

Subject	Research theory and methodology		
Type	Type	Semester	ECTS
	MANDATORY (M)	3	4
Lecturer	Assoc. Prof. Dr. Milaim Berisha		
Aims and Objectives	The main aim of the course is increasing awareness on theory of the research and methodology. Thus, it is aimed to provide information on scientific texts, and preparation of research reports in accordance with scientific ethical rules. Besides this, the lesson aims to increase the independence of using the computer programs platforms, performance evaluation, and report of the data.		
Learning Outcomes	<p>Upon completion of this module, students shall be able to:</p> <ul style="list-style-type: none"> • Explains the methods of accessing scientific information and data collection. • Examines scientific texts. • Prepares a research report in accordance with scientific ethical rules. • Applies information about ethical standards and legal restrictions. • Compose and explains the scientific research proposal. • Explains the reporting according to scientific writing rules. 		
Content	Week	Topics	
	Syllabus presentation		
	1	Research procedure (Overview and understanding the research process, and ethical considerations in research)	
	2	Literature overview (researching basics before we start a new research)	
	3	Research Design (research questions and hypotheses, experimental, quasi-experimental, and non-experimental designs, limitations and advantages of different research designs)	
	4	Sampling Methods (Understanding population, sample, and sampling frame, probability vs. non-probability sampling methods, sample size determination, bias and errors in sampling)	
	5	Research Ethics (IRB process, ethical issues in sport and health sciences research, Case studies and ethical dilemmas)	
	6	Data analysis (how to make right analysis on certain data and study designs)	
	Mid-term exam – 1		
	7	Presenting Research Findings (writing research reports and articles, Oral presentations and conference posters)	
	8	Proper discussion section of the paper (key points)	
	9	Proper conclusion (features of the conclusion such as main results, benefits of study, limitations, suggestions)	
	10	Development of research proposal independently (Components of a research proposal, writing research aims, objectives, and hypotheses, developing a research plan: timeline, budget, resources, peer review and feedback on research proposals)	
11	Literature section of research (what to take in consideration about literature in every step of research)		
12	Future challenges of the research methods		
Mid-term exam – 2			
Teaching/Learning Methods	Activity	Weight (%)	
	Lectures	40%	
	Paper	40%	
	Independent learning	10%	
	Other	10%	
Assessment Methods	Methods of assessment:		%
	Participation	10%	
	a) Mid-term exam -1	20%	
	b) Mid-term exam - 2	20%	

	Research paper (not intended for mandatory publication)	50%	
ECTS Workload	Activity	Weekly hours	Workload
	Lectures	2	20
	Research Paper	n/a	30
	Independent learning	n/a	40
	Examination preparation	n/a	10
Literature	<ul style="list-style-type: none"> • Shyamaprasad Mukherjee (2019). A Guide to Research Methodology: An Overview of Research Problems, Tasks and Methods, ISBN: 978-0-367-25620-3 • Andy Field (2016). An Adventure in Statistics: The Reality Enigma, ISBN: 978-1-4462-1045-1 (pbk) • Andy Field (2013). Discovering Statistics Using IBM SPSS statistics. 4th edition. ISBN: 978-1-4462-4918-5 (pbk) • Andy Field, Jeremy Miles, and Zoë Field (2012). Discovering Statistics Using R, ISBN: 978-1-4462-0045-2. • Template of the KOSALB International Journal of Human Movements Science: https://kosalbjournal.com/index.php/pub/writingrules 		
Ethical standards	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.		
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