General Instructions (Please read carefully).

On the following pages you’ll see two abstracts, drawn from recent research in each of the sub-disciplines associated with Kinesiology and Recreation. Your task is simply to critique these according to the techniques and methods practiced this semester in KNR 497. There are some rules associated with this though. For further information, read on:

a) You should indicate your name and the date in the top left corner of your submission, and the pages of the submission should be stapled together. Emailed submissions will not be accepted.

b) You should clearly label your critique of each abstract by using the title of the abstract.

c) The answers should be your work and yours alone. Please do not plagiarize.

d) The deadline for submission of this midterm is three weeks from distribution: 10/24/2016. There will be no class that night so that you can focus on this assignment during the week. Please hand in a printed copy of the exam to the main office or under my door (265G McCormick Hall).

e) The questions (answer for both abstracts):

   a. What are the study variables (dependent and independent)?
   b. What is the relationship under investigation?
   c. What are the (expected) study outcomes, if any?
   d. What is the study design, in design notation?
   e. Critique the external validity of the study
   f. Critique the construct validity of the study
   g. Critique the internal validity of the study

   For parts e-g, make sure you re-familiarize yourself with the rubric shared in class so that you understand how to get an “A”! [NB: where you don’t have enough evidence presented in the abstract to make a final determination of the strength of validity, it is entirely appropriate to phrase your comments as questions, provided you supply as much rationale as you can.]

And here are the abstracts...

The relationship of alcohol consumption with sport type in college athletes.

Prior research has found that (a) intercollegiate athletes are especially “at-risk” for excessive alcohol consumption (e.g., Nelson & Wechsler, 2001), and (b) sport-type differences exist among college athletes in terms of yearly drinking prevalence rates (National Collegiate Athletic Association, 2001). No studies, however, have examined sport-type differences on more specific measures of alcohol consumption (i.e., drinks per week). In the present study, data were analyzed on 298 intercollegiate athletes from two different NCAA Division III universities.
Results indicated significant sport type differences on alcohol consumption variables, with athletes from the sports of swimming and diving and wrestling reporting the highest levels of alcohol consumption (M = 5.20, SD = 4.00) and soccer and football reporting the lowest (M = 4.02, SD = 3.25). Results suggest college athletes participating in individual sports are at-risk for future alcohol abuse.

Physical fitness and aging in individuals with intellectual disability

The purpose of this study was to describe the change in physical fitness of middle-aged adults with an intellectual disability over a period of 13 years. Participants were 32 adults who worked in a supported work environment in Montreal and had been participants in a physical fitness study in 1983. Using the Canadian Standardized Test of Fitness, the participants were evaluated for cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition. A home visit prior to the testing session refamiliarized the participants with the test procedures. Two forms of analysis were used to describe the change in fitness over 13 years. First, a 2 x 2 (Group x Time) analysis of variance for each dependent variable assessed change over time. Second, effect sizes were calculated to measure the magnitude of change in fitness over the 13-year period in comparison to those without an intellectual disability. As expected, the physical fitness levels of the participants were low when compared to those without a disability and declined over the 13 years. In addition, the magnitude of change over the 13 years, as compared to those without a disability, was greater for male and female participants for body mass index and percentage of body fat and for female participants for cardiovascular endurance and sit-ups. It appears that adults with an intellectual disability may be particularly at risk for declining health associated with aging and low physical fitness.