EXAMPLE STUDY

Name

Class

EXAMPLE STUDY

Introduction

One of the biggest variables that indicate how well a student performs in school is the health of that student. My study looks to see how healthy students' lifestyles are at OEC and what the implications of their healthiness might be. There are a lot of ways to tell if an individual's lifestyle is healthy, one indicator is the individuals heartrate. According to the Mayo Clinic (2018) a healthy heartrate is between 60-100 bpm. Another indicator of a healthy lifestyle is the amount of water one consumes. According to Healthline (2018) people should drink a half-gallon of water a day. Taking into account these two indicators I will look to see if students at OEC are indeed being healthy.

Method

Sample: I used a cluster sample to sample my population which is the students of OEC. I numbered my classes and randomly selected my 5th hour class. I then administered a survey to each of the students in that class. In the end I sampled 16 students. The survey I used contained two questions, first, the survey asked for the participant's heart rate. Participants were asked to count their heart rate for a minute and their heart rate was recorded. Second, I asked students: (y/n do you drink at least a half-gallon of water a day). To analyze the data I will look at the percentage of students who drink the appropriate amount of water per day. I will also use the mean, standard deviation, and histogram of the heartrate data to help analyze the health of OEC students' heartrates.

Results

After gathering the data I found the following results. In terms of water, students at OEC generally do not drink enough water. According to the data, 56% of students say that they don't

drink the daily recommended amount of water. In regards to heart rate, on average OEC students

have a heart rate of 83 bpm. The heart rate data showed a standard deviation of 8.9 bpm and an

overall symmetric distribution of the heart rates. Below you can find charts representing the

distribution of heart rates and a pie chart representing the percentages of students and their water

consumption.

Chart Title

8				
6				
4				
2				
0				
70-76	77-83	84-90	91-97	98-104

Do you Drink enough water?

44%   56%   ▪ no   ▪ yes
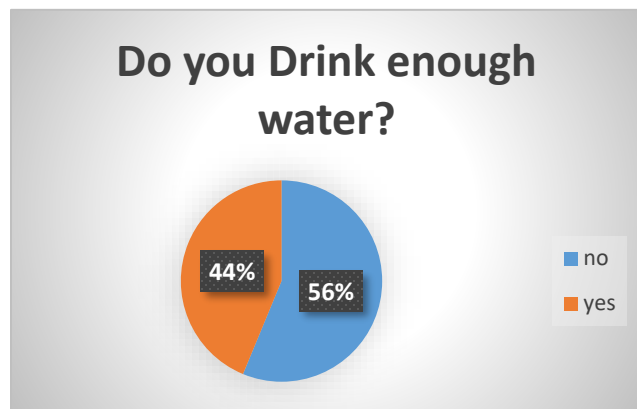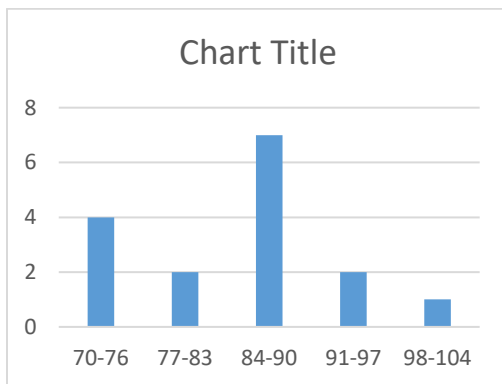
Conclusion/Discussion

Overall students at OEC tend to be healthy. This can be seen in the heartrate data. Only

one respondent answered above the healthy heart range. The mean heart rate of OEC students is

also well between the recommended heart rate. On the other hand, OEC students are having

trouble with water though. With a majority of students responding that they don't get enough

water. If OEC wants what's best for their students they might consider offering free water, or a

nutrition program that teaches the benefits of drinking enough water. A few things to consider

about my study are the sample size. I was only able to talk to 16 participants; thus my overall

data might be in question. Also, there is a chance that students might not have reported their

heartrate correctly and/or lied about how much water they took. If I wanted to get better results I

might have students use a heart rate monitor to accurately collect their heartrate data and have

students log their water consumption to get a better picture of how much water they drink daily.

References

Mayo Clinic: https://www.mayoclinic.org/healthy-lifestyle/fitness/expert-answers/heart-rate/faq-20057979

Healthline: https://www.healthline.com/nutrition/how-much-water-should-you-drink-per-day