

FLORIDA ATLANTIC UNIVERSITY™

Graduate Programs—PROGRAM CHANGE REQUEST

UGPC APPROVAL _____
 UFS APPROVAL _____
 CATALOG _____

DEPARTMENT: EXERCISE SCIENCE & HEALTH PROMOTION

COLLEGE: EDUCATION

PROGRAM NAME: MS IN EXERCISE SCIENCE & HEALTH PROMOTION

EFFECTIVE DATE

(PROVIDE TERM/YEAR)

SPRING 2016

PLEASE EXPLAIN THE REQUESTED CHANGE(S) AND OFFER RATIONALE BELOW AND/OR ATTACHED:

WE HAD PREVIOUSLY PROPOSED TO DROP COMPREHENSIVE/EXIT EXAMS (AKA COMPS) AS A REQUIREMENT FOR OUR PROGRAM. AT THE APRIL MEETING OF UGPC, IT WAS TENTATIVELY AGREED THAT A "CAPSTONE" EXPERIENCE WOULD BE NEEDED TO REPLACE THE COMPS. IT WAS ALSO TENTATIVELY AGREED THAT THE CAPSTONE EXPERIENCE WOULD BE A MOCK THESIS PROPOSAL INCLUDING NOT ONLY THE FIRST THREE CHAPTERS (INTRODUCTION, LITERATURE REVIEW, AND METHODS) BUT ALSO A 15 MINUTE VIDEO PROPOSAL PRESENTATION TO BE EVALUATED BY 3 FACULTY MEMBERS. IN ADDITION TO REPLACING COMPS, WE BELIEVE THIS WOULD ENCOURAGE GRADUATE STUDENTS TO PURSUE RESEARCH IN OUR PROGRAM AREAS. THIS HAS NOW BEEN INCORPORATED INTO PET 6505C RESEARCH & EVALUATION WHICH IS REQUIRED OF ALL OUR MAJORS AND SUPPORTING DOCUMENTATION HAS BEEN SUBMITTED WITH THIS REQUEST.

Faculty contact, email and complete phone number:
 Dr. Bob Zoeller
 ESHIP Graduate Coordinator
rzoeller@fau.edu 7-2549

Consult and list departments that might be affected by the change and attach comments.
 NA

Approved by:

Department Chair: *Michaels*
 College Curriculum Chair: *Patricia King*
 College Dean: *Valerie J. Boster*
 UGPC Chair: _____
 Graduate College Dean: _____
 UFS President: _____
 Provost: _____

Date:

9/30/15
9/30/15

Email this form and syllabus to UGPC@fau.edu one week before the University Graduate Programs Committee meeting so that materials may be viewed on the UGPC website prior to the meeting.



**COLLEGE OF EDUCATION
DEPARTMENT OF EXERCISE SCIENCE & HEALTH PROMOTION
PET 6505C: Research and Evaluation – Fall 2015**

I. Professor: Dr. Tina M. Penhollow, MCHES
Office: Boca Campus, Field House 11, Office 25B
Office Hours: Wednesdays 8:00-2:00, or by appointment
Contact: E-mail: tpenholl@fau.edu; Office Phone: 561.297.2643
Course Schedule: Distance Learning - Online
Sect. 001, Call No. 85024

II. Catalog Description:

A study of basic and applied research principles and methodology and their application to the testing and evaluation of physical performance and associated behaviors in recreation and athletics.

III. Required Text:

Berg, K. & Latin, R. (2008). *Essentials of Research Methods in Health, Physical Education, Exercise Science, and Recreation* (3rd Edition). Lippincott Williams & Wilkins. ISBN: 978-0-7817-7036-1.

Prerequisites: Graduate status in the ESHP Department.

IV. Competencies/Objectives:

The learning experiences and activities in the course are designed to enable the student to:

1. Describe the basic fundamentals and criteria for the understanding and application of basic and applied research.
2. Study methods relative to the measurement, application and evaluation of tests and rating scales used in health and exercise programming to ensure the selection and use of the most valid and reliable procedures.
3. Analyze and understand the application of statistics as a means for the evaluation and comprehension of research data and test scores.
4. Compare and evaluate the specific criteria and techniques used by researchers in the field of basic and applied research.
5. Analyze and evaluate the practical implications of the research literature in the exercise and health science field(s).

V. Course Outline and Important Dates:

Fall 2015 Term Dates: August 17 – December 11	Holidays: Sep. 7, Nov. 11, & Nov. 26-29
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		TOPIC	READINGS/ASSIGNMENTS	
Week 1:	8/21	Introduction & Ethics	Chapter 1, 2, 3	Discussion 1 Due
Week 2:	8/28	Research Writing *Syllabus Exam	Chapter 4, 5, 6	Discussion 2 Due
Week 3:	9/4	Statistical Concepts	Chapter 7	Discussion 3 Due
Week 4:	9/11	Probability & Hypothesis Testing	Chapter 8, 9	Discussion 4 Due
Week 5:	9/18	Relationships & Predictions	Chapter 10	Discussion 5 Due
Week 6:	9/25	Comparing Mean Scores	Chapter 11	CITI Certification Due
Week 7:	10/2	Midterm Exam: Chapters 1-11		
Week 8:	10/9	Nonparametric Statistics	Chapter 12	Discussion 6 Due
Week 9:	10/16	Measurement & Data Collection	Chapter 13	Discussion 7 Due
Week 10:	10/23	Experimental Validity & Control	Chapter 14	Discussion 8 Due
Week 11:	10/30	Experimental Research & Design	Chapter 15	Discussion 9 Due
Week 12:	11/6	Nonexperimental & Qualitative Research	Chapter 16, 17	Discussion 10 Due
Week 13:	11/13	Quality Control in Research	Chapter 18	Research Project & PP Due
Week 14:	11/20	Assessment & Application of Research	Chapter 19	Responses to peer PP Due
Week 15:	11/27	Final Exam: Chapters 12-19		

VI. Evaluation: Your final grade will be calculated as follows:

A.) Exams (2 @ 100pts):	200 points
B.) Weekly Discussion (10 @ 10pts):	100 points
C.) Research Project:	
Written Proposal:	100 points
PowerPoint/Video Presentation:	50 points
D.) CITI Certification:	50 points

Total Points	500 points
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A. Exams: 200 points

There will be two exams in this course worth 100 points each (a midterm and a final). Exams will cover information based on PowerPoint lectures, discussions, and the book. Tests will primarily be multiple-choice and short answer/essay. Students are required to take the exam on the day scheduled. Exams will be available from 6:00am-midnight on the day of the exam. Students are required to contact the instructor 48 hours prior to missing a scheduled exam with a legitimate excuse (ex: military commitment, death in the family, court-imposed legal obligations, or participation in a university athletic or scholastic event). Make-up exams will be different than the scheduled exam. If the student does not contact the instructor before missing an exam, a grade of "0" will be recorded. If an exam is not made up within three days, a grade of "0" will be recorded. See course outline for exam dates.

***Syllabus Exam:** A syllabus exam is scheduled for August 28th. This exam is to familiarize you with taking exams on BlackBoard. No credit is attached to the exam; however, 10 points will be deducted from your final grade if you fail to take this exam. You may take the exam as often as necessary to score 100%.

B. Weekly Discussion: 100 points

Each week question(s) based on the textbook reading assignments and the PowerPoint Lectures will be posted in the Discussion Board of BlackBoard. Each student must respond to each weekly discussion (minimum of 250 words). Weekly discussions do not require replies to other classmates. Please copy and paste each question and thoroughly

provide your response(s) following the questions(s). Please do not attach your response(s), but copy and paste your response(s) into BlackBoard. Failure to respond will result in "0" points for each weekly discussion. There are a total of 10 weeks of discussion worth 10pts each. Responses for the discussion are due by 5:00PM every Friday on the dates indicated in the course outline.

C. Research Project: Total = 150 points

Written Research Proposal: 100 Points

The research project will consist of any exercise science and health promotion research investigation that you would like to conduct. This is just a proposal. You are not required to actually conduct a study. You will also present a mock proposal PowerPoint Presentation, which will be evaluated by a committee of three ESHP faculty. You must: determine the purpose of the study, the design, methods, and the appropriate data analysis (statistics) to run on the results. This project is equal to the first three chapters of a Master's Thesis: (I) Introduction; (II) Review of Literature; and (III) Methods. Example research projects are provided in the Practice Resources page of BlackBoard. These projects are posted for your reference (only). Please follow the instructions in the syllabus and the rubric provided through BlackBoard for this assignment. **The Research Project is due through the Assignments section of BlackBoard November 13th by 5:00PM.**

Research Project Overview:

Chapter 1 - Introduction (4-5 pages)

- **Introduction:** General description of area - "set the stage"
- **Significance of the Problem:** Need based health issue to expand current literature; citations required
- **Purpose of Study:** Clear statement of study purpose
- **Hypothesis/Hypotheses:** Specific question(s) of relationship between two or more variables; testable
- **Definitions:** Operational definitions of variables being researched
- **Delimitations & Limitations:** Delimitations and limitations are different; provide both at end of chapter

Chapter 2 - Literature Review (7-8 pages)

- **Introduction:** Set the stage for what is not known; tell them what you are going to tell them
- **Literature Review:** Structure the review and orient the reader to that structure; tell them
- **Summary of Literature:** Brief summary of literature; tell them what you have already told them

Chapter 3 - Methods (4-5 pages)

- **Participants:** Demographics; sampling methods
- **Procedures:** Specifics depend on the study; think replicability
- **Instrumentation:** Type, description, reliability, validity, scoring methods to be used
- **Statistical Techniques:** Be specific relative to how each variable derived from scores from the instrumentation will be analyzed to address the hypothesis/hypotheses (i.e., chi-square, t-test, ANOVA, correlation, multiple regression, logistic regression, etc.); state the significance level; provide power and effect size

Format Requirements:

The final project will be graded on content, compliance with direction outlined, proper use of grammar, spelling, and organization. The project must be typed, double-spaced, use of standard format font (Times New Roman, 12 font), and one-inch margins on each side (8^{1/2}" x 11^{1/2}"). The completed project must include a Cover Page and a Table of Contents. Additionally, a List of Tables, List of Figures, and/or List of Graphs must be provided following the Table of Contents (a minimum of one is required for the project). Number the pages prior to the text of the project (except for the Cover Page), with small Roman case (i, ii, iii, ...) at the bottom center of the page. References should be listed on a separate reference page(s) following the text of the proposal with a minimum of 10 peer-reviewed scientific references. All appendices should be placed after the reference page(s) (a minimum of one is required for the project). Number the text, references sheet(s), and appendix/appendices with Arabic numerals (1, 2, 3, ...) at the bottom center of the page. Please proof read all chapters carefully. APA (6th ed.) style is required for all formatting and referencing both within the text and reference page(s). APA guidelines for writing and referencing can be obtained from: www.apastyle.org and an

APA style (6th ed.) tutorial is provided on BlackBoard. The final project should be 15-20 pages in length with a minimum of ten scientific references. Please see BlackBoard for the Research Project Rubric.

Research PowerPoint/Video Presentation: 50 points

Each student must construct a Video PowerPoint Presentation (including appropriate visuals) based on his or her individual proposed research project. This is a mock research proposal which will be evaluated by a committee of three ESHP faculty. Your PowerPoint Presentation must be videotaped. Your presentation must be a minimum of 15 minutes – not to exceed 20 minutes. Each PowerPoint Presentation must be a minimum of 20 slides, not including the reference slide(s). A reference slide(s) must also be included in the PowerPoint Presentation. APA (6th edition) style referencing is required. Please see BlackBoard for the Research PowerPoint Presentation Rubric. The Research PowerPoint Presentation is due through the Discussion Board of BlackBoard November 13th by 5:00PM. Students must read and comment (100-150 words) to at least two other classmates' Research PowerPoint Presentations due November 20th by 5:00PM.

D. CITI Certification: 50 points

Students are required to complete the Collaborative IRB Training Initiative (CITI) offered through the University of Miami: <https://www.citiprogram.org>. Students must complete the Social and Behavioral Section. Students must print out, scan, and submit proof of CITI certification through the Assignments section of BlackBoard due September 25th by 5:00PM.

Grading Scale:

A = 94% (470-500 points), A⁺ = 90-93.99% (450-469 points)

B⁺ = 87-89.99% (435-449 points), B = 84-86.99% (420-434 points), B⁻ = 80-83.99% (400-419 points)

C⁺ = 77-79.99% (385-399 points), C = 74-76.99% (370-384 points), C⁻ = 70-73.99% (350-369 points)

D⁺ = 67-69.99% (335-349 points), D = 64-66.99% (320-334 points), D⁻ = 60-63.99% (300-319 points)

F = 0-59% (< 300 points)

VII. Course Policies & Procedures:

1. You are expected to read and follow the syllabus.
2. Assignments MUST have a written title in the subject area and submitted using Microsoft Word (2007+) or they will not be graded.
3. All scientific references used for this class must be published/written within the last fifteen years (year 2000 or greater).
4. Email response time is 48 hours, excluding weekends and holidays; feedback on all assignments and discussion boards will be completed within one week from the due date.
5. It is important to check your FAU e-mail account for messages and announcements regularly. If you forward your FAU e-mail to another account be aware that you may miss e-mails. Do not rely on forwarded messages getting through (read the caveat against forwarding e-mail to another account. You will find this on the login page of BlackBoard).
6. DO NOT e-mail or fax any assignments to the professor. Submit all assignments through the appropriate BlackBoard site as per the instructions found in this syllabus.
7. All assignments are to be submitted no later than 5:00PM on the due date. Late assignments will not receive credit.
8. Exams will be given via the BlackBoard site. You are required to take the exam at the designated time and day. All exams will be available from 6:00AM until midnight. Make-up tests WILL NOT be given unless there is a legitimate excuse (ex: military commitment, death in the family, court-imposed legal obligation, or participation in a university athletic or scholastic event). Please see the Course Outline for specific due dates.
9. Any changes to the syllabus will be made by an e-mail announcement and BlackBoard by the professor.

10. Two separate tutorials are available for you in the APA and Plagiarism Resources Page of BlackBoard. They are designed to help you with APA writing style and to familiarize you with what constitutes plagiarism. Please read them.

11. There is a Summary of Statistical Tests and a Z Table; as well as five Worksheets and five Answer Keys to the worksheets in the Practice Resources Page of BlackBoard. These are not required; but strongly encouraged for your practice.

12. In compliance with the Americans with Disabilities Act (ADA), students who require special accommodations due to a disability to properly execute coursework must register with the Office for Students with Disabilities (OSD) located in Boca Raton - SU 133 (561-297-3880), in Davie - MOD I (954-236-1222), in Jupiter - SR 117 (561-799-8585), or at the Treasure Coast - CO 128 (772-873-3305), and follow all OSD procedures. If you have a learning disability and need special assistance, please notify the instructor by the end of the first week of the semester. For more information: <http://osd.fau.edu/>. An OSD link is also provided in the Orientation Page of BlackBoard.

13. Minimum technical skills are required for this course, such as navigating an online class, attaching and uploading documents, as well as copy and paste for the Discussions.

14. Plagiarism, cheating, or academic dishonesty of any kind on any assignment or exam will not be tolerated and will result in a failing grade on the assignment or exam or possibly even the course.

15. Submitting any assignment, research papers, etc. for this course that was previously completed for another course is considered academic dishonesty and will result in a zero for that assignment. SafeAssign, an academic dishonesty program, will be used to evaluate plagiarism. By signing up for this course the student agrees to allow SafeAssign to check any and all papers submitted to BlackBoard for plagiarism. Appropriate FAU guidelines will be followed for disciplinary action. See FAU catalog for specifics.

16. Students at Florida Atlantic University are expected to maintain the highest ethical standards. Academic dishonesty, including cheating and plagiarism, is considered a serious breach of these ethical standards, because it interferes with the University mission to provide a high quality education in which no student enjoys an unfair advantage over any other. Academic dishonesty is also destructive of the University community, which is grounded in a system of mutual trust and places high value on personal integrity and individual responsibility. Harsh penalties are associated with academic dishonesty. For more information, see: http://wise.fau.edu/regulations/chapter4/4.001_Code_of_Academic_Integrity.pdf

17. The Center for Learning and Student Success (CLASS) at FAU provides a variety of links for students to assist with online academic success. These include the Center for Teaching and Learning, tutoring, and supplemental instruction. An eLearning Success Advisor is also available for you: <http://www.fau.edu/class>

18. FAU libraries have developed a new search engine called SearchWISE. You are able to search from many resources at once (Library Catalog/Books, Databases/Articles, e-Journals Digital Collections). FAU libraries also offers various services and workshops such as Introduction to Graduate Research and RefWorks: <http://www.fau.edu/library>

VIII. Suggested References:

-Harris, M. (1995). Basic Statistics for Behavioral Science Research (2nd edition). ISBN: 0-205-26889-7

-Kerlinger, F. & Lee, H. (2000). Foundations of Behavioral Research (4th edition). ISBN: 0-15-507897-6.

-Kirk, R. (1995). Experimental Design: Procedures for the Behavioral Sciences (3rd edition). ISBN: 0-534-25092-0.

-Montgomery, D., Peck, E., & Vining, G. (2001). Introduction to Linear Regression Analysis (3rd edition). ISBN: 0-471-31565-6.

-Neutens, J. & Rubinson, L. (2002). Research Techniques for the Health Sciences (3rd edition). ISBN: 0-205-34096-2.

-Pedhazur, E. (1997). Multiple Regression in Behavioral Research: Explanation and Prediction (3rd edition). ISBN: 0-03-072831-2.

-Publication Manual of the American Psychological Association (APA) (6th edition). (2009). ISBN: 978-1433805615.

-Tashakkori, A. & Teddye, C. (2003). Handbook of Mixed Methods in Social and Behavioral Research. ISBN: 0-7619-2073-0.

-Zar, J. (1999). Biostatistical Analysis (4th edition). ISBN: 0-13-081542-X.

Research Project Rubric (100 pts)	Name:	Date:	Reviewed by:
Cover Page & Table of Contents	Cover Page provided. Table of Contents has list of correct page numbers for all 3 Chapters, Reference Page(s), and Appendix/Appendices. 5 points	Cover Page provided. Table of Contents has list of incorrect page numbers for all 3 Chapters, Reference Page(s), and Appendix/Appendices. 2 points	Cover Page not provided and/or Table of Contents has list of incorrect page numbers for all 3 Chapters, Reference Page(s), and Appendix/Appendices. 0 points
List of Tables/Figures/Graphs	Has list of correct page numbers for at least one table, figure and/or graph. 5 points	Has list of incorrect page numbers for at least one table, figure and/or graph. 2 points	No list of tables, figures and/or graphs provided. 0 points
Chapter 1 – Introduction	Excellent - Introduction; Significance of the Problem; Purpose of Study; Testable Hypotheses; Operational Definitions; Delimitations & Limitations. 4-5 pages in length. 25 points	Good - Introduction; Significance of the Problem; Purpose of Study; Testable Hypotheses; Operational Definitions; Delimitations & Limitations. Missing considerable information. Less than 4 pages in length. 15 points	Poor - Introduction; Significance of the Problem; Purpose of Study; Testable Hypotheses; Operational Definitions; Delimitations & Limitations. Missing considerable information. Less than 2 pages in length. 0 points
Chapter 2 – Literature Review	Excellent - Introduction; Literature Review; Summary of Literature. 7-8 pages in length. 25 points	Good - Introduction; Literature Review; Summary of Literature. Missing considerable information. Less than 7 pages in length. 15 points	Poor - Introduction; Literature Review; Summary of Literature. Missing considerable information. Less than 4 pages in length. 0 points
Chapter 3 – Methods	Excellent - Participants; Procedures; Instrumentation; Statistical Techniques. 4-5 pages in length. 25 points	Good - Participants; Procedures; Instrumentation; Statistical Techniques. Missing considerable information. Less than 4 pages in length. 15 points	Poor - Participants; Procedures; Instrumentation; Statistical Techniques. Missing considerable information. Less than 2 pages in length. 0 points
Reference Page	Inclusive reference list of at least 10 scientific references for entire project correctly done in APA format. This includes the correct citation of references within the paper. 10 points	Reference list of at least 7 scientific references and/or minor APA format errors for entire project. 5 points	Reference list of less than 5 scientific references and/or major APA format errors for entire project. 0 points
Appendix/Appendices	Appendix/Appendices included in final paper. 5 points		No Appendix/Appendices included. 0 points
Spelling, Grammar & Punctuation	No spelling, grammar & punctuation errors. 0 points deducted		Each spelling and grammar error. 1 point deduction
Project Overview	Research Project must be submitted to SafeAssign through BlackBoard prior to deadline or it will not be graded. The final research proposal should be 15-20 pages in length – standard format (Times New Roman, 12 font, one-inch margins on each side)		
Research Project Grade & Professor Comments:			

Research PowerPoint Presentation Rubric (50 pts)	Name:	Date:	Reviewed by:
Introduction & Topic Development	Excellent - Provided an attention getter; solid background of research topic; up to date information/statistics; maintained interest of the topic (Chapter 1: Introduction; Chapter 2: Literature Review). 10 points	Good - Provided an attention getter; solid background of research topic; up to date information/statistics; maintained interest of the topic (Chapter 1: Introduction; Chapter 2: Literature Review). 5 points	Poor - Provided an attention getter; solid background of research topic; up to date information/statistics; maintained interest of the topic (Chapter 1: Introduction; Chapter 2: Literature Review). 0 points
Evidence of Critical Thinking	Excellent - Demonstration of knowledge of entire research project proposal (Chapter 3: Methods). 10 points	Good - Demonstration of knowledge of entire research project proposal (Chapter 3: Methods). 5 points	Poor - Demonstration of knowledge of entire research project proposal (Chapter 3: Methods). 0 points
Presentation Overview	Excellent - Eye contact; voice projection; did not read from notes; confident; organized. 5 points	Good - Eye contact; voice projection; did not read from notes; confident; organized. 2 points	Poor - Eye contact; voice projection; did not read from notes; confident; organized. 0 points
Visual Aids	Excellent - PowerPoint Presentation contained at least 5 visual aids (tables/graphs/figures/pictures). 5 points	Good - PowerPoint Presentation contained less than 5 visual aids (tables/graphs/figures/pictures). 2 points	Poor - PowerPoint Presentation contained less than 3 visual aids (tables/graphs/figures/pictures). 0 points
Attire	Excellent - Formal business attire. 5 points	Good - Formal/informal business attire. 2 points	Poor - Informal business attire. 0 points
Conformity to Time Requirement	Presentation was a minimum of 15 minutes and a maximum of 20 minutes. 5 points		Presentation was less than 15 minutes and/or presentation exceeded 20 minutes. 1 point deduction per minute
Conformity to Slide Requirement	Presentation was a minimum of 20 slides (not including the reference slide). 5 points		Presentation was not a minimum of 20 slides (not including the reference slide). 0 points
Reference Slide(s)	Presentation contained a reference slide(s) - with a minimum of 10 scientific references provided. 5 points		Presentation did not contain a reference slide(s) - and/or no minimum of 10 scientific references provided. 0 points
Spelling, Grammar & Punctuation	No spelling, grammar & punctuation errors. 0 points deducted		Each spelling and grammar error. 1 point deduction
PowerPoint Presentation Overview	Research PowerPoint Presentation must be uploaded as a video through the Discussion Board of BlackBoard prior to the deadline or it will not be graded. The final presentation should be a minimum of 20 slides and 15-20 minutes in length.		
Research PowerPoint Presentation Grade & Professor Comments:			