

DEPARTMENT OF HEALTH, PHYSICAL EDUCATION, AND DANCE – Thesis Guidelines

The honors research project is available to students who wish to engage in an in-depth study of a particular area of interest. The project is designed to help you focus upon the practice of research, including:

- Identifying and defining an area of interest
- Review of literature clarifying feasibility of the study
- Planning the process of study
- Writing the proposal for the research project (See project proposal format)
- Gathering more research materials (web based resources limited to 1/4 of total cited)
- Clarification of the research project with the approval of faculty director
- Revising study as necessary
- Conducting research as necessary (i.e., interview, surveys, review of literature)
- Analyzing materials and preparing written documentation

Writing the research paper using either AP A or MLA style beginning with a **Title Page, Table of Contents, and a List of Terms** that may need to be defined for the general public. Your written report will also include:

- (1) a statement of the problem or issue researched,
 - (2) a review of the literature with at least 30 references,
 - (3) a description of the research conducted,
 - (4) the outcome, findings or results of your research, and
 - (5) a conclusion including a self -reflection and evaluation of the research project and suggestions for future research
 - (6) appendices if necessary
- Presentation of research to a group of peers, faculty advisor and other invited guests.

Honors Research Options

1. Research Paper – An in-depth investigation about a topic using available resources.

(e.g. "A History of Women in Sport or Dance," "Do Movement-Oriented Activities Aid Cognitive Development?")

2. Experimental Research – The investigation of a problem to produce new or increase information about a topic utilizing the scientific method.

(e.g. "The Impact of Type of Shoe on Static Balance in Elderly Women," "The Effects of Ballet Training on Young Children," "Time-on-task and the Ability to Strike a Ball")

3. Qualitative Research – An investigation to seek understanding, meaning, or perspectives about a topic in a particular setting.

(e.g. "Perspectives of Pre-professional Dance Students and Dance Professionals on the Current Status of Dance Education in the Raleigh-Durham, NC Area," OR "The Perceptions of Parental Influence on Athletic Participation -- What the Child-athletes Think and Feel")

4. Process Project – The project is designed to discover and report in depth on the procedures, means, and methods necessary to complete or develop a product, program, or performance.

(e.g. "The Organization and Management of a Private Tennis Facility," OR "Production of a Community Arts Project")

5. Performance or Final Production Project – This project is designed to produce a final product which will be evaluated.

(e.g. "Choreography of an Evening Dance Concert," OR "A Comprehensive Health/Wellness Program Developed for a 43-year-old Female")

6. Combination Project – This project could be any combination of the above. The content and evaluation will need to be developed as appropriate.

(e.g., "Path of Pain - a Professional Athlete's Injury History with Guidelines for the Prevention of Athletic Injuries in Future Athletes," OR "A Study of the Style and Form of Dance Master Twyla Tharp and the Production of a Dance Piece Reflective of Her Work")

Honors Research Proposal Format

The following proposal will need to be developed and then submitted to the potential advisor. This proposal is meant to be a guide or blue print to initiate the project and to stimulate discussion with the advisor. The student and advisor will discuss the proposal to explore the feasibility of the study. When both parties agree, the research will proceed. As the project develops, changes and modifications may need to be worked-out between the advisor and student to complete the project.

Title Page

This Project is proposed as primarily a (e.g. Research, Production) investigation.

Title of Project

Name of Researcher

Date

Project Statement A one-sentence statement of the problem to be investigated or the outcome to be produced.

Statement of the responsibilities of the student in the completion of the project What does the student feel she needs to accomplish to do to complete the project. A list would be appropriate.

Description of the role the project director will be expected to play in the development of the project.

Statement of how the student expects to be evaluated. (This will need to be agreed upon with the project advisor when the proposal is accepted.)

A two to four page review of literature on the research topic with a minimum of ten references to demonstrate the feasibility of the project (e.g., there is enough information available to complete the project).

A proposed timeline to complete the project. (This will also need to be agreed upon by the project advisor when the proposal is accepted.)

The agreement statement (which will eventually be signed by both parties when a project advisor is identified and the procedures agreed upon).

We, the undersigned, agree in principle to develop the stated project within the time frame and guidelines determined above to complete the described project.

_____ Date