

NUTR 340 Sports Supplement Project: Part 2

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 2:

- 1) Find **5 peer reviewed journal articles**.
- 2) Download the **Supplement Project Part 2 template**, thoroughly answer all sections, save and upload to WebCampus.
- 3) You will upload and submit your written assignment file through WebCampus.
- 4) The assignment is worth 110 points.

Finding Articles

Find at least 5 **peer-reviewed journal articles** about your topic. If you need assistance with this, please make an appointment with a reference librarian.

This process may require a bit of thought. Most of the time when you are searching Pub Med, you will need to search for the active ingredient or ingredients of the product, not the brand name. For example, if you are researching a stimulatory product called "Fireball", you will not find this term in Pub Med. You will find research articles on the active ingredients (i.e. caffeine, EGCG, synephrine).

Make sure your articles are related to sports performance by searching for "caffeine and sports performance" or "beta-alanine's effect on muscle mass." Do not just search "caffeine" as thousands of articles will pop up.

Try to find journal articles that are original research instead of reviews. This will be obvious from the abstract, as review articles will state, "this is a current review of the literature..." Original research will have an abstract that gives you a description of subjects, methods, results and conclusions.

Supplement Project Part 2 Template

1. Complete a summary of your research articles (a paragraph or two for each article) [using the MS Word template provided for you. No other file will be accepted.](#)
2. Write a summary paragraph for all 5 research articles. The summary paragraph must include a summary of all 5 research articles and a discussion as to whether or not the research articles you found support the claims made about your supplement or group of supplements. If the science does not agree, why not? What are some possible reasons for the discrepancy?
 - NOTE: You must use your own words when summarizing the articles. No form of plagiarism/copying will be accepted or tolerated.
3. Be sure to include a bibliography/reference list in APA format. A proper reference includes: authors, article title, journal name, volume, issue, and pages. All of this information must be present.

Submitting the Assignment

Upload the **Supplement Project Part 2 template** with your written work 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.
- 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.

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.