

Fifth Edition

Conducting & Reading Research in Kinesiology

Ted A. Baumgartner | Larry D. Hensley

CONDUCTING & READING RESEARCH

in Kinesiology

Fifth Edition

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CONDUCTING & READING RESEARCH IN KINESIOLOGY, FIFTH EDITION

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Dedication

This edition of the book is dedicated to Dr. Clint Strong. He taught Introduction to Research Techniques in the School of Health, Physical Education, Recreation, and Dance at Indiana University for many years. His lecture notes and course packet were the basis for the first edition of this book (Baumgartner and Strong 1994). Dr. Strong edited the chapters of the book he wrote when the book was revised for the second edition (Baumgartner and Strong 1998). Larry Hensley, one of Dr. Strong's former master's students, was added as a co-author for the third edition of the book (Baumgartner, Strong, and Hensley 2002). There is still a sizable amount of material in the present edition of the book that originated with Dr. Clint Strong.

Preface

This book was developed based on the methods its authors have used to teach the master's-level introduction to research course for many years. One author has taught an upper-level undergraduate course numerous times. It is assumed that students come to this course with varied backgrounds in areas related to kinesiology. This book is specifically designed for students studying exercise science, physical education, sport management, and related areas. The two major objectives of our courses are to teach students how to conduct their own research and how to read with understanding the research that others have done. The book is comprehensive yet practical and understandable. Many examples of the application of various research methods and techniques commonly used in kinesiology are presented in an attempt to increase students' grasp of the research process.

Many students begin the introduction to research course with little research background, little interest in research, and considerable fear about their ability to succeed in the course. These students may not write a master's thesis. However, it is still important that they develop an appreciation for research and an understanding of how different types of research are conducted so they will become good consumers and readers of the research of others. The book is written with this type of student in mind.

Other students begin the introduction to research course knowing they will write a master's thesis or complete a master's project. These students need to be aware of the many possible research approaches and the procedures that are basic to many types of research. This book will also serve the needs of this type of student.

Doctoral students and beginning researchers who want an overview of the research process should find this book helpful. However, the procedures and techniques specific to a certain type of research in a specialized area are generally not covered in this book.

In Chapter 2 we suggest that a research project begins with the identification of a research topic and progresses through a series of steps until the research is conducted and a report describing the research project is written. The book's chapters are organized in this manner. The first seven chapters are essential to cover. Portions of Chapters 8 through 12 may be covered quickly if only certain types of research are of interest to the student. Likewise, some of the content in Chapters 13 through 17 could be omitted depending on the particular interests and needs of the students.

The three chapters on experimental research, descriptive research, and qualitative research cover the common research approaches in kinesiology. The two statistics chapters are inclusive but are presented with an orientation toward practical use and without emphasis on calculational ability. The computer programs accompanying the statistics chapters are presented with considerable explanation and use of examples. Even the emphasis on doing and understanding research is somewhat unique in this book.

CHANGES TO THE FIFTH EDITION

The fifth edition of *Conducting & Reading Research in Kinesiology* builds upon the strengths of previous editions, with updated material and pedagogical changes designed to increase accuracy in content and clarity in presentation.

Changed Title

The title of the book has been changed from *Conducting & Reading Research in Health and Human Performance* to *Conducting & Reading Research in Kinesiology*. This change was made in recognition of the growing acceptance of the term *kinesiology* to reflect the discipline that serves as the foundation for a number of professional and academic fields of study, such as physical education, exercise and sport science, human performance, and sport management, in particular. The change in title enables the authors to more specifically focus the fifth edition toward research practices and studies that are commonplace in kinesiology and to provide examples that are more meaningful for kinesiology students.

Revised Organization

In order to better reflect the sequence of steps in the research process, the chapter “Reading and Evaluating Research Reports” (now Chapter 4) has been moved nearer the beginning of the book and now follows immediately the chapter “Reviewing the Literature.” This reflects the authors’ belief that students should begin reading the scientific literature in their chosen area early in the research process and be able to make an informed judgment about the quality of the research being reported. A revised Chapter 3, “Reviewing the Literature,” emphasizes the process involved in searching the scientific literature and offers a detailed sequence of steps for conducting a database search. In keeping with the changed title and the focus on research in kinesiology, Chapter 12 now includes sections specifically on historical research and action research.

Updated and Expanded Content

Throughout the fifth edition, the authors have retained pedagogical features, such as *chapter objectives*, *chapter-ending summaries*, *marginal glossary*, and *integrated examples*, that characterized previous editions of the book. The authors have replaced examples of many dated studies with newer, up-to-date studies. All chapters have been revised and modernized, discussions have been updated, and examples now focus exclusively on research in kinesiology.

In Chapter 1, a figure is added that is designed to help the reader conceptualize how research may build the body of knowledge for a field of study. A brief historical perspective on research in the kinesiology field is included.

In order to better reflect published research in the field and provide clarity on the topic, Chapter 2 includes a revised discussion on the purpose of a research study and how to frame the purpose statement in a research report.

Chapter 3, “Reviewing the Literature,” has been completely rewritten to emphasize the process involved in searching, reading, and documenting the scientific literature. Particular attention has been given to conducting a database search and using the Internet.

In order to better reflect the actual steps in the research process and to provide students with a framework for reading scholarly articles, “Reading and Evaluating Research Reports” has been relocated as Chapter 4. Many new examples taken from published research studies are included.

Chapter 5, “Developing the Research Plan,” builds upon the basic framework for conducting a research study by including detailed information concerning data collection. A completely updated and revised section on measurement techniques, including new examples of various scales commonly used in kinesiology research, is provided.

Chapter 6, “Ethical Concerns in Research,” provides a historical perspective on misconduct in scientific research that led to the establishment of ethical principles and regulations related to research practices. Current regulatory guidelines for the protection of research participants as well as detailed information about obtaining informed consent, complete with an informed consent template, are included.

Guest author Jennifer Waldron has completely rewritten Chapter 10, “Qualitative Research.” The author emphasizes the interpretive or constructivist paradigm in qualitative research and explains the six traditions of qualitative research. Numerous new examples of qualitative studies found in kinesiology research are presented throughout the chapter. Methods of data collection are emphasized and the author provides many helpful hints based on her own research.

Chapter 12, “Historical Research and Action Research,” has been substantially revised. The chapter now includes sections on Historical Research and Action Research, while dropping information on epidemiological research, single participant research, and creative research. The Action Research section is new and reflects the growing trend toward practitioner research in kinesiology.

Data analysis discussions in Chapters 13 and 14 have been updated to match the newest version of SPSS software. A revised Appendix A offers updated instructions for using the newest version of SPSS.

Chapters 16 and 17, “Developing the Research Proposal” and “Writing the Research Report,” have been updated with more recent examples from student theses or published articles.

ANCILLARIES

SPSS

Sites where the most recent version of SPSS can be leased for a modest fee are identified in Chapter 13. SPSS empowers students to reach the in-depth answers that come only from using advanced analytical techniques.

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Instructor's Resources

Instructors's resources to accompany the fifth edition of the book include an Instructor's Manual, a test question bank, and PowerPoint slides. These resources may be downloaded from the Instructor's Resource website at www.mhhe.com/baumgartner5e.

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T.A.B.
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