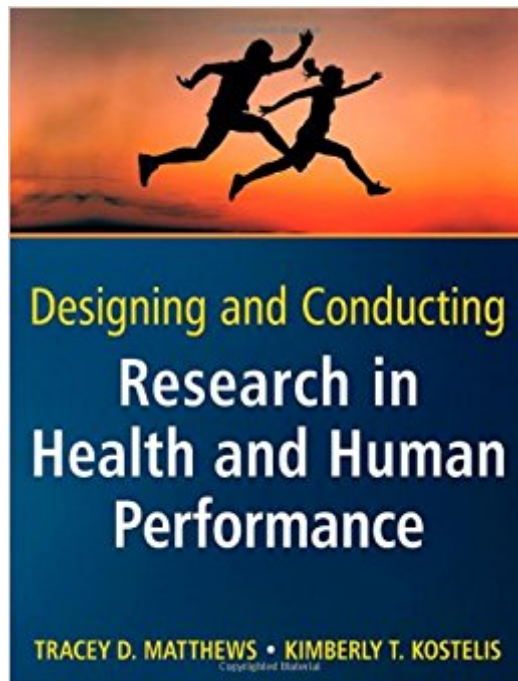




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# **Designing And Conducting Research In Health And Human Performance**



## Synopsis

Designing and Conducting Research in Health and Human Performance shows students how to become effective producers and consumers of health and human performance research. The book provides comprehensive coverage of both quantitative and qualitative research methods and includes step-by-step guidance for writing effective research proposals and theses. In addition, the authors show how to read, assess, interpret, and apply published research and how to conduct basic studies in health, physical education, exercise science, athletic training, and recreation. Designing and Conducting Research in Health and Human Performance is filled with illustrative examples that emphasize the real-world applications of research methods. Throughout, the authors draw on a variety of examples that were selected because they provide a context to further the understanding of health and human performance research. Research to Practice examples and Tips are included by the authors to help students better appreciate the book's content. These study aids provide suggestions and additional resources to assist students in understanding the research process. Key Terms, defined and highlighted, enrich each chapter. Chapter Review Questions, designed to help students comprehend and follow best practices in research methods, close each chapter. Online resources and guides developed by the authors to support and enhance students' learning of important research concepts are available.

## Book Information

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Sports Studies Department at Springfield College, Springfield, Massachusetts. Kimberly T. Kostelis, DPE, is an associate professor in the Department of Physical Education and Human Performance at Central Connecticut State University, New Britain, Connecticut.

Great guide to writing a thesis. Very clean cut and easy to read. I took a Research 1 graduate class and this book helped me get through the semester. It is a very organized book and you can find anything you need to help you understand concepts and assist you in writing a thesis/research paper! Highly recommend!

I purchased this book for class. It was more than I wanted to spend. I have it on kindle too, but I thought I might get more out of the paper back. It's okay. I am still reading the kindle more, but this helps in times when I need to get to pages faster by hand.

Great Book. A+A+ transaction.

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Extremely insightful and some great points. Highly recommend

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