

Study Design Practice

1) What would you like to test?

2) Turn response above into a problem question?

3) Hypothesis:

4) What are you measuring?

5) How will measure it? How will you test it? What are your metrics?

6) Variables:

Dependent (Y-axis) –

Independent (X-axis) –

Controlled variables (min. 4) -

7) Write a brief (yet descriptive) version of your procedure. Please bullet point your procedure steps.

Procedure ***MUST*** provide evidence of reasoning structured to test the hypothesis.

8) What are some possible complications that could decrease the validity and reliability of your experiment?

How could you possibly reduce their impact within your experiment?

- **Reliability:** The degree to which a measure would produce the same result from one occasion to another.
- **Validity:** measures what is claims to measure.

9) How would results from your experiment be beneficial to coaches/trainers/medical professionals/etc?

10) What other practical implications might your experiment elude to?