Student:

Fred

Topic:

**How can surfers develop their lung capacity?**

Well my Research Project started pretty much because I was a surfer I had a experience where I got put out into a bit bigger waves and I remember being just so frightened by the hold-downs that you got from wiping out.

Inspiration

The thing is you don't just have to survive the wipe out but you have to get yourself to save zones, you know, because you've got that inner impact zone of waves where you need to be fit enough to survive one and get out safely so that's where my Research Project sort of started.

What did you enjoy most about Research Project?

I just loved it because it had so much freedom I got to choose what I was putting into it, I got to choose what format I could put it in, it just gave me so much creativity that I could use, with the passion of doing what I loved, for me it didn't even feel hard, it was just an easy topic.

I found 'specially with finding primary resources, like phone call interviews, like sending emails all that type of stuff, I feel so much more confident 'specially getting primary resources, talking to people you've never met and trying to extract information from them.

You need to get them flowing in order to give you information and that was a skill definitely learnt from that, yeah.

Challenges

My topic started as free diving but by the end it was like yoga, meditation, stretching, core stability, fitness – it had branched out – biological processes that are happening within your body whilst you're free diving and being in high-stress situations, so getting that sorted early on, that was a bit of hardship, but not really because it was good still, like I found it.

What else? Resources sometimes were a bit hard to find, real good ones, 'cos a lot of times I tried to contact pro surfers and stuff like that and free divers and you'd just get messages back from their managers saying 'sorry we're busy' Critiquing yourself – that was one – I found that you always had to critique yourself and write reflections on what you're doing, how can you do it better, what actually have you found useful, and what can be practical within your Research Project.

Advice

Passion is so key, you've gotta love what you are studying, I think that's a big even issue with like university nowadays, a lot of kids are studying things they just don't even love and you've got to have that passion and then that drive just comes from that passion.