# The Analysis of the Performance of Data Analysis Students

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# Introduction

Almost 90% of all university students , TA's and even doctors are interested in different kinds of sports and exercises , whether weight lifting , cardio , calisthenics , fitness , cross fit or even martial artists and many other different kinds of sports . Now , most people going to the university to teach or study have some free time through the day and would like to use that time doing useful stuff and not everyone is interested in reading to go to the library and most people would like to do some sports to make good use pf their extra time in university

# Research Question

Gym Attendance & Usage
Workout Preferences
Challenges & Barriers
Trainer & Progress Measurement
Demographic & Behavioural Factors

# Hypothesis

If a gym were available at the university, students would frequently visit it, with most preferring strength training and facing challenges related to equipment access

# Population of Interest:

University students, TA's and doctors

# Sampling Method:

Group students based on relevant characteristics such as:

- **Year of study** (Freshman, Sophomore, Junior, Senior)
- **Faculty** (Engineering, Business, Computer science, Digital arts )
- **Fitness Experience** (Beginner, Intermediate, Advanced)

# Bias Identification:

If the survey was distributed mainly to students already interested in fitness, the responses may **overestimate** gym attendance and workout frequency. so, I had to Ensure **diverse outreach** by distributing the survey to students from all faculties and fitness levels

# Survey Questions:

1)- if there was a gym in the university how often would you visit ?  [insert question here]

2)- How long would your workout session be during the university day ? [insert question here]

3)- what type of training would you do when you visit the gym ?

4)- what is your biggest challenge in maintaining a gym routine ?

5)- how would you like the university gym trainer to measure your progress ?

Online survey link:

https://docs.google.com/forms/d/e/1FAIpQLSeR699I_FdQdpfxgQTQp8Stw20gS5QkmqS
U3_EvJ7uQvQi2Qw/viewform?usp=sharing

Number of samples collected: 52

## Analysis:

The survey results indicate that most students would visit the university gym **2-5 times a week**, suggesting strong interest in fitness. The **preferred workout duration** is typically **30-60 minutes**, though some students adjust based on their schedules. Strength training is the most common workout type, followed by **martial arts and cardio**. The **biggest challenge** students face is **limited access to equipment**, highlighting a need for well-equipped facilities. Many students prefer their progress to be tracked **through workout performance metrics** rather than subjective measures. **Academic workload and time constraints** also influence gym attendance. Overall, the findings suggest that a well-equipped and accessible university gym could significantly benefit students' fitness routines.



Bar chart for the frequency of gym visits through the week
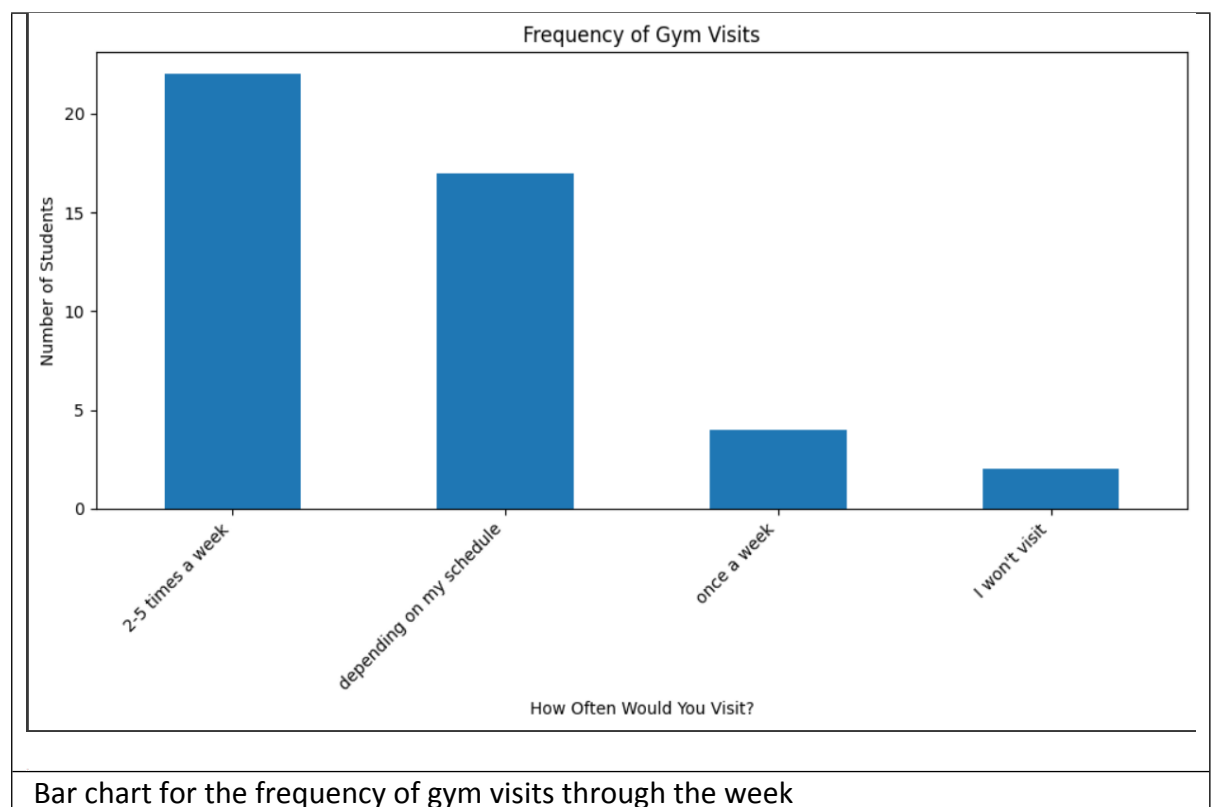
## Conclusion

Students show strong interest in a gym, favouring **strength training** and **30-60 min sessions**, but face **equipment and time challenges**. A well-equipped gym could boost fitness habits.

## Any potential issues

**1)-Selection Bias** – The survey may have been **disproportionately completed by fitness-conscious students**, leading to **overestimated gym interest**.

**2)-Non-Response Bias** – Students **not interested in fitness** might have ignored the survey, skewing the data towards gym-goers.

**3)-Convenience Sampling** – If the survey was distributed in **fitness-related groups**, it may not represent the entire university population.

Tips:

1. Please DO NOT include any code here.
2. Please make sure you format your document properly.