

Exercise Science Honors Project Guidelines

Goal:

The Senior Honors Research Project will allow students to explore and investigate a specific area of interest that relates to their undergraduate studies. The project can be completed as a research thesis (original scholarship investigating a significant question) or a research report (a formal written presentation of technical, laboratory, or investigative research). Students should be in contact with UA faculty prior to their senior year to find a sponsor.

Purpose:

The Honors Research Project will provide students with exercise science research experience. For students pursuing graduate studies, the project will provide a fundamental research understanding.

Finding a faculty sponsor advisor:

Students must seek a sponsor from faculty within the SSWE department. Most commonly, the sponsor will be a fulltime faculty member in the SSWE department. The sponsor will play a key role in the development of the research design, data acquisition and writing phases of the project. The sponsor can also provide suggestions of readers to serve on your committee. (If the choice is to use a mentor outside of the SSWE department or adjunct faculty, and they have expertise in the specifically chosen research area, permission from the students' [Honors Faculty Advisor from Exercise Science](#) is required). It is expected that students' meet with sponsor every few weeks throughout the semester to received revisions and feedback.

Readers:

Each proposal is required to have 2 readers beyond the sponsor. Both the sponsor and student must agree upon the readers at the time of submitting the research proposal. Readers will provide feedback regarding the design and final product of the project. It is the students' job to keep readers informed on progress throughout the semester.

Recommended timeline for project completion:

Junior year

1st semester: Student must begin to discuss project ideas with their faculty academic advisor

2nd semester: Student and faculty academic advisor will have identified the research project sponsor and readers. Students will also have project proposals completed

Senior year

1st semester: Student is expected to *meet regularly* with project sponsor and set deadlines for each stage of research. By the completion of the semester, the student is expected to have a drafted completed portion of the project. The Proposal form for the Honors Research Project from the Honors College must be submitted to that office by October 1.

2nd semester: Student is expected to *meet regularly* with project sponsor. Completed project must be submitted to project sponsor and readers by week 12 of the semester.

Credit hours and grading:

Course

A minimum of 2 credit hours is expected for completion. If the student is not able to complete the project in one semester, an IP will be given as a grade until the project is finished. A maximum of 6 credit hours is given for the project.

Project outline:

Suggested outline is helpful in preparing the proposal and may be altered based on research design. The final project should be approximately 10 pages per credit hour enrolled.

1. Statement of problem
Clearly explain the general problem that will be investigated.
2. Literature review and research questions
Briefly explain relevant literature (research) that supports the research problem. The review should guide into your particular interest area surrounding the stated problem that is addressed in the project.
3. Methodology
Describe research methods that will be used to address the problem. This should be discussed with project advisor.
4. Data analysis
Description of how data will be analyzed.
5. Contribution to project
Identify in this concluding section what the primary contributors of proposed problem will be.
6. References

This section will include all resources and listed according to APA formatting.

Enrollment in Senior Honors Project:

Once the student has submitted the honors project proposal and has received a letter from the Honors College approving the proposal, please forward a copy of this letter to your advisor (email or hard copy). Please forward this to your advisor no later than the Friday of the first week of class. The advisor will ensure that enrollment takes place.

For dates below referred to posted specifics on Honors College website:

Initial drafts to faculty sponsors and readers

Copies of project must be given to sponsor and readers during the last stages and 8 eight weeks prior to grades due. Students are expected to value feedback given by faculty and make appropriate changes. A final draft is due by week 11 of the semester, prior to graduation. Contents and format of the final draft will vary depending upon the project. If an original research project, it will contain the following sections: Abstract, Introduction, Literature review, Methods, Results, Discussion and Conclusions, References.

Faculty sponsor MAY additionally require the student to present the research in one or more the following formats:

- a. Oral or poster presentation at UASIS
- b. Oral or poster presentation at local, regional or national conference
- c. Manuscript submission to peer-reviewed journal

Abstract to Honors College office

Electronic copy of abstract due by 13th week of semester

Final project submitted to Honors College office

Final copy due electronically by the 14th week

The Honors College requires that students and sponsors fill out the honors signature page form located on the Honors College website

<http://www.uakron.edu/honors/curriculum/honors-research-project-curriculum.dot>