PROJECT PROPOSAL

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THE QUESTION

- ARE STUDENTS WHO WORK OUT MORE HAPPY?
- This is a good topic to research because individuals in general have a tendency to feel depressed at this age
- If this hypothesis is proven true this provides an alternative solution for students feeling depressed
DATA COLLECTION

- Data will be collected by attempting to perform a non-biased survey.
- A survey will be created and handed out to students in a non-work out environment.
- The survey will ask a lot of different questions so the students do not create a correlation between happiness and exercise level.
- Happiness will be determined on a scale of 1-10. 1 being depressed and 10 being very happy.
- Exercise level will be done in groups such as none, 1-3 hours a week, 3-6 hours a week, 6-9 hours a week, and 9+ hours a week.
DATA ANALYSIS

- Statistical analysis tests will be done with the data retrieved.
- We will compare the average of happiness to the different amount of times students work out each week.