



KNES-209 – Research Methods and Inquiry in Kinesiology and Health Sciences

Health and Human Services

Effective Term & Year: Fall 2022

Course Outline Review Date: 2023-03-01

Program Area: Health

Description:

This course introduces students to research methods and design related to the areas of kinesiology, health and wellness. Focus is on understanding the scientific method, interpretation and evaluation of research literature, and issues related to research practices. Students will explore current research topics and develop their critical thinking skills to promote their understanding of quality research activities.

Program Information:

This course can be used as either a required course or an elective in the Kinesiology Diploma Program (prerequisites may be required).

Delivery Methods: On-campus (Face-to-Face)

Credit Type: College of the Rockies Credits

Credits: 3

Course type/s: Sciences, Social Sciences

Instructional Activity and Hours:

Activity	Hours
Classroom, Directed Studies or Online Instruction	45
Seminar/Tutorials	

Laboratory/Studio	
Practicum/Field Experience	
Co-op/Work Experience	
Other	
Total	45

Course Requisites:

- Prerequisites: Successful completion of at least 18 credits of first year courses.

Flexible Assessment: Yes

In some cases students may be able to apply for recognition of prior learning outside the classroom. This flexible assessment process provides equivalent course credit. It is a rigorous process that may include external evaluation, worksite assessment, demonstration, standardized test, self-assessment, interview, products/portfolio, and challenge exam, or other measures as appropriate. Tuition fees apply. Contact an education advisor for more information.

Course Transfer Credit:

For information about receiving transfer credit for courses taken at other BC institutions, please see <http://www.bctransferguide.ca>. All requests for course transfer credit from institutions in BC or elsewhere should go to the College of the Rockies Enrollment Services office.

Textbook Resources:

Textbook selection varies by instructor and may change from year to year. At the Course Outline Effective Date the following textbooks were in use (please note that these are open education resources textbook which can be downloaded at no cost):

Bhattacharjee, A. *Social Science Research: Principles, Methods, and Practices. 2nd Ed.* Textbook Collections, 3. 2012. ISBN 13: 978-1475146127

Illowsky, B., Dean, S. *Introductory Statistics.* OpenStax, 2017. ISBN 13: 978-1-938168-20-8

Please see the instructor's syllabus or check COTR's online text calculator <https://textbook.cotr.bc.ca/> for a complete list of the currently required textbooks.

Learning Outcomes:

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

- explain and apply the scientific method;
 - explain the ethical issues involved on kinesiology & health research;
 - understand the basic elements of research design;
 - understand how to develop and test a hypothesis;
 - understand basic statistical analysis and its use in kinesiology & health research;
 - read and evaluate journal articles;
 - understand the difference between qualitative, quantitative & mixed-method research designs;
 - understand the strengths and limitations of common research techniques; and
 - comprehend and apply critical thinking to research literature relevant to Kinesiology and Health Sciences.
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Course Topics:

Introduction to Research in Kinesiology and Health

- Overview of current topics
- How to use online research databases
- APA formatting
- Research terminology

Introduction to the scientific method

- Creating and testing a hypothesis

Research Design

- Sampling methods
- Qualitative research study design
- Quantitative research study design
- Mixed methods design

Measurements

- Data collection methods
- Reliability of measurements tools
- Validity of measurement tools
- Independent and dependent variables

Ethics

- Ethical standards
- Approval process

Evaluating research

- Critical analysis of research
- Statistical analysis
- Literature reviews

See instructor's syllabus for the detailed outline of weekly readings, activities and assignments.

Evaluation and Assessments

Assessment Type: On-Campus (face-to-face)

Assessment Type	% of Total Grade
Assignments	50%
Midterm	20%
Final Exam	30%
Total	100%

Grade Scheme

A+	A	A-	B+	B	B-	C+	C	C-	D	F
>=90	89-85	84-80	79-76	75-72	71-68	67-64	63-60	59-55	54-50	<50

Pass requirements: None

Evaluation Notes: A grade of "D" grants credit, but may not be sufficient as a prerequisite for sequential courses.

Exam Attendance:

Students must attend all scheduled exams at the appointed time and place. Instructors may approve an alternate exam to accommodate an illness or personal crisis. Department heads will consider other written requests. Any student who misses a scheduled exam without prior approval will receive a "0" on the exam.

Academic Policies:

College of the Rockies policies related to courses can be found at <https://cotr.bc.ca/about-us/college-policies/> and include the following:

- Policy 2.4.3 Students with Documented Disabilities
- Policy 2.4.4 Student Conduct (plagiarism, other cheating, behavioral misconduct)
- Policy 2.5.8 Academic Performance

- Policy 2.5.3 Grade Appeal
 - Policy 2.4.9 Student Concerns Re Faculty
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Course Changes:

The College of the Rockies updates course outlines regularly to meet changing educational, employment and marketing needs. The instructor will notify students in writing of any updates to this outline during the semester. The instructor reserves the right to revise, add or delete material while meeting the learning outcomes of this course outline.