# Qualitative Research in Sport, Exercise and Health



# **And Health Qualitative Research In Sport Exercise**

**Yijin Wang** 

#### And Health Qualitative Research In Sport Exercise:

Qualitative Research Methods in Sport, Exercise and Health Andrew C. Sparkes, Brett Smith, 2013-10-15 Qualitative forms of inquiry are a dynamic and exciting area within contemporary research in sport exercise and health Students and researchers at all levels are now expected to understand qualitative approaches and be able to employ them in their work In this comprehensive and in depth introductory text Andrew C Sparkes and Brett Smith take the reader on a journey through the entire qualitative research process that begins with the conceptualization of ideas and the planning of a study moves through the phases of data collection and analysis and then explains how findings might be represented in various ways to different audiences Ethical issues are also explored in detail as well as the ways that the goodness of qualitative research might be judged by its consumers The book is based on the view that researchers need to make principled informed and strategic decisions about what why when and how to use qualitative forms of inquiry The nature of qualitative research is explained in terms of both its core assumptions and what practitioners actually do in the field when they collect data and subject it to analysis Each chapter is vividly illustrated with cases and examples from published research to demonstrate different qualitative approaches in action and their relative strengths and weaknesses The book also extends the boundaries of qualitative research by exploring innovative contemporary methodologies and novel ways to report research findings Qualitative Research Methods in Sport Exercise and Health is essential reading for any student researcher or professional who wishes to understand this form of inquiry and to engage in a research project within a sport exercise or health context

Routledge Handbook of Qualitative Research in Sport and Exercise Brett Smith, Andrew C. Sparkes, 2016-09-13
The last two decades have witnessed a proliferation of qualitative research in sport and exercise The Routledge Handbook of Qualitative Research in Sport and Exercise is the first book to offer an in depth survey of established and emerging qualitative methods from conceptual first principles to practice and process Written and edited by a team of world leading researchers and some of the best emerging talents the book introduces a range of research traditions within which qualitative researchers work It explores the different methods used to collect and analyse data offering rationales for why each method might be chosen and guidance on how to employ each technique successfully It also introduces important contemporary debates and goes further than any other book in exploring new methods concepts and future directions such as sensory research digital research visual methods and how qualitative research can generate impact Cutting edge timely and comprehensive the Routledge Handbook of Qualitative Research in Sport and Exercise is an essential reference for any student or scholar using qualitative methods in sport and exercise related research

Physical Activity Ian Jones, Lorraine Brown, Immy Holloway, 2012-11-19 Designed especially for students in sport and physical activity this book provides a detailed guide to planning undertaking and writing up qualitative research Opening with a discussion of the main traits of qualitative inquiry and its use in sport and physical activity the authors provide a

coherent and accessible overview of qualitative research using numerous examples to bring the text alive The book is divided into five parts informed by stages in the research process with chapters on early steps in the research process ethics choosing your an approach methods of data collection analysing the data writing up and disseminating your findings This is essential reading for undergraduate and Masters students carrying out a qualitative research project in sport and physical activity and for PhD students looking to refresh their knowledge Digital Qualitative Research in Sport and Physical **Activity** Andrea Bundon, 2017-10-23 Twitter Facebook online forums blogs and websites scholars are increasingly turning to digital sources to study sport and physical activity These platforms have generated new digital content ripe for analysis and are making it possible to investigate communities that were previously inaccessible However they have also created theoretical methodological practical and ethical challenges This book critically examines the opportunities open to qualitative researchers working in digital spaces and offers novel insights into how the rise of new technology is helping to shape sport studies Showcasing original research on emerging themes trends and issues such as digital sociology media citizenship online gaming Big Data fitness apps and online fan cultures this collection leads the way in this fast developing field of study It not only considers the possibilities and limitations of using digital tools to conduct qualitative research into sport but also provides innovative examples of how researchers can adapt successfully to ever evolving technologies Digital Qualitative Research in Sport and Physical Activity is essential reading for all students and scholars interested in the latest digital developments in sport studies and research methods Routledge Handbook of Qualitative Research in Sport and Exercise Brett Smith, Andrew C. Sparkes, 2016-09-13 The last two decades have witnessed a proliferation of gualitative research in sport and exercise The Routledge Handbook of Qualitative Research in Sport and Exercise is the first book to offer an in depth survey of established and emerging qualitative methods from conceptual first principles to practice and process Written and edited by a team of world leading researchers and some of the best emerging talents the book introduces a range of research traditions within which qualitative researchers work It explores the different methods used to collect and analyse data offering rationales for why each method might be chosen and guidance on how to employ each technique successfully It also introduces important contemporary debates and goes further than any other book in exploring new methods concepts and future directions such as sensory research digital research visual methods and how qualitative research can generate impact Cutting edge timely and comprehensive the Routledge Handbook of Qualitative Research in Sport and Exercise is an essential reference for any student or scholar using qualitative methods in sport and exercise Trauma-Informed Research in Sport, Exercise, and Health Jenny McMahon, Kerry R. related research McGannon, 2024-06-10 This is the first book to examine trauma research in the context of sport exercise and health It outlines evidence based trauma informed research practices which qualitative researchers can use when conducting trauma research to prevent causing further harm to participants while maintaining a strengths based approach Featuring the trauma research of leading qualitative sport exercise and health researchers from around the world each chapter showcases the contributors trauma research and participant context followed by the what why and how of trauma informed research practices that were implemented This book includes work from a wide range of contexts including gender based violence in sport and coaching abuse in sport the aftermath of abuse and violence physical activity after spinal cord injury trauma and limb amputation trauma and homelessness trauma and autistic adults and sport for care experienced youth It provides researchers interested in working with populations affected by trauma with a qualitative research resource to build on and highlights new directions in conducting trauma informed research This is important reading for any researcher with an interest in trauma not only in sport exercise and health research but also in qualitative research contexts more broadly It is a valuable resource for anyone working in athlete welfare sport and exercise psychology youth sport sport development physical activity and health disability gender safeguarding or social work **Participatory Research in Sport and** Physical Activity Kyle A. Rich, Robyn Smith, Audrey R. Giles, 2024-07-03 This is the first book to focus on participatory research in the context of sport and physical activity It explores the transformative potential of participatory research methods and provides an introduction to the practicalities of doing participatory research in sport and physical activity The book is structured around phases of the research process covering research design data collection data analysis and knowledge mobilization and translation Chapters cover research design topics such as building research partnerships reflexivity and ethical issues methods such as social photo elicitation go along interviews and biographical mapping analytical approaches such as collective memory work and collaborative analysis and knowledge mobilization and translation topics such as podcasting digital tools and peer review Every chapter includes a review of key developments a guide to how that approach can be employed an example from the author's own work and critical reflections on how that approach can shape future research and have an impact on public discourse This book is an invaluable resource for students and researchers working in sport studies the sociology of sport sport and exercise psychology sport management and policy and human movement and health studies more broadly It will be particularly useful for those interested in diverse and inclusive approaches to qualitative research methodologies **Doing Research in Sport and Exercise** Mark F. Smith, 2021-11-17 This book walks you step by step through the entire research process covering everything you need to successfully conduct a sports research project in the real world The Sage Handbook of Qualitative Research in Sport and Physical Culture Michael D. Giardina, Michele K. Donnelly, Devra J. Waldman, 2025-07-26 A comprehensive resource that advances qualitative research in sport and physical culture featuring global perspectives and cutting edge methodologies Trauma-informed Research in Sport, Exercise, and Health Jenny McMahon (Swimmer), Kerry R. McGannon, 2024 This is the first book to examine trauma research in the context of sport exercise and health It outlines evidence based trauma

informed research practices which qualitative researchers can use when conducting trauma research to prevent causing

further harm to participants while maintaining a strengths based approach Featuring the trauma research of leading qualitative sport exercise and health researchers from around the world each chapter showcases the contributors trauma research and participant context followed by the what why and how of trauma informed research practices that were implemented The book includes work from a wide range of contexts including gender based violence in sport and coaching abuse in sport the aftermath of abuse and violence physical activity after spinal cord injury trauma and limb amputation trauma and homelessness trauma and autistic adults and sport for care experienced youth It provides researchers interested in working with populations affected by trauma with a qualitative research resource to build on and highlights new directions in conducting trauma informed research This is important reading for any researcher with an interest in trauma not only in sport exercise and health research but qualitative research contexts more broadly It is a valuable resource for anyone working in athlete welfare sport and exercise psychology youth sport sport development physical activity and health disability gender safeguarding or social work Research Methods in Physical Activity and Health Stephen R. Bird,2018-12-07 Physical activity is vital for good health It has an established strong evidence base for its positive effects on functional capacity reducing the risk of many chronic diseases and promoting physical mental and social well being Furthermore these benefits are evident across a diversity of ages groups and populations The need for these benefits in current societies means that exercise practitioners professional bodies institutions health authorities and governments require high quality evidence to establish appropriate exercise guidelines implementation strategies and effective exercise prescription at individual group and population levels Research Methods in Physical Activity and Health is the first book to comprehensively present the issues associated with physical activity and health research and outline methods available along with considerations of the issues associated with these methods and working with particular groups The book outlines the historical and scientific context of physical activity and health research before working through the full research process from generating literature reviews and devising a research proposal through selecting a research methodology and quantifying physical activity and outcome measures to disseminating findings Including a full section on conducting research studies with special populations the book includes chapters on Observational and cross sectional studies Interviews questionnaires and focus groups Qualitative and quantitative research methods Epidemiological research methods Physical activity interventions and sedentary behaviour and Working with children older people indigenous groups LGBTI groups and those with physical and mental health issues Research Methods in Physical Activity and Health is the only book to approach the full range of physical activity research methods from a health perspective It is essential reading for any undergraduate student conducting a research project or taking applied research modules in physical activity and health graduate students of epidemiology public health exercise psychology or exercise physiology with a physical activity and health focus or practicing researchers in the area Motherhood and Sport Lucy Spowart, Kerry R. McGannon, 2022-08-05 Although sport

participation decreases on average for women once they become mothers female athletes from the recreational to the competitive to the elite level have demonstrated that motherhood does not signal the end of sport engagement and athletic identities or career and leadership roles. This is the first book to offer an in depth examination of the nexus of women sport and culture within the context of motherhood uncovering new narratives that raise the profile of non conformist performances The book brings together international researchers using innovative and rigorous qualitative methods to show how sport affords or constrains women s agency to devise negotiate and live alternative versions of motherhood in and through sport Presenting stories of sporting mothers in contexts including martial arts leisure swimming recreational running triathlon and climbing the book explores the shifting meaning and practices of motherhood across social cultural and media digital landscapes Deliberately challenging taken for granted ways of thinking about motherhood and sport this book is fascinating reading for anybody with an interest in the socio cultural study of sport gender and sport women s studies sport coaching sport leadership sport development or qualitative and digital research methods Routledge Handbook of Physical Cultural Studies Michael Silk, David Andrews, Holly Thorpe, 2017-02-10 Physical cultural studies PCS is a dynamic and rapidly developing field of study This handbook offers the first definitive account of the state of the art in PCS showcasing the latest research and methodological approaches It examines the boundaries preoccupations theories and politics of PCS drawing on transdisciplinary expertise from areas as diverse as sport studies sociology history cultural studies performance studies and anthropology Featuring chapters written by world leading scholars this handbook examines the most important themes and issues within PCS exploring the active body through the lens of class age gender sexuality race ethnicity dis ability medicine religion space and culture Each chapter provides an overview of the state of knowledge in a particular subject area while also considering possibilities for developing future research Representing a landmark contribution to physical cultural studies and allied fields the Routledge Handbook of Physical Cultural Studies is an essential text for any undergraduate or postgraduate course on physical culture sports studies leisure studies the sociology of sport the body or sport and social theory Community based research in sport, exercise and health science Robert Schinke, Kerry McGannon, Brett Smith, 2016-01-08 Community based research has recently gained attention within the sport and exercise sciences When seeking to understand community based research methodologies one finds a diversity of approaches spanning a breadth of ontological views and equally diverse methodological approaches Though little is known about community based sport exercise and physical activity research these foci are beginning to gain scholarly attention in part through the emerging sport for development and peace literature This book features a conceptual introduction and eight pioneering examples of community based research from North American European and Oceanic scholars The topic matter reveals scholarship undertaken in relation to health physical activity youth sport and elite sport exemplifying work with mainstream and marginalized populations This book perhaps the first compilation of community based research relating to

sport exercise and health will be of interest to sociologists of sport sport and exercise psychology scholars sport management scholars qualitative researchers health scholars and practitioners sport for development organizations and research ready communities seeking to engage in localized research projects This book was published as a special issue of Qualitative Research in Sport Exercise and Health The Suffering Body in Sport Kevin Young, 2019-07-24 This volume approaches the study of pain risk and injury in sport from a variety of social scientific perspectives Contributions focus on the manifestations of pain risk and injury within sport cultures and the degree to which the research is rapidly expanding to include new ways of The Sage Handbook of Health Psychology Katherine Brown, Cecilia thinking about risky and painful suffering in sport Cheng, Martin Hagger, Kyra Hamilton, Stephen Sutton, 2025-06-28 Health Psychology is an important area within psychology as well as having a huge cross disciplinary application in e g health sciences medicine nursing counselling etc Our previous edition which published in 2004 showed strong sales and as a fast moving and evolving discipline it is now time to update this handbook to keep up with how the discipline has evolved in the last 16 years Sport Injury Psychology Ross Wadey, 2020-11-22 Written by a team of international experts and emerging talents from around the world Sport Injury Psychology Cultural Relational Methodological and Applied Considerations challenges the status quo of the field of sport injury psychology and opens new and exciting future research trajectories by critically considering How to evolve from an individual focused and single scientific discipline into a cultural and relational focused and interdisciplinary discourse How to shift from the dominant positivist foundation towards a more inclusive scholarship with divergent epistemologies theories and methodologies How to replace the attempt to establish best practice and desire for clean findings with the need for continuous innovation and multifaceted applied experiences Each chapter stimulates debate and encourages theoretical methodological and or applied diversification and closes with future research directions that provide novel and rigorous programs of research that have the potential to advance the field of sport injury psychology into an interdisciplinary discourse that strives for and embraces collaboration between academic disciplines and with practitioners working in the field Cutting edge timely and comprehensive Sport Injury Psychology Cultural Relational Methodological and Applied Considerations is essential reading for undergraduate students postgraduate students and more established scholars in the fields of sport communication sports medicine sport psychology sports sociology and other related sport science disciplines

Football, Community and Social Inclusion Daniel Parnell, David Richardson, 2017-10-02 This special issue addresses the complex reality of English community football organisations including Football in the Community FitC schemes which have been attending to social agendas such as social inclusion and health promotion The positioning of football as a key agent of change for this diverse range of social issues has resulted in an increase in funding support Despite the increased availability of funding and the apparent willingness of football clubs to adopt such an altruistic position within society there remains limited empirical evidence to substantiate football s ability to deliver results This book explores the current role of a football

and football clubs in supporting and delivering social inclusion and health promotion to its community and seeks to examine the philosophical political environmental and practical challenges of this work The power and subsequent lure of a football club and its brand is an ideal vehicle to entice and capture populations that normally ignore or turn away from positive social and or health behaviours The foundations of such a belief are examined outlining key recommendations and considerations for both researchers and practitioners attending to these social and health issues through the vehicle of football This book was originally published as a special issue of Soccer Society The Routledge Handbook for Advancing Integration in Mixed Methods Research John H. Hitchcock, Anthony J. Onwuegbuzie, 2022-05-10 This groundbreaking edited book The Routledge Handbook for Advancing Integration in Mixed Methods Research presents an array of different integration ideas with contributions from scholars across the globe This handbook represents the first major volume that comprehensively discusses this topic of integration Perhaps the most fundamental and longstanding question in mixed methods research is How does one best integrate disparate forms of information to produce the best form of inquiry Each of the 34 seminal chapters in this handbook accelerates the discussion of integration across a broad range of disciplines including education arts based analyses and work in the Global South as well as special topics such as psychometrics and media research Many of the chapters present new topics that have never been written about before and all chapters offer cutting edge approaches to integration They also offer different perspectives of integration leading the introductory chapter to offer a new and comprehensive definition for integration as follows referring to the optimal mixing combining blending amalgamating incorporating joining linking merging consolidating or unifying of research approaches methodologies philosophies methods techniques concepts language modes disciplines fields and or teams within a single study. The concluding chapter offers a meta framework that accounts for this definition and is designed to help scholars think more about integration in a way that represents a continuous dynamic iterative interactive synergistic and holistic meaning making process This handbook will be an essential reference work for all scholars and practitioners using or seeking to use mixed methods in their research

Sports Coaching Education and Alternative Pedagogies Laura Purdy, Natalie Barker-Ruchti, 2025-02-27 Sports Coaching Education Applying Innovative Pedagogies theorises alternative pedagogies and presents examples of what such teaching looks like in sports coaching higher education To do this this new volume outlines the teaching goals of higher education coach education summarises the limitations of this education that research has demonstrated and presents alternative pedagogy as a way forward The book then turns to showcasing work by an international selection of authors practicing alternative pedagogies that focus on a range of topical issues relevant to sports coaching such as ethics power safeguarding abuse sustainability gender sexuality race ethnicity pain injury the authors of each of the international chapters outline the alternative pedagogical approach they employ in their teaching and present exemplary teaching materials that can be used by educators Alternative or non traditional pedagogies are strategies of delivery that are becoming more popular in

undergraduate and postgraduate coach education Sports Coaching Education Applying Innovative Pedagogies raises attention to contemporary issues in sports coaching and alternative pedagogies of delivery for university coach education students Using alternative pedagogies the book presents coach education teaching materials on a range of topical issues that higher education scholars can implement in their teaching and will be key reading for academics researchers and students in the areas of sport coaching sport education and the related disciplines

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