

M.S. in Health and Kinesiology Southeastern Louisiana University

Student Research



**Kinesiology and
Health Studies**

SOUTHEASTERN LOUISIANA UNIVERSITY



Graduate students have a variety of opportunities to engage in research that includes assisting/being involved in ongoing research in the department, engaging in directed “independent study” reading/writing and research for course credit, and completing a master’s thesis as part of the degree.

Students who elect to complete a master’s thesis conduct a research project with direction from a faculty committee. Students who complete a thesis have accomplished a significant professional task, and have become an expert on a specific topic.

Topical areas for our students’ projects vary with student interests, faculty expertise, and available research tools. Listed below are recent theses completed by our students. You may click on any to access the published thesis document.

(2022) Jubril, Aminat [Health Promotion]. Attitudes, knowledge, and beliefs of university students about HPV and HPV vaccination

(2021) Vorotnikova, Madina [Exercise Science]. Varying ball characteristics in learning tennis: Effects of systematic progression and self-control.

(2021) Singletary, Cynthia [Exercise Science]. The effect of resistance exercise circuit training on adults with ADHD.

(2021) Greer, Alexandria [Health Promotion]. Relationship between dental anxiety and dental behaviors among college students.

(2020) Lee, Megan [Exercise Science]. The physiological and psychological effects of pickle juice on female soccer players in a hot and humid environment.

(2019) Nguyen, Maitram [Exercise Science]. The effect of the Correct Toes orthotic in female athletes.

(2018) Young, Alex [Exercise Science]. Reducing fatigue through self-talk.

(2018) Friley, Jessica [Health Promotion]. The effect of a nutrition intervention on dietary knowledge and preferences among elementary students.

(2018) Bowers, Alex [Exercise Science]. Relationship between depression symptoms and factors associated with college athletics.

(2018) Bates, Brittany [Exercise Science]. Aquatic high intensity interval training for sedentary adults.

(2017) Slaton, Shelbie [Health Promotion]. Emergency contraception use among college students.

(2017). Gourley, Drew [Exercise Science]. The effects of kettlebell interval training on blood pressure in sedentary overweight adults.

(2017) Boudreaux, Ben [Exercise Science]. Validity of activity-based wearable technology devices during cycling and resistance exercise.

(2016) Worthy, Karli [Health Promotion]. The impact of a nutrition intervention to improve knowledge and behaviors among female college freshmen.

(2016). Smith, Nicholas [Sport Management]. An analysis of the influence of the Boston Marathon Bombing on sport management.

(2016). Scotto, Cedric [Exercise Science]. Measures of transition to different running gait and foot strike pattern when changing to minimalist footwear.

(2016) Hetrick, Megan [Exercise Science]. A hydrothermally processed maize starch and its effect on blood glucose levels during high intensity interval exercise.

(2015) Roux, Caitlyn [Health Promotion]. HIV knowledge, attitudes, and behaviors among college freshmen.

(2015) Osborn, Jessica [Health Promotion]. The impact of weight perception on the health behaviors of college students.

(2015) Dutton, Lauren [Exercise Science]. Effects of age and fitness level on cardiorespiratory and perceptual responses to a Wii active video game.