



# **KINESIOLOGY UNDERGRADUATE THESIS COURSE**

INFORMATION BOOKLET



## Department of Kinesiology, Faculty of Human Kinetics

401 Sunset Avenue

Windsor, Ontario, Canada N9B 3P4

T 519 253 3000 (2452) F 519 973 7056

[www.uwindsor.ca/kinesiology](http://www.uwindsor.ca/kinesiology)

### Preamble:

The undergraduate thesis course provides a unique opportunity for students in the Faculty of Human Kinetics to apply concepts and theories learned over the prior three years of study to complete a research project from start to finish. The student will have the opportunity to pick a topic of personal interest, develop a research idea and question, design a research study, observe, collect and analyze data, and present findings to their peers and the community in general.

### Eligibility

Any student entering their fourth year of study in the Faculty of Human Kinetics is eligible to complete an undergraduate thesis, however, admission to the undergraduate thesis course is not guaranteed. Students must have a faculty member formally agree to act as a supervisor throughout the completion of the thesis.

### Prerequisites

None, however, completing an undergraduate thesis requires significant planning and is benefitted from working and establishing relationships with faculty researchers in the first three years of undergraduate study.

### Antirequisites

- Students enrolled in this course may not obtain credit for more than one KINE-4750 (Individual Study) and may not be enrolled in KINE-4750 (Individual Study) concurrently with this course.
- Students enrolled in this course may not obtain credit for more than one KINE-4980 (Internship)

### Student Workload expectations

Student workload should be discussed with the supervisor prior to registering for the undergraduate thesis, however, students will receive 2 Kinesiology major course credits (this contributes to the 10 required upper level courses) toward their degree upon successful completion of the undergraduate thesis, and consequently, you should expect to devote approximately 10 hours per week to the thesis during the fall and winter term. Students should also anticipate that although much of this time will be spent in independent work (e.g. reading articles, writing), there will be times during the year (e.g. data collection) when you will be required to be on campus, “in the lab” or at data collection sites for significant periods of time.

### Thesis Topic

Selecting a thesis topic will be one of the most important decision of the thesis process. The topic you select should pique and be able to sustain your interest over the year (you will be reading and writing about this topic much more than you anticipate throughout the course). If you are not interested in a topic chosen by someone else, it is easy to get distracted, procrastinate, and generally



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provide less effort for the completion of the thesis. As such, it is highly recommended, though not required, that students begin thinking about an undergraduate thesis early in their third year of undergraduate study (or before!). Some examples of preparation include:

- completing an independent study<sup>1 2</sup>
- expressing interest in research to faculty members who taught your favourite courses
- volunteering in faculty research labs
- volunteering as a participant in faculty or student research studies
- reading peer-reviewed journal articles in areas of interest
- listening for current topics in the news or online and/or reading magazines

While thinking about a research topic it is also important to consider the originality of the topic, your ability to gather data on this topic over an academic year, and what problems or gaps in the current understanding of the topic require or support additional research. It is expected that the student will be able to assess originality and feasibility, and formulate a problem on their own through research, however, the final component of selecting a topic will be to approach a faculty member with your ideas. The faculty member will be able to aid you in topic selection and the components listed above, but the faculty member should not be expected to develop the research idea and plan in totality.

### Thesis Supervision

It is the responsibility of each student considering entry into the undergraduate thesis course to meet with and be approved by a faculty supervisor PRIOR to the registration deadline early in September. It is highly recommended that the student will consult with faculty about their ideas for thesis topics early in the preceding summer months to the fall semester of their fourth year or winter term of their third year. Once a faculty member has agreed to be a supervisor, it is important for the student and faculty member to discuss the frequency and types of contact that will take place over the year. An objective of the undergraduate thesis is to foster independent thought and problem solving. As such, the student should not require direction at every step of the thesis such that the student simply becomes a gaffer of the faculty supervisor.

University of Windsor faculty members who are currently eligible to supervise individual study students may volunteer to act as Kinesiology undergraduate thesis supervisors if they so agree. Faculty members who do not meet this criteria (including doctoral students within the Faculty of Human Kinetics), may act as co-supervisors. A Faculty member may supervise no more than 2 undergraduate thesis students either in part or alone in any given academic year.<sup>3</sup>

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<sup>1</sup> A student may not take 2 individual studies throughout their academic tenure in conjunction with a 4th year thesis course.

<sup>2</sup> A student may not complete an independent study simultaneously with the 4th year thesis course.

<sup>3</sup> The Department of Kinesiology does not provide workload relief for undergraduate thesis supervision.



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Undergraduate Thesis Student/Faculty Agreement Form

This agreement must be completed and approved by all signatures prior to beginning work on the undergraduate thesis.

Student Information

First Name: Student Number:
Last Name: Program/Stream:
Contact (email): Contact (phone): ( ) x
Proposed Title:

Thesis Supervisor(s)

Supervisor Name: Faculty/Department:
Contact (email): Contact (phone): ( ) x
Co-Supervisor Name: Faculty/Department:
Contact (email): Contact (phone): ( ) x
Funding source allocated to the thesis project (if any): Amount (if any):\$
Ethics Approval Required: Human Animal Ethics clearance date or expected date: DD / MM / YY
Required Training: WHMIS TCPS2 Biosafety Spills CPR First Aid
Other(specify):

Agreement

- By signing below, the Student and Supervisor(s) acknowledge that they have READ and AGREE to the following:
1. The Supervisor(s) will make her/himself available to the Student to direct and facilitate completion of the undergraduate thesis over the fall and winter semesters of the Student's 4th year of undergraduate study.
2. The Student will receive course credit for successful completion of the undergraduate thesis and is therefore expected to devote the necessary time and effort to complete this project in both the Fall and Winter semesters.
3. The Student and Supervisor(s) agree to conduct themselves in an appropriate and ethical manner at all times when dealing with the community, other students, employees, faculty, and research participants.
4. The Supervisor(s) will outline all of the necessary training (e.g. TCPS2, biosafety) that the Student must undergo in order to complete the proposed project and work in the Supervisor's lab.
5. All research data (e.g. questionnaires, data files, records, observations) collected and analyzed from the project are the property of the Supervisor(s).
6. The Supervisor(s) will describe the process, steps, and expectations of conference presentation and/or any (written, oral, digital) publication of data obtained from the undergraduate thesis.

Signatures

Student Signature Date: DD / MM / YY
Thesis Supervisor Signature Date: DD / MM / YY
Thesis Co-Supervisor Signature Date: DD / MM / YY
Thesis Coordinator Signature Date: DD / MM / YY

If there are any major changes to the thesis topic or requirements, a new agreement form must be completed.
Version Date: June, 2017



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### Student Financial Support

It is the intent of the Faculty of Human Kinetics to provide **minimal** (up to \$200) support to all undergraduate thesis students in the Department of Kinesiology provided funds are available. However, it is important for the student and faculty supervisor to ensure that there is sufficient funding available to complete the proposed research project prior to beginning the undergraduate thesis. In order to apply for reimbursement, students must provide original receipts for items or services directly pertaining to completion or dissemination of the undergraduate thesis along with a brief description of how the requested funds were used to the thesis coordinator.

### Thesis Evaluation

The course will be evaluated in the following components:

<b>Evaluations</b>	<b>Due Date</b>	<b>Weighting</b>	<b>Grader(s)</b>
Attendance at thesis seminars	TBD	10%	Thesis Coordinator
Proposal Document	3-Nov-17	20%	Faculty Advisor
Proposal Presentation	10-Nov-17	10%	Faculty Advisor
Fall Term Progress Report	20-Dec-17	5%	Faculty Advisor
Thesis Presentation at KRD	TBD	20%	Faculty Advisor/Thesis Coordinator
Final Paper end of winter term	19-Apr-17	35%	Faculty Advisor
	TOTAL	100%	

### Attendance at thesis workshops

Attendance at the various workshops and oral presentations is mandatory. Unexcused absences at thesis workshops will result in the loss of 5% of total thesis grade per workshop missed.



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### Thesis Proposal Document

A good thesis proposal is invaluable to the successful completion of your thesis and should not be thought of as a hurdle. The thesis proposal provides the structure for your entire thesis including the research problem(s)/question(s) and how and in what timeline you plan to address the problem. One of the major challenges of completing a thesis at any level is to adequately anticipate, address and plan solutions to any conceptual or practical problems that may arise. Although students are usually anxious to get started with the “methods” components of the thesis, you will find that there is no substitute for the time spent in planning!

The undergraduate thesis proposal **MUST** include the following components:

#### Format

- **5-6 pages, numbered, double-spaced, 12 point Times New Roman font (not including title page or reference list) on 8 1/2” x 11” paper.**

#### Tentative title of the thesis

- This may change in wording prior to completion of the thesis, but should not change in theme

#### Identification of the general problem area

- Include a brief background of **key** literature relating to both the general subject matter and methodology you plan to use. Also, ensure that you clearly identify the **research question, problem, or objective** of your project.

#### Specific Hypotheses

- Hypotheses are predictions of the relationships between two or more variables based on prior knowledge. **Your hypotheses should be testable** (i.e. upon completion of the thesis, you should have information that directly either supports or does not support the hypotheses you have made). As such, the methods you employ should allow you to specifically test the hypotheses that you have made.
- In some instances, it may be impossible to develop testable hypotheses (e.g. model development, observational experiments, developing databases or standards). However, even in these instances, there should be a **clearly articulated goal(s)** that directs the thesis through its completion.

#### Methods

- Outline the steps you will take to test the hypothesis or address the research question that you specified above. The methods should provide as much detail as possible to allow for the careful examination of whether they are sufficient and appropriate.
- Ensure you include a section of the statistical tests you plan to employ as these will typically guide the sample and sample size required for completion, and clearly identify the **dependent and independent variables** of your study. In those instances where statistical measures are not appropriate, a description of how the process will be assessed or validated must be included.



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- In many instances, an ethics board will have to clear your methods prior to data collection. It is important that you discuss this with your faculty supervisor and obtain **ethical clearance prior to beginning data collection**. Ethical clearance may take some time and should be sought well in advance (i.e. prior to the proposal deadline and definitely before the end of the fall semester).

### Timelines for major step completion

- Include the practical and achievable milestones that will be met throughout the Fall and Winter terms. These dates should be discussed and approved by the faculty supervisor and take into account departmental and university deadlines.

### Reference List

- This list should be as comprehensive as possible to indicate adequate review of the proposed area of study

### Thesis Proposal Presentation

Each student will be required to present their proposed research at a fall open seminar which includes thesis coordinator, all students in the thesis course, and thesis student supervisors. The proposal presentation will be a 15-20min oral presentation that summarizes the proposal document components listed above. The presentation will include a question period and will be graded by the thesis student's supervisor.







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### Final Presentation

Each student is expected to present their thesis work at the Annual Kinesiology Research Day (KRD) in the winter semester of the student's fourth year. Typically, KRD takes place in mid to late March, however, if KRD take place any earlier than mid March, a separate presentation date will be established by the thesis coordinator to take place on the last Friday in March. The student is not required to have completed the final thesis by this point, but should be far enough in the process to present meaningful information of data collected to date.

### Final Thesis

The undergraduate thesis should be written in the **traditional format** and must include the following sections as outlined by the University of Windsor guidelines for theses, dissertations and major papers in the order listed:

- Title page
- Copyright page (if separate)
- Approval page
- either Declaration of Originality or Declaration of Co-Authorship/Previous Publication
- Abstract
- \*Dedication (where applicable)
- \*Acknowledgements (where applicable)
- Table of Contents
- \*List of Tables (where applicable)
- \*List of Figures (where applicable)
- \*List of Appendices (where applicable)
- \*List of Abbreviations, Symbols,
- \*Nomenclature (where applicable)
- Body of thesis (divided into various chapters)
- Bibliography/References (note that the Bibliography/References section can either precede or follow the Appendices)
- \*Appendices (include copyright releases here, if applicable).
- Vita Auctoris



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Thesis Template

**Insert Title Here**

By

**Your Name Here**

A Thesis  
Submitted to the Faculty of Human Kinetics  
through the Department of Kinesiology  
in Partial Fulfillment of the Requirements for  
an Undergraduate Thesis in Kinesiology  
at the University of Windsor

Windsor, Ontario, Canada

2017

© 2017 **Your Name here**

**Insert Title Here**

by

**Your Name Here**

APPROVED BY:

---

**Name of Dept. Head**  
Department of Kinesiology

---

**Name of Thesis Coordinator**  
Department of Kinesiology

---

**Supervisor's Name, Supervisor**  
Department of Kinesiology

**Insert Date of Submission here**

## DECLARATION OF ORIGINALITY

*[If your thesis incorporates material based on jointly authored research and/or material that you have published or submitted for publication, you must use the “Declaration of co-authorship / previous publication” instead of this declaration - for details refer to the [formatting guidelines on the web](#)]*

I hereby certify that I am the sole author of this thesis and that no part of this thesis has been published or submitted for publication.

I certify that, to the best of my knowledge, my thesis does not infringe upon anyone’s copyright nor violate any proprietary rights and that any ideas, techniques, quotations, or any other material from the work of other people included in my thesis, published or otherwise, are fully acknowledged in accordance with the standard referencing practices. Furthermore, to the extent that I have included copyrighted material that surpasses the bounds of fair dealing within the meaning of the Canada Copyright Act, I certify that I have obtained a written permission from the copyright owner(s) to include such material(s) in my thesis and have included copies of such copyright clearances to my appendix.

I declare that this is a true copy of my thesis, including any final revisions, as approved by my supervisor and the Department of Kinesiology, and that this thesis has not been submitted for a higher degree to any other University or Institution.

ABSTRACT

[up to 1 page double-spaced]

DEDICATION  
[Optional component]

## ACKNOWLEDGEMENTS

[Optional component]

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*If you omit any of the optional pages/sections (e.g. Dedication, List of Figures, etc.), you must first delete the actual page, and then update the Table of Contents: click within the Table of Contents, click on “Update Table” in the upper left corner and select “Update Entire Table.” The deleted page will then be removed from the table of contents.*

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LIST OF ABBREVIATIONS/SYMBOLS  
[Optional element]

NOMENCLATURE  
[Optional element]

CHAPTER 1

CHAPTER TITLE HERE

*Section Title Here*

*Sub-Section Title Here*

## REFERENCES/BIBLIOGRAPHY

[Ensure all citations are formatted in the same style. The style you choose is based on your departmental/discipline standard]

## APPENDICES

### Appendix A

[If applicable, include copyright permission for previously published material. Remove any personal information from appendices and forms, such as emails, phone numbers, signatures, etc.]

VITA AUCTORIS

Example:

NAME:	Mary Scott
PLACE OF BIRTH:	Windsor, ON
YEAR OF BIRTH:	1986
EDUCATION:	Assumption High School, Windsor, ON, 2005