

# GUIDELINES FOR PREPARATION OF RESEARCH PROPOSAL

*(For Submission to First Research Advisory Committee – RAC)*

## Research & Development Cell Government College of Physical Education, Kozhikode

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### 1. Purpose of the Proposal

The proposal submitted to the First RAC is intended to:

- Present the **broad direction of research**
- Demonstrate feasibility of the proposed study
- Enable RAC to guide refinement of topic and methodology
- Identify coursework and research requirements

The proposal **need not be final**, and modifications may be recommended by the RAC.

### 2. Expected Length of Proposal

<i>Component</i>	<i>Recommended Length</i>
Main Proposal Text	8–12 pages
Literature Review	2–4 pages
Total Proposal	<b>10–15 pages</b> (excluding cover references)

Very long proposals are discouraged at this stage.

### 3. Page Formatting Requirements

#### Page Size

A4 size paper

#### Margins

- Left: 1.5 inches (for binding)
- Right: 1 inch
- Top: 1 inch
- Bottom: 1 inch

#### Font Style

Times New Roman

#### Font Size

- Chapter Heading: 14 pt, Bold
- Section Heading: 12 pt, Bold
- Body Text: 12 pt

## **Line Spacing**

1.5 line spacing

## **Paragraph Alignment**

Justified alignment

## **Paragraph Spacing**

- 6 pt space after paragraph or
- One blank line

## **Page Numbering**

Bottom center or bottom right

## **4. Proposal Structure**

The proposal should follow this order:

1. Cover Page
2. Title of Study
3. Scholar Details
4. Supervisor Details
5. Broad Area of Research
6. Background of Study
7. Need & Significance
8. Statement of Problem
9. Objectives
10. Hypotheses (if applicable)
11. Preliminary Review of Literature
12. Proposed Methodology
13. Ethical Considerations
14. Expected Outcomes
15. Tentative Timeline
16. References
17. Scholar Declaration
18. Supervisor Recommendation

## **5. Section-wise Writing Guidelines**

### **Title**

- Clear and concise
- Avoid unnecessary words
- Indicate variables/population if possible
- May be modified later

**Recommended length:** 15–25 words

### **Background of Study**

Explain:

- Current situation in the field
- Gap in practice or knowledge
- Context of research

**Recommended length:** 300–500 words

### **Need and Significance**

Explain:

- Importance of research
- Expected academic or practical contribution

**Recommended length:** 250–400 words

### **Statement of Problem**

Clear and direct statement of what is being investigated.

**Recommended length:** 2–4 sentences

### **Objectives of Study**

Objectives should be:

- Clear
- Measurable
- Achievable

Usually **3–6 objectives** are sufficient.

### **Hypotheses**

State testable assumptions where applicable.

Avoid unnecessary hypotheses in exploratory studies.

### **Review of Literature (Preliminary)**

Include:

- Key previous studies
- Findings relevant to study
- Research gaps

Not a full review yet.

**Recommended length:** 800–1200 words

### **Methodology (Preliminary Plan)**

Should include:

- Research Design
- Variables
- Population and Sample
- Sampling Technique
- Tools/Tests
- Procedure
- Statistical Techniques

Details may change later.

### **Ethical Considerations**

Mention whether:

- Human participants involved
- Consent required
- Ethics approval needed

### **Expected Outcomes**

Explain:

- Academic contribution
- Practical applications

### **Tentative Timeline**

Provide realistic plan covering:

- Coursework
- Proposal finalization
- Data collection
- Analysis
- Writing

### **References**

Follow APA or standard referencing format.

Use recent and relevant sources.

## **6. Submission Requirements**

Scholars should submit:

- 5 printed copies
- Submit Soft copy as directed by R&D Cell

## **7. Important Note**

Approval in First RAC **does not freeze title or methodology**. Changes are expected as research progresses.