Research Methods and Statistics through Kickball—Research experiment outline and questions

1. What’s the problem? Or what question do you want to find the answer to?

2. What do we know about exercise effect on attention and cognitive processing ability?

3. How could we test out whether kickball will help our ability to concentrate?

4. What is the plan?
   - Who:
   - Where:
   - When:
   - What:
   - Rules:
     • Equipment needed:

5. What Happened:

<table>
<thead>
<tr>
<th>Score Before</th>
<th>Score After</th>
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Difference in score (ex. +4, -4, etc.): _______________

6. What could this mean?

7. What were the weaknesses in this study? How could you have made it better?