Guidelines and FAQs for Kinesiology Students in the University Honors Program

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The University Honors Program (UHP) seeks to provide students with a rich environment in which to pursue an enhanced undergraduate experience.

Honors students who are admitted to the Kinesiology BS or Sport Management BS participate in faculty-guided directed research, mentoring, and thesis writing in their discipline, providing students a challenging learning experience.

Visit the FAQs for Kinesiology Students in UHP (below), where you'll find answers to the questions we get asked the most by Kinesiology/UHP students. Please visit UHP’s Honors Experience site for additional information on the University of Minnesota honors requirements.

The School of Kinesiology Honors faculty representative

The School of Kinesiology Honors faculty representative serves as a liaison and resource for Honors students majoring in Kinesiology and Sport Management. Dr. Dunja Antunovic advises students in department-related content. Dunja Antunovic, PhD Assistant professor, School of Kinesiology
**Kinesiology major requirements for UHP students**

To complete the School of Kinesiology’s Honors requirements students will:

1. Be admitted into the University Honors Program and the Kinesiology B.S. or Sport Management B.S. program.
2. Have opportunities to develop research skills, collect data, and further develop their thesis skills by participating in the University Research Opportunity Project (UROP) grant program or registering for KIN/SMGT 3993 Directed Studies.
3. Complete KIN 3982 Research Methods to develop a thorough understanding of the research process.
4. Identify and collaborate with content experts who will serve on the Honors Thesis Committee.
5. Participate in KIN 4001H Honors Seminar in Kinesiology and Sport Management during the writing phase of their Honors Thesis.

Honors students should review the [UHP Honors Experience Requirements](#) throughout their academic program.

**FAQs for Kinesiology Students in UHP**

**What are the roles of my Honors program (UHP) advisor, Kinesiology Honors faculty representative, and Honors thesis advisor?**

- Honors program (UHP) advisors guide Honors students throughout their undergraduate career on coursework, experiences, opportunities for research and community involvement, and preparing for graduation with Latin Honors. They advise students on UHP-related content.
- The School of Kinesiology Honors faculty representative serves as a liaison and resource for Honors students majoring in Kinesiology and Sport Management. They advise students on department-related content.
- The Honors thesis advisor serves as a student’s Honors thesis project mentor. They advise and supervise the student’s Honors project research, thesis writing, and public presentation along with the additional readers on the student’s thesis committee.

**Can I have a primary thesis advisor from a department other than Kinesiology?**
Typically students have a primary thesis advisor who is a member of the School of Kinesiology faculty. However, your primary thesis advisor may be from another department as long as the following criteria are met:

- It has been approved by the School of Kinesiology Honors Faculty Representative.
- The department then makes a petition to be approved by the UHP Directors Committee.
- You have a faculty co-adviser who is a member of the School of Kinesiology faculty. The co-adviser should have an active mentoring role along with your primary advisor, and will serve as an additional reader for your thesis.

**Can a non-tenured/tenure-track faculty member serve as my Primary Thesis Advisor?**

Yes, a non-tenured/tenure-track faculty member can serve as your primary thesis advisor. Students are encouraged to seek out experts in the field for their thesis advisors. This may result in a non-tenured/tenure-track faculty member serving as your primary advisor.

At least one member of your three-person thesis committee must be tenured/tenure-track at the University of Minnesota.

**Do I have to complete an original research study to earn honors?**

Students graduating with summa-level Honors are required to conduct an original research study. In rare cases, however, they may complete an original research proposal instead of a study. This requires approval from the School of Kinesiology Honors Faculty Representative and Honors director’s committee.

Students graduating with cum- and magna-level Honors are strongly encouraged to conduct an original research study. A comprehensive literature review with a critical analysis section, or a research proposal, are also acceptable at these levels of Honors.

*The nature and scope of the Honors project are determined in consultation with the faculty honors thesis advisor.*

**Do I need to give a public presentation? What presentation forms are acceptable?**

Students graduating with summa-level honors are required to give a public presentation. It is recommended and strongly encouraged that all levels of honors students give a public presentation of their honors project. Poster or platform presentations at professional organization conferences, CEHD Research Day, and/or KIN Research Day are preferred outlets for the presentation. If none of these are viable options, you may arrange another presentation opportunity with your honors thesis committee. Examples might include: a conference-style paper presentation, an oral exam, a poster session, an invited lecture in a research course offered in the major, and so forth.
Honors thesis information

Review the UHP Honors Thesis Guide for information about the following:

- Important dates and deadlines
- Requirements and evaluation criteria
- Supervision and approval
- Credit and Honors Experiences
- Style and formatting
- Submitting your thesis
- Submitting to the Digital Conservancy

Choose a thesis committee

Students must choose an honors thesis committee composed of at least three members, including the primary honors thesis faculty advisor and two readers.

- At least one member must be tenured/tenure-track faculty at the University of Minnesota. The other members may be tenured/tenure-track U of M faculty, another member of the faculty, or a graduate student with specialized knowledge relevant to the student's research topic who has been approved by the Honors Thesis Faculty Advisor.
- Each committee will have a Chair, who is also the Honors Thesis Faculty Advisor for the student during research and writing. The Chair will determine when the thesis draft is ready to be circulated to the other committee members (i.e., the Readers) for additional evaluation.
- All committee members must sign off on the thesis itself and on the public presentation.
- Students are responsible for selecting the committee and coordinating the review. They may work with the Departmental Honors Faculty Representative for suggestions regarding appropriate committee members.

Thesis evaluation criteria

The honors thesis must meet both the School of Kinesiology Departmental Honors Thesis Evaluation Criteria and the UHP Thesis Requirements and Evaluation Criteria.

Suggested timeline to complete an honors thesis within the School of Kinesiology

Planning ahead is important in order to successfully complete an honors thesis. The following is a suggested timeline for all School of Kinesiology students graduating spring semester. Students on
an alternative graduation schedule should meet with their UHP advisor regarding timeline adjustments.

**Freshman and Sophomore Years**

1. Review the [UHP's sample timeline](#).
2. Interview faculty, academic advisors, and the Departmental Honors Faculty Representative to learn more about research opportunities in the School of Kinesiology.
3. Get involved in research to begin developing topics of interest.
4. Think about which [School of Kinesiology faculty member](#) you will ask to serve as your honors thesis faculty advisor.
5. Meet with the Departmental Honors Faculty Representative and your Honors Academic Advisor.

**Fall Junior Year**

- Take KIN 3982 Research Methods in Kinesiology.
- Continue exploring topics for thesis research, and review current literature on a topic.
- Meet with the Departmental Honors Faculty Representative to discuss potential Honors thesis advisor(s).
- Contact potential honors thesis faculty advisor(s) to discuss thesis topic ideas and to explore the opportunity to register for KIN/SMGT 3993 Directed Study in Kinesiology or to pursue a [Undergraduate Research Opportunities Program (UROP)](#) grant for the next semester.

**Spring Junior Year**

- Meet with your Honors Advisor to discuss the thesis process in Kinesiology.
- Take KIN/SMGT 3993 Directed Study in Kinesiology with the faculty member you are interested in having serve as your honors thesis faculty advisor to begin conducting your thesis research.
- Take SMGT 3501H Sport in a Diverse Society: Honors.
- Identify a thesis topic and secure an Honors thesis committee including your honors thesis faculty advisor and two additional readers.
- Submit the [UMN UHP Thesis Proposal Form](#) by May 1 of your junior year if you are planning to graduate the following May.
- Explore the opportunity to register in KIN/SMGT 3993 Directed Study in Kinesiology or to pursue an [Undergraduate Research Opportunities Program (UROP)](#) grant for the next semester.
- Complete and submit the [UMN UHP Thesis Proposal Form](#) by May 1.

**Fall Senior Year**


● Take KIN/SMGT 3993 Directed Study to finish conducting your thesis research with your honors thesis faculty advisor
● Take KIN 4001H Honors Seminar in Kinesiology if you are ready to start writing your honors thesis, have completed KIN 3982, and have secured an honors thesis faculty advisor and committee.
● Submit a preliminary thesis draft to your honors thesis faculty advisor
● Verify with your Honors Advisor that all honors experiences are planned or complete and that your last 60 GPA is on track for the level of thesis you are writing

Spring Senior Year
● Present your research at the UMN, CEHD, and/or School of Kinesiology Research Day. This is required for Summa. Presentation application deadlines are late January/early February.
● If unable to present at CEHD Research Day and/or Kinesiology Research Day, summa-level only must schedule another public presentation. Work with your thesis committee to determine the format. In all cases, if a student presents the thesis work at an academic conference, this will fulfill the requirement for public presentation. Presentation is due at least two weeks before graduation.
● By early April, submit your final Honors Thesis and the Departmental Honors Thesis Evaluation Form to your honors thesis faculty advisor for review and initial approval. With their approval, forward your Honors Thesis and the Departmental Honors Thesis Evaluation Form to the rest of your committee.
● Based on the feedback you receive from the thesis committee members, revise your thesis as needed.
● Submit your final thesis to UHP via these UHP guidelines, and complete the UMN UHP Thesis Completion process for your Thesis Completion by the last day of final examinations in the semester in which you are graduating.
● Submit your final Honors Thesis once you have obtained approval from your Honors Thesis Committee. Submission requirements include following UHP Honors Thesis Submission Guidelines and completing the UMN UHP Thesis Completion Form prior to the last day of final examinations in the semester in which you are graduating.

School of Kinesiology Forms
● UMN UHP Thesis Proposal Form
● Departmental Honors Thesis Evaluation Form
● UMN UHP Thesis Completion Form