	Look good, makes me feel good and healthy
52	I enjoy it and want to stay active
53	To stay healthy but mainly for physical appearance
54	To keep fit
55	I go with friends occasionally for fun
56	To stay at a healthy weight and be fitter
57	Enjoyment, social, health benefits, hobby
58	Enjoyment, challenging
59	Because I enjoy it
60	I enjoy keeping fit and active and seeing my performance and fitness levels improve
61	To maintain a balanced lifestyle and keep fit and healthy
62	Gives me a rush, keeps me fit and keeps me in a better state of mind
63	Too make myself feel better
64	So I can be body confident
65	To stay fit
66	My own enjoyment

67	For an occasional social with the friends that we exercise with
68	To be social – part of a team, to stay fit
69	To have a toned body
70	I enjoy rugby and go to the gym to improve my game
71	I enjoy cheer and I go to the gym to lose weight
72	I walk to uni because I have too
73	I love hockey so I enjoy playing and keeping fit is a bonus
74	For enjoyment I have played basketball ever since I was young
75	To feel and look better
76	I don't
77	To keep at a weight I am happy at
78	Enjoyment, love my sport and team
79	To lose weight
80	For personal achievement and challenge
81	The challenge to hit my best shot, and have a good round – push myself, enjoyment, socialising
82	-
83	Enjoyment, social side, weight control
84	Physical appearance
85	Because I have to walk the dog
86	Convenience, gym to lose weight/ tone up
87	I really enjoy ice skating, and having a hobby I can focus and improve on
88	Get some fresh air
89	Socialising, keep healthy weight, feel better in my self
90	Try and get a good body
91	I enjoy netball and go to the gym to keep my figure slim
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Question 16 – What factors stop you from participating in physical activity? If so, why?

1	People judging me when training. It can be quite expensive for gym memberships etc
2	-
3	At university the club fees are too expensive. The societies can also be intimidating for outsiders. At UWIC competition is very high therefore training can be intense and time consuming.
4	Time – often not having enough hours in the day to do exercise, Laziness – not always bothering

5	Time, to much uni work
6	Injury has prevented me from running/ training. Also financial factors have influence as a gym membership is quite expensive
7	It is hard to fit into my weekly schedule. Sometimes, I have other commitments and am too tired to participate.
8	I struggle to find the time to exercise due to uni
9	Accessibility to facilities
10	Injuries, money issues
11	Money problems, lack of money for kit and equipment
12	Lack of time
13	Time, money, a lot of effort
14	If I have an injury
15	I sometimes have a lot of uni work so don't have time
16	N/A
17	If I have too much uni work or a close friends birthday
18	-
19	Time constraints with uni and my job
20	A gym membership is expensive, I could jog but the weather in Cardiff is terrible
21	I don't get a lot of time
22	Enjoyment - rather do other things
23	Pitch is sometimes water logged
24	Don't always have enough time with uni and coaching
25	Time, not easily accessible, expensive - 5.25 for a class in cardiff
26	Its fun with friends, boring without
27	I choose not too
28	-
29	Injuries
30	Injuries - been injured multiple times. Not enough time
31	-
32	Time constraints, lack of facilities around Cardiff area
33	No time, laziness
34	Time
35	Not having time due to university work, gym memberships are expensive
36	No time - other things to do
37	I don't feel the need to, I eat well so stay fit through this
38	-
39	Nothing
40	Nothing
41	Nothing
42	Time, embarrassment of what others think
43	Work and university commitments
44	Effort to get to the gym
45	Time, money, facilities, social life
46	Not having time due to other commitments, memberships can be expensive
47	Unmotivated, too busy with other commitments
48	Travelling to and from the gym, and money to pay monthly fees

49	Uni workload, work, time
50	I have a problem with my knee and sometimes that prevents me from doing physical activity
51	Injuries, illness
52	Money, transport
53	When I am happy with my body I don't feel the need to do any activities
54	Money, lack of gym/ sports clubs in area
55	Time and money
56	Time and money
57	Not enough time to participate as much as I want
58	Injuries that result in not being able too
59	Time
60	None
61	Time, busy with uni work
62	Injury, only reason why I am not to active
63	-
64	I don't have a lot of stamina and im not very good but I try
65	Work, university and money
66	N/A
67	Confidence and free time
68	University work - time keeping
69	Time - always working so find it hard to get to the gym
70	Injuries make it impossible
71	Money - kit and membership is expensive
72	I don't enjoy it, don't have enough time
73	University stops me doing as much as id like to
74	Time with uni and social life, and difficult to get around cardiff
75	Time, hangover, money
76	Time consuming, money
77	Motivation, accessibility
78	Money, injuries
79	Time with uni and work, social life - don't want to miss out with friends
80	Studying, part time job, social life
81	Embarrassing myself
82	Time, work
83	Time, money, accessibility
84	Time with work and my masters
85	Time, I think I would take up an activity if I had enough time
86	Don't always have time to get to the gym
87	Money - I would ice skate more in the week if it wasn't so expensive
88	Personal motivation, time, tiredness after
89	Time with university work
90	Money - gym and healthy eating is expensive
91	Time with uni work
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Question 17 – Has your view about participation in physical activity changed, as you have got older? If so, please explain how.

1	I understand that it is a lot more important than I first realized and now I know more benefits due to taking part within different types of physical activities.
2	-
3	-
4	When I was younger I did it out of enjoyment and for social reasons. Now, I am older I still enjoy it but do it to keep fit and healthy.
5	More about health and well-being rather than something you do as a result of being in school.
6	When I was younger I was more involved in physical activity because my friends did it. Now I study sport at university.
7	The older I get the more responsibilities I have to put before physical activity. If I had more time I would do more.
8	It is important to exercise to keep yourself fit and healthy
9	Thought it was important to exercise more with age as physical activity participation declines and it becomes harder to maintain weight, it is more vital for health
10	-
11	Enjoy it more, meet new people
12	Find it more difficult to balance with work
13	I use to participate a lot but is harder with more responsibilities
14	Become more interested in the benefits
15	-
16	I took my physical appearance for granted when I was younger. Now that I am older I have not got the body I wish to have. I now realise physical activity is important to keep weight off.
17	I used to do it because it was just fun and my friends did it, now I do it because I know it is important to stay fit and healthy
18	Realised the importance of a healthy lifestyle
19	Less for enjoyment, more for body image
20	I didn't really care about my weight when I was younger
21	Ive always run when ive had a chance
22	Doesn't fit in my lifestyle
23	The level of sport is harder now
24	-
25	Difficult to motivate yourself
26	Not really changed always done it now and again

27	Don't mind the way I look
28	-
29	I think its even more important as you get older to keep healthy and happy and skinny
30	I now not only enjoy it, but understand the benefits
31	-
32	-
33	Feel I need to do it now I have stopped growing
34	Not just for fun, do it to stay fit as well
35	The older I get the more physical activity I take part in
36	I understand the health benefits now that I am older
37	-
38	-
39	I have always been really active
40	-
41	-
42	-
43	-
44	Never interested in physical activity when I was younger, as I have grown up I realise the importance of staying fit and healthy
45	Use to participate a lot when I was younger
46	-
47	-
48	-
49	Appearance, metabolism
50	I find its more important because my metabolism has slowed down and cant enjoy the foods I like unless I exercise
51	More worried about what I eat – slower metabolism, want to look good – so more aware of what I eat and my exercise plan
52	-
53	I use to play sport for enjoyment but now I participate for appearance
54	-
55	As I get older I care about training less and less
56	When I was younger it was more for enjoyment and fun and now im older its for keeping fit and health benefits
57	Become more of a choice as oppose to compulsory
58	-
59	-
60	-
61	-
62	It is a requirement when young now it is a choice
63	-
64	I used to despise PE but now I know you need to do some sort of exercise
65	-
66	-
67	-
68	-
69	-

70	Ive always enjoyed sport it's a bonus its good for my health
71	As I have gotten older I have taken more interest in a healthy lifestyle
72	I have always preferred academic activities
73	More competitive
74	I still enjoy it as much as I use to
75	Believe its more important as you want to be the best you can be
76	Time is harder to come by
77	I use to dance competitively but would be to embarrassed to now
78	I see the importance it has to my health
79	I use to be a lot more active when I was younger as I enjoyed it a lot more
80	Main reasons being time and cost
81	Seeing it as more important
82	Less time and money
83	-
84	I use to horse ride for enjoyment but I don't have the time anymore
85	I use to participate in lots of sport when I didn't have a job
86	I now participate for personal reasons rather than enjoyment when I was younger
87	I use to not enjoy physical activity but now I have found something I enjoy
88	I stopped after school as nobody stressing the importance
89	-
90	My parents didn't educate me much on the benefits of physical activity when I was younger
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