**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 Messiah University Honor’s Program in accordance with the rules and regulations established by the Messiah University Honor’s Program.
2. A student who meets the minimum requirements and has the support of a department faculty mentor.

**Application Requirements**

Gaining Health, Nutrition, and Exercise Science (HNES) Department Honors through the APHS major, shall consist of satisfying all of the criteria, as determined by the department faculty in the areas below.

1. **Previous Course Work**

Candidates must have completed:

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

1. **Character and Integrity**

Candidates must have demonstrated honesty and integrity in their academic work and inter-personal relationships.

1. **Grade-Point Average**

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

1. **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 should contact their academic advisor for guidance and to begin the application process.
  2. To be considered for departmental honors, students must apply by the Friday before spring break, of the junior year.  If you are part of an accelerated program, or you plan on graduating a semester early, this may accelerate the project deadlines.
  3. Applications must include a cover letter and **research proposal**.
     1. The cover letter must indicate the rationale and purposes for pursuing departmental honors, noting specifically how they relate to one’s career goals.
     2. 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 Departmental Honor’s Program:
     1. **The Messiah University Honor’s Program**: Applicants must obtain approval from the Messiah University Honor’s Program Director prior to submitting the paperwork for departmental review/approval.  Please see the Messiah University Honor’s Program website for more information. Applicants and their mentors must submit their completed application to the HNES Department Chair to initiate the department review process.
     2. **HNES Department Honors**: Applicants and their research mentor must submit the proposal to the HNES Department Chair to initiate the department review process.
  5. Students are responsible for completing the appropriate on-line paperwork with the Messiah University 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
   1. At least once during the research project, the student must present 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).   According to University policy, a grade of an A is required in these courses to achieve 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 |
|  |  |

**Application Sequence – Regular Graduation**

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

**Application Sequence – Graduating a Semester Early**

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

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