

School of Human Kinetics

Guidelines for Research Projects

Projects should be typewritten on 8½ x 11" paper, double spaced and on one side only. The manuscript should be between 8 and 10 pages, excluding references, appendices and figures. References and format must be consistent throughout the paper and follow an accepted style, for example, J. Biomechanics or APA. It is desirable to provide figures and tables to accompany the text, especially if they are original. Be sure to reference all material taken from other sources. Do not justify the text. Use a font size greater than or equal to 10 points (i.e., 12 cpi) preferably a proportional font, such as, 12 point Times New Roman, Times or TMS RMN etc. Use a “sans serif” font for titling (e.g., Arial, Univers, Helvetica, Swiss etc.).

Introduction

- describe the reasons for conducting the study
- answer why it is important to you and others
- how did you become interested in the project?
- clearly state the purpose of the project
- describe any assumptions necessary to carry out research
- what boundaries (delimitations) are you placing on the research (because of lack of funds, time, facilities, etc.)

Review of Related Literature

- divide literature into specific sections
- critique previous research (positive and negative)
- identify gaps in the knowledge base
- compare research on your movement with research done on similar movement patterns
- use past tense when referring to what conclusions were reached by other authors (They may have changed their minds since their publication.)
- summarize what has been done and what needs to be done

Methods

- identify the methods that you used (recipe)
- whenever possible reference methods that have already been published (do not restate every methodological detail)
- present detailed instructions that other researchers could duplicate

Results & Discussion

- present data in graphical or tabular form (rarely should same data be in both formats)
- results and discussion can be mixed or separate
- **most important section is the discussion**
- draw out as much information as you can from your data
- you should describe how to apply the data
- discussion must address the purpose of the study

Conclusions & Recommendations

- conclusions must be supported by the data
- must relate to statement of purpose
- what direction should future research take?

References

- alphabetically by first author
- within same author, order by date (earliest to latest)
- use a consistent format (APA or a suitable journal's format)
- start on separate page
- use "hanging indents" (author offset from reference)
- single spaced within reference, double spaced between references

Figures and Tables

- can be imbedded with text or on separate pages throughout manuscript
- label each with a unique number (I.e., Figure 1 ... Table 5 ...)
- preferably use "portrait" orientation