

# SPX701 Advanced Research Methods for Sport and Exercise Science Part B

**School:** School of Health - Sport and Exercise Science

2024 Semester 2

UniSC Sunshine Coast

**BLENDED  
LEARNING**

Most of your course is on campus but you may be able to do some components of this course online.

*Please go to [unisc.edu.au](http://unisc.edu.au) for up to date information on the teaching sessions and campuses where this course is usually offered.*

## 1. What is this course about?

### 1.1. Description

This course is the second of two courses that have been designed to provide you with advanced specialised knowledge and training in your chosen Sport and Exercise Science discipline. You will apply concepts, professional behaviours and applied skills taught in this course to a research project to demonstrate your ability to undertake research in authentic contexts. You will be expected to communicate your research findings to a range of industry partners. You will also undertake a significant amount of supervised research placement during this semester.

### 1.2. How will this course be delivered?

ACTIVITY	HOURS	BEGINNING WEEK	FREQUENCY
<b>BLENDED LEARNING</b>			
<b>Tutorial/Workshop 1</b> – Question and answer sessions about Learning Materials with discussion on key topics	4hrs	Week 1	10 times
<b>Learning materials</b> – Combination of pre-recorded lecture materials and a variety of online content	2hrs	Week 1	13 times

### 1.3. Course Topics

#### Module 3 Research Synthesis in Sport and Exercise Science

Topic 1 A semester on placement: What I've learnt

Topic 2 Analysing the capabilities of the athlete(s) or client(s), with discipline specific testing and assessment tools

Topic 3 Data process and interpretation – discipline specific

Topic 4 Identifying evidence-base interventions to achieve performance goals of individual athletes or clients and groups

Topic 5 Comparative analyses

- What is a Meta-Analysis and how do you do conduct one?

Topic 6 Student presentations and summary of Module 3

#### Module 4 Communicating sport and exercise science research to industry partners

Topic 7 Ways of reporting research

- Submitting papers for publication
- Journal selection, author guidelines,
- Handling editors, reviewers' feedback, rejections

Topic 8 The review process

- Responding to reviewer's comments and how to review other research projects

Topic 9 Developing a research profile

- ORCID, Research Gate, LinkedIn, Twitter, etc.

Topic 10 Funding your next research project what sources, and ways are available

Topic 11 Individual research presentations

Topic 12 Course Summary

## 2. What level is this course?

700 Level (Specialised)

Demonstrating a specialised body of knowledge and set of skills for professional practice or further learning. Advanced application of knowledge and skills in unfamiliar contexts.

## 3. What is the unit value of this course?

24 units

## 4. How does this course contribute to my learning?

COURSE LEARNING OUTCOMES	GRADUATE QUALITIES
On successful completion of this course, you should be able to...	Completing these tasks successfully will contribute to you becoming...
1 Demonstrate your expertise in selecting and applying research tools, and analysing and interpreting research findings from these instruments.	Knowledgeable Empowered Engaged
2 Demonstrate your expertise in applying research tools to meet national standards for the collecting, analysing and interpreting sports science research data.	Knowledgeable Empowered Engaged
3 Collect and Interpret research data and communicate your research findings and their implications for sport science or exercise science to your research colleagues.	Knowledgeable Ethical Engaged
4 Communicate your research findings to other scientists and to non-specialists such as coaches, athletes and the wider community	Knowledgeable Engaged

## 5. Am I eligible to enrol in this course?

Refer to the [UniSC Glossary of terms](#) for definitions of "pre-requisites, co-requisites and anti-requisites".

## 5.1. Pre-requisites

SPX700 and enrolled in Program SC806

## 5.2. Co-requisites

Not applicable

## 5.3. Anti-requisites

Not applicable

## 5.4. Specific assumed prior knowledge and skills (where applicable)

None

## 5.5. Microcredential Information

Not applicable

# 6. How am I going to be assessed?

## 6.1. Grading Scale

Limited Grading (PNP)

Pass (PU), Fail (UF). All assessment tasks are required to be passed for successful completion of the course.

## 6.2. Details of early feedback on progress

Feedback will be provided prior to submission of all assessment task, with draft copies of your assessment peer reviewed several times in our regular tutorial/workshops

## 6.3. Assessment tasks

DELIVERY MODE	TASK NO.	ASSESSMENT PRODUCT	INDIVIDUAL OR GROUP	WHAT IS THE DURATION / LENGTH?	WHEN SHOULD I SUBMIT?	WHERE SHOULD I SUBMIT IT?
All	1	Portfolio	Individual	1000 words equivalent	Week 8	Online Assignment Submission with plagiarism check
All	2	Placement performance	Individual	180 hours	Exam Period	To Supervisor
All	3	Journal	Individual	250-500 words	Exam Period	Online Assignment Submission with plagiarism check

### All - Assessment Task 1: Research Portfolio 2: Research Synthesis in Sport & Exercise Science

<b>GOAL:</b>	To demonstrate your expertise and competency in selecting and applying relevant research tools, and analysing and interpreting research findings from these instruments.																
<b>PRODUCT:</b>	Portfolio																
<b>AUTHORSHIP STATEMENT:</b>																	
<b>FORMAT:</b>	<p>This Portfolio includes practical competency assessments in 1. employing standardised sport and exercise science procedures and protocols, 2. selecting and applying appropriate methodologies, and measurement concepts, and 3. produce a short report identifying appropriate evidence-based interventions</p> <p>Practical assessment of your application of safe practice, risk assessment and risk management as applied to your research project</p> <p>Evaluation of your competency at employing standardised testing procedures and protocols with calibrating and operating equipment, managing subjects, collecting data, processing and then analysing this data through practical tests, worksheets and other relevant assessments</p> <p>Produce a short report (2 page) identifying the reliability, accuracy and validity of a common sport science testing protocol relevant for your discipline area</p>																
<b>CRITERIA:</b>	<table border="1"> <thead> <tr> <th>No.</th> <th></th> <th>Learning Outcome assessed</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>Your ability to select and apply the relevant tests and procedures in a professional and ethical manner</td> <td>1 2 3</td> </tr> <tr> <td>2</td> <td>Your knowledge and competency at operating relevant equipment and technologies in accordance with national standards, for the collection and interpretation of reliable and valid data from your tests</td> <td>1 2 3</td> </tr> <tr> <td>3</td> <td>Your skills at processing and interpreting data from your tests</td> <td>1 2</td> </tr> <tr> <td>4</td> <td>Your ability to collate and synthesise the results from your tests to provide a meaningful summary of your findings including identified interventions for future research</td> <td>1 2 3 4</td> </tr> </tbody> </table>	No.		Learning Outcome assessed	1	Your ability to select and apply the relevant tests and procedures in a professional and ethical manner	1 2 3	2	Your knowledge and competency at operating relevant equipment and technologies in accordance with national standards, for the collection and interpretation of reliable and valid data from your tests	1 2 3	3	Your skills at processing and interpreting data from your tests	1 2	4	Your ability to collate and synthesise the results from your tests to provide a meaningful summary of your findings including identified interventions for future research	1 2 3 4	
No.		Learning Outcome assessed															
1	Your ability to select and apply the relevant tests and procedures in a professional and ethical manner	1 2 3															
2	Your knowledge and competency at operating relevant equipment and technologies in accordance with national standards, for the collection and interpretation of reliable and valid data from your tests	1 2 3															
3	Your skills at processing and interpreting data from your tests	1 2															
4	Your ability to collate and synthesise the results from your tests to provide a meaningful summary of your findings including identified interventions for future research	1 2 3 4															
<b>GENERIC SKILLS:</b>	Problem solving, Applying technologies																

### All - Assessment Task 2: Code of Conduct

<b>GOAL:</b>	This task enables you to become familiar with the code of conduct for your discipline and work within its guidelines during your placement.													
<b>PRODUCT:</b>	Placement performance													
<b>AUTHORSHIP STATEMENT:</b>														
<b>FORMAT:</b>	During your placement, you are required to complete 180 hours of work experience. To be eligible to pass, you are required to complete the placement satisfactorily according to the criteria below. See Canvas for your discipline specific Code of Conduct.													
<b>CRITERIA:</b>	<table border="1"> <thead> <tr> <th>No.</th> <th></th> <th>Learning Outcome assessed</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>Behaviour that is in accordance with the discipline code of conduct</td> <td>2</td> </tr> <tr> <td>2</td> <td>Adherence to the discipline code of conduct</td> <td>2</td> </tr> <tr> <td>3</td> <td>Completion of the required 180 hours</td> <td>2</td> </tr> </tbody> </table>	No.		Learning Outcome assessed	1	Behaviour that is in accordance with the discipline code of conduct	2	2	Adherence to the discipline code of conduct	2	3	Completion of the required 180 hours	2	
No.		Learning Outcome assessed												
1	Behaviour that is in accordance with the discipline code of conduct	2												
2	Adherence to the discipline code of conduct	2												
3	Completion of the required 180 hours	2												
<b>GENERIC SKILLS:</b>	Problem solving, Organisation													

### All - Assessment Task 3: Research Placement Logbook

<b>GOAL:</b>	To demonstrate your ability to work with professional sport and exercise scientists												
<b>PRODUCT:</b>	Journal												
<b>AUTHORSHIP STATEMENT:</b>													
<b>FORMAT:</b>	You will prepare a logbook in which you will log each practicum experience. Each logbook entry provides a record of the date, daily events/activities, practical hours, a reflection on your learning experiences, and supervisor authorisation for each session. This logbook will be submitted twice. The first submission will be prior to your first placements (to ensure it meets the ESSA requirements) and then you will submit it again at the end of this course to ensure that you've logged your hours appropriately and that they meet ESSA requirements.												
<b>CRITERIA:</b>	<table border="1"><thead><tr><th>No.</th><th></th><th>Learning Outcome assessed</th></tr></thead><tbody><tr><td>1</td><td>To pass this assessment item you must develop a logbook and then log 180 hours of supervised placement. Example log book entries will be included on the course Canvas page.</td><td>2 3 4</td></tr><tr><td>2</td><td>You are expected to provide approximately 20 words of self-reflection and critical analysis for each placement hour.</td><td>2 3 4</td></tr><tr><td>3</td><td>You will also be assessed on your presentation skills and ability to provide concise verbal précises of your experiences during your placement</td><td>3 4</td></tr></tbody></table>	No.		Learning Outcome assessed	1	To pass this assessment item you must develop a logbook and then log 180 hours of supervised placement. Example log book entries will be included on the course Canvas page.	2 3 4	2	You are expected to provide approximately 20 words of self-reflection and critical analysis for each placement hour.	2 3 4	3	You will also be assessed on your presentation skills and ability to provide concise verbal précises of your experiences during your placement	3 4
No.		Learning Outcome assessed											
1	To pass this assessment item you must develop a logbook and then log 180 hours of supervised placement. Example log book entries will be included on the course Canvas page.	2 3 4											
2	You are expected to provide approximately 20 words of self-reflection and critical analysis for each placement hour.	2 3 4											
3	You will also be assessed on your presentation skills and ability to provide concise verbal précises of your experiences during your placement	3 4											
<b>GENERIC SKILLS:</b>	Organisation, Applying technologies, Information literacy												

## 7. Directed study hours

A 12-unit course will have total of 150 learning hours which will include directed study hours (including online if required), self-directed learning and completion of assessable tasks. Student workload is calculated at 12.5 learning hours per one unit.

## 8. What resources do I need to undertake this course?

Please note: Course information, including specific information of recommended readings, learning activities, resources, weekly readings, etc. are available on the course Canvas site– Please log in as soon as possible.

### 8.1. Prescribed text(s) or course reader

You need regular access to the resource(s) below. Many texts are available as ebooks through the [Library](#) at no additional cost.

REQUIRED?	AUTHOR	YEAR	TITLE	EDITION	PUBLISHER
Recommended	Thomas, Jerry R., Silverman, Stephen, Nelson, Jack	2015	Research Methods in Physical Activity, 7E	n/a	Human Kinetics
Recommended	Rebecca K. Tanner, Australian Institute of Sport, Christopher John Gore	2012	Physiological Tests for Elite Athletes	2nd ed.	Human Kinetics Publishers

### 8.2. Specific requirements

Appropriate clothing to be worn for all laboratory or experimental contexts. That includes shoes, and active clothing, and appropriate sun protection if the teaching or research session is conducted outdoors. Please note that as part of this course you are required to complete 180 hours of supervised research placement and must conduct yourself in a professional manner throughout.

## 9. How are risks managed in this course?

Health and safety risks for this course have been assessed as low. It is your responsibility to review course material, search online, discuss with lecturers and peers and understand the health and safety risks associated with your specific course of study and to familiarise yourself with the University's general health and safety principles by reviewing the [online induction training for students](#), and following the instructions of the University staff.

## 10. What administrative information is relevant to this course?

### 10.1. Assessment: Academic Integrity

Academic integrity is the ethical standard of university participation. It ensures that students graduate as a result of proving they are competent in their discipline. This is integral in maintaining the value of academic qualifications. Each industry has expectations and standards of the skills and knowledge within that discipline and these are reflected in assessment.

Academic integrity means that you do not engage in any activity that is considered to be academic fraud; including plagiarism, collusion or outsourcing any part of any assessment item to any other person. You are expected to be honest and ethical by completing all work yourself and indicating in your work which ideas and information were developed by you and which were taken from others. You cannot provide your assessment work to others. You are also expected to provide evidence of wide and critical reading, usually by using appropriate academic references.

In order to minimise incidents of academic fraud, this course may require that some of its assessment tasks, when submitted to Canvas, are electronically checked through Turnitin. This software allows for text comparisons to be made between your submitted assessment item and all other work to which Turnitin has access.

### 10.2. Assessment: Additional Requirements

Limited Graded Course: This course will be graded as Pass in a Limited Grade Course (PU) or Fail in a Limited Grade Course (UF) as per clause 4.1.3 and 4.1.4 of the Grades and Grade Point Average (GPA) - Institutional Operating Policy of the USC. In a course eligible to use Limited Grades, all assessment items in that course are marked on a Pass/Fail basis and all assessment tasks are required to be passed for a student to successfully complete the course. Supplementary assessment is not available in courses using Limited Grades.

### 10.3. Assessment: Submission penalties

You must contact your Course Coordinator and provide the required documentation if you require an extension or alternate assessment.

### 10.4. Links to relevant University policy and procedures

For more information on Academic Learning & Teaching categories including:

- Assessment: Courses and Coursework Programs
- Review of Assessment and Final Grades
- Supplementary Assessment
- Central Examinations
- Deferred Examinations
- Student Conduct
- Students with a Disability

For more information, visit <https://www.usc.edu.au/explore/policies-and-procedures#academic-learning-and-teaching>

### 10.5. Student Charter

UniSC is committed to excellence in teaching, research and engagement in an environment that is inclusive, inspiring, safe and respectful. The [Student Charter](#) sets out what students can expect from the University, and what in turn is expected of students, to achieve these outcomes.

### 10.6. General Enquiries

#### In person:

- **UniSC Sunshine Coast** - Student Central, Ground Floor, Building C, 90 Sippy Downs Drive, Sippy Downs
- **UniSC Moreton Bay** - Service Centre, Ground Floor, Foundation Building, Gympie Road, Petrie
- **UniSC SouthBank** - Student Central, Building A4 (SW1), 52 Merivale Street, South Brisbane
- **UniSC Gympie** - Student Central, 71 Cartwright Road, Gympie
- **UniSC Fraser Coast** - Student Central, Student Central, Building A, 161 Old Maryborough Rd, Hervey Bay
- **UniSC Caboolture** - Student Central, Level 1 Building J, Cnr Manley and Tallon Street, Caboolture

**Tel:** +61 7 5430 2890

**Email:** [studentcentral@usc.edu.au](mailto:studentcentral@usc.edu.au)