

Interview: Covid-19 Impact on Exercise routines w/Colin Sims

Objective:

The objective of this interview is to understand how Covid-19 has impacted college students' exercise and workout routine. We want to uncover current student life, behavior, and how their current lifestyle has changed due to the pandemic. More importantly, we want to see how they have been coping with public exercising restrictions. Our guiding motivation in this research is to uncover what students desire to help them maintain their exercise habits and routine.

-----Interview-----

Date: 2/22/21

Time 4:00pm

Location of Interview: Off campus housing

Equipment:& Materials

- Smartphone for recording
- Laptop with questions
- Interview Guide

Intro:

introduced research prompt and objective

Questions:

General: Who are they?

1. Can you tell me a little more about yourself? Where do you currently live and if you're a student. If you don't mind, in what age range are you...
 - a. 12-18
 - b. 18-25
 - c. 25-30
 - d. 35-45
 - e. 45 or olderJunior, BIOE, living in an off campus apartment. Age → 21
2. How has Covid impacted you in general (in terms of being able to leave your house or being more hesitant to leave the house)
 - a. Are you hesitant to go to gyms even if they reopen?
More hesitant, haven't been able to hang out, limited social circle. Hesitant to go to gyms if they reopen.
3. What is your current daily routine?

Wakeup-->small breakfast-->class throughout the day-->homework-->workout and hang out with housemates

More Specific:

4. What exercise routines do you have in place?
push/pull/legs 2 rest days a week
5. What routines have you lost/given up on due to Covid? Have you exercised less during the pandemic?
Pandemic started-->worked out less b/c less motivation but now working out more since moving to Santa Clara. Workouts have changed because of the different equipments
6. In the last week, how many times have you gone to the gym/worked out?
Around 5 times
7. How often did you go to the gym or exercise pre-covid?
Similar a little bit less
8. If you have felt this, please tell me about a time when you felt frustrated during this pandemic on exercising.
Lack of machines to exercise some muscle groups
9. Please tell me about some problems you have that are preventing you from achieving your fitness goal.
Motivation & equipment availability
10. What keeps you motivated to exercise? Please tell me about your motivation to exercise during this pandemic.
Look good, feel better and active, productive
11. What is your least favorite thing about exercising? Most favorite? Do you have workout equipment at home?
Least favorite-->leg day, favorite-->pump or new personal record.
12. What are your short-term and long-term exercise goals?
Short term-->bench 225 end of march and squat 300 Long term--> feel strong and wake up feeling good

Ending or Wrap Up:

13. Thank you for your time, did I miss anything in this interview that relates to your exercise routine?
Eating routine and diet, protein consumption
14. Is there anything you want to tell me or anything you'd like to ask?
Everything is good.

Summary:

Overall, in my interview I asked many questions regarding exercising during the pandemic. From this particular interviewee, it is shown that this particular person has actually started to workout a bit more because of the pandemic. He describes how in the beginning of the pandemic

he was more lazy and didn't work as much as he did before. However now that he has moved back to Santa Clara he has actually started to work out more due to online schooling and having the time flexibility to workout whenever he wants. One thing he found frustrating however was the fact that there were only so many exercises that he could perform given he only had dumbbells and a squat rack. He wasn't able to perform other exercises that required special equipment. He also mentioned that his motivation has changed to reflect his long term and short term goals. Lastly he mentioned that his diet and the social circle had changed to reflect the pandemic as well. Overall our hypothesis seems to be wrong as because of the pandemic, people are more motivated to workout because the time they used to allocate towards school is now shortened because of online schooling and not having to go to classes in person.