Designing and Conducting Research in Health and Human Performance

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DESIGNING AND CONDUCTING RESEARCH IN HEALTH AND HUMAN PERFORMANCE
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THE INSPIRATION for this textbook began when I first started teaching at a small liberal arts college in Vermont, Castleton State College. The Physical Education Department included a Senior Thesis class designed to introduce undergraduates to research methods in physical education and exercise science. As I searched for textbooks to use, I realized that most of the research methods texts in exercise science and physical education were written with the graduate student in mind. At that time, I realized there was a need for such a textbook for undergraduate students. Later, after moving on to Springfield College, I had the privilege of having Dr. Kimberly Kostelis as my graduate assistant. I knew that if we partnered, we could write an effective and informative research methods textbook for undergraduates in health and human performance.

We have many years of experience presenting research methods to both graduate and undergraduate students, and we hope you agree that we have been able to gear this textbook for the particular needs of the undergraduate student. We emphasize real-world applications of research methods throughout the text. We draw on many different examples from the areas of health and human performance, with the hope that these examples will provide you with a context in which to understand research.

We also designed the textbook in a very specific sequence. In the first section, “Understanding Important Research Concepts,” we provide the reader with a holistic picture of research in process. Recognizing that at this beginning point students may know very little about the research process, and it may seem overwhelming, we took great care to continually reemphasize these concepts throughout the text.

After providing the foundational concepts to ensure that you have a basic understanding of the important concepts of research in Part One, we begin to present how to go about writing a review of literature in Part Two, “Reviewing the Literature.” Within the chapters of Part Two, we provide you with the necessary tools to identify your topic, search for related articles on your topic, and write a review of literature. Throughout you will notice practical, real-world