Professorship of Public Health and Prevention
Department for Sport and Health Sciences
Technische Universität München

TUM

Self-Study R Course (SSRC)

Chapter 1: Getting Started

Instructions

	Instructions	Resource	Comments
1.	Watch the following YouTube Video.	Video: Why you should use R	
2.	Watch the following YouTube Video.	Video: Install R and RStudio	If you have R and R Studio already installed on your computer, you can step this and the next step.
3.	Install R and R Studio on your computer.		
3.	Watch the following YouTube Video.	Video: Introduction to RStudio	Do not worry if you do not yet understand every single detail!
4.	Open RStudio by yourself.		
5.	Briefly check out the exercise sheet for chapter 1 on the SSRC website to get an impression of what you need to learn/know to solve it.		
6.	Watch the following YouTube Video.	Video: R as a calculator	
7.	Download and open the R - Script template that is provided on the SSRC website to insert your solutions in RStudio. Solve Task 1-4 of the exercise sheet.		
8.	Do the "Programming Basics" Tutorial offered in the RStudio Cloud.	Tutorial: Programming Basics	It is not important that you understand every single detail in the tutorial. Rather try to grasp the main messages and basic concepts.
9.	Finish exercise sheet 1 and save the solution on your computer.		
10.	Compare your solutions to the sample solution provided on the SSRC website.		

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Additional Resources:

Website: R as a calculator -> Nice overview of the most important mathematical and logical operators

Cheat Sheet: Base R -> Great overview of a large set of relevant R commands