

NATIONAL UNIVERSITY OF SCIENCE AND TECHNOLOGY

SSC2220

FACULTY OF APPLIED SCIENCES

BACHELOR OF SCIENCE HONOURS DEGREE EXAMINATIONS

DEPARTMENT OF SPORTS SCIENCE AND COACHING

THEORY: SSC2220: RESEARCH METHODOLOGY IN SPORTS SCIENCE

AUGUST 2009

3 HOURS (100 MARKS)

INSTRUCTIONS

Answer **four** questions only. Each question carries 25 marks. Where a question contains subdivisions, the mark value for each subdivision is given in brackets. Illustrate your answer where appropriate with large, clearly labeled diagrams.

1.
 - a) Describe the characteristics of research. (10 marks)
 - b) Discuss the purposes of a research proposal. (15 marks)

2. The literature review provides the necessary context for a research study. Discuss. (25 marks)

3. You are asked to carry out a research study on “The relationship between lower body strength and performance in the vertical jump test for students in the Sports Science degree program”.
Write short notes on the following:
 - a) Background (5 marks)
 - b) Objectives (5 marks)
 - c) Research questions (5 marks)
 - d) Delimitations (5 marks)
 - e) Significance of the study (5 marks)

4. For the research topic in (3) above “The relationship between lower body strength and performance in the vertical jump test for students in the Sports Science degree program”.
Write short notes on the following:
 - a) Research design (5 marks)
 - b) Population (5 marks)
 - c) Sampling procedure (5 marks)
 - d) Procedures (5 marks)
 - e) Data collection (5 marks)

5. Describe and explain the major steps of the scientific method. (25 marks)

6. Researchers must be aware of the ethical and legal implications of their studies. Discuss the contents of:-
 - a) An informed consent form (15marks)
 - b) The Physical Activity Readiness Questionnaire (PARQ) (10 marks)

END OF EXAMINATION