

NUTR 340 Sports Supplement Project: Part 1

Snapshot

This project is intended to help students recognize and evaluate the nutritional limitations and effectiveness of supplements and ergogenic aids used for sports performance. Students will also learn to differentiate between popular media claims and scholarly literature. This project will consist of two parts that must be completed and submitted in proper sequence over the semester.

For Part 1:

- 1) Choose a supplement or group of supplements related to sports nutrition.
- 2) Gather claims made by manufacturers and sales people about this supplement.
- 3) Find 3 “magazine” articles about the supplement.
- 4) Download the **Supplement Project Part 1 template**, thoroughly answer all sections, save and upload to WebCampus.

	Format	Assignment Sections	Points
SSP Part 1	MS Word Template	Claims	5
		Articles	5
		Written Summary	40
			Total: 50

Supplement Project Part 1 Template

1. Choose a supplement or group of supplements related to sports nutrition.
 - NOTE: The supplement you choose must be related to sports/performance. You may not choose any supplement related to health- it must be related specifically to sports nutrition.
2. Run your topic through PubMed or see a reference librarian to make sure you will have enough peer-reviewed articles for Part 2 of the project. In Part 2 you are required to find 5 peer reviewed articles on your supplement. Do not wait to do this after you submit Part 1 to find there are not published studies on your topic.
 - NOTE: When running your topic through PubMed, look for active ingredients, not necessarily brand names. For example, instead of “NO Explode” you will need to search for an active ingredient in this product, such as alanine.
3. Gather labels, claims made by manufacturers, salespeople, etc. You may use websites, pamphlets, or info gathered at a supplement store.
4. Find 3 “magazine” articles (articles written for the lay person) about the supplement or group of supplements that you chose. Please note, you do not need to purchase the supplement or purchase a magazine. You can find supplement information on the web and you may use internet magazine articles. Do NOT use any peer-reviewed journal articles for Part 1, as the layperson does not have easy access to these. Save them for Part 2 where you

will see if the claims are supported by research.

5. Type a summary of the claims and articles [using the MS Word template](#). [No other files will be accepted.](#)
 - Your popular claims may be listed as bullet points (10 total)
 - Your article summaries should be short paragraphs with 3-5 sentences MINIMUM.
 - Reference all your claims and web articles using APA format
 - You must use your own words when summarizing the articles. No form of plagiarism/copying will be accepted or tolerated.
 - NOTE: your assignment will be automatically scanned by Turnitin. This system will catch any form of copying whether from the article itself, another student in the current or previous semesters, or students from other institutions. Plagiarized work will result in a zero and a report filed with the UNLV Office of Student Conduct.

Submitting the Assignment

Upload the **Supplement Project Part 1 template** to the Assignment Dropbox in WebCampus.

- The Assignment Dropbox closes promptly at the deadline. You will not be allowed to submit your project after this time.
- Viewing the sample files on WebCampus is highly recommended. Ask the instructor or teaching assistant questions early on to ensure that you complete the assignment on time.

If you need assistance submitting the assignment and attaching files:

View the file provided on how to submit an assignment, use the WebCampus tutorials, or call UNLV tech support at 702-895-0777.