Subject – Research Methods

Reflection - Method and Methodologies

1. Briefly describe your research problem and research question(s)  
   (5%)  
   2. Describe and justify (35%)  
   - the method/s and methodology you have chosen and why  
   they are appropriate to address your research problem  
   - the data collection tools you have proposed and why they  
   are appropriate  
   - how you will analyse the data  
   - include a visual representation (e.g. flowchart) of your  
   study design  
   - explain the ethical considerations associated with the  
   conduct of your proposed research plan and how they have  
   been addressed in your study design  
   3. Critically reflect on how your methodology, methods, tools and/or  
   ethical considerations have been informed by two learning  
   experiences and/or your personal, social and cultural context (30  
   %)  
   4. Write a concluding summary (15%)  
   5. Include at least five (5) academic references using Harvard or APA  
   referencing that support your choice of methodology/methods for  
   your topic and population (5%).  
   6. Use of professional language (grammar, spelling, punctuation),  
   structure provided, and language that is appropriate to the problem  
   (10%)

Research Topic – **Importance of Physical Exercise and its Health Benefits (Age group between 15years to 30years)**

**Note –**

* Attached Template
* Attached the sample model assignment for reference
* Attached marking rubric for assignment
* In-text referencing required
* 2000 words, including reference list