

Course Title	:	Research Method in Sports Management and Coaching
Recommended Study Year	:	3
No. of Credits/Term	:	3
Mode of Tuition	:	Sectional Approach
Class Contact Hours	:	3 hours per week
Category in Major Prog.	:	Foundation
Discipline	:	Sports
Prerequisite(s)	:	N/A
Co-requisite(s)	:	N/A
Exclusion(s)	:	N/A
Exemption Requirement(s)	:	N/A

Brief Course Description

The course aims to equip students with a basic understanding of research principle and knowledge to carry out junior research project in the aspects of sports management and coaching. Students will learn the process and procedures of conducting a quantitative and qualitative research. The course provides students with the concept and knowledge of research design, data collection, data analysis and research report writing. Upon completion the course, students are equipped with knowledge and skills to prepare a research proposal and conduct a junior research project in the area of sports management and coaching. The course also provides students the chances to review and discuss the examples of journals as well as some ethic issues in conducting a research.

Aims

This course aims to:

- familiarize students with major research methods applicable to sports management and coaching from quantitative and qualitative research design, data collection, data analysis to report writing
- equip students the ability to construct an investigation from an initial idea, to the point of completing and presenting the study
- establish a mindset and capacity to solve practical problem with evidence-based methods and literatures

Learning Outcomes (LOs)

On successful completion of this course, students will be able to:

1. demonstrate their understanding of different research methods through a variety of empirical research articles, to further develop their awareness of possible solutions;
2. critically review and analyze research designs and methodologies commonly used in the sports field and in turn reflect their thinking through their implementation of a research project;
3. formulate research question and design their own research project based on the knowledge acquired throughout the course; and

4. concisely and comprehensively present their research findings in the form of a group presentation and a written essay

Indicative Content

1. Research design and literature review
 - a. Epidemiology research
 - b. Action research and survey
 - c. Experimental research
 - d. Interview and in-depth analysis
2. Ethical issues in sports management and coaching
3. Use of statistics
 - a. Relationship between variables
 - b. Difference among groups
 - c. Non-parametric technique
4. Research proposal and report writing

Teaching Methods

The course is delivered through lectures, classroom discussions, case studies, workshops and tutorials. Through the teaching and learning activities, students are facilitated to achieve the CILOs via interactive and student-centered approaches. Each lecture will be accompanied by relevant reading materials which students would have to read before the tutorial session.

Measurement of Learning Outcomes

Individual assignment(s) assess student's understanding of research principle and knowledge to carry out junior research project in the aspects of sports management and coaching. It enables students to develop their ability to conduct a research project in the future.

Group project with presentation and report, provides the opportunity for students to integrate and apply the knowledge and principle to carry out a junior research project. Students are required to search and study the required materials, write a report, and present their findings in class.

Final examination assesses students' overall achievement for the course. It assesses students' ability to understand and apply all knowledge and skills learnt from the course.

Learning Outcome	Individual assignment(s)	Group project	Final examination
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1. Demonstrate their understanding of different research methods through a variety of empirical research articles, to further develop their awareness of possible solutions	✓	✓	✓
2. Critically review and analyze research designs and methodologies commonly used in the sports field and in turn reflect their thinking through their implementation of a research project	✓	✓	✓
3. Formulate research question and design their own research project based on the knowledge acquired throughout the course	✓	✓	
4. Concisely and comprehensively present their research findings in the form of a group presentation and a written essay		✓	

Assessment

Continuous Assessment	60%
1. 20% Individual assignment(s)	
2. 40% Group project (20% report and 20% presentation)	
Final examination	40%

Required/Essential Readings

Gratton, C., & Jones, I. (2014). *Research methods for sports studies*. Routledge.

Thomas, J.R., Nelson, J.K. & Silverman, S.J. (2011). *Research methods in physical activity* (6th ed.). Human Kinetics.

Recommended/Supplementary Readings

Andrew, D. P., Pedersen, P. M., & McEvoy, C. D. (2020). *Research Methods and Design in Sport Management* (2 ed.). Human Kinetics.

American College of Sports Medicine. (2016). *ACSM's Research Methods*. (W. J. Lawrence E. Armstrong, Ed.) Wolters Kluwer.

Bell, J. (2014). *Doing your research project: A guide for first-time researchers* (6th ed.). McGraw-Hill Education UK.

Ivankova, N. and Wingo, N. (2018). Applying Mixed Methods in Action Research: Methodological Potentials and Advantages. *American Behavioral Scientist*, 62(7).

Merriam, S. and Tisdell, E. (2016). *Qualitative research: A Guide to Design and Implementation*. John Wiley & Sons.

Nelson, L., Potrac, P. and Groom, R. (2014). *Research methods in sports coaching*. Routledge.

Stringer, E. (2014). *Action research* (4th ed). SAGE Publications, Inc.

**Additional readings may also be suggested on a topic by topic basis*

Important Notes:

1. Students are expected to spend a total of 9 hours (i.e. 3 hours of class contact and 6 hours of personal study) per week to achieve the course learning outcomes.
2. Students shall be aware of the University regulations about dishonest practice in coursework, tests and examinations, and the possible consequences as stipulated in the Regulations Governing University Examinations. In particular, plagiarism, being a kind of dishonest practice, is “the presentation of another person’s work without proper acknowledgement of the source, including exact phrases, or summarised ideas, or even footnotes/citations, whether protected by copyright or not, as the student’s own work”. Students are required to strictly follow university regulations governing academic integrity and honesty.
3. Students are required to submit writing assignment(s) using Turnitin.
4. To enhance students’ understanding of plagiarism, a mini-course “Online Tutorial on Plagiarism Awareness” is available on <https://pla.ln.edu.hk/>.