

COURSE OUTLINE			
TERM: Fall 2026		COURSE NO: KINE 301	
INSTRUCTOR:		COURSE TITLE: Research Methods in Kinesiology	
OFFICE: LOCAL:		SECTION NO(S):	CREDITS: 3.0
E-MAIL: @capilanou.ca			
OFFICE HOURS:			
COURSE WEBSITE:			

Capilano University is named after Chief Joe Capilano (1854–1910), an important leader of the Skwxwú7mesh (Squamish) Nation of the Coast Salish Peoples. We respectfully acknowledge that our campuses are located on the unceded territories of the səlilwətał (Tsleil-Waututh), shíshálh (Sechelt), Skwxwú7mesh (Squamish), and xʷməθkʷəy̓əm (Musqueam) Nations.

COURSE FORMAT

Three hours of class time, plus an additional hour delivered through on-line or other activities for a 15-week semester, which includes two weeks for final exams.

COURSE PREREQUISITES

36 credits of 100-level or higher coursework

CALENDAR DESCRIPTION

This course will introduce students to research methods in Kinesiology and their practical applications. Topics covered include: the fundamentals of research design, critical analyses of the literature and strategies for developing research proposals.

COURSE NOTE

KINE 301 is an approved Quantitative/Analytical course for baccalaureate degrees.

KINE 301 is an approved Numeracy course for Cap Core requirements.

REQUIRED TEXTS AND/OR RESOURCES

Kowalski, K., McHugh, T., Sabiston, C., Ferguson, L. (2022). *Research Methods in Kinesiology* (2nd edition). Don Mills, ON: Oxford University Press.

COURSE STUDENT LEARNING OUTCOMES

On successful completion of this course, students will be able to do the following:

1. **Differentiate** between the strengths and limitations of research designs.
2. **Describe** the purpose and essential elements of a research paper.
3. **Explain** basic principles of descriptive and inferential statistics and explore reliability, validity, and systematic error.

4. **Evaluate** scientific literature and prepare a proposal for a research project.
5. **Identify** cultural bias as it exists in literature and research design in the field of kinesiology.

Students who complete this Numeracy course will be able to do the following:

1. Apply both analytical and numerical skills to solve problems.
2. Summarize and analyze data in quantitative forms.
3. Interpret and draw conclusions from an analysis of quantitative data.
4. Represent quantitative information in a variety of forms (e.g. symbolically, visually, numerically, and verbally).
5. Incorporate quantitative evidence in support of an argument.

COURSE CONTENT

WEEK	TOPIC (S)	ASSIGNMENT DUE
1	- Course Introduction - What is Research? Scientific Inquiry and Process	Research Experience Assessment
2	- Quantitative Study Design - How to Conduct Literature Search	
3	Quantitative Study Design	Anatomy of a Research Paper
4	Data Analysis in Quantitative Study	
5	Evaluating Merits of Quantitative Research	Literature Search Worksheet
6	Qualitative Study Design	
7	Data Analysis & Evaluating Merits of Qualitative Research	Article Critical Review
8	- Mixed Methods Research - Participatory Action Research	
9	MIDTERM - Introduction to Research Proposals Presenting a Problem & Literature Review	Proposal Group and Topic Selection
10	Proposal Workshop	
11	Knowledge Translation: Communicating Research	Literature Review Report

12	Research In Action: Guest Speaker	
13	Proposal Workshop	Proposal Document
14 - 15	FINAL EXAM PERIOD	

EVALUATION PROFILE

ASSESSMENT	% OF FINAL GRADE	INDIVIDUAL/GROUP
Assignments	25%	Individual and Group
Participation*	10%	Individual
Research Proposal	20%	Group
Midterm Examination	20%	Individual
Final Examination	25%	Individual
Total	100%	

* Participation marks are based on attendance, participation in group and individual class activities.

GRADING PROFILE

A+ = 90-100	B+ = 77-79	C+ = 67-69	D = 50-59
A = 85-89	B = 73-76	C = 63-66	F = 0-49
A- = 80-84	B- = 70-72	C- = 60-62	

Incomplete Grades

Grades of Incomplete "I" are assigned only in exceptional circumstances when a student requests extra time to complete their coursework. Such agreements are made only at the request of the student, who is responsible to determine from the instructor the outstanding requirements of the course.

Late Assignments

Assignments are due at the beginning of the class on the due date listed. Any late assignment will be penalized 10% per day unless otherwise discussed with the instructor.

Missed Exams/Quizzes/Labs etc.

Make-up exams, quizzes and/or tests, labs, in-class assignments, etc. are given at the discretion of the instructor. They are generally only offered when the scheduled exam/quiz/test/lab/assignment was missed due to a medical emergency or severe personal crisis when advanced notice and/or a doctor's note/evidence was provided. Making up the marks of some missed labs or activities may not be able to be accommodated regardless of the reason for missing them. If a student continually misses exams/quizzes/labs/in-class assignments, the instructor may recommend additional assistance through the Your Early Support (YES) program. Accommodations can be made to honour community needs and traditional practices.

Attendance

Student participation will be evaluated as outlined in the Department or Program Operational Details section of the course syllabus (see below). If participation marks are given for attendance, marks will be deducted for each missed class. In the case of illness, an instructor may request a doctor's note, and the exemption from lost marks will be at the discretion of the instructor. Be advised that student performance in the course may be considered when deciding if lost marks can be excused. If a student continually misses classes/labs the instructor may recommend additional assistance through the Your Early Support (YES) program.

English Usage

Students are expected to proofread all written work for any grammatical, spelling and stylistic errors. Instructors may deduct marks for incorrect grammar and spelling in written assignments.

Electronic Devices

Students may use electronic devices during class for note-taking and research purposes only.

On-line Communication

Outside of the classroom, instructors will (if necessary) communicate with students using either their official Capilano University email or eLearn; please check both regularly. Official communication between Capilano University and students is delivered to students' Capilano University email addresses only.

UNIVERSITY OPERATIONAL DETAILS**Tools for Success**

Many services are available to support student success for Capilano University students. A central navigation point for all services can be found at: <https://www.capilanou.ca/student-services/>

Capilano University Security: download the [CapU Mobile Safety App](#)

Policy Statement (S2009-06)

Capilano University has policies on Academic Appeals (including appeal of final grade), Student Conduct, Academic Integrity, Academic Probation and other educational issues. These and other policies are available on the University website.

Academic Integrity (S2017-05)

Any instance of academic dishonesty or breach of the standards of academic integrity is serious and students will be held accountable for their actions, whether acting alone or in a group. See policy and procedures S2017-05 Academic Integrity for more information:

<https://www.capilanou.ca/about-capu/governance/policies/>

Violations of academic integrity, including dishonesty in assignments, examinations, or other academic performances, are prohibited and will be handled in accordance with the Student Academic Integrity Procedures.

Academic dishonesty is any act that breaches one or more of the principles of academic integrity. Acts of academic dishonesty may include but are not limited to the following types:

Cheating: Using or providing unauthorized aids, assistance or materials while preparing or completing assessments, or when completing practical work (in clinical, practicum, or lab settings), including but not limited to the following:

- Copying or attempting to copy the work of another during an assessment;
- Communicating work to another student during an examination;
- Using unauthorized aids, notes, or electronic devices or means during an examination;
- Unauthorized possession of an assessment or answer key; and/or,
- Submitting of a substantially similar assessment by two or more students, except in the case where such submission is specifically authorized by the instructor.

Fraud: Creation or use of falsified documents.

Misuse or misrepresentation of sources: Presenting source material in such a way as to distort its original purpose or implication(s); misattributing words, ideas, etc. to someone other than the original source; misrepresenting or manipulating research findings or data; and/or suppressing aspects of findings or data in order to present conclusions in a light other than the research, taken as a whole, would support.

Plagiarism: Presenting or submitting, as one's own work, the research, words, ideas, artistic imagery, arguments, calculations, illustrations, or diagrams of another person or persons without explicit or accurate citation or credit.

Self-Plagiarism: Submitting one's own work for credit in more than one course without the permission of the instructors, or re-submitting work, in whole or in part, for which credit has already been granted without permission of the instructors.

Prohibited Conduct: The following are examples of other conduct specifically prohibited:

- Taking unauthorized possession of the work of another student (for example, intercepting and removing such work from a photocopier or printer, or collecting the graded work of another student from a stack of papers);
- Falsifying one's own and/or other students' attendance in a course;
- Impersonating or allowing the impersonation of an individual;

- Modifying a graded assessment then submitting it for re-grading; or,
- Assisting or attempting to assist another person to commit any breach of academic integrity.

Sexual Violence and Misconduct

All Members of the University Community have the right to work, teach and study in an environment that is free from all forms of sexual violence and misconduct. Policy B401 defines sexual assault as follows:

Sexual assault is any form of sexual contact that occurs without ongoing and freely given consent, including the threat of sexual contact without consent. Sexual assault can be committed by a stranger, someone known to the survivor or an intimate partner.

Safety and security at the University are a priority and any form of sexual violence and misconduct will not be tolerated or condoned. The University expects all Students and Members of the University Community to abide by all laws and University policies, including B.401 Sexual Violence Policy and B.401.1 Sexual Violence Procedure (found on Policy page <https://www.capilanou.ca/about-capu/governance/policies/>)

Emergencies: Students are expected to familiarise themselves with the emergency policies where appropriate and the emergency procedures posted on the wall of the classroom.

DEPARTMENT OR PROGRAM OPERATIONAL DETAILS

Missed Exams/Quizzes/Labs

Make-up exams, quizzes and/or tests, labs, in-class assignments, etc. are given at the discretion of the instructor. They are generally only offered when the scheduled exam/quiz/test/lab/assignment was missed due to a medical emergency or severe personal crisis when advanced notice and/or a doctor's note/evidence was provided. Making up the marks of some missed labs or activities may not be able to be accommodated regardless of the reason for missing them. If a student continually misses exams/quizzes/labs/in-class assignments, the instructor may recommend additional assistance through the Your Early Support (YES) program.

Attendance and Participation:

Student participation will be evaluated as outlined in the Department or Program Operational Details section of this course syllabus (see below). If participation marks are given for attendance, marks will be deducted for each missed class. In the case of illness, an instructor may request a doctor's note, and the exemption from lost marks will be at the discretion of the instructor. Be advised that student performance in the course may be considered when deciding if lost marks can be excused. If a student continually misses classes/labs the instructor may recommend additional assistance through the Your Early Support (YES) program.

Participation:

This mark, if included as part of the assessment items by the instructor, is based on both the frequency and quality of the student's comments, questions, observations, and involvement, with the emphasis on quality. The quality is determined by, among other things, the relevance, insight and clarity of remarks. Preparing the required readings will support a student's ability to participate. The participation mark is also influenced by professionalism (as described below), attitude and punctuality.

Professional Behaviour:

Students must demonstrate a professional attitude and behaviour toward work, fellow students and their instructors. Each student should demonstrate reliability, respect for and cooperation with colleagues. A willingness to work calmly and courteously under difficult conditions as well as a determination to achieve first-class work while meeting deadlines is necessary. Students should display a constructive response to criticism. Professional behaviour include appropriate language use. Appropriate language use involves using respectful, moderate, and inclusive language at all times.

Copyright Policy:

Students are expected to familiarize themselves with and abide by the University's Copyright Policy. The University's Copyright Policy is published on the University website.