

RESEARCH METHODOLOGY IN PHYSICAL EDUCATION

(3+0 Cr. Hr)

COURSE OBJECTIVES

Without any doubt research is the basic requirement for the academic promotion and development of a discipline. This basic informative course of research methods will help the students of Health, Physical Education and Sports to understand the definitions and meanings of research, use of the tools for data collection, procedures of sampling and various terminologies used in the research process. After going through the course, the students will be in a better position to pursue research projects in their respective field.

COURSE CONTENTS:

i INTRODUCTION TO RESEARCH

- a. Definition and meaning of Research
- b. Characteristics of Research
- c. Type of Research
- d. Purposes of Research
- e. Need and importance of Research in Physical Education.

ii NATURE OF INQUIRY

- a. The search for truth
- b. Non-Scientific Methods of acquiring knowledge
- c. Scientific Method of acquiring Knowledge
- d. Introduction to components of Research Onion

iii METHODS OF RESEARCH

- a. Historical research
- b. Descriptive research
- c. Experimental research

iv THE RESEARCH PROBLEM

- a. Identification of the problems
- b. Criteria of selecting the problems
- c. Sources for locating the problems
- d. Problems evaluation
- e. Limitations, Delimitation, Assumption

v RESEARCH QUESTION AND HYPOTHESES

- a. Introduction to Research Question
- b. Types of Hypotheses
- c. Type I & Type II Error

vi LITERATURE REVIEW

- a. Introduction to Literature Review
- b. Method of developing Literature Review
- c. Literature Review Pitfalls

vii VARIABLES AND RESEARCH FRAMEWORKS

- a. Introduction to Variables in Research
 - l. Types of Variables
 - m. Relationships of Variables
 - n. Introduction and method of development of Conceptual & Theoretical framework in Research

vii RESEARCH PROPOSAL

- a. Developing the research proposal
 - i) Statement of the problems
 - ii) Significance of the problems
 - iii) Objectives of the study
 - iv) Hypotheses
 - v) Procedure of the study
 - vi) Time Frame
 - vii) Limitation/delimitation and scope of study

vii SAMPLING

- a. Sampling
- b. Classification of sampling
- c. Sampling procedure

viii TOOLS FOR DATA COLLECTIONS

- a. Questionnaire
- b. Interviews
- c. Tests
- d. Observation
- e. Use of relevant and reference materials, Note taking
- f. Other different tools

ix WRITING THE RESEARCH THESIS

- a. Pattern or style of research Thesis
- b. The structure components of research Thesis
- c. Term report, Dissertation, Thesis, Foot notes, References Bibliography.
- d. Impact Factor Calculation

RECOMMENDED BOOKS

1. Veal, A. J. (2017). *Research methods for leisure and tourism*. Pearson UK.
2. Thomas, J. R., Silverman, S., & Nelson, J. (2015). *Research methods in physical activity, 7E*. Human kinetics.

3. Jones, I. (2014). *Research methods for sports studies*. Routledge.
4. Veal, A. J., & Darcy, S. (2014). *Research methods in sport studies and sport management: A practical guide*. Routledge.
5. Walliman, N. (2017). *Research methods: The basics*. Routledge.