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ENC 2135

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Research Proposal

1.     Research Question

What important texts exist in the Chaarg community, what genres do they belong to, and how are they functioning within the community?

2.      A working title for your project

The working title for my project is “Chaarg: A New Outlook on Fitness”

3.      Summary of your project

I plan on researching and writing about how young women’s health and overall being have been impacted by being a part of the Chaarg community. Through interviews conducted with people I know in this community, I will find out how Chaarg impacts these women’s workouts and overall health. Although physical health is a big aspect impacted by working out, mental health is impacted too. I want to research how the members’ mental health is improved as well because this is a big part of personal improvement.

The Chaarg community is not just local here at Florida State University, it is a cooperation with branches in universities across the United States. Although I would not have direct access to members of the Chaarg community in other universities, I can conduct my research on their website. There is also a podcast for this community that I can listen to for further research.

I have found in my preliminary research that once a young woman joins Chaarg, she receives a few different things to kickstart her fitness journey. She will get a 5 week workout plan, some new Chaarg brand workout gear, recipes, daily challenges, and a checklist.

The following are questions that will guide my research:

1. How long have you been a member of Chaarg?
2. Are the provided workouts intense enough to produce results you are happy with?
3. Does being in a group exercise setting vs. exercising alone have an impact on your workout?
4. Do you utilize the provided recipes? If so, how have they impacted your health?
5. Do you prefer doing the group exercise classes or the induvial workouts?
6. Do you feel like you are part of a community?
7. How did you learn about Chaarg?
8. Since Chaarg is an all women workout group, do you think the gender aspect has an effect on the overall community?

4.      My purpose for choosing this topic

I decided to research the Chaarg community because I have always had an interest in working out in a group setting. I love that this community is composed strictly of college aged women all empowering each other to become the best and healthiest versions of themselves. Going to a large gym alone can be daunting and many women sometimes do not even know where to begin. The goal of Chaarg is to break women away from sticking to cardio machines, like ellipticals, and teaching them to branch out and try new exercises.

5.      Key challenges I may face when researching

I want to first research the Florida State chapter of this community, but as I branch off into the national portion, I will begin to face challenges. To complete this research, I will rely heavily on the website which may not have the best information regarding people’s experiences. Another issue I may encounter during research is the element of confounding variables. These women may believe they are feeling better and becoming healthier due to the workouts, but there are many other life aspects that contribute to overall health and wellness too.