

TOPICS IN SPORT NUTRITION: RESEARCH

For each topic: PRESENTATION (25 pts) and TOPIC PAPER (25 pts)

Your teams have selected two specific Sports Nutrition topics to focus on during the semester. For this assignment you will investigate the most current research involving these specific topics. You are asked to think about how you would *interpret for* and *present* the information to others in the field, and how you would help summarize the information for athletes, coaches, trainers, and others involved in the nutritional wellbeing of the athlete.

Your group will give a 30-40 minute oral presentation and submit an 8-15 page (double-spaced, 12-pt. font) written report.

What you need to find out about your topic: Setting the Stage

(A, B, C, and D do not have to be from sources published within the last 5 years.)

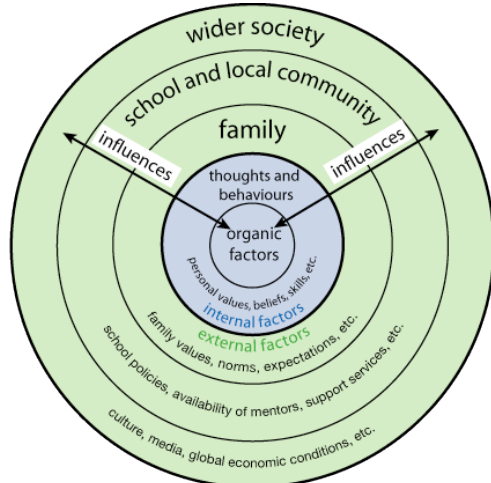
- A. History of the topic – its relevance to sports, athletes
- B. Biochemistry of the various nutrients, supplements, ergogenic aids for the athletes
- C. The effects of excesses or deficiencies of the nutrients, supplements, aids; food sources, if applicable to the topic.
- D. Any additional or other information pertinent to setting the stage for your topic
- E. Provide an overview of current literature related to the topic

In addition:

- Your team is to find 5 original research articles research. These must be published in a peer-reviewed journal within the last 5 years.
- See if there is a common theme among them – any findings that are controversial about the topic that was evidenced in the literature. Or does all the research you came across agree?
- Or maybe the articles have uncovered something “new,” previously not broadly recognized among the sports population.

Now for the **final touch**: Reading and understanding research in Sports Nutrition is an important first step. Being able to *communicate* about the research – at a layperson’s level is something else!

No man or woman is an island. We are all influenced by and influence others. Using the **HUMAN ECOLOGICAL THEORY** (HET), put the athlete at the center of the Model. From the perspective of the HET, take into consideration all of the influences on the athlete: How would you use this concept to help you communicate this information to an athlete/client? Note two examples of the Human Ecological Model shown below.



Again, your group will submit a maximum 15-page typed, double-spaced paper. Use the above outline topics to discuss your nutrient, both in the paper, and for your in-class presentation. References and tables/figures are not included in your page-count.

You may use review papers and your textbooks for factual information. For the setting the stage, you may use other sources. For the discussion of research regarding your nutrient, all references must be from original (primary) research. All references used must be photocopied and facts retrieved from these references need to be highlighted. You may use any style of presentation that your group agrees on.

SUGGESTED FORMAT

- I. Introduction – Paragraph presenting the project
- II. Setting the Stage – Present the background information on your topic. Final paragraph of this leads us to the purpose of your paper.
- III. The Controversy... or The New Direction of Thinking on the topic – as it relates to athletes
- IV. Discussion of the 5 primary research articles
- V. Teaching, communicating the information to a layperson, your client
 - a. Bring in a discussion of the Human Ecological Theory
 - b. Highlight talk points for you – that you would want to present to your client
- VI. Conclusions – bringing it all home
- VII. References – APA format (see the class website for a link to this)