

### **Honors Opportunities in the College of Health Solutions**

The College of Health Solutions (CHS) aims to prepare the next generation of health professionals through a broad set of health degree programs. We have recently introduced degree programs that will prepare professionals for continued graduate education and health leadership positions. We are thrilled to offer challenging and rewarding experiences to Barrett students across ASU. Welcome!

### **Honors Opportunities in the School of Nutrition and Health Promotion**

The School of Nutrition and Health Promotion (SNHP) is dedicated to rigorous, high caliber education for students interested in Nutrition, Exercise and Wellness, Kinesiology, Health Sciences, and Medical Laboratory Sciences. The School is committed to the engagement in and the application of research designed to promote health and well-being and to reduce the risk of chronic diseases across the lifespan and throughout society. SNHP currently offers undergraduate and graduate programs.

### **Kinesiology, BS**

The job market has fueled the growth of kinesiology programs over the past decade. The primary career paths are physical/occupational therapy, medical doctor, and physician assistant. More than 185,000 physical therapists and 104,000 occupational therapists were employed in the U.S. in 2008. The [Bureau of Labor Statistics](#) projects employment growth rates of between 24 percent and 39 percent for these three careers, by 2018.

The Bachelor of Science in Kinesiology prepares students for the study of human movement as it relates to physical activity, health, exercise and disease, and injury prevention and treatment. Using both human and animal models and reflecting research ranging from basic to applied, it draws from an interdisciplinary body of knowledge grounded in the biological, psychological, physical sciences, and social sciences. Students will study biomechanics, exercise physiology, motor control, motor development, and exercise and health psychology. Ninety percent of ASU kinesiology students prepare to become physical therapists. The program also prepares students for other graduate studies in health.

### **Exercise and Wellness, BS**

The Bachelor of Science in Exercise and Wellness provides student with the knowledge and skills to assist individuals across the lifespan in adopting physical activity, exercise, and other healthy behaviors that lead to increased fitness, wellness and optimal health. Students are prepared to pursue national certifications provided by professional organizations in fields of study related to exercise, strength and conditioning, and sports medicine.

### **Health Education & Health Promotion Degree, BS**

Employment for health educators and community health workers is projected to grow 13% from 2014 to 2024, faster than average for all occupations. For Arizona, the outlook is especially positive, with 35% growth predicted from 2010-2020 and 80 new health educator jobs expected to become available every year.

The Bachelor of Science (BS) in Health Education and Health Promotion (HEHP) provides students a pathway to become Certified Health Education Specialists (CHES), and it is the only undergraduate program at ASU designed specifically to provide professional preparation in population-based health education, including school and community health education. Students pursuing a bachelor's degree in health education and health promotion will gain foundational knowledge in health promotion program planning, implementation, and evaluation as well as in certified health education specialist competencies, and they will learn about specific health education strategies for effectively delivering community and school health education interventions. Students will develop an understanding of various areas addressed by certified health education specialists, including injury prevention, violence prevention, substance abuse prevention, sexual health education, emotional health education, foundations of school health education, social media and marketing in health education, nutrition, physical activity, and stress for chronic disease prevention.

The BS in HEHP prepares students to earn *the desired credential* in the field of health education and health promotion by providing National Commission for Health Education Credentialing (NCHEC) required exam eligibility coursework. This coursework, which is carefully aligned with the Certified Health Education Specialist (CHES) competencies, prepares students to successfully pass the CHES exam.

Students in the Health Education and Health Promotion bachelor degree program will gain:

- foundational knowledge in nutrition, physical activity and stress for chronic disease prevention;
- methods for helping people make healthy behavior changes and lessen unhealthy behaviors;
- knowledge, skills and ethics for assessing and understanding group and community needs;
- skills in designing, implementing, administering and evaluating effective health promotion programs in worksite, community, health care, and agency settings;
- competencies required to obtain the CHES certification.

The Health Education and Health Promotion bachelor degree program at Arizona State University includes a Capstone internship experience in a pre-professional setting.

### Honors Classes & Honors Enrichment Contracts

Barrett students entering with **lower division status** complete 30 honors credits (at least 18 must be upper division) in addition to the HON 171 and 272 course sequence, a total of 36 honor credits. Students entering with **upper division** status complete 21 honors credits (all upper division and one must be a HON 300 seminar). Specific honors courses or sections can be taken to meet this requirement.

Honors contracts can be developed with a regularly appointed faculty members for any course. Honors contract projects should be determined jointly by the student and faculty member. The honors contract should ideally increase student understanding of course topics and provide a benefit to the faculty. It is also recommended that students pursue research and projects directed by faculty in order to develop research ideas and further career opportunities prior to starting an honors thesis/creative project.

### Honors Thesis/Creative Project

The honors thesis/creative project is an excellent opportunity to gain experience conducting original research under the advisement of a nutrition faculty member. A topic for your thesis or creative project

usually emerges from an aspect of an introductory course that sparks your interest, and then becomes more refined as a depth of knowledge is furthered by taking other classes in the related area. For example, an interest in Childhood Obesity may begin in an Introductory Nutrition or Human Nutrition class, and more background is gathered by taking the Maternal and Child Nutrition (NTR) course and the Obesity Prescriptions (EXW) course.

In order to register for EXW/KIN 492, we need at least an email of approval from the faculty director and a short paragraph that describes the student's project. A copy of the student's prospectus is also *required* before he or she can receive an override to register for EXW 493. You can send these materials to your Faculty Honors Advisor, [Jennifer.Huberty@asu.edu](mailto:Jennifer.Huberty@asu.edu).

All Barrett Honors students are must complete a thesis/creative project information session prior to enrolling in thesis credit (492 or 493). The session is designed to make certain each student has been informed about the process, expectations, and deadlines. Students may complete this requirement in several ways:

1. Through a workshop or course offered in an academic unit and approved by Barrett.
2. Through a workshop/session (several every semester) or a course (one each semester at PHX Downtown campus) offered by Barrett
3. Through an on-line workshop offered through Barrett via ASU Blackboard. Refer to the Barrett, The Honors College page for further information in enrolling in an information session.

We strongly encourage Exercise and Wellness majors to begin planning their thesis/creative project by the fall of their junior year, particularly if you would like to be engaged in research during the summer before your senior year. After completing the information session, the following steps are required:

1. Meet with the Faculty Honors Advisor to discuss your areas of interest.
2. Consult with an appropriate thesis/creative project director.
3. Form a Barrett Thesis/Creative Project committee with a minimum of two members; the director (who must be a regularly appointed lecturer or professor) and one other committee member with expertise in the area of interest, after consultation with the director.
4. Develop a brief prospectus in collaboration with your thesis/creative project director and submit within the timelines identified by Barrett.
5. Complete the research or creative project with collaboration from the committee. Expectations regarding what constitute a thesis or creative project varies among faculty members and will be conveyed by your advisor. However, the thesis/creative project will require either independent development of a project with written documentation of the project rationale, method of development and evaluation of the project or completion of a research study and analysis of the results. A research paper relating the research completed by other researchers does not meet the criteria for a thesis/creative project.
6. The thesis/creative project defense must be scheduled and held according to Barrett timelines and all committee members must be physically present at the defense.

Please review the description of the nutrition and health sciences program and program faculty as potential honors advisors; freely explore other relevant ASU faculty members in other programs.

### Tips

- *Explore Barrett Resources:* Barrett has excellent online resources outlining the Honors Thesis projects. A guidebook can be found at: <http://barrettthons.asu.edu/academics/thesis-and-creative-project/>
- *Attend a Thesis Workshop:* Barrett also arranges several workshops throughout the semester to help you get started with your thesis and to de-mystify the thesis process.
- *Talk to CHS Faculty:* faculty have experience mentoring students on the Honors Thesis and can guide you through the process and advise you what they might expect
- *Review past thesis documents:* Barrett Honors College has a library of documents previously prepared by Honors students. These are an excellent resource to help plan the structure of your document. You can schedule an appointment to view past projects in the Barrett Thesis Library by contacting the Barrett Advising Office at [barrettadvising@asu.edu](mailto:barrettadvising@asu.edu) or 480-965-9155.
- *Attend thesis defenses:* Every student publicly presents thesis outcomes as part of a defense. Attending

a defense before you do your own will help you prepare and give you a sense of how to present your outcomes as well as the kinds of questions you might expect. A schedule of upcoming defenses can be found at: <http://barretthonors.asu.edu/academics/thesis-and-creativeproject/defense-calendar/>

- *Talk to other CHS Honors students:* If they are currently going through the thesis process, or preparing for it, talking to other students can help plan for your thesis.
- *Talk to the CHS Faculty Honors Advisors or Advising Staff.*

## Financial Support for the Honors Thesis in Exercise and Wellness

Barrett has support and funding for Honors Thesis work:

- *Thesis Funding* – Students may apply to receive up to \$500 to complete their thesis to cover materials and supplies needed to complete the project.
- *Honors Project Fund* – Typically used for non-thesis related expenses such as presenting a paper at a conference or attending an annual meeting related to your major to cover such costs as travel, hotel, conference registration and supplies.
- *External Examiners Program* – As part of the thesis defense, students can apply to bring in an outside examiner or expert from another institution to serve as a thesis committee member. Students may receive up to \$1500 toward associated expenses, such as airfare and hotel.

## Example Honors Thesis schedule

### Junior Year

#### *End of Spring Semester*

- Find a faculty member to advise you on your Honors Thesis (the Thesis Director); begin discussing possible projects
- Enroll in 492 for 3 credits

### Senior Year

#### *Start of Fall Semester*

- Work with your Thesis Director to define your project and formulate an action plan for the project (the Prospectus).
- Prepare your Prospectus and submit to Barrett. See: <http://barretthonors.asu.edu/2011/02/prospectus/>

#### *Fall Semester*

Complete background review for project

#### *End of Fall Semester*

- Enroll in 493 for 3 credits

#### *Beginning of Spring Semester*

- Continue working on project and begin preparing thesis document

#### *Before Spring Break*

- Complete first draft of the thesis document and submit to Thesis Director for initial review
- Schedule your thesis defense - remember this is your responsibility – by completing the Thesis/Creative Project Defense Reporting Form
- Note that a draft of the thesis should be sent to the entire committee for review at least two weeks before your defense

#### *After Spring Break*

- Prepare for your defense
- Hold defense; following a successful outcome, have Signature Title Page signed by all committee members
- Make any necessary changes to the thesis document based on feedback from committee

#### *Early April*

- Submit final thesis document to Barrett!