This honors project has truly been an enlightening experience for me. I came into this project not knowing what to expect from Kinesiology. However, after some asking around the department, I came across one professor who was willing to help me analyze data and form an honors project. He taught me how to think critically about subject areas in which I am not familiar with. I wanted this project to shed some light on what I wanted my career to be. After this project was completed, I have decided to continue my pursuance of this field of study.

I did not realize how much work went into every research experiment before arriving at the end of the honors program. After many grueling hours of analyzing and collecting data, I realize that there is a lot of “behind-the-scenes” work associated with anything of this caliber. Going forth, I feel as if better preparation for the topics relating to this poster would have been ideal. Nonetheless, this program was enriching and intellectually stimulating. I cannot wait to see what doors open as a result of this project and venture into unknown territory.