

**Course Unit: 956313 - Research Methodologies in physical activity and sport**

Year 1 Semester 2 ISCED Code: 1014 ECTS: 4

Type of Course Unit: Compulsory Delivery Mode: Face-to-face Language of Instruction: Portuguese

COURSE COORDINATOR: Ana Ruivo Alves

**HOURS OF WORK**

TOTAL HOURS	Contact Hours								Hours in autonomous work
	Theory	Theory and practice	Practical and laboratory work	Field work	Seminar	Internship	Tutorial guidance	Other	
100	20	10							70

Prerequisites (if applicable): <<Max 500 characters with spaces>>

**LEARNING OUTCOMES (knowledge, skills and competence)**

The curricular unit learning outcomes are:

- Development knowledge and skills associated to scientific research methods in the context of physical activity and sport;
- Development critical skills regarding to the relevance and purposes of the scientific research;
- Understand methods of research concerning to the area of education and sport;
- Development skills to do scientific works.

**CONTENTS**

1. Paradigms, methodologies and research methods in the context of physical activity and sport;
2. Phases of the research process: variables definition, sample, data collect, analysis and discussion of the results;
3. Research methods (descriptive and inferential statistics; qualitative and quantitative analysis);
4. Guidelines to do a scientific work/project/report;
5. Planning research and development of the measurement strategies and data collect;
6. Development of a research work.

**DEMONSTRATION OF THE CONTENTS COHERENCE WITH THE COURSE UNIT'S LEARNING OUTCOMES**

The program will allow students to understand the importance of scientific research in the health and well-being of the population, development the capacity of autonomy in the elaboration of a scientific project in order to enhance their future interventions. The acquisition of these skills is based on theoretical context and exhibition of scientific works, but also through the practical context through contextualized examples in the field of sport and education.

**TEACHING METHODOLOGIES**

Theoretical classes, reading and discussing texts, presentation of videos, on-line literature search, presentation and discussion of scientific research works, debate and synthesis of ideas, tutorial classes.

**DEMONSTRATION OF THE COHERENCE BETWEEN THE TEACHING METHODOLOGIES AND THE LEARNING OUTCOMES**

The teaching methodologies suggested to the curricular unit enable to:

- Development problem solving skills;
- Development critical ability regarding to the relevance and purpose of the scientific research;
- Understand the research methods;
- Development autonomy on the elaboration of scientific works in the education and sport context.

## EVALUATION METHODS

Exam and group work

## MAIN BIBLIOGRAPHY

- Maroco, J. (2018). Análise Estatística com o SPSS Statistics. 7ª edição. ReportNumber.
- Thomas, J. R., Silverman, S., & Nelson, J. (2015). Research Methods in Physical Activity, 7th ed. Human kinetics.
- Shamo, A., & Resnik, D. (2015). Responsible conduct of research. 3rd Ed. Oxford: Oxford University Press.
- Veal, A. J., & Darcy, S. (2014). Research methods in sport studies and sport management: A practical guide. Routledge
- Jones, I. (2014). Research methods for sports studies. 3rd ed. Routledge.
- Pestana, M.H., & Gageiro, J.N. (2014). Análise de dados para Ciências Sociais - A complementaridade do SPSS. 6th Ed. Lisboa: Edições Sílabo.
- Armour, K., & Macdonald, D. (2012). Research Methods in Physical Education and Youth Sport. London: Routledge.
- Thomas, J. R., Nelson, J. K., & Silverman, L. (2015). Research methods in physical activity (7th edition). Champaign, IL: Human Kinetics.

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