

- You will complete a full research proposal for this course. You will submit several precursor assignments to prepare for your final submission. You should incorporate any and all feedback you receive into your final submission of the research proposal, which will be due during the last week of the term. Attached you will find an overview of the project so that you can begin thinking about your research topic. Before beginning the paper itself, you will be required to draft an outline. Please see the course schedule for all the due dates relating to the research proposal.

**Assignment Instructions:**

Submit a short answer (2-3 sentences) to address each of the following details:

- Problem statement
- Best practice used to address your problem
- Hypothesis
- Study Population
- Variables (independent and dependent)
- Brief plan of action for executing experimental design

Topic:

Daily Exercise Routine

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