

C) The research proposal development process required me to maintain equal attention on all three gym literacy components while creating sections that followed academic standards and remained organized and research-based. The main challenge I faced involved developing methodology and significance sections which fulfilled academic standards without duplicating existing information. The assignment allowed me to study social norms and digital tools and emotional responses within gym spaces because it helped me analyze my personal experiences through research methods. The literature review section proved to be the most challenging part because it needed me to merge multiple complex studies into a unified academic discussion. The project experience taught me about the intricate nature of literacy which extends beyond classroom environments because physical elements, digital resources and emotional factors influence learning processes in gym settings and similar everyday areas.