



Research Methods in Physical Education and Youth Sport

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This is the first research methods book to focus entirely on physical education and youth sport. It guides the reader through the whole research process; from the first steps to completion of a dissertation or practice-based project, and introduces key topics such as:

- formulating a research question
- qualitative approaches
- quantitative approaches
- mixed method research
- literature review
- case studies
- survey, interviews and focus groups
- data analysis
- writing the dissertation.

Each chapter includes a full range of useful pedagogical features, including chapter summaries, practical activities, case studies, dialogues with active researchers and guidance on further reading and resources. With contributions from some of the world's best-known researchers in the field, this book is indispensable reading for all students and professionals working in physical education, youth sport, sports coaching and related subjects.

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