



**BHARATHIDASAN UNIVERSITY**  
**TIRUCHIRAPPALLI-620 024,**  
**Tamilnadu, India**

**Programme :** Master of Physical Education

**Course Title:** RESEARCH PROCESS IN PHYSICAL EDUCATION AND  
SPORTS SCIENCES

**Course Code:** 21MPE23

**Unit -V**

**Research Proposal and Report**

**Dr. A. MAHABOOBJAN & Dr. R. JAGATHESAN**  
**Department of Physical Education and Yoga**

**Unit-V**  
**Research Proposal and Report**

**CHAPTERIZATION OF THESIS / DISSERTATION**

**INITIAL PAGES**

1. Title Page
2. Approval Sheet ( Certificate)
3. Abstract
4. Acknowledgment
5. Dedication
6. Table of Contents
7. List of Tables
8. List of Figures

## **TITLE PAGE**

The following information needs to be on the title page:

- The title (and possibly the subtitle) of your thesis.
- First name and surname of the author(s) .
- Whether it is a ‘Bachelor’s thesis’ or a ‘Master’s thesis.’
- Faculty and department • Place and date of completion.

## **APPROVAL SHEET (CERTIFICATE)**

- This is to prove that the authors have passed the requirements needed for the thesis.
- This is signed by the thesis/FS adviser, panel and the Dean.
- This also states the grade obtained by the author/s.

## **ABSTRACT**

- An abstract presents a brief summary of your thesis.

- The aim of the abstract is to briefly provide the reader with the most important information from the entire text.
- An abstract never contains new information.
- This summary is no longer than 2 pages of A4.

### **ACKNOWLEDGMENT**

This is a page focused on expressing gratitude to organizations, agencies or individuals who, in one way or another, have aided the researchers in finishing the thesis.

### **DEDICATION**

This is the page for dedicating the thesis to certain people or groups who have inspired the researchers while doing the thesis.

### **TABLE OF CONTENTS**

- The table of contents is essentially a topic outline of the thesis.
- It is compiled by listing the headings in the thesis down to whichever level you choose.

## **LIST OF TABLES / LIST OF FIGURES**

- Include a list of figures (illustrations) and a list of tables if you have one or more items in these categories.
- Use a separate page for each list.
- List the number, caption, and page number of every figure and table in the body of the thesis.

## **TITLE OF CHAPTERS**

1. Introduction
2. Review of Related Literature and Studies
3. Methodology of the Study
4. Presentation, Analysis and Interpretation of Data
5. Summary, Conclusions and Recommendations.

## **CHAPTER I - INTRODUCTION**

- The first chapter of your thesis is your introduction.

➤ This is where you provide an introduction to the topic of your thesis: you give the context in terms of content of the research project.

### **SIGNIFICANCE OF THE STUDY**

➤ The significance of the study will mainly focus on the question“Who will benefit from the study?”.

➤ This section will state the contribution of your study and the usefulness of your study in the society.

### **STATEMENT OF THE PROBLEM**

➤ The problem must be reflected to your title or the readers must know your problem by just simply reading your topic.

➤ The problem must not be answerable by yes or no and must be arranged in the flow of your documentation or study.

## **HYPOTHESIS**

statement & hypothesis A thesis statement and thesis hypothesis are different. Thus, the latter is applied to support the ideas stated in thesis statement. So, a good research paper must have both thesis statement and thesis hypothesis.

There are **two major** peculiarities concerning thesis hypothesis.

**Firstly**, a thesis hypothesis is an assumption that you are going to prove in the paper. As any assumption it is based on some statistic calculations. **Secondly**, it can be an assumption of the writer's ideas. It is based on the results that were received during the research. Thesis hypothesis is mainly applied, when the writer is required to find out something new about the problem under consideration

## **DELIMITATION AND LIMITATION**

Delimitations refer to the boundaries of the research study, based on the researcher's decision of what to include and what to exclude. They narrow your study to make it more manageable and relevant to what you are trying to prove.

Limitations relate to the validity and reliability of the study. They are characteristics of the research design or methodology that are out of your control but influence your research findings. Because of this, they determine the internal and external validity of your study and are considered potential weaknesses.

### **DEFINITION OF TERMS**

The definition of terms must be arranged in alphabetically. It must be also stated if you used your definition of terms in technically or operationally.

## **CHAPTER II Review of Related Literature and Studies**

### **RELATED LITERATURE**

In this part you must get your data and information from any books, magazines, and news papers. You must label your published material with local or foreign.

1. Must be also organized to cover specific problems.



2. Must take all the evidences about the problem with the author's experiences.
3. As much as possible, get the latest published materials. Avoid old published materials.
4. It must be related to your topic. If not, do not get it.
5. On the last part of this part you must have a statement how this old published material helps the researcher in their current study and relate it to your study.

## **CHAPTER III Methodology of the Study**

### **RESEARCH DESIGN**

The appropriate research design should be specified and described.

### **POPULATION AND SAMPLES**

Describe the population of interest and the sampling of subjects used in the study.

### **RESEARCH INSTRUMENT**

- Describe the instrument and what it will measure.
- State qualifications of informants if used in the study.

## **VALIDATION PROCEDURE**

Discuss how the validity and the reliability will be established. Specify the level of reliability (probability).

## **DATA GATHERING PROCEDURE**

Describe how instrument will be administered.

## **DATA PROCESSING PROCEDURE AND STATISTICAL TREATMENT OF DATA**

Describe the processing and treatment of data.

## **CHAPTER IV Presentation, Analysis and Interpretation of Data**

### **PRESENTATION OF DATA**

- Present the findings of the study in the order of the specific problem as stated in the statement of the Problem.
- Present the data in these forms: – Tabular – Textual – Graphical (optional).

## **ANALYSIS OF DATA**

- Data may be analyzed quantitatively or qualitatively depending on the level of measurement and the number of dimensions and variables of the study.
- Analyze in depth to give meaning to the data presented in the data presented in the table. Avoid table reading.
- State statistical descriptions in declarative sentences, e.g. in the studies involving:

## **INTERPRETATION OF DATA**

- Establish interconnection between and among data
- Check for indicators whether **hypothesis/es is/are** supported or not by findings. Link the present findings with the previous literature.
- Use parallel observations with contemporary events to give credence presented in the introduction.

## **CHAPTER V Summary of Findings, Conclusions and Recommendations**

## **SUMMARY OF FINDINGS**

- This describes the problem, research design, and the findings (answer to the questions raised). The recommended format is the paragraph form instead of the enumeration form.
- For each of the problems, present: – The salient findings, – The results of the hypothesis tested.

## **CONCLUSIONS**

- These are brief, generalized statements in answer to the general and each of the specific sub-problems.
- These contain generalized in relation to the population. These are general inferences applicable to a wider and similar population.
- Flexibility is considered in making of conclusions. It is not a must to state conclusions on a one-to-one correspondence with the problems and the findings as all variables can be subsume in one paragraph.

- Conclusions may be used as generalizations from a micro to a macro-level or vice versa (ZOOM LENS approach).

## **RECOMMENDATIONS**

- They should be based on the findings and conclusion of the study.
- Recommendations may be specific or general or both. They may include suggestions for further studies.
- They should be in non-technical language.
- They should be feasible, workable, flexible, doable, adaptable.

## **Bibliography**

List alphabetically any works referred to in your study. Follow the bibliographical and footnote formats of your department or of a prominent periodical published by a professional society in your field.

## **Back Matter**

The back matter is mainly referential material too detailed to fit well in the main narrative of work done. It includes these elements:

### **Appendixes**

Provide detailed calculations, procedures, data in separate appendixes. Give each appendix a title, a letter (Appendix A, B, C), and an introductory paragraph.

### **Bibliography**

List alphabetically any works referred to in your study. Follow the bibliographical and footnote formats of your department or of a prominent periodical published by a professional society in your field.

### **Research Proposals**

1. Title
2. Introduction
3. Statement of the problem

4. Significance of the research
5. Delimitation and limitations of the study
6. Objectives of the research
7. Hypothesis
8. Methodology Used
9. Statistical
10. Time schedule/work plan
11. Budget/estimated cost built up
12. Bibliography/References

### **Title**

First page – title of the research; researcher's name; name of institute/organization where the researcher belongs; name of the sponsoring organization, name of the supervisor, co-supervisor; date; etc

### **Introduction**

- Theoretical background
- Background of the problem
- Etc

### **STATEMENT OF THE PROBLEM**

- The problem must be reflected to your title or the readers must know your problem by just simply reading your topic.
- The problem must not be answerable by yes or no and must be arranged in the flow of your documentation or study.

### **Significance of the research**

- Importance
- Addressing the national context problem
- Bridging the knowledge gaps
- Useful to the society/community
- Present state of affairs



- Affected stakeholders

## **DELIMITATION AND LIMITATION**

Delimitations refer to the boundaries of the research study, based on the researcher's decision of what to include and what to exclude. They narrow your study to make it more manageable and relevant to what you are trying to prove.

Limitations relate to the validity and reliability of the study. They are characteristics of the research design or methodology that are out of your control but influence your research findings. Because of this, they determine the internal and external validity of your study and are considered potential weaknesses.

### **Objectives of the research**

- Contextual/consistent to the title
- Concise, clear-cut, expressed in simple language, precise, self-explanatory

- Distinctive, quantifiable , measurable
- Two types of objectives : general/broad/overall; specific

### **Hypothesis**

- Proposition subject to verification
- May be null, accepted, rejected
- Guide/lead the research

### **Methodology Used**

- Selection of Subjects and Variables
- Tools/techniques to be used
- Data collection techniques
- Data processing, analysis, interpretation techniques

### **Time schedule/work plan**

- Time line of the assigned tasks
- Time line of the resource flow – 3Month

### **Budget/estimated cost built up**

Cost built up – resource personnel, support staff, stationery, transport, utilities, house rents, miscellaneous, etc

### **Bibliography/References**

- Related documents to be consulted/studies
- Follow technicalities in writing bibliography/references
- To be presented in alphabetic order
- To be presented in classified manner viz., manuscripts, books, journals, commission reports, newspapers, etc.

### **Research abstracts**

Research abstracts are used throughout the research community to provide a concise description about a research project. It is typically a short summary of your completed research.

Reread the article, paper, or report with the goal of abstracting in mind. Look specifically for these main parts of the article, paper, or report: purpose, methods, scope, results, conclusions and recommendation.

An abstract is a 150- to 250-word paragraph that provides readers with a quick overview of your essay or report and its organization. It should express your thesis (or central idea) and your key points; it should also suggest any implications or applications of the research you discuss in the paper.

According to Carole Slade, an abstract is “a concise summary of the entire paper.”

- The function of an abstract is to describe, not to evaluate or defend, the paper.
- The abstract should begin with a brief but precise statement of the problem or issue, followed by a description of the research method and design, the major findings, and the conclusions reached.
- The abstract should contain the most important key words referring to method and content: these facilitate access to the abstract by computer search and enable a reader to decide whether to read the entire dissertation.

**What is a bibliography?**

A bibliography is a list of works on a subject or by an author that were used or consulted to write a research paper, book or article. It can also be referred to as a list of works cited. It is usually found at the end of a book, article or research paper.

### **Gathering Information**

Regardless of what citation style is being used, there are key pieces of information that need to be collected in order to create the citation.

For books and/or journals:

- Author name
- Title of publication
- Article title (if using a journal)
- Date of publication
- Place of publication
- Publisher
- Volume number of a journal, magazine or encyclopedia
- Page number(s)

**For websites:**

- Author and/or editor name
- Title of the website

- Company or organization that owns or posts to the website
- URL (website address)

### **Date of access**

This section provides two examples of the most common cited sources: a print book and an online journal retrieved from a research database.

### **Footnote**

1. The footnote takes the form of a superscripted number, just after a paraphrased piece of information. Subsequently, a cross-reference to this number is inserted at the bottom of the same page.
2. In fact, for dissertations and theses, many writers use footnotes to keep track of their citations, adding a short note of what exactly each one adds to the paper.
3. Once the paper is complete, the writer converts them to endnotes at the end or every chapter, or even removes them all together, and uses a standard APA or MLA bibliography instead.

## **Ethical issues in research**

### **Introduction**

Ethics when applied to social research is concerned with the creation of a trusting relationship between those who are researched and the researcher. To ensure that trust is established it is essential that communication is carefully planned and managed, that risks are minimised and benefits are maximised.

In developing a trusting relationship, researchers adhere to a number of ethical principles which they apply to their work - namely beneficence; autonomy; non-maleficence; justice; veracity; and privacy.

### **Beneficence (doing good)**

Research should only be carried out if some sort of benefit or good can be derived from it, (i.e. contribution to knowledge or improved service/treatment). Therefore the question of whether or not a research project is worth undertaking should always be uppermost in the mind of the researcher. If no benefit can be derived then the project is unethical.

### **Autonomy (self-rule)**

Researchers have an obligation to disclose information at a level that participants can understand so that they can either refuse or agree to participate. In essence, autonomy is concerned with the concept of informed consent whereby people who agree to take part in a

study know what they are agreeing to and authorise the researcher to collect information without any form of coercion.

**Non-maleficence (do no harm)**

The principle of non-maleficence places an obligation on researchers not to harm others or expose people to unnecessary risks. Harm can come in many forms, from blows to self-esteem to 'looking bad' to others, to loss of funding or earnings, to boredom, frustration, or time wasting. It is good practice to assume that every research project will involve some form of harm and to consider in advance how best to deal with it.

**Justice (Fairness)**

This principle implies that everyone should be treated fairly and equally.

**Veracity (truth telling)**

This principle concerns truth telling whereby the researcher is required to provide comprehensive and accurate information in a manner that enhances understanding. For example, if the researcher says that a questionnaire will take 10 minutes to complete then the questionnaire should take 10 minutes and not 15 minutes. Researchers should always be honest with participants and keep any promises made.



## **Privacy**

Privacy concerns the respect for limited access to another person, be it physically, emotionally or cognitively. For example, although participants grant access to their thoughts and feelings when they agree to participate, they do not agree to unlimited access. Therefore they have always got the right to decline to talk about certain issues or to answer specific questions.

## **What is a Research Report**

A research report is a well-crafted document that outlines the processes, data, and findings of a systematic investigation. It is an important document that serves as a first-hand account of the research process, and it is typically considered an objective and accurate source of information.

In many ways, a research report can be considered as a summary of the research process that clearly highlights findings, recommendations, and other important details. Reading a well-written research report should provide you with all the information you need about the core areas of the research process.

## **Structure and Example of a Research Report**

### **Title**

This is the title of your systematic investigation. Your title should be concise and point to the aims, objectives, and findings of a research report.

### **Table of Contents**

This is like a compass that makes it easier for readers to navigate the research report.

### **Abstract**

An abstract is an overview that highlights all important aspects of the research including the research method, data collection process, and research findings. Think of an abstract as a summary of your research report that presents pertinent information in a concise manner.

An abstract is always brief; typically 100-150 words and goes straight to the point. The focus of your research abstract should be the 5Ws and 1H format – What, Where, Why, When, Who and How.

### **Introduction**

Here, the researcher highlights the aims and objectives of the systematic investigation as well as the problem which the systematic investigation sets out to solve. When writing the report introduction, it is also essential to indicate whether the purposes of the research were achieved or would require more work.

In the introduction section, the researcher specifies the research problem and also outlines the significance of the systematic investigation. Also, the researcher is expected to outline any jargons and terminologies that are contained in the research.

### **Literature Review**

A literature review is a written survey of existing knowledge in the field of study. In other words, it is the section where you provide an overview and analysis of different research works that are relevant to your systematic investigation.

It highlights existing research knowledge and areas needing further investigation, which your research has sought to fill. At this stage, you can also hint at your research hypothesis and its possible implications for the existing body of knowledge in your field of study.

### **An Account of Investigation**

This is a detailed account of the research process, including the methodology, sample, and research subjects. Here, you are expected to provide in-depth information on the research process including the data collection and analysis procedures.

In a quantitative research report, you'd need to provide information surveys, questionnaires and other quantitative data collection methods used in your research. In a qualitative research report, you are expected to describe the qualitative data collection methods used in your research including interviews and focus groups.

**Findings**

In this section, you are expected to present the results of the systematic investigation.

**Discussion**

This section further explains the findings of the research, earlier outlined. Here, you are expected to present a justification for each outcome and show whether the results are in line with your hypotheses or if other research studies have come up with similar results.

**Conclusions**

This is a summary of all the information in the report. It also outlines the significance of the entire study.

**References and Appendices**

This section contains a list of all the primary and secondary research sources.