



Research Methods in Physical Activity - 6th Edition

By 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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Jerry R. Thomas, EdD, is professor and dean of the College of Education at the University of North Texas. Besides writing the previous editions of this book, Thomas has authored more than 200 publications, over 120 of which are refereed publications, with numerous contributions in research methods. Awarded the C.H. McCloy Lecturer in 1999, based on his career research production, Thomas has served as editor in chief for *Research Quarterly for Exercise and Sport* and as a reviewer for most major research journals in kinesiology and numerous journals in psychology. He has also served as president of the American Academy of Kinesiology and Physical Education, American Kinesiology Association, AAHPERD Research Consortium, and of the North American Society for Psychology of Sport and Physical Activity. He was named an AAHPERD Alliance Scholar in 1990 and NASPSPA Distinguished Scholar in 2003, based on lifetime achievement in research.

Jack K. Nelson, EdD, is professor emeritus in the department of kinesiology at Louisiana State University. Nelson conducted and published research and taught research methods for 35 years. He has advised more than 50 doctoral dissertations and more than 50 masters' theses. In addition, he has more than 80 publications and has served as editor of research publications. A fellow in the Research Consortium, he has been a member of AAHPERD, the American Educational Research Association, and the American College of Sports Medicine. He has also served as president of the Association for Research, Administration, Professional Councils and Societies (now AAALF) and as vice president of AAHPERD.

Stephen Silverman, EdD, has taught and written about research methods for over 25 years. He is a professor of education at Teachers College, Columbia University, and he has conducted research on teaching in physical education focusing on how children learn motor skill and develop attitudes. He has published more than 60 research articles in addition to many books and book chapters. Silverman is a fellow and past president of both the American Academy of Kinesiology and Physical Education and the American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD) Research Consortium, and a fellow of the American Educational Research Association (AERA). A former coeditor of the *Journal of Teaching in Physical Education* and editor in chief of the *Research Quarterly for Exercise and Sport*, Silverman was an AERA Physical Education Scholar Lecturer, a Research Consortium Scholar Lecturer, and Weiss Lecturer for AAHPERD.

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