**Transcription of Student Interview**

1. **Kiranjot Kaur**

**Project Introduction:**

MetFit project generally evaluates individual’s physical activity level. Regular physical activity benefits both the body and mind. It can reduce high blood pressure, help manage weight and reduce the risk of heart disease, stroke, type 2 diabetes, and various cancers. It also improves bone and muscle strength and increases balance, flexibility and fitness. If I consider current pandemic Covid19 then individuals no need to travel hospitals as they can be recovered at home if already involved in physical activity.

Nowadays everyone tired of wearing mask and maintaining social distance just because it has been continuing since long so you cannot force anyone to wear mask or maintain social distance. In some public place you wish to maintain social distance but you can’t so Physical activity is best weapon to get rid from COVID-19.

Below table represents healthy conversation regarding physical activity:

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| **Introduce** | Introduction about yourself, Which includes name, Student ID, Country and Ethnicity. |
| **Listening** | Hi, my name is Kiranjot Kaur, and I am pursuing MBA. |
| **Follow-up** | Which Country are you belong to? |
| **Listening** | I am from India. |
| **Follow-up** | May I know your religion? |
| **Listening** | I am Hindu. |
| **Follow-up** | May I know your student ID? |
| **Listening** | Yeah, It’s 21046141 |
| **Follow-up** | May I know your Ethnicity? |
| **Listening** | I am Indian Sikh. |
| **Follow-up** | Your DOB? |
| **Listening** | 5th Oct 1993. |
| **Indirect** | How would you describe your level of participation in physical activity? |
| **Listening** | I don't usually think of myself as an extremely active personality, but I do cycle, yoga, and do some form of cardiovascular on a daily basis to keep my body in shape since I believe that physical activity is really good for your body. |
| **Probe** | What physical activities, if any, do you engage in? |
| **Listening** | I typically find time for both walking and yoga based on my studies and work, and I usually walk regularly and do yoga once a week or weekends. |
| **Structure** | Okay, Good to know that. |
| **Direct** | What knowledge do you think you personally need to be more physically active? |
| **Listening** | Umm, anyone can exercise, in my opinion, but you should exercise caution if you are engaging in activities like bodybuilding or heavy lifting that could result in injury. In addition, you should exercise extreme caution when it comes to your nutrition and what you can and cannot eat. |
| **Direct** | What mental skills do you think you personally need to be more physically active? |
| **Listening** | Mumm, in my perspective, all you really need to engage in any kind of physical activity is determination. Since you won't engage in any exercise, not even a brief walk, if you lack willpower. |
| **Direct** | What mental barriers do you feel you face in being more physically active? |
| **Listening** | Well, I'll be frank consider myself to be a really lazy slob. However, I make an effort to engage in at least one physical activity every day, so for me, the most challenging aspects are a lack of energy and a worry about being hurt. |
| **Direct** | What mental support could London Met provide to help you to be more physically active? |
| **Listening** | I believe they ought to advertise the group for physical activity through the student union. Also they can arrange workshops and webinar to motivate students. |
| **Indirect** | How could a personal trainer support you in being more physically active? |
| **Listening** | I think, as a fitness instructor, they are knowledgeable in their profession and know what and what kind of physical exercise a person should engage in. I think that working with a personal trainer will also help you reach goals that call for physical activity like yoga, cardio, or weightlifting. |
| **Direct** | What physical skills do you think you personally need to be more physically active? |
| **Listening** | To be more physically active, I believe that physical abilities like stability, accuracy, and coordination are more crucial. |
| **Structure** | I would like to move on another topic physical barriers same as we have discussed mental barriers. |
| **Direct** | What physical barriers do you feel you face in being more physically active? |
| **Listening** | Like, as I already informed you, I have a busy schedule and don't have time to go to the gym or do other activities, so the only physical obstacle I now have is a lack of close gym access. Yeah, I think that’s enough. |
| **Direct** | In what scenarios do you feel too tired to be physically active? |
| **Listening** | Mumm, in this instance I was quite exhausted from the work, the studies, and occasionally lack of sleep. |
| **Direct** | What time barriers do you feel you face in being more physically active? |
| **Listening** | Good question, the primary issue is that I am currently enrolled in classes and working a part-time job, so I barely ever have time for my preferred form of exercise, cycling, which I used to do while I was in India. Don't have a lot of time to do much these days. But I make an effort to walk and practice yoga every day to maintain my body in shape. |
| **Direct** | What facility and equipment barriers do you feel you face in being more physically active? |
| **Listening** | The primary issue is that there is no gym in my immediate vicinity. Yeah, that’s it. |
| **Direct** | What financial barriers do you feel you face in being more physically active? |
| **Listening** | Financially speaking, if I join the gym, I'll have to go further, which will cost money for transportation and gym membership costs. |
| **Structure** | You are saying that a financial barrier arises because you have to worry about money when you are a student. |
| **Direct** | What other resource barriers do you feel you face in being more physically active? |
| **Listening** | In addition to money, I believe lack of interest is another reason I tend to put things off. Just because I love photography so whenever I have time I just go out click picture of beautiful places. |
| **Direct** | Throughout the week, what are the windows when you have time to be physically active? |
| **Listening** | Time, I usually go for a walking between 6:30 and 7:30 in the morning as I believe that morning time is the best time for exercise. |
| **Specify** | Do you do every day or once in a week? |
| **Listening** | Yeah, every day. |
| **Structure** | Glad to know that. |
| **Direct** | What resources could London Met provide to support you in being more physically active? |
| **Listening** | To interact with students like myself who don't have a lot of free time after class and job, I feel they should host activities on a regular basis. They could also plan events in which students can take part. |
| **Direct** | What fitness classes would you attend if they were made available? |
| **Listening** | Well, I'll do yoga, cardio, and I'd like to start weightlifting dance and Zumba as well. |
| **Direct** | If anyone, who are you physically active with? |
| **Listening** | I believe that while I can do it alone, it will be more enjoyable to do it with my buddies. |
| **Direct** | What physical activities do your friends and family engage in? |
| **Listening** | Mum, my family is more prone to engage in physical activity, so we frequently go running, and some of my colleagues participate in cycling and gym activities. |
| **Direct** | What social barriers do you feel you face in being more physically active? |
| **Listening** | I believe that in addition to not networking with others who share my interests, I also don't have a very strong social network of friends who like the same kinds of physical activities. |
| **Direct** | If at all, why do you think it is important to be physically active? |
| **Listening** | I guess you need to do some sort of exercise if you want to be in shape. In addition, it benefits both your physical and emotional wellness. That is the reason. Daily physical activity will protect you from several diseases, including cancer, heart disease, diabetes, high blood pressure, and others. |
| **Direct** | When you plan to exercise, but end up not doing so, what are you doing instead? |
| **Listening** | It frequently occurs, therefore when I don't have time or am being sluggish, I prefer to read books or browse the internet. That’s it. |
| **Closing** | Hey, kiranjot I really appreciate your time, that you would help me to complete my research. Yeah, I think that’s all from my side. Thank you so much again. Bye. |