

PRACTICAL ASSIGNMENT 3. Students' Physical Activity

Aim: to assess the real physical condition of students through a questionnaire.



Storyline. Imagine you are the research team “ActiveLab,” assigned to:

✚ identify whether university students are potential candidates for a healthy lifestyle, or whether they have long been “lying under the table with coffee and deadlines.”

To complete the mission, you must create a next-generation survey.

What you need to do (creative instructions)



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1. Create a “Smart&Fun Survey” (10 questions)

The survey must include three blocks:

Block A – Real Physical Activity (objective movement level)

Example creative formulations:

“How many times a week does your body remember that it can move?”

“How many steps a day do you take... honestly?”

Block B – Attitude Toward Physical Education (emotional component)

Examples:

“For you, physical education is: love / necessity / torture / what is that?”

“Which type of activity is closest to you?” (options: sleep, walking to the fridge, gym, running for the bus)

Block C – Everyday Activity

Examples:

“How many hours a day do you sit? (You may answer while lying down.)”

“What is your average energy level on workdays?”

Important:

50% of the questions must be closed-ended

50% must be open-ended or humorously reflexive

2. Conduct the survey (10–15 students) in real or online format

Options:

Google Forms

Offline: “Blitz interview in the ZNU corridor”

Anonymous QR survey (super trendy)

3. Analyze the results creatively

You must include two visualizations:

“Students’ Activity Level: from Koala to Superman” (scale)

“Sitting Time vs. Moving Time” (diagram, chart, or meme-chart)

4. Write a short conclusion in the style of “Scientific Stand-Up”

Answer three questions:

What surprised us?

What disappointed us?

What should be done next (seriously)?



Bonus Quest (optional)

Create one meme based on the survey results.

Example: “When the survey shows students do 6000 steps... only in TikTok.”

Submission Format



PDF (2–3 pages). Attach: the survey + charts + 1 meme.