**Developing the Method**

**HK 396 Quantitative Research Methods**

**Purpose Statement**

Several studies have indicated that jump height may not be influenced by initial squat positions, but none of these studies systematically examined the influence of squat depth on jump height. The aim of this study was to examine the effect of squat depth on maximum vertical jump performance. We hypothesized that jump height would increase with increasing depth of squat, due to the greater time available for the generation of muscular force.

1. Break into small groups and develop a complete and detailed methods section for a study with the above stated purpose.

1. The following is an abbreviated guide of what should be included in your methods. It is by no means exhaustive.
   1. Participants
      1. Number
      2. Sex
      3. Consent
      4. Level of training
   2. Instruments
      1. What are the make, model and manufacturer?
      2. Are they reliable and valid?
      3. What variables do they measure?
   3. Procedures
      1. Collecting the data
         1. When, where, how much time is required
      2. The treatment (if any)
         1. How long? How often? How intense?
      3. The specific order in which steps were taken
      4. The timing of the procedures (how long did each step take)
      5. Instructions to participants
      6. Safety precautions
   4. Statistics (at least describe what you want the stats to accomplish)