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Prof. Stack

ENC 1102

30 September 202

## **Research Log**

### **1. Source #1**

a) Citation: Andreasson, Jesper, and Thomas Johansson. "Gendered Spaces: The Gym Culture and the Construction of Gender." \*Young\*, vol. 4, no. 3, 1996, pp. 32–47.

b) I used the UCF Library Database as my search tool for this assignment.

c) Keywords = gym culture, gender roles, literacy practices.

d) The authors describe how gym culture displays these elements through direct quotations and paraphrased ideas. Masculine cultural standards and the environment appears to discourage women and newcomers from joining because of the following factors.

The practice of literacy demands students to follow physical rules as well as social guidelines.

e) The article maintains its credibility because it underwent peer review and it covers the following points. Gender-based barriers in gym culture. It supports my argument that gym literacy has social as well as physical components.

f) Date this search was completed: Sept. 20, 2025

## **2. Source #2**

- a) Citation: Kristensen, Dorte Brogård, et al. "Tracking Towards Care: Relational Affordances of Self-Tracking in Gym Culture." *\*Sociology of Health & Illness\**, vol. 43, no. 7, 2021, pp. 1598–1613. <https://doi.org/10.1111/1467-9566.13314>
- b) The search tool I used for this assignment was Google Scholar.
- c) Search strategy: Keywords = fitness apps, gym self-tracking, digital literacy in gyms.
- d) The research shows that wearable technology and fitness applications bring new elements to the field. Also shows the digital rules to gym literacy. The system delivers positive benefits to users who have experience but generates anxiety for users who are new to the system.
- e) Evaluation of material: Credible peer-reviewed article. The following data demonstrates that gym literacy has become more prevalent. Requires digital as well as physical and social skills.
- f) Date this search was completed: Sept. 21, 2025

## **3. Source #3**

- a) Citation: Lamarche, Larkin, et al. "The Gym operates as a cultural environment where people work toward physical development yet this goal results in various adverse effects. and Positive Body Image Experiences in Men Attending University." *\*SAGE Open\** publishes its volume in the year. 8, no. 2, 2018, pp. 1–12. <https://doi.org/10.1177/2158244018778103>
- b) I used Google Scholar to search for the required information.
- c) Search strategy: Keywords = gym culture, body image, student confidence.
- d) The article presents both paraphrased information and direct quotes which demonstrate how gym culture enhances physical and mental health. Self-confidence for some men but harm others

by creating unrealistic expectations. Gym literacy is uneven, those who adapt thrive, others struggle.

e) Evaluation of material: Strong peer-reviewed article. The connection between gym literacy and physical education is important because it links the two subjects together.

Confidence and body image in college settings.

f) Date this search was completed: Sept. 18, 2025

#### **4. Source #4**

a) Citation: Rapport, Frances, et al. "How Are University Gyms Used by Staff and Students?A The research used a mixed-methods approach to investigate gym usage patterns and motivational factors and communication behaviors at three fitness centers located in the UK.

Societies, vol. 8, no. 1, 2018, p. 15. <https://doi.org/10.3390/soc801>

b)The search tool I employed for this task was UCF Library Database.

c) Search strategy: Keywords = university gyms, communication, motivation, participation.

d) The research demonstrates that communication channels function as a major factor in the success of the project, role in gym participation. Students who master unspoken communication rules achieve better academic results in their programs.

e) Evaluation of material: Credible peer-reviewed study. Adds evidence that literacy in gyms also includes learning social and communication rules, not just exercise techniques.

f) Date this search was completed: Sept. 19, 2025

#### **5. Source #5**

a) Citation: Riswandi, Diki. "The research investigates how to teach media literacy to Gen Z students who live during the digital era. \*JurnalEduHealth\* volume. 5, no. 1, 2023, pp. 1–10.

- b) The search tool used for this research was Open Access Journal Database.
- c) Search strategy: Keywords = media literacy, Gen Z, education, digital skills.
- d) The author demonstrates that family and education stand as essential factors according to his argument. in shaping literacy. Young people will not use digital tools effectively when they lack proper support.
- e) Evaluation of material: Credible open-access article. Extends my research by showing that literacy The system must provide complete support for digital literacy skill development because individual learning efforts are insufficient.
- f) Date this search was completed: Sept. 22, 2025

## **6. Source #6**

- a) Citation: Panagiotou, Nikolaos, Chryssa Lazou, and Anthoula Baliou. "Generation Z: Media Consumption and Media and Information Literacy (MIL)." *\*Emgelem\**, vol. 1, no. 2, 2024, pp. 45–62.
- b) The search tool used for this research was Google Scholar.
- c) Search strategy: Keywords = media literacy, Generation Z, communication, education.
- d) The authors show through their study that education paired with media literacy training produces superior results. Young people need to understand literacy concepts in order to effectively use digital content.
- e) Evaluation of material: Peer-reviewed article. Complements other sources by stressing the need for structured education in literacy practices.
- f) Date this search was completed: Sept. 23, 2025