

DEPARTMENT OF KINESIOLOGY AND HEALTH SCIENCES

COURSE OUTLINE – WINTER 2026

PE2190 (A3): Research Methods in Kinesiology – 3 (3-0-0) 45 Hours for 15 Weeks

Northwestern Polytechnic acknowledges that our campuses are located on Treaty 8 territory, the ancestral and present-day home to many diverse First Nations, Metis, and Inuit people. We are grateful to work, live and learn on the traditional territory of Duncan's First Nation, Horse Lake First Nation, and Sturgeon Lake Cree Nation, who are the original caretakers of this land.

We acknowledge the history of this land, and we are thankful for the opportunity to walk together in friendship, where we will encourage and promote positive change for present and future generations.

INSTRUCTORS: Fabio Minozzo K219
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OFFICE HOURS: upon student request

Lectures: Mondays 11:30 -12:50; Fridays 10:00 -11:20

CALENDAR DESCRIPTION: This course will provide an introduction to research methods used in the field of kinesiology. Emphasis will be placed on the application of research techniques commonly used in the discipline.

DELIVERY MODE(S): A variety of methodologies will be employed including lecture, discussion, lab activities, seminars group/individual work. This course will be mostly delivered in class with some online components. Students are recommended to bring their own laptop or tablet.

POLICY ON THE USE OF ARTIFICIAL INTELLIGENCE (AI): The use of Artificial Intelligence (AI), including Large Language Models (LLMs) and other related technologies, has grown significantly in recent years and is now part of everyday reality. The intent of this policy is not to prohibit their use entirely, but to ensure it is applied appropriately and transparently in accordance with established course guidelines. This policy applies only to this course; other instructors may have different policies, and students should not assume these rules apply elsewhere. When no specific rules are established for a given task, the following defaults will apply: **i. For Assignments, Reports, and Presentations** –AI tools may be used to assist in drafting but may not be used to generate the complete work from a single prompt; AI may be used to refine language, and all prompts must be disclosed. For greater transparency, students may be asked to submit their prompt history and AI outputs as an appendix or additional file. If references are required, students must read and verify them to ensure accuracy and existence; any information generated by AI must be independently verified using credible sources; and students must fully understand the material they submit. The instructor may interview students to assess their understanding, and a demonstrated lack of knowledge will be treated as probable academic misconduct. **ii. For Tests, Exams, and Quizzes** – the use of AI tools, search engines, communication devices, or any feature enabling communication with external entities is strictly prohibited. Once specific rules are set for a task, those rules override these defaults, which will no longer apply. Any breach of the applicable rules will be addressed under the institution's academic misconduct procedures.

**Note: AI-generated content may contain errors or biases. Students are responsible for verifying information and may consult their instructor for guidance on its accuracy, appropriateness, or permitted use.*

POLICY ON THE RECORDING OF TEACHING ACTIVITIES: Students may not record classroom activities (such as lectures, group activities, 3rd party presentations, etc.) without the instructor's consent. This policy is set to protect the privacy and reputation of students, to uphold the copyrights of the instructor and other content creators, and to facilitate free and open discussion of ideas. The classroom is meant to be a psychologically safe environment, where students are free to explore and think through new

and controversial ideas without fear of public repercussions. Recording lectures can undermine this goal. If permission to record an activity is granted, the recorded material can only be used for the student's own private use and is not to be posted online or otherwise distributed. Students will be notified in advance by the instructor when someone has been granted permission to record a classroom activity. Students will also be given the option of being excused from actively participating in recorded activities. In the case of student presentations, the recording student must show proof that the presenting student(s) have agreed to be recorded before the instructor will grant permission.

POLICY ON INSTRUCTIONAL RESOURCES AND MATERIALS: Any course resource/material should be properly used: the content created by your instructor is his/her intellectual property and is provided to you based upon your registration for this class; as such, the material is for your private use only. It is not to be distributed, publicly exhibited, or sold without the permission of the instructor. Third party materials (such as assigned readings, videos, et cetera) have either been licensed for use in this course or fall under an exception or limitation in Canadian Copyright law.

**Note: posting instructional personal notes or slides before or after classes is at the discretion of your instructor.*

POLICY ON ATTENDANCE: Attendance in this course is MANDATORY. Students are strongly recommended to attend all classes; however, they must attend at least 75% of the lectures/course. **If a student misses more than 25% of the course, he or she will be debarred from the Final Assessment, see Final Examination Policy.** In exceptional circumstances, the instructor may allow a student to miss more classes than the minimum, but these issues will be addressed on a case-by-case basis.

PREREQUISITE: PE1090

REQUIRED TEXT/RESOURCE MATERIALS: Assigned readings/ videos/ resources: Required materials will be posted on MyClass during the course.

LEARNING OUTCOMES:

Students who successfully complete this course should be able to:

- Critically appraise original research articles based on criteria such as rigour, internal consistency, novelty, relevance, and ethical considerations.
- Differentiate between research paradigms (such as qualitative, quantitative, and mixed methods) and understand their relationship to research design.
- Conduct thorough and rigorous literature reviews.

COURSE SCHEDULE TENTATIVE TIMELINE:

Date	Week	Instructor	Topic
Jan 9 Fri	1	Sim and Fabio	Introduction to the course
Jan 12 Mon	2	Sim	Research Overview
Jan 16 Fri	2	Sim	Research Overview (Assessment 1)
**Jan 15 – Add/Drop Deadline			
Jan 19 Mon	3	Sim	Philosophical World Views
Jan 23 Fri	3	Sim	Philosophical World Views
Jan 26 Mon	4	Sim	Qualitative vs Quantitative Methods
Jan 30 Fri	4	Sim	Qualitative vs Quantitative Methods (Assessment 2)
Feb 2 Mon	5	Fabio	About the quantitative methods (Mini Quiz-1)
Feb 6 Fri	5	Fabio	About the quantitative methods (Mini Quiz-2)
Feb 9 Mon	6	Fabio (Amanda)	Academic Reading/Writing (Mini Quiz-3)
Feb 13 Fri	6	Fabio (Amanda)	Academic Reading/Writing -Find studies (Activity 1)
*No Classes: Feb 16 – Feb 20			
Feb 23 Mon	8	Fabio	Different types of studies (Mini Quiz-4)
Feb 27 Fri	8	Fabio	Levels of Evidence (Mini Quiz-5)
March 2 Mon	9	Sim	Ethics in Research
March 6 Fri	9	Sim	Ethics in Research (Assessment 3)
March 9 Mon	10	Fabio	Different Experimental Designs (Mini Quiz-6)
March 13 Fri	10	Fabio	Different Experimental Designs (Mini Quiz-7)
March 16 Mon	11	Fabio	Critical appraisal of a manuscript (Original Article)
March 20 Fri	11	Fabio	Critical appraisal of a manuscript (Original Article) – Activity 2
March 23 Mon	12	Fabio	Critical appraisal of a manuscript (Review)
March 27 Fri	12	Fabio	Critical appraisal of a manuscript (Review) - Activity 3

March 30 Mon	13	Fabio	Critical appraisal of a manuscript (Metanalysis)
*March 31st – Last Day to Withdraw			
Good Friday April 03			
April 6	14	Fabio	Critical appraisal of a manuscript (Metanalysis) - Activity 4
April 10	14	Fabio	Review
April 13	15	Fabio	Review
*After April 14 - EXAM PERIOD			

**Note: Some of these dates may vary to facilitate student learning*

EVALUATIONS:

Participation	10%
Mini Quizzes	20%
Activities	20%
Assessments	20%
Final Assessment	30%

Total 100%

GRADING CRITERIA: (The following criteria may be changed to suite the course/instructor)

Alpha Grade	4-point Equivalent	Percentage Guidelines		Alpha Grade	4-point Equivalent	Percentage Guidelines
A+	4.0	95-100		C+	2.3	67-69
A	4.0	85-94		C	2.0	63-66
A-	3.7	80-84		C-	1.7	60-62
B+	3.3	77-79		D+	1.3	55-59
B	3.0	73-76		D	1.0	50-54
B-	2.7	70-72		F	0.0	00-49

TRANSFERABILITY: Please consult the Alberta Transfer Guide for more information. You may check to ensure the transferability of this course at the Alberta Transfer Guide main page <http://www.transferalberta.ca>.

**** Grade of D or D+ may not be acceptable for transfer to other post-secondary institutions. Students are cautioned that it is their responsibility to contact the receiving institutions to ensure transferability**

STUDENT RESPONSIBILITIES: Refer to the Polytechnic Policy on Student Rights and Responsibilities on the NWP website.

STATEMENT ON ACADEMIC MISCONDUCT: Academic Misconduct will not be tolerated. For a more precise definition of academic misconduct and its consequences, refer to the Student Rights and Responsibilities policy available at <https://www.nwpolytech.ca/about/administration/policies/index.html>.

**Note: all Academic and Administrative policies are available on the same page.*