

**Department of Kinesiology and Community Health
Individual Study Form for CHLH 393 and KIN 385/391/393**

CHLH 393 Special Projects, 2 or 3 hours

Special projects in research and independent investigation in any phase of health, kinesiology, recreation, and related areas selected by the students. May be repeated to a maximum of 12 hours.

KIN 385 Exper in Kinesiology Research, 3 hours

Supervised laboratory experiences in kinesiology research; individual work under the supervision of members of the faculty in their respective fields. The student assists with data collection, processing, and analysis for research in progress. May be repeated to a maximum of 12 hours. Prerequisite: Consent of instructor.

KIN 391 Special Project – Problems, 2 or 3 hours

Special projects in research and independent investigation in any phase of health, kinesiology, physical education, and related areas selected by the students. May be repeated to a maximum of 6 hours. Prerequisite: Junior or senior standing; grade-point average of 2.5; consent of instructor.

KIN 393 Honors Thesis, 3 hours

Planning, researching and writing of an honors thesis, under supervision of a faculty member, on a problem of appropriate scope and character. Paper will be presented at a suitable meeting and/or seminar. May be repeated to a maximum of 6 hours. Prerequisite: Senior standing when enrolling; minimum grade point average (total, University and Kinesiology prefix courses) of 3.25; a minimum of one full year (2 semesters) remaining at the University of Illinois, Urbana-Champaign campus; and submission of a written proposal.

Student Name _____ UIN _____

E-mail _____ Phone Contact _____

Course _____ Credit Hours _____ Semester: Fall _____ Spring _____ Summer _____ 20 _____

Description of Study/Responsibilities: **See attached page**

Timeline for Completion:

Evaluation/Grading Plan: **See attached page**

Student Signature _____ Date _____

Faculty Supervisor Signature _____ CRN _____

(Provide one copy of this form to the student and retain another copy for your records)

KIN 385/391: Supervised Research in Exercise Psychology Lab

The Exercise Psychology Laboratory (EPL, Director: Dr. Neha Gothe) is currently conducting several projects examining physical activity and mind-body (e.g. yoga) exercises for healthy and chronic-diseased populations. These studies range from cross-sectional to randomized clinical trials, i.e. participants are randomly assigned to various exercise groups to study effects on health outcomes. Given that these studies are in various stages of completion, students can expect to be involved various duties during their research experience.

Depending upon the project that undergraduate students are assigned to, they could be involved in the following activities:

- Participant Recruitment and Screening
- Data Collection, Organization, and Processing
- Functional Fitness Testing
- Graded Maximal and Submaximal Exercise Testing
- Preparation of Data Collection Packages
- Participating as Exercise Specialists in Intervention Studies
- Institutional Review Board Applications
- Manuscript Preparation
- Literature Reviews
- EPL website updates and social media updates

Students will be expected to spend approximately 9 hours per week in the lab for three hours of credit. There will be assignments conducted outside of these hours (e.g., memorizing testing scripts, reviewing intervention protocols) which are crucial to your success in the laboratory.

Students will be evaluated based on their performance in these various duties, participation in laboratory meetings with other undergraduate students, graduate students and Dr. Neha Gothe.

At the end of each semester, students will be expected to complete and submit a 2-page overview (single-spaced, Times New Roman, 12-point font, 1" margins) of their evaluation of the research experience, skills learnt, and a summary of their involvement in the projects. This summary is due on the last day of classes each semester and plays a significant role in your letters of recommendation from Dr. Gothe.