

School of Kinesiology and Health Studies

Format of Traditional Thesis

Objective

A traditional style thesis has the purpose of serving as an official document that provides a detailed and comprehensive description of a research project(s) appropriate for oral defense.

Minimum Requirements

These guidelines are relevant to both Master's and Doctoral Thesis Documents and are consistent with the minimum regulations established by the School of Graduate Studies General Forms of Theses. In the School of Kinesiology and Health Studies the traditional thesis format generally consists of the following sections in the order as given.

Sequence

Title Page

Abstract (not more than 350 words)

Co-Authorship (if applicable)

Acknowledgements

Table of Contents (including bibliography, appendices, etc.)

List of Tables

List of Figures and Illustrations

Chap 1: Introduction

Chap 2: Literature Review (demonstrating understanding of background)

Chap 3 to n: Body of Thesis

Chap n + 1: Summary, Conclusions

Bibliography or References

Appendices (including an expanded methods section complete with a data analysis section)
(student may be expected to show data and demonstrate their understanding)

Title Page

The title page must include the name of the School, which is the School of Kinesiology and Health Studies.

Abstract

Length: 350 word maximum (in accordance with School of Graduate Studies requirements)

The abstract should be written in **lay terms** so that general academic readers will be able to understand the content.

Co-Authorship Statement

It is expected that the student will be the primary author. Supervisors only will offer editorial feedback and will not write any component of the thesis.

Acknowledgements

Student to include acknowledgements and thank you notes in this section.

Table of Contents

Students may use the SGS traditional thesis format template to develop their table of contents.

List of Tables

List all tables included in thesis.

List of Figures and Illustrations

List all figures and illustrations included in thesis.

Chapter 1 Introduction

Content:

- Brief overview conveying essential background information
- Thesis objectives
- Thesis hypotheses (if relevant)

Chapter 2 Literature Review

Demonstrates understanding of background.

Suggested length: 15-30 pages

Content:

- A comprehensive and **critical** review of relevant literature identifying strengths, gaps, and limitations in extant research
- The literature review should build an argument for the entire body of work covered in the thesis

Chapter 3 to n Body of Thesis

Forms the body of thesis.

Chapter n to 1 Summary and Conclusion

Includes the summary and conclusion of the thesis.

Bibliography or References

Includes the full bibliography or list of references.

Appendices

Appendix A is required and must provide a statement identifying one of the following: i) no significant changes from the approved thesis proposal occurred; ii) significant changes from the originally proposed thesis occurred and these changes were documented via thesis proposal amendment forms; iii) significant changes from the originally proposed thesis occurred* however they were not documented via the thesis proposal amendment form process. **Date of thesis proposal**:** month/year.

All thesis proposal amendment forms submitted to the thesis advisory committee (if any) must be included in Appendix A. If the student had an additional committee meeting as a result of thesis amendment form submission, the resulting Thesis Proposal Meeting form ("additional meeting" condition circled) must also be included as a part of Appendix A. These forms should be organized in chronological order, ending with the most recent. If desired/appropriate, the student may also choose to include a description and discussion of changes from the original proposal in the general discussion chapter of the thesis in order to provide additional context; also referring the reader to Appendix A.

* if significant changes from the approved proposal occurred and are not summarized in included proposal amendment forms (because these forms did not exist at the time of the changes or for other reasons), the student should briefly describe these changes in Appendix A.

**If the thesis proposal occurred prior to September 2019 it is understood that the thesis proposal amendment form process was not in place at that time.

The content and length of the remaining Appendices will vary within reason according to the nature of the research and the discretion of the supervisor. The student may benefit from consulting with the Thesis Advisory Committee.

Raw data and statistical output are not required but may be included.

Appendices must include:

- Thesis Advisory Committee / Thesis Proposal Amendment Form where the thesis has changed significantly from the original thesis proposal

Appendices may include:

- Ethics materials (e.g., letter of approval, consent form)
- Questionnaires
- Supplemental methodological information not included in a manuscript
- Supplemental results