

Activity: Evaluation and Translation of Sports Nutrition Research

In evidence-based practice, sports dietitians use published research to guide nutrition strategies they implement with their athletes. However, research in this field is conducted in different settings (ie: field vs lab) with subjects of different training status (ie: untrained, recreationally active, elite, etc.) and various levels of control and analysis. A team of individuals from Liverpool John Moores University, who are both researchers and practitioners have developed a framework to evaluate the potential of research to be translated to a real-world setting with athletes. Read their Sports Science Exchange article "[From Paper to Podium: Evaluation of the Translational Potential of Performance Nutrition Related Research.](#)" Then, using [Pub Med](#), find a research study on a sports nutrition topic of your choice. The study should be primary research, not a review article. You need the full text paper, not just the abstract, so make sure you can get the full text through your library or that it is an open access journal.

1. Provide the reference for the research paper you are evaluating.
2. Read the paper and write a brief summary of the research findings.
3. Using the Paper to Podium Matrix found in the Sports Science Exchange article, what score do you give this research study?
4. Based on this score, do you think the findings from this research paper have potential to translate into applied work with athletes? Do you agree? Why or why not?