**HFMG 3382- Substance Use in Health & Fitness**

Group Assignment Guidelines

As part of the course requirements, the class will be separated into groups of 2-4 (Depending on class size) to complete a group assignment consisting of a write-up and online video presentation. The assignment will require you to select a recent research article that was published within the last 2 years. The article must pertain to a specific topic covered in the course. The article must also be published in a peer-reviewed journal and may not include review articles or meta-analysis. The purpose of the assignment is to provide you with the opportunity to read and synthesize research studies and present the key findings to your peers. **NOTE: The article may not be one already discussed in the textbook, lecture notes, or part of assigned articles for the course.**

1. **Review Write-Up**:
	1. Select a **research article** (not including review articles, case reports, meta-analysis) published within the last two years. Your article is due for approval by **March 14, 2021**. The group will select a group lead that will submit your article topic for approval via D2L. **The group lead is the only student that needs to submit the article topic the team has chosen.** Submission must include your Group number (Assigned by professor), and the full citation (i.e. aurthor(s), year, title, journal, volume, page numbers, etc.).
	2. You will be able to find articles via the library website. Below is a list of journals where you will be able to locate articles related to this course.
		1. *Sports Nutrition Review Journal (*[*www.sportsnutritionsociety.org*](http://www.sportsnutritionsociety.org)*)*
		2. *Medicine & Science in Sports & Exercise,*
		3. *Journal of Applied Physiology*
		4. *Journal of Physical Fitness and Sports Medicine,*
		5. *Journal of Strength and Conditioning Research*
		6. *International Journal of Sports Medicine,*
		7. *Journal of Sport and Conditioning Research,*
		8. *Research Quarterly for Exercise and Sport,*
		9. *British Journal of Sports Medicine, American Journal of Clinical Nutrition,*
		10. *American Journal of Human Biology,*
		11. *New England Journal of Medicine, Journal of Applied Physiology,*
		12. *Journal of the American Medical Association, and*
		13. *International Journal of Obesity*.
	3. Once your article is approved, you must read the article in its entirety (and in most cases several times). You may use reference materials such as textbooks, medical dictionaries, etc. to help your understanding of terms you may not be familiar with. Make sure you have a clear understanding of the article prior to beginning the review.
	4. Your review must include:
		1. Citation: Complete citation of the article, including all authors, year, title of the article, title of the journal, volume number, issue number (if applicable), page numbers.
		2. Purpose: Briefly state the purpose of the research.
		3. Methods: Briefly state the methodology used in the study, including subject demographics (age, height, weight, etc.), research design, test protocols, statistical analysis (please include any and all components of the methodology that is important to the study). Clearly identify the dependent and independent variables.
		4. Results: Briefly describe the major findings of the study.
		5. Conclusion: Briefly discuss the major conclusions identified by the authors.
		6. Implications: In your own words, discuss how this study:
			1. Relates to the material taught in this course
				1. Does this agree or contradict information learned from course?
			2. What are the key points the audience should know?
			3. Are there practical implications for this research in health and fitness settings?
				1. Are there limitations to the study that may not apply to everyone?
			4. Discuss any future considerations?
				1. Are follow-up studies required?

**NOTE: Your review must be in your own words. Do not simply copy and paste from the article. You may use quotes from the article, but you should keep them to a minimum of one or two sentences (and no more than 3-5 total quotes).**

* 1. Format
		1. Use the above six headings.
			1. Underline each heading
		2. The paper must be double spaced, 12pt font, and between 4-5 pages in length.
		3. You may include tables or figures from your article in your write-up (but limit this to 2-4 max).
		4. If you use quotes in your text, you must reference them properly.
		5. Include page numbers on the bottom right of each page.
		6. Include the following on your first page (centered)

**Title**

**HFMG 3382**

**Spring 2021**

**Student Names (each on a separate line)**

1. **Video Presentation (Minimum of 15 slides—not including title and reference slides):**
	1. You will create a video presentation based on your write-up.
	2. Structure your presentation to cover the six areas covered in your review.
	3. Use key points and then elaborate on those points (do not simply cut and paste from your write-up)
		1. Refrain from putting too much information on any one slide
	4. Include a full citation on the first slide
	5. The second slide should include the names of all the group members and what slides they are narrating. **Every** group member must speak on the video **presentation (Say your name prior to narrating your slides).**
	6. Due date
		1. Check the syllabus for due date (via D2L).
2. **Tips for Video Presentation:**
	* 1. Use Microsoft PowerPoint to create a narrated slide show. See the link: <https://www.youtube.com/results?search_query=How+to+Make+a+Video+Using+PowerPoint>
		2. You can also use the picture and animation functions of PowerPoint to create a video.
	1. The presentation should be geared toward individuals with a minimal understanding of the topic. You should include an introduction of the important terms (if necessary).
	2. Be creative, but do not allow pictures, animations, etc. to be distracting from the presentation.