



The Master of Science in Nutrition and Human Performance Degree at Logan College of Chiropractic/University Programs encourages students to think and learn critically about evidence-based nutrition. Each student must submit a research proposal, which illustrates the work and educational experience at Logan. A research proposal is a blueprint, a storyline, a reason for doing your work, and a chance to show you have explored every possible angle of the problem and possible solution approaches.

## **Master of Science in Nutrition and Human Performance — Proposal Outline**

### **Problem or Topic Statement**

This lets your reader know right at the outset what the topic and research problem is. Readers and reviewers will appreciate not needing to wade through pages of text to try to figure out what is being researched.

### **Background Information**

What does a reader that is not involved with this topic or area need to know to be able to understand and appreciate the research problem or topic? Also, what have other researchers done to try to solve this research problem in the past? In one or two sentences, what is your approach to solving the problem? What makes your approach so unique and special that you think you can solve it? The background section is where you create a storyline identifying a problem needing to be solved, the relevance of the problem, and why your elegant solution is the answer to the problem.

### **Research Aims, Hypothesis Statement**

Very specifically list the aim(s) of your project. Keep the aims focused, specific, and measurable with a defined endpoint. If appropriate, list the hypothesis statement that you will be testing.

### **Methods**

This is where you get into how you are going to do your research — how you are going to go about solving your problem and the measures, comparisons or milestone you will use to show how well you accomplish your objectives. Include where and how you are generating or accessing your data, how you are analyzing your data (including statistical tests and significance definitions), what outcomes you may possibly see and what each will mean (notice it said possible outcomes, not anticipated outcomes — research does not always yield what is anticipated and many researchers find that out after the fact when additional controls or a better research design may have prevented useless outcomes and a wasted study). If you will be using human subjects and/or primary identifying human data, you must also obtain IRB approval for your research. The research proposal will be very useful in filling out the IRB application forms as you will be able to cut and paste much of the requested information. Make sure you include details such as how you will recruit subjects, how many are needed to obtain a significant outcome (sample size analysis), what/where/how data will be collected and by whom, risks to the subjects, as well as HIPPA compliance assurance and methodology. Include a research timeline taking into account that everything will take at least twice as long as you expect.

### **Closing Paragraph**

A closing statement mentioning how your elegant solution will solve the problem, contribute to the topic area, and save the world. Leave the reader excited and anxiously awaiting your findings.