

Nutrition and Exercise Science Master's Program Quantitative Research Thesis Format

Prior to starting the research study refer to the **Graduate School Guidelines** for writing the thesis. The **APA or AMA Publications Manual** (latest edition) should be obtained and reviewed. It is very advantageous to be familiar with the guidelines before beginning your research. Typically, the completion of the research project and the writing of the thesis will take at a minimum two full semesters. The student must be prepared to complete multiple rewrites and incorporate editorial recommendations regarding format. Students cannot propose the thesis and take the Master's Oral Exam (Defend) in the same semester.

Preliminary Pages

- Title page (required; Do not number this page.)
- Blank page (required; becomes copyright page if manuscript is to be copyrighted. Do not number this page.)
- Acceptance page (required; Number this page ii.)
- Abstract (required)
- Acknowledgments (optional)
- Table of Contents (required; titles of each section listed must concur exactly with the body of the paper. Do not list this page among contents.)
- List of Tables (required when tables are used)
- List of Figures (required when figures are used)
- List of Illustrations (required when illustrations are used)

Main Manuscript (5 chapters are required)

- Chapter 1 (Introduction)
Background of Problem
Statement of Problem
Purpose/significance of the Study
Theoretical perspective/underpinnings (if applicable)
Research Questions
Hypotheses
Research Methods
Limitations
Delimitations
Assumptions
Definition of Terms
Summary (Briefly touch upon the highlights of study.)
- Chapter II (Review of Literature)
Introduction of the key topics to be reviewed
Body
Summary (Refer to major or foundational research that will justify this study.)

- Chapter III (Methods)
 - Introduction
 - Description of Research Design
 - Research Questions (restatement)
 - Population and Sampling
 - Instrumentation
 - Demographic Variables
 - Human Subjects Approval
 - Reliability
 - Validity
 - Pilot Study
 - Data Collection
 - Statistical Procedures
 - Treatment of Missing or Incomplete Data
 - Summary (highlights of this section)

- Chapter IV (Results)
 - Introduction
 - Purpose of the Study
 - Demographics
 - Results of Research Questions
 - Summary

- Chapter V (Discussion/Conclusions and Recommendations)
 - Introduction
 - Summary
 - Discussion and Conclusions
 - Recommendations for Future Research