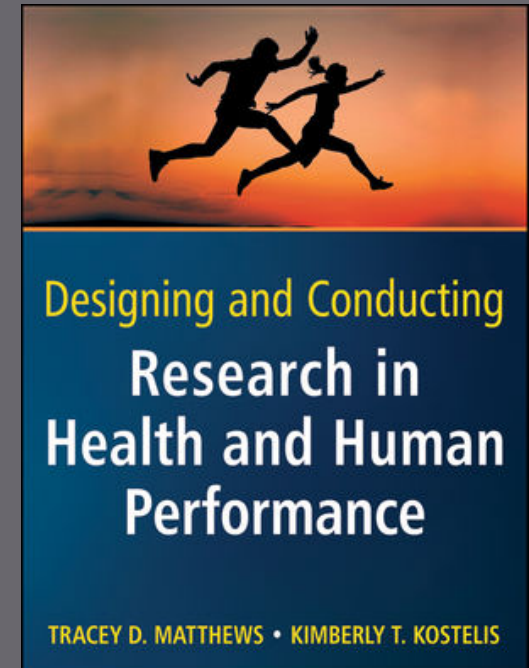


INTRODUCTION TO RESEARCH IN HEALTH AND HUMAN PERFORMANCE

Chapter 1



What You'll Learn

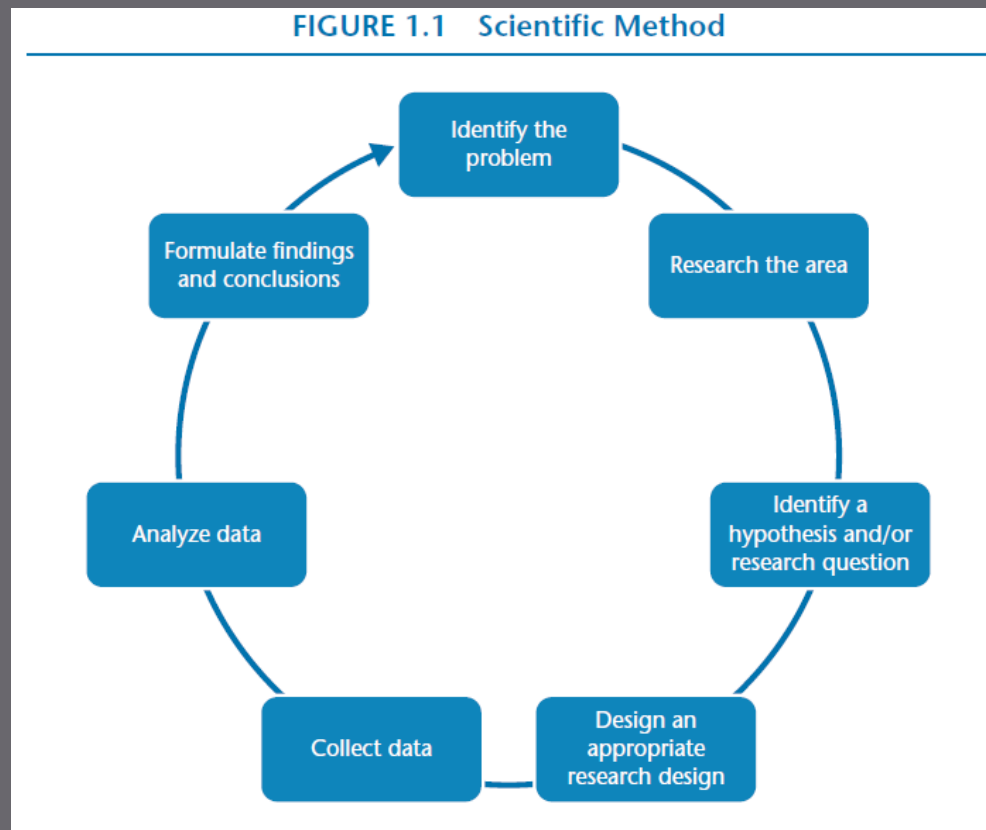
- ▣ How to define Research and begin to explore the nature of research.
- ▣ How the Scientific Method helps guide the research process.
- ▣ How the Research Continuum ranges from applied research in field settings to basic research in laboratory settings.

Defining the Research Process

- ▣ **Research:** purposeful and systematic process to problem solving.

Scientific Method

- ▣ **Scientific Method:** steps within the research process utilized to answer research questions.



Steps in the Scientific Method

Refer to Table 1.1.

1. Identify a Problem
2. Research the Area
3. Identify a Hypothesis and/or research question
4. Design an appropriate research design
5. Collect Data
6. Analyze Data
7. Formulate findings and conclusions

Research Continuum

▣ Applied Research

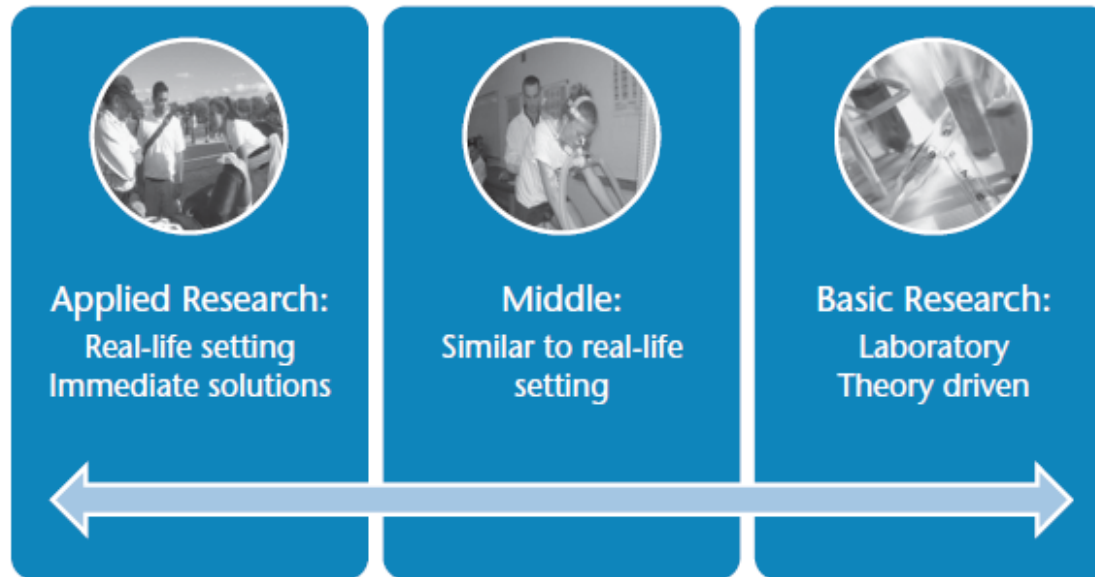
- Focuses on the application of research findings that are based on individual observations and experiences; typically conducted in field settings.

▣ Basic Research

- Focuses on the quest for knowledge that is based on theoretical foundations; typically conducted in laboratory settings.

Research Continuum

FIGURE 1.2 Applied and Basic Research Continuum



Review Questions

1. How would you define Research? Provide an example of how understanding the research process will benefit you professionally.
2. Why is being a good consumer of research important to understanding and interpreting findings and conclusions?
3. What are the steps in the Scientific Method? Why is step 2 (Review of Literature) a critical step in the subsequent steps of the scientific method?
4. What is the difference between Applied and Basic Research? Provide an example of each that is in your area of interest.