



**Health and Sports Science Module Handbook**  
**Faculty of Sports Science Universitas Negeri Makassar**

| <b>Module designation</b>                                     |                 | <b>Research Methods</b>  |                       |                   |      |       |
|---|-----------------|--|-----------------------|-------------------|------|-------|
| Semester(s) in which the module is taught                     |                 | 3  |                       |                   |      |       |
| Person responsible for the module                             |                 | Bustang, S.Pd., M.Sc., Ph.D<br>Andi Attsam Mappanyuki S.Or., M.Kes   |                       |                   |      |       |
| Language  |                 | Bilingual (Bahasa and English)   |                       |                   |      |       |
| Relation to curriculum  |                 | Compulsory   |                       |                   |      |       |
| Teaching methods  |                 | 3 parallel classes consist of 35 students/class:<br>1) Lecture (Face to face lecture): 3 hours x 14 weeks<br>2) Practical class: - |                       |                   |      |       |
| Workload  | Total workload  | 130 hours  |                       |                   |      |       |
|   |                 | Face to face teaching  | Structured activities | Independent study | Exam | total |
|   | Lecture         | 42   | 42                    | 42                | 4    | 130   |
|   | Practical class | -  | -                     | -                 | -    | -     |
|   | Total           |  |                       |                   |      | 130   |
| Credit points   |                 | 3 credits  |                       |                   |      |       |
| Required and recommended prerequisites for joining the module |                 | None   |                       |                   |      |       |



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| <p>Module objectives / intended learning outcomes</p> | <p>The primary objectives of this module are to prepare students for research in academia during their studies and working for sport, health and other sectors in the future. We will do so by:</p> <ol style="list-style-type: none"><li>1. Outlining and establishing research questions and hypotheses</li><li>2. Composing a coherent research framework and structure</li><li>3. Understanding, reviewing, and summarizing previous studies to establish research questions and methods</li><li>4. Establishing and identifying the benefits and limitations of qualitative and quantitative analysis</li><li>5. Understanding and choosing research designs for the study of sport, exercise and health sciences</li><li>6. Presenting and articulating research findings in written and oral formats</li></ol> |
| <p>Content</p>  | <ul style="list-style-type: none"><li>• Introductory concepts - the nature of research, methods of problem solving, qualitative and quantitative research.</li><li>• Pulling together sources for literature review and developing effective research questions</li><li>• Describe the different types of research designs commonly used for sport and health research project – experimental, cross-sectional, time series, longitudinal, case study, grounded theory and ethnography.</li><li>• Discuss the use of methods for data collection, including questionnaires, interviews, observation and documents.</li><li>• Writing up quantitative and qualitative research report.</li></ul>   |



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| <p>Exams and assessment formats</p>       | <p><b>Assignments</b><br/> <b>Intent:</b> There are four assignments during the course to guide students in designing their final research project.</p> <ul style="list-style-type: none"> <li>• Assignment 1: Project proposal (Group)</li> <li>• Assignment 2: Literature review (Individual)</li> <li>• Assignment 3: Data collection and analysis (Individual)</li> <li>• Assignment 4: Project update (Group)</li> </ul> <p><b>Weight:</b> 50%</p> <p><b>Project-based Assessment</b><br/> <b>Intent:</b> This assessment is to provide students with an opportunity to collaborate with their peers and design a research project relevant to the Health and Sport field. The project requires students to design hypothetical research that considers an evidence based approach.</p> <p><b>Weight:</b> 50%</p> |
| <p>Study and examination requirements</p> | <p>Students are expected to attend all classes as there will be in-class assignments on some occasions, unless circumstances prevent them from attending and an email was sent prior to class. Final grading will be based on students' attendance, their participation the in-class assignments, and their final research project.</p>  |
| <p>Reading list</p>                       | <p>Gratton, C., &amp; Jones, I. (2015), Research methods for sport studies. Routledge.</p> <p>Medcalf, R., &amp; Mackintosh, C. (2019). Researching difference in sport and physical activity. Routledge.</p> <p>Thomas, J., Nelson, J., &amp; Silverman, S. (2015), Research methods in physical activity, 7<sup>th</sup> Edition. Human Kinetics.</p> <p>Denscombe, M. (2010). The Good Research Guide: For Small-Scale Social Research Projects, 4th Edition. Open University Press.</p>  |