

EXS 489 Research Proposal Outline

Chapter 1 – Introduction (due **March 29**)

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

Chapter 2 – Review of Literature (due **April 19** along with Reference List to date)

- A. Introduction
- B. Literature Review (include as many subheadings and levels as necessary)
- C. Summary

Chapter 3 - Methods and Procedures (due **April 26**)

- A. (Re)statement of the Problem
- B. Participants
- C. Instrumentation (may need subheadings)
- D. Procedures (may need subheadings)
- E. Design and Statistical Analysis

Reference List

Other due dates:

May 10th – Power Point Presentation of Proposal (approximately 15-20 min)

May 14th - Final written draft of Research Proposal with:

Title Page (with header)

Table of Contents

Abstract (short – about 100-200 words- same as attached to Human Subjects)

Chapter 1

Chapter 2

Chapter 3

References

Along with the Human Subjects Application (to be discussed in class April 26th)

Sample page of a chapter using appropriate APA formatting for sections

Top of 1st Page of Chapter

ABBREVIATED TITLE AS HEADER

1

CHAPTER 1: INTRODUCTION

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 is to investigate....

Purpose of the Study

The purpose of this study is to

Delimitations

This study was delimited to:

1. Obese older adult males who have not previously been involved in a weight training program.
2. A Weight training Program using the Max-Gain equipment for 4-weeks.

[Also include limitations and assumption hypothesis(es) and definitions...]

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....

APA HEADINGS

APA Style Headings: 6th Edition

Level	Format
1	Centered, Boldface, Uppercase and Lowercase Heading Then your paragraph begins below, indented like a regular paragraph.
2	Flush Left, Boldface, Uppercase, and Lowercase Heading Then your paragraph begins below, indented like a regular paragraph.
3	Indented, boldface, lowercase paragraph heading ending with a period. Your paragraph begins right here, in line with the heading. ^a
4	<i>Indented, boldface, italicized, lowercase paragraph heading ending with a period.</i> Your paragraph begins right here, in line with the heading.
5	<i>Indented, italicized, lowercase paragraph heading ending with a period.</i> Your paragraph begins right here, in line with the heading.

^aFor headings at Levels 3–5, the first letter of the first word in the heading is uppercase, and the remaining words are lowercase (except for proper nouns and the first word to follow a colon).

(From: <http://blog.apastyle.org/.a/6a01157041f4e3970b011570f0dd68970c-popup>)

Formatting your Paper

Use as many of the five levels of style headings above as necessary. You will likely only use Level 1 in the first chapter (as illustrated on previous page). In your review of literature in chapter 2, you will likely use up to 3 or 4 levels. There is a great YouTube video on formatting your proposal paper in Word: <http://www.youtube.com/watch?v=9pbUoNa5tyY> As noted in the video, use a running header (caps top left), page numbering (top right), double-spacing, Times New Roman font at 12 point size.

Other useful sources for formatting papers in APA (version 6) are available at:

- <http://ccd.colostate.edu/Graduate/Forms/documents/SOE-APA-Guide.pdf>
- <http://owl.english.purdue.edu/owl/resource/560/1/>

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 have your own copy, look on the internet and/or to seek it out in the library.

References

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 2nd, 3rd and possibly 4th lines of each reference (use the hanging indent under paragraph formatting in Word). You may single space or double space each reference, but double space between references.