

Purpose

The purpose of Departmental Honors in the Applied Health Science (APHS) major, is to encourage outstanding students to pursue an original in-depth scholarly initiative in an area related to APHS. The Departmental Honors sequence is designed to give students the opportunity to conduct an extensive literature review, and plan and complete a scientific research project under the direction of a departmental faculty mentor.

Departmental Honors can be initiated by either:

1. A student who is in the College Honor's Program, in accordance with the rules and regulations established by the College Honor's Program, and has the support of a Health, Nutrition, and Exercise Science (HNES) departmental faculty mentor.
2. A student who is NOT in the College Honor's Program, but who meets the minimum requirements and has the support of a HNES departmental faculty mentor.

Application Requirements

A. Previous Course Work

Candidates must have completed:

1. Exercise Physiology (APHS 301)
2. Research Methods (APHS 225) or Statistics (STAT 269)

B. Character and Integrity

Candidates must have demonstrated honesty and integrity in their academic work and interpersonal relationships.

C. Grade-Point Average

Candidates must have an overall GPA of at least **3.50** when they submit their proposal.

Research Project Proposal

Candidates must identify and work with an HNES faculty mentor to develop and submit a research project proposal.

Application Process

1. Students must contact their academic advisor for guidance to begin the application process.
2. Students must apply by the Friday before spring break, of the junior year. If part of an accelerated program, or graduating a semester early, project deadlines may be accelerated.
3. Applications must include a cover letter and research proposal.
 - i. The cover letter must indicate the rationale and purposes for pursuing departmental honors, noting specifically how they relate to one's career goals.
 - ii. The research proposal must be developed with the faculty mentor and can be an extension of an ongoing project or follow a common interest between the student and faculty mentor.
4. Two pathways for Honor's:
 - i. **For students who are in the College Honor's Program:** Applicants must obtain approval from the College Honor's Program Director prior to submitting the paperwork for departmental review/approval. Please contact the College Honor's Program for the appropriate forms. Applicants and their mentors must submit their completed application and proposal to the HNES Department Chair to initiate the department review process.
 - ii. **For students NOT in the College Honor's Program:** Applicants and their research mentor must submit their proposal to the HNES Department Chair to initiate the department review process.
5. Students are responsible for completing the appropriate paperwork with the Messiah College Registrar's Office.

Honors Project Requirements

With guidance from the faculty mentor, departmental honors candidates will complete the following:

1. Literature review
2. Comprehensive research proposal
3. Institutional approval to conduct research
4. Data collection and analysis
5. Oral presentation of results
 - a. At least once during the research project, the student must deliver an oral presentation at the institutional research symposium sponsored by the School of Science, Engineering and Health, professional conference and/or other venue selected by the Department of Health, Nutrition, and Exercise Science.

Earning Departmental Honors requires a sustained effort in research. Students who have been approved by the faculty of the department must register for 4-6 hours of the Major Honors

sequence, **APHS 497 Majors Honors** (2-3 credits for the first semester) and **APHS 498 Majors Honors** (2-3 credits for the second semester). The course sequence is outlined in the Messiah College Undergraduate Course Catalog. According to college policy, at a minimum, four credits should be in APHS 497 and APHS 498. Likewise, according to college policy, a grade of an A is required in these courses for departmental honors.

Sample Timeline

Semester 1	Semester 2
APHS 497	APHS 498
Literature review, research proposal, institutional approval	Data collection and analysis, oral presentation of results

Sample Application Sequence – Regular Graduation

	Fall Semester	Spring Semester
Junior Year	-----	Submit Proposal
Senior Year	APHS 497	APHS 498

Sample Application Sequence – Graduating a Semester Early

	Fall Semester	Spring Semester
Junior Year	Submit Proposal	APHS 497
Senior Year	APHS 498	-----