

Colorado Mesa University
Master of Science – Athletic Training
Capstone Guidelines

The capstone experience for the Master of Science in Athletic Training degree is worked on over the duration of the two years in the Athletic Training Program. During the first semester of program enrollment in KINE 501 – Research Methods, the student examines methods of research in Kinesiology. Topics include selection of the problem, hypothesis testing, historical research, descriptive research, experimental research, tools of research, and data interpretation. In reviewing these topics, the student will have an opportunity to utilize library databases and complete a small-scale literature review on a topic of their choosing.

During the second semester of the program, the student will enroll in ATRN 502 – Research Methods II. This course further builds on the methods of research in Kinesiology, focusing on epidemiology, public health, and evidence-based practice. The student will have the opportunity to apply what they have learned thus far by completing a PICO assignment wherein they critically appraise a topic of their choosing. The topic is chosen with the final capstone project in mind. The end result of this assignment is a presentation at the University’s Student Showcase event and chapter 1 of the body of their capstone project.

Over the course of the summer, the student will work with a faculty advisor who will serve as their capstone project chair to complete an extensive literature review of the chosen topic. A draft of this literature review will be due September 1. Additionally, the student will complete the CITI training to qualify them to conduct research using human subjects. These two tasks constitute assignments in KINE 587 – Research. The literature review draft will be further refined during September, becoming what will be chapter 2 of the capstone project. On October 1, a draft of the project proposal will be due to the faculty capstone chair. This proposal will be shared with the student’s capstone committee, made up on the faculty capstone chair and no less than 2 additional persons, around October 15. This document will become chapter 3 of the capstone project.

The remainder of the fall semester, and as appropriate, part of the spring semester, will be spent working on the capstone project. On April 1, a draft of the project report will be due to the faculty capstone chair. The format will be such that the report can be submitted for publication. By May 1, the final capstone project will be submitted to the capstone committee. In accordance with the Capstone Guidelines, the project will contain the following elements:

1. Title page
2. Committee Approval page
3. Abstract
4. Body
 - a. Chapter 1 – PICO assignment
 - b. Chapter 2 – Literature review

- c. Chapter 3 – Project proposal
- d. Chapter 4 – Project report written in a publishable format
5. Bibliography of all references consulted
6. IRB/IACUC letter (if necessary)

Details concerning elements 1 – 3 and 5 and 6 are contained in the University's Capstone Guidelines. Details concerning the body of the document are below in Appendix A. The student will present their complete project on campus during final exams of their second spring semester. An electronic copy of the project, converted to PDF format, will be submitted to the Director of Graduate Studies, who will deliver it to the Library for archival. Since the capstone project will encompass the entire second year of the Athletic Training Program, the student will receive an incomplete in KINE 587 after fall semester with the grade awarded in spring semester upon project completion.

Appendix A – Body

The body of the Capstone Project (as described in the University's Thesis and Dissertation Guidelines)

- 1) Body and supplementary pages have Arabic numerals with counting continuous from the first page of text through the end of the manuscript.
- 2) Headings establish the organization of the manuscript. There are two types of headings – major headings and subheadings.
 - a) Major headings are used for chapters or title sections
 - i) A sample page for new chapters appears as Appendix L of the University's Thesis and Dissertation Guidelines.
 - ii) Each chapter begins on a new page. Chapter headings are centered 2" from the top of the page and printed in all capital letters.
 - iii) Chapter titles are three single spaces below the chapter heading and printed in all capital letters.
 - iv) A main heading or chapter title of more than 4½" is divided into multiple lines, single-spaced and in inverted pyramid form.
 - v) Acronyms and abbreviations are not used in headings.
 - b) Subheadings are used for division within the chapters or sections.
 - i) Subheadings do not begin on a new page unless the preceding page is filled.
 - ii) Subheadings are not printed in all capital letters. Centered subheadings capitalize the first letter of all important words.
 - iii) Centered subheadings should have two blank lines single-spaced following the preceding text and one blank line single-spaced before the continuing text.
 - iv) Subheadings at the bottom of a page require at least two lines of text following the heading and at least two lines of text on the next page.
 - c) Running heads are not inserted at either the top or bottom of the page.
- 3) IRB/IUCAC application and approval should be explained in the methods section.
- 4) Tables and Figures
 - a) Any diagram, drawing, graph, chart, map, photograph, or other type of illustration is presented as a table or figure.
 - b) Tables and figures should follow immediately after first mentioned in the text or on the next page. Do not insert in the middle of a sentence. They should be placed between paragraphs.
 - c) If they are placed on the next page, text should be continued to the bottom of the preceding page.
 - d) All tables and figures must conform to margin requirements.
 - e) Images may be resized to fit within margins.
 - f) Landscape orientation may be used for large tables/figures.
 - g) Landscape tables/figures should face the right margin (unbound side).
 - h) Captions for Tables are placed above the tables.
 - i) Captions for Figures are placed beneath the figure.
 - j) Tables and figures are numbered consecutively using Arabic numerals. Numbering can be consecutive throughout the paper or within each chapter. If within each chapter, the number should also include the chapter numbers –1.1, 1.2, 2.1, etc.