

Subject	Research Methods		
Type	Type	Semester	ECTS
	MANDATORY (M)	2	4
Lecturer	Dr. Sc. Abedin Bahtiri		
Aims and Objectives	This course introduces students to the fundamentals of research design, data collection, analysis, and interpretation in the context of sports. Students will explore qualitative and quantitative methods, ethical considerations, and practical applications of research in sports performance, management, and education.		
Learning Outcomes	<p>Upon successful completion of this course, the student should:</p> <ul style="list-style-type: none"> • Understand Research Fundamentals: Explain the role of research in advancing knowledge and solving problems in sports sciences and management. • Develop Research Questions: Formulate clear, focused, and researchable questions specific to issues in sport. • Design Research Studies: Create appropriate research designs using qualitative, quantitative, or mixed methods. • Collect and Analyze Data: Apply suitable techniques for data collection, analysis, and interpretation in sport-related research. • Evaluate Ethical Practices: Recognize and address ethical considerations in sports research. • Critically Review Literature: Analyze and synthesize existing research to identify gaps and inform new studies. • Communicate Research Findings: Present research findings effectively through written reports and oral presentations. 		
Content	Week	Topics	
	Syllabus presentation		
	1	Introduction to Research in Sport	
	2	Types of research: Basic vs. applied, quantitative vs. qualitative	
	3	Research Design and Methodology	
	4	Experimental, descriptive, and case study approaches	
	5	Sampling techniques and considerations	
	6	Data Collection Techniques: Surveys, interviews, and focus groups	
	Mid-term exam – 1		
	7	Using technology and software for data collection	
	8	Data Analysis and Interpretation: Basics of statistical analysis (e.g., descriptive, inferential)	
	9	Qualitative data coding and thematic analysis- Tools and software for data analysis (e.g., SPSS, NVivo)	
	10	Conducting systematic literature reviews	
11	Citing sources and avoiding plagiarism		
12	Presenting Research Findings		
Mid-term exam – 2			
Teaching/Learning Methods	Activity	Weight (%)	
	Lectures	40	
	Lab	40	
	Research	10	

	Independent learning	10	
Assessment Methods	Methods of assessment:	Weight (%)	
	Participation	10	
	a) Mid-term exam -1	20	
	b) Mid-term exam – 2	20	
	Lab	20	
	Individual and group work	30	
ECTS Workload	Activity	Weekly hours	Workload
	Lectures	2	24
	Lab	n/a	12
	Independent learning	n/a	44
	Examination preparation	n/a	20
Literature	<ol style="list-style-type: none"> 1. Thomas, J. R., Silverman, S., & Nelson, J. K. (2015). Research Methods in Physical Activity. Human Kinetics. 2. Smith, B., & Sparkes, A. C. (2016). Qualitative Research Methods in Sport, Exercise and Health: From Process to Product. Routledge. 3. Ian Jones&Chris Gratton, Research Methods for Sports Studies, Routledge, London; New York, 2004. 4. Peter O'Donoghue, Statistics for Sport and Exercise Studies: An Introduction 1st Edition, Routledge, London-Ney York, 2012. 		
Ethical standards	<p>This course follows UBT College's Code of Ethics, requiring all students to behave accordingly. Any case of academic misconduct, including but not limited to cheating, plagiarism, or other forms of dishonesty, will lead to significant punishment such as failure of the specific assessment or the entire course, as well as further disciplinary measures in accordance with UBT College's academic integrity policies.</p>		
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