Mini Project 1

Intro

For this project I conducted a survey to gather data on Berry students about their different workout practices. The survey and analysis were done over the course of two weeks to meet this project's deadline. I asked a variety of questions regarding who my participants were, how they work out, where they work out, when they workout and some follow up questions regarding why these students had these preferences. I was able to obtain a sample size of 15 responses on my survey. The goal of this report is to find college students' fitness habits and try and find a trend in why people have certain workout preferences. All analysis in this project is done in python.

Findings

Note: all percentages are approximates.

The students who took this survey varied in age. 13.33% were sophomores, 46.67% were juniors and 40% were seniors. Another stat to mention about the attendees is 86.67% of students were male and 13.33% of the students were females. The last thing to note about the respondents is that the majors of these students varied, which is nice to have a sample from multiple majors. The majors that ended up taking this survey include Finance, Environmental Science, Marketing, Communications, Chemistry, Data analytics/Science, Computer Science, Animal Science, Creative Tech. The total amount from each of these majors are expressed with these percentages in the same order as the majors are listed above: 13.33%, 13.33%, 6.67%, 6.67%, 6.67%, 20%, 13.33%, 6.67%, and 20%.

I found that almost half of the students that took this survey focused mostly on cardio and 26% focused on chest workouts while both leg and back workouts were 13.33%. Next, I found that 60% of the student's workout at least three times a week while the number of students who work out 5+ times a week or only 1 time a week were both 20%. As expected, 53% preferred to work outside considering that roughly the same amount prefer cardio workouts. The runner up workout location was the cage totaling 26.67% and Richards was 13.33% and off campus only had one person that preferred to workout there.

The next set of questions in this survey delt with why these students had these type of workouts, consistency, and location preferences. 40% of this sample works out to stay healthy, 26.67% workout because of sports, 26.67% workout to clear stress and 6.67% workout to look good. The amount each student works out is explained by the following. 60% workout as much as they do to stay in shape, 33.33% workout consistently because of sports, and 6.67% work out consistently because they enjoy it. Finally, the locations each student selected are described by these last percentages. 13.33% did not want to workout anywhere else, 40% were required to workout at a specific location because of sports, 33.33% like the workout options that location they selected offered, 6.67% said they like being outside and 6.67% said they preferred that location because its free.

Conclusion

In conclusion I wanted to make a few points about my findings and rationalize some takeaways from this analysis. First, a lot more males rather than females took this survey which means that this project would be better described as an analysis on workouts for men at Berry rather than just an analysis on workouts for the average Berry student. Next, some expected findings are that these students that took this survey take working out seriously which I believe is a common stereotype about Berry. I also found a correlation in the students that like to workout chest and the number of students who work out in the cage which also makes since because of the multiple chest machines found there. I also found it interesting that 40% of these responses worked out at a specific location because of sports while 26.67% worked out a specific type of workout because of sports which means that the remaining 13.33% of athletes on campus had other reasons to workout other than to get better at their sports. I feel like there is a lot of information you can answer with these findings such as what drives students to workout, what type of students work out the most, why are some workout locations more popular than others and more. However, to get a more approximate answer to these questions there would be a couple of requirements. First, there would need to be a larger sample size that contains multiple athletes and non-athletes on campus and multiple males and females. Another helpful condition would be more questions that are more specific and can make results easier to find. I do think that it is interesting that I was able to find some correlations in responses with just a short survey and a small group of participants.