EXS 489 Research Proposal Outline

Chapter 1 – Introduction (due **November 3**)

A. Introduction
B. Statement of the Problem
C. Purpose of the Study
D. Significance of the Study (or Need for the Study)
E. Delimitations
F. Limitations
G. Assumptions
H. Hypotheses
I. Definition of Terms

Chapter 2 – Review of Literature (due **November 17** along with Reference List to date)

A. Introduction
B. Literature Review
C. Summary

Chapter 3 - Method and Procedures (due **November 24**)

A. Restatement of the Problem
B. Participants
C. Instrumentation
D. Procedures
E. Statistical Analysis

Reference List

Other due dates:

**December 1** - Second draft of Chapters 1-3 (with reference list)


**December 8** – Power Point Presentation of Proposal
Final draft of Research Proposal with:
Title Page
Table of Contents
Abstract (short – about 100-200 words- same as attached to Human Subjects)
Chapter 1
Chapter 2
Chapter 3
Reference List
along with Human Subjects Application (this will be turned in separately)
CHAPTER 1

Introduction

Here you will begin the first chapter with a few pages of introduction where you give the reader the basic background information for your study highlighting some of the key research that has been done and what has not been done. This will then lead into the statement of your research problem.

Statement of the Problem

The problem of this study was to investigate….

Purpose of the Study

The purpose of this study is to ….

Significance of the Study

While substantial research has been conducted on using creatine in young college-aged males there have been no studies in which…. 

Delimitations

This study was delimited to:

1. Obese older adult males who have not previously been involved in a weight training program.
APA HEADINGS – LEVEL I

Centered Uppercase and Lowercase Heading – Level II

Centered, Italicized, Uppercase and Lowercase Heading – Level III

Flush Left, Italicized, Uppercase and Lowercase Side Heading – Level IV

Indented, italicized, uppercase and lowercase heading ending with a period. This heading is level 4 so a paragraph may look something like this in this. The entire proposal will be double-spaced with 1” margins (top, bottom, left and right) using size 12 font.

Citing References

You will need to cite references within your document using APA format. So far in the course, we have concentrated on using correct APA format for the reference list. However, when referring to a specific study and/or when paraphrasing a study, you should include information on the author(s) names and the year on the study. For example, if you want to include the information as part of the sentence, as was done with Smith and Jones (2001) for instance, it will appear like this. You could also just attach it to the end of the sentence (Smith & Jones, 2001). If you are using a direct quote however, be sure to include the page number, especially if “… you are using a short passage from the article word for word” (Smith & Jones, 2001, p. 334). Smith and Jones (2001) could have also been quoted as saying, “be sure to pay attention to the location of commas, quotation marks, parentheses and periods” (p. 335). No footnotes are used in APA. One last reminder is to be sure to reference any pictures or diagrams you may use; you may find this useful in chapter 3. There is much, much more information in the APA manual and you are encouraged to seek it out in the library or by stopping by our offices.
REFERENCE LIST

The reference list for your proposal should begin on a new page with the heading above. Be sure to include ALL references that have been cited in the proposal in APA format. In addition, only those references cited in the paper should appear in the list. Be sure to list references in alphabetical order by the first authors’ names (do not change to order of the authors in each study!) and indent the 2\textsuperscript{nd}, 3\textsuperscript{rd} and possibly 4\textsuperscript{th} lines of each reference. You may single space or double space each reference, but double space between references.