Honors Thesis Guidelines
Department of Exercise Science

Choosing a mentor:

Choosing a mentor is a critical component for becoming successful in the thesis development process. Students should be fully aware of which faculty members in the department are available and willing to serve. They should also be aware of the faculty's interest areas and attempt to align their thesis topic with the expertise of the faculty. Likewise, faculty should be willing to invest in the student by assisting them in the development of their research interests. They should also recognize their commitment and competency to the research topic.

The Department of Exercise Science will designate a faculty member to act as a resource for all incoming honors students to aid them in the selection of an appropriate mentor. The faculty member will be responsible for helping the student identify appropriate mentors by matching the student's and the faculty's research interests.

In discussions between students and faculty, academic preparation of the students (i.e., specific courses taken or additional background) must be determined. It is possible that specific courses must be taken in order to complete the project. This will become a part of the agreement between the faculty and student.

Thesis academic credit:

The first four hours of HNR 498 hours can be counted for elective credit in Exercise Science. The second four hours of HNR 498 may be used to count for ESS 495 – Senior Seminar. However, ESS 499 or equivalent may not be used in addition to HNR 498 for elective hours.

Acceptable thesis work:

There should be flexibility in these guidelines but the honors thesis should consist of multiple chapters or sections and, whenever possible, should incorporate primary sources into its argument. It must be a work that adheres to disciplinary expectations regarding sources and citation, and in which the writing is of high quality.

It is understood that requirements may vary within this department depending on the disciplinary area.

The following is a suggested outline (as suggested from parts of manuscript from APA Manual):

I.   Extensive Literature Review
   a. Introduce Problem
   b. Background
II.   Manuscript ready to submit for publication
   a. Introduction
      i. Introduce problem
      ii. Brief background
      iii. Purpose statement and rationale
   b. Methods
      i. Participants
      ii. Measures
      iii. Procedures
      iv. Data Analysis
   c. Results
      i. Tables and figures
      ii. Statistical presentation
   d. Discussion/Conclusion
      iii. Evaluate data
      iv. Implications of data
      v. Limitations
      vi. Future directions
III.   References
IV.   Appendices (As needed)
   a. Questionnaires/Data Sheets
   b. Further explanation of protocols
   c. Additional data and discussion if needed

It is suggested that all honors theses use standard formatting for manuscript and references (e.g., APA Publication Manual) or identify an appropriate journal for publication and follow their guidelines