



## **HHPK 519-01E RESEARCH METHODS IN HUMAN PERFORMANCE**

COURSE SYLLABUS: SPRING 2024

### **INSTRUCTOR INFORMATION**

**Instructor:** Dr. Vipa Bernhardt  
**Office Location:** NHS 165D  
**Office Hours:** R 9-11 or TR 2-3:30, or by appointment  
**Email Address:** Vipa.Bernhardt@tamuc.edu

### **COURSE INFORMATION**

#### **Course Description**

This course is the study of research methods and designs appropriate for proposing, conducting, reading, reporting, and critiquing research in exercise science/human performance. A major emphasis will be on conducting a meta-analysis of research literature and preparing the first three chapters of a research proposal.

#### **Student Learning Outcomes**

Upon successful completion of this course, you will be able to

1. Analyze the strengths and weaknesses of published research, providing information on possible researcher biases, and positive and negative investigative techniques/methodology (including validity, reliability, and data analysis).
2. Critically examine methods and data analysis with specific regard to the conclusions drawn by investigators.
3. Analyze and use citation/reference formatting.
4. Design a basic research proposal, including an introduction, literature review, hypothesis/research question(s), methodology, and comprehensive bibliography.
5. Create a professional virtual presentation containing the information in the research proposal.

*The syllabus/schedule are subject to change.*

# COURSE REQUIREMENTS

## Required Materials

### Required Textbook:

None.

### Recommended Items:

APA style formatting: APA Manual 7<sup>th</sup> edition or <https://owl.purdue.edu/owl/>

A reference manager software, such as Endnote Web, Zotero, or Mendelay.

## Minimal Technical Skills Needed

Student should be proficient in navigating the online learning platform D2L, using computer software (Microsoft Word and Powerpoint, Adobe Acrobat), and using the TAMUC library.

## Instructional Methods

All activities in this course are designed to support the student in developing skills in analyzing different research designs and to develop their own research proposal. Content delivery will include lectures, videos, worksheets, websites, etc. The specific content to be covered will depend on the student's needs according to their chosen research topic.

## Student Responsibilities or Tips for Success in the Course

It is the student's responsibility to be prepared for in-class active learning, which requires students to complete assignments by the due dates.

## GRADING

1. Thesis Topic, Research Questions, Hypotheses	10%
2. Annotated Bibliography (2*100 pts)	20%
3. Outline of the Research Proposal (100 pts)	10%
4. Research Proposal	35%
a. Abstract (50 pts)	
b. Introduction (100 pts)	
c. Review of the Literature (100 pts)	
d. Methods (100 pts)	
5. Proposal Presentation (200 pts)	20%
6. Analysis and Interpretation of Results (50 pts)	5%
<hr/>	
Total (1,000 pts)	100%

Final grades in this course will be based on the following scale:

A = 90%-100%

B = 80%-89%

*The syllabus/schedule are subject to change.*

C = 70%-79%  
D = 60%-69%  
F = 59% or Below

## Assessments

### **Annotated Bibliography**

Based on your chosen topic, you will perform a comprehensive literature review (25-50 articles from the last 20 years). The annotated bibliography will help to organize your articles and themes to write the literature review. There are two due dates: AB1 must include at least 5 sources, AB2 at least 15 sources. Reference must follow a consistent format (e.g., APA). Aligns with SLOs #1, 2, 3, 4.

### **Research Proposal**

You will develop 6 sections for the research proposal: Title Page, Abstract, Introduction, Review of Literature, Methods, and References using TAMUC's thesis template. Aligns with SLOs # 3, 4.

### **Proposal Presentation**

You will create and video record a professional virtual presentation of your research proposal. Aligns with SLOs # 5.

## TECHNOLOGY REQUIREMENTS

### LMS

All course sections offered by Texas A&M University-Commerce have a corresponding course shell in the myLeo Online Learning Management System (LMS). Below are technical requirements.

LMS Requirements: <https://community.brightspace.com/s/article/Brightspace-Platform-Requirements>

LMS Browser Support:

[https://documentation.brightspace.com/EN/brightspace/requirements/all/browser\\_support.htm](https://documentation.brightspace.com/EN/brightspace/requirements/all/browser_support.htm)

## ACCESS AND NAVIGATION

You will need your campus-wide ID (CWID) and password to log into the course. If you do not know your CWID or have forgotten your password, contact the Center for IT Excellence (CITE) at 903.468.6000 or [helpdesk@tamuc.edu](mailto:helpdesk@tamuc.edu).

**Note:** Personal computer and internet connection problems do not excuse the requirement to complete all course work in a timely and satisfactory manner. Each

*The syllabus/schedule are subject to change.*

student needs to have a backup method to deal with these inevitable problems. These methods might include the availability of a backup PC at home or work, the temporary use of a computer at a friend's home, the local library, office service companies, a coffee shop, a TAMUC campus open computer lab, etc.

## **COMMUNICATION AND SUPPORT**

If you have any questions or are having difficulties with the course material, please contact your instructors. The best way to reach us is via email. In most cases, we will reply within 1 business days.

### **Technical Support**

If you are having technical difficulty with any part of Brightspace, please contact Brightspace Technical Support at 1-877-325-7778. Other support options can be found here: <https://community.brightspace.com/support/s/contactsupport>

### **Counseling Center**

The Counseling Center at A&M-Commerce, located in the Halladay Building, Room 203, offers counseling services, educational programming, and connection to community resources for students. Students have 24/7 access to the Counseling Center's crisis assessment services by calling [903-886-5145](tel:903-886-5145). For more information regarding Counseling Center events and confidential services, please visit [www.tamuc.edu/counsel](http://www.tamuc.edu/counsel).

## **COURSE AND UNIVERSITY PROCEDURES/POLICIES**

### **Course Specific Procedures/Policies**

- Due dates: The "due dates" listed for sections are the LAST chance to submit them. Please submit your work early.

### **Syllabus Change Policy**

The syllabus is a guide. Circumstances and events, such as student progress, may make it necessary for the instructor to modify the syllabus during the semester. Any changes made to the syllabus will be announced in advance via D2L and/or email.

### **University Specific Procedures**

#### **Student Conduct**

All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment. The Code of Student Conduct is described in detail in the [Student Guidebook](http://www.tamuc.edu/Admissions/oneStopShop/undergraduateAdmissions/studentGuidebook.aspx).  
<http://www.tamuc.edu/Admissions/oneStopShop/undergraduateAdmissions/studentGuidebook.aspx>

*The syllabus/schedule are subject to change.*

## **TAMUC Attendance**

For more information about the attendance policy please visit the [Attendance](#) webpage and [Procedure 13.99.99.R0.01](#).

<http://www.tamuc.edu/admissions/registrar/generalInformation/attendance.aspx>

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/academic/13.99.99.R0.01.pdf>

## **Academic Integrity**

Texas A&M University-Commerce acknowledges that there are legitimate uses of Artificial Intelligence, ChatBots, or other software that has the capacity to generate text, or suggest replacements for text beyond individual words, as determined by the instructor of the course.

Any use of such software must be documented. Any undocumented use of such software constitutes an instance of academic dishonesty (plagiarism).

In any case, students are fully responsible for the content of any assignment they submit, regardless of whether they used an AI, in any way. This specifically includes cases in which the AI plagiarized another text or misrepresented sources.

Students at Texas A&M University-Commerce are expected to maintain high standards of integrity and honesty in all of their scholastic work. For more details and the definition of academic dishonesty see the following procedures:

[Graduate Student Academic Dishonesty 13.99.99.R0.10](#)

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/graduate/13.99.99.R0.10GraduateStudentAcademicDishonesty.pdf>

<https://inside.tamuc.edu/academics/graduateschool/faculty/GraduateStudentAcademicDishonestyForm.pdf>

## **Students with Disabilities-- ADA Statement**

The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you have a disability requiring an accommodation, please contact:

### **Office of Student Disability Resources and Services**

Texas A&M University-Commerce

Gee Library- Room 162

Phone (903) 886-5150 or (903) 886-5835

Fax (903) 468-8148

*The syllabus/schedule are subject to change.*

Email: [studentdisabilityservices@tamuc.edu](mailto:studentdisabilityservices@tamuc.edu)

Website: [Office of Student Disability Resources and Services](#)

<http://www.tamuc.edu/campusLife/campusServices/studentDisabilityResourcesAndServices/>

### **Nondiscrimination Notice**

Texas A&M University-Commerce will comply in the classroom, and in online courses, with all federal and state laws prohibiting discrimination and related retaliation on the basis of race, color, religion, sex, national origin, disability, age, genetic information or veteran status. Further, an environment free from discrimination on the basis of sexual orientation, gender identity, or gender expression will be maintained.

### **Campus Concealed Carry Statement**

Texas Senate Bill - 11 (Government Code 411.2031, et al.) authorizes the carrying of a concealed handgun in Texas A&M University-Commerce buildings only by persons who have been issued and are in possession of a Texas License to Carry a Handgun.

Qualified law enforcement officers or those who are otherwise authorized to carry a concealed handgun in the State of Texas are also permitted to do so. Pursuant to Penal Code (PC) 46.035 and A&M-Commerce Rule 34.06.02.R1, license holders may not carry a concealed handgun in restricted locations.

For a list of locations, please refer to the [Carrying Concealed Handguns On Campus](#) document and/or consult your event organizer.

Web url:

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/34SafetyOfEmployeesAndStudents/34.06.02.R1.pdf>

Pursuant to PC 46.035, the open carrying of handguns is prohibited on all A&M-Commerce campuses. Report violations to the University Police Department at 903-886-5868 or 9-1-1.

*The syllabus/schedule are subject to change.*

## TENTATIVE COURSE OUTLINE

<b>Module 1</b>		
<b>Topics</b>	The research process: Sources of evidence Searching for and evaluating evidence Developing a question Reviewing the literature Annotated bibliography Citations and references	
<b>Assignments</b>	Thesis topic Research questions and hypotheses Annotated bibliography 1 Annotated bibliography 2	Due: Feb 4 Due: Feb 11 Due: Feb 18 Due: Mar 3
<b>Module 2</b>		
<b>Topics</b>	Writing a proposal: Developing the research plan Developing the research proposal Components of the introduction section Components of the literature review section	
<b>Assignments</b>	Outline Research proposal - Introduction Research proposal – Review of the Literature Research proposal – Abstract Complete research proposal Proposal presentation	Due: Mar 3 Due: Mar 10 Due: Mar 24 Due: Apr 21 Due: Apr 28 Due: May 5
<b>Module 3</b>		
<b>Topics</b>	Research methods: Experimental research Descriptive research Qualitative research Ethical concerns in research Selection of research participants Components of the methods section	
<b>Assignments</b>	Research proposal – Method of Procedure	Due: Apr 14
<b>Module 4</b>		
<b>Topics</b>	Data analysis: Statistics software Descriptive data analysis Inferential data analysis Creating figures	
<b>Assignments</b>	Analysis & interpretation of research results	Due: May 5

*The syllabus/schedule are subject to change.*