

**Ph.D. Program Dissertation Procedure 2.0**  
**Structure/Format Options for the Dissertation**

This procedural outline has been developed to provide guidance on structure/content options for doctoral dissertations submitted in partial fulfillment of the requirements for the Ph.D. degree in the Department of Kinesiology and Nutrition Sciences.

In consultation with their advisor, the student has two options for the structure and associated content of the dissertation. These will be termed “traditional” and “multiple-projects”. All dissertations will include a title page, acknowledgements, table of contents, references, and appendices as appropriate. Minimum content and suggested structure for the specific categories of dissertations are outlined below.

*Traditional Dissertation*

This form of the dissertation is organized around one particular experiment. Specifically this should be an in-depth examination of a specific question/topic involving a single, comprehensive experiment. The structure of this document will consist of a minimum of an abstract, bibliography and five chapters to include:

1. Introduction (background, statement of the problem(s), purpose of the study, hypotheses, limitations, delimitations)
  2. Review of the Literature
  3. Methods
  4. Results
  5. Discussion/Conclusion/Recommendations
- Optional appendices, figures and tables are also to be included.

The oral defense will be that of this single research experiment.

*Multiple-Projects Dissertation*

The form of the dissertation may be either 1) a linear progression of topically developing experiments, or 2) a series of experiments designed around a theme or topical area of inquiry. The exact structure of the document may vary based upon choice of linear or circular design. It is imperative that each experiment is of adequate scientific merit to stand on its own as an independent publication.

Packaging of the multiple-projects dissertation should include:

1. Introduction (background, statement of the problem(s), hypotheses, limitations, delimitations)
2. Review of the Literature
3. Experiment 1: Written in the format required by the target journal, which is typically Introduction, Methods, Results and Discussion/Summary/Conclusions.
4. Experiment 2: Written in the format required by the target journal which is typically Introduction, Methods, Results and Discussion/Summary/Conclusions
5. Summary / Future Directions

This example suggests two experiments; however additional experiments may be proposed and completed. The number of projects to be completed will be proposed by the student with final approval given from the doctoral advisor and dissertation committee. Optional appendices, figures and tables are also to be included.

The oral defense will include the entire document, inclusive of all experiments conducted.