



# EUROPEAN MASTER IN SPORT & EXERCISE PSYCHOLOGY

Spring semester 2021-22

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## Guidelines for research proposal's abstract and self-evaluation rubric

### **Abstract**

Abstract summarises the research proposal in **one page**. In an abstract, you are supposed to introduce the reader to the topic of your research or proposal and mention your objective of doing the research on the particular topic. The methodology used in the research also needs to be specified and should be written very briefly. The abstract should cover all the key areas of your research except the results.

### **The Deadline:**

Submit the one-page abstract before the 13<sup>th</sup> of March, 2022 to Prof.Marios Goudas ([mgoudas@pe.uth.gr](mailto:mgoudas@pe.uth.gr)).

## Main parts of a research proposal's abstract

**Title:** Emphasize the key elements of your proposal in a phrase.

**Name and affiliation:** Please remember your name and home university!

**Problem:** Briefly describe your rationale for doing this study. What problem does this work attempt to solve? What is the scope of the project? What is the main argument/thesis/claim?

**Purpose statement:** What is your aim? Can you clarify your target?

**Hypotheses about possible results:** Briefly describe what you expect to find. What could be the main conclusions from your study?

**Implications and importance of your study:** Why is this study important? How does it contribute to scientific knowledge? What changes should be implemented as a result of the findings of the work? How does this work add to the body of knowledge on the topic?

**An overview of the methodology:** An abstract of a scientific work may include specific models or approaches used in the larger study. Who will participate in your study? What kinds of measurement tools have you in mind that is relevant with your hypotheses? Do you need special permission in order to get access to your data? If you have in mind an intervention plan, what are the main characteristics of it? Can you describe the statistical analysis that it will be used?

**References:** Please provide with the most important references. This part doesn't count for the one page.

## Learning outcomes for research proposal and self-evaluation rubric

Although you don't get a grade for the research proposal, it's important to assure the quality of your study well in advance. That way, your work will be easier, more useful and in a high quality level.

**Table 1.** The following table describes the learning outcomes for the research proposal. You can use it also for self-checking your research proposal.

	<i>Inadequate</i>	<i>Acceptable but needs improvement</i>	<i>Substantially developed</i>
<b>Identifies the problem/question to be examined and expresses possible hypotheses</b>	Topic or question or aim is too broad or not clear	Has identified a topic and aim but lacks of clearly stated hypotheses (if relevant)	Topic, aim and possible hypotheses are clearly defined and they match with each other very well
<b>Supports the importance and/or usefulness of the study</b>	Has no evidence about the importance of the study or the statements are too weak	Some of the statements support the importance of the study	Uses strong statements to convince about the importance and/or usefulness of the study
<b>Considers study's delimitations and limitations</b>	No delimitations and/or limitations have been expressed	Some of the delimitations and/or limitations have been taken care of	Seems that all or at least the majority of the delimitations are under control and limitations are under consideration
<b>Identifies and presents relevant knowledge through literature review</b>	Review of relevant knowledge is seriously incomplete and major studies have been ignored	Uses a number of appropriate sources from the literature concerning the problem/question but the review lacks of consistency	The literature review is well-presented and well-structured with appropriate links among the information
<b>Proposes appropriate data sampling and measurement tools</b>	The proposed research plan seems that cannot respond to the problem or answer the question	Uses appropriate but limited methodology or some of the measurements are not necessary	The investigation is well designed and measurement tools are clear, valid and reliable

Sincerely,

Nikos Digelidis,

*Professor,*

(Email: [nikdig@pe.uth.gr](mailto:nikdig@pe.uth.gr)).