

Thesis Summary Information Part A

1. What is your main hypothesis statement?

My main hypothesis statement is, “There is a relationship between lifestyle habits and self-efficacy in performance.”

2. What is your dependent variable? What is the name of the scale you have chosen to measure this variable?

My dependent variable is the term, “Self-Efficacy”. The name of the scale I have chosen to measure this variable is the, “Physical Self-Efficacy Scale”.

3. What is(are) your main independent variable(s)? What is the name of the scale you have chosen to measure this variable?

My main independent variable is the term, “Lifestyle”. The name of the scale I have chosen to measure this variable is called, “FANTASTIC Lifestyle Assessment”.

4. Describe your data collection opportunity? How and where will you collect your data?

My data collection opportunity will be at Alliance University by way of using two survey instruments. These instruments will be conducted on around 50 student-athletes that attend Alliance University.

5. What is your level of analysis?

My level of analysis will be at the individual level.