



The Research Process in Sport, Exercise and Health: Case Studies of Active Researchers

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- What are the challenges and potential pitfalls of real research?
- What decision-making process is followed by successful researchers?

The Research Process in Sport, Exercise and Health fills an important gap in the research methods literature. Conventional research methods textbooks focus on theory and descriptions of hypothetical techniques, while the peer-reviewed research literature is mainly concerned with discussion of data and the significance of results. In this book, a team of successful researchers from across the full range of sub-disciplines in sport, exercise and health discuss real pieces of research, describing the processes they went through, the decisions that they made, the problems they encountered and the things they would have done differently. As a result, the book goes further than any other in bringing the research process to life, helping students identify potential issues and problems with their own research right at the beginning of the process.

The book covers the whole span of the research process, including:

- identifying the research problem
- justifying the research question
- choosing an appropriate method
- data collection and analysis
- identifying a study's contribution to knowledge and/or applied practice
- disseminating results.

Featuring real-world studies from sport psychology, biomechanics, sports coaching, ethics in sport, sports

marketing, health studies, sport sociology, performance analysis, and strength and conditioning, the book is an essential companion for research methods courses or dissertations on any sport or exercise degree programme.

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