



# Research Methods in Physical Activity - 6th Edition

*Jerry Thomas, Jack Nelson, Stephen Silverman*

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*Research Methods in Physical Activity, Sixth Edition*, presents an engaging overview of the research process and available methods for students researching within all subdisciplines of kinesiology and exercise science as well as physical therapy, rehabilitation, and occupational therapy. Translated into seven languages and interjected with the humor that has become a welcome component of this internationally recognized text, the sixth edition of *Research Methods in Physical Activity* also includes these enhancements:

- Significant updates on the use of library services, including an in-depth discussion of effective electronic searches and information filing
- Fewer hand calculations and increased focus on computational procedures for basic statistics, supplemented with examples from the Statistical Package for the Social Sciences (SPSS) to analyze data on 30 players from the 2008 Professional Golfers' Association (PGA) Tour
- An updated and expanded chapter on the growing merit of using qualitative research to help answer research questions rather than relying solely on the traditional scientific approaches
- A new chapter devoted to mixed-methods models of research that employ both quantitative and qualitative methods to provide a more balanced look at the research problem

In addition to the improvements in the sixth edition, *Research Methods in Physical Activity* maintains the logical progression and presentation of information that make it the leading text in the field. It discusses all stages of the research process—including formulating and defining a research problem, analyzing data, and presenting results—and offers students practical help with the logistics of beginning, conducting, and completing their research. Readers are introduced to basic statistical and measurement concepts and learn how to complete statistical analysis of research results. Individual chapters on historical, philosophical, epidemiological, descriptive, experimental, and qualitative research acquaint students with possible research approaches, while a new final chapter in that section introduces mixed-methods models that combine different categories of research into one study. In those chapters, four scholarly contributors lend their expertise to provide in-depth knowledge from their respective fields. In addition, humorous stories, anecdotes, and photos are sprinkled throughout the text to demonstrate key points and enliven the reading without detracting from the content. The text concludes with instructions on preparing and presenting the research report.

By systematically guiding the reader through the research process, *Research Methods in Physical Activity, Sixth Edition*, provides practical research tools and replaces research-induced anxiety and confusion with competency in understanding, planning, conducting, assessing, and presenting research.

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