

# Fall 2020 - HHP Capstone Project

## About the HHP Capstone Project

- The Capstone Project is designed to be the HHP program's culminating experience where students demonstrate academic understanding and application for future career goals.
- The Capstone Project provides students an opportunity to demonstrate academic achievement in their program of study.
- The Capstone Project helps students prepare for their future career by building a resume.
- The Capstone Project documents (i.e., **Reflective Paper, Journal Articles & Summary Papers & Resume**) should be **submitted in Blackboard** no later than 3 weeks prior to graduation. **If you are graduating Fall 2020, the deadline is November 20, 2020.**
- Satisfactory grade will be above 70% of the total points; please refer to the rubric.

## The Components of the Capstone Project

### 1. Capstone Reflective Paper

The purpose of the Capstone paper is to provide a synthesis of your academic pursuit in the Health and Human Performance program and your future career goals. In addition to the reflective paper, you will need to include at least three (3) peer-reviewed journal articles related to current trends in your desired career path, along with a 2 to 3 page summary of each article.

The paper should be a minimum of 15 pages not including cover page or reference page, typed, doubled-spaced, 12-point font (i.e., Times New Roman).

### Your paper should contain these four (4) sections: Cover page, Introduction, Body and Conclusion

#### 1) Cover page:

- Title of Capstone
- Name
- Date
- Expected Graduation date & Degree (i.e., HHP)
- N. Number

#### 2) Introduction (1~ 2 pages)

- An overview of why you enrolled in the program.
- What did you expect to learn from this HHP program?

- What was the goal you were trying to accomplish?
- A review of your current career goal(s).

### 3) Body (13 ~ 15 pages)

#### ■ Reflect on your education and related experiences while in the HHP Program at NSU. (4~5 pages)

- What classes did you especially enjoy in the HHP program? (e.g., describe related course concepts, assignments, class activities, etc.)
- What did you learn as a result of those courses? In addition, how have these courses fit with your career goals? Why does it fit?
- What challenged you the most? Did you overcome the challenge? If so, how? What did you excel at?
- Discuss how your education and experience in the HHP program have influenced your growth as a student and a person, intellectually, emotionally, psychologically.

#### ■ Literature reviews related to current trends in your chosen career path. (9~10 pages)

- A summary of each article that you chose including introduction and findings (2~3 pages per each article)
- Discuss how you will utilize knowledge learned from the article in your career path (i.e., application), 1 page per each article
- The writing structure would be: 1) “Article title”, 2) Summary, 3) Application in your career path
- A copy of the three journal articles should be attached to the end of the paper.

### 4) Conclusion (1~2 pages)

- Discuss your plans for the future! What is next?
- Final comments

## **2. Resume**

Career Services, located in the Case Building, will help you build a resume. You can set up a one-on-one appointment to have your resume critiqued with a career counselor. Please refer to this link: <https://offices.nsuok.edu/careerservices/Resumes-Cover-Letters/Resumes> or visit career service homepage at <https://offices.nsuok.edu/careerservices>

**Please Note: Failure to complete Capstone requirements within the semester you apply for graduation may result in having to reapply for admission to the university, as well as having to reapply for graduation.**