**Research Project B – Assessment Type 3 Evaluation**

**INSTRUCTIONS:**

* **Complete all sentences in the red writing in the boxes below**
* **Once you’re done delete all the brackets and red text and make all writing black**
* **Use the words in the list at the end to add into your paragraphs to make them more descriptive and to flow better**
* **Add SACE number and research question to header**
* **Add word count to end of the evaluation (maximum 1500 words)**

**Summary (150 words)**

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| The question I chose to research was how much does diet influence adolescent athlete’s physical performance in sports. I chose to research food and nutrition for people who play sports because I play sports, I want to know more about how people eating habit and how important nutrition will effect to their performance. From there I can improve my eating habit and my routine to let me better in my physical performance. To find information on I used research processes such as surveying, online research, primary, secondary sources. The key sources I used were food and nutrition for young althetes, how important nutrition impact to physical performance, The main findings from my research were that to lets they know diet influence adolescent athlete’s physical performance in sports is really important. Good nutrition can improve our sporting performance. A well planned nutrition diet we should provide enough protein and vitamin to promote muscle growth and repair. Healthy eating habit for adolescence is important as body changes in this time affect an individual’s nutrition and dietary needed. Also now they are more independent and they make their own decision dietary. So, the diet does really effect to their physical performance. |

**E1 Evaluation of the research processes used, specific to the research question**

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| **Research process one**A key activity I undertook to collect information on about their eating habit and their diet was by designing a survey and sent to everyone from student to staff at school. This activity was very helpful for my research project because it gives me a lot of information and clearly understand of students and staffs in their own dietary and how that will effect in their performance. This was because the information from survey I collected was reliable and I also collect a lot of data from students and staffs. In the survey data I have collect they were also some students who had experienced about their own special dietary for their physical sports, because different sports they play they need a different diet depend on their own sports required. **Research process two**Another way I collected information on various websites was through online research. The reason why I chose this activity in my process was that it involved a secondary sauce. In terms of my secondary sources, I investigated the websites direct from DR. Leela. S.Bansode and Flavia Meyer. I used such secondary sources as they are approved and appropriate in providing additional some more information was, I really needed for my research. This means that discovering the basics someway understanding nutrition is the key to sports performance and is very reliable. From all my sources none of them of this sort is included in outstanding contradictions. many websites, as it provided often more comprehensive information that was than articles and internet processes. Many of these websites referred to relevant experts to support their articles, and the information found was supported by other sources, so the lack of formal qualifications greatly credibility did not significantly affect the reliability of the sources. |

**E2 Evaluation of decisions made in response to challenges and/or opportunities specific to the research processes used**

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| **Decision one**A challenge that I faced during the research process was (say something that was challenging about your research e.g. finding current sources, didn’t get enough survey responses, sources contained bias, interview responses weren’t relevant). So, I decided to (say what you decided to do because of this challenge). A negative impact of this decision on my research was (say how your decision affected your research). A positive effect of this decision on my research was (say any positive effects this decision had on the course of your project).**Decision two** An opportunity that I was presented with during the research process was (say an opportunity you had while doing your research e.g. an interview with a professional in your area of research, a really great source that answered a sub question, very current sources, some real life practical research). So, I decided to (say what you decided to do when you were presented with this opportunity). Deciding to do this positively impacted my research because (say how your decision positively affected your research). A less effective impact of this decision on my research was (say any less effective or negative consequences this decision had on the course of your project).**Decision three**Another challenge that I faced during the research process was (say something that was challenging about your research e.g. finding current sources, didn’t get enough survey responses, sources contained bias, interview responses weren’t relevant). So, I decided to (say what you decided to do because of this challenge). A negative impact of this decision on my research was (say how your decision affected your research). A positive effect of this decision on my research was (say any positive effects this decision had on the course of your project). |

**E3 Evaluation of the quality of the Research Outcome**

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| The strongest findings of my research were (say the answer to the sub question that you answered the best). This is because they were (say what made these findings/the answer to this sub question the strongest e.g. lots of sources to back up the findings, very credible information, primary research was used). For example, (give a specific example that proves they were strong).Findings of the research outcome that were the weakest were (say which answer to a sub question was not answered as well as the others and needed some more work or further research). This was due to these findings (say what made these findings weaker/the answer to this sub question not as good e.g. the validity of the research was not confirmed, the credibility of the sources used, the currency was not good on the sources used). An example of this was (give a specific example that proves why this section was weak).Overall, my research question (write research question here) was answered (choose one: extremely, very, somewhat, not very, not at all) effectively. This is because the findings were (give a reason for this based on the overall credibility, reliability, currency, accuracy of your findings). An aspect of the research outcome that I was particularly proud of was (say which part was your best part that you were proudest of). This is because (say why this was the very best part of your outcome). |

**Word count (not including 150 word summary):**

[**https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3805623/**](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3805623/)

[**https://www.betterhealth.vic.gov.au/health/healthyliving/sporting-performance-and-food**](https://www.betterhealth.vic.gov.au/health/healthyliving/sporting-performance-and-food)

**EVALUATIVE LANGUAGE WORD BANK:**

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| --- |
| Accuracy |
| Adequate |
| Advantageous |
| Appropriate |
| Authority |
| Believable |
| Biased |
| Central |
| Competent |
| Comprehensive |
| Consistent |
| Convincing |
| Credible |
| Critical |
| Crucial |
| Current |
| Descriptive |
| Economical |
| Effective |
| Efficacious |
| Efficient |
| Essential |
| Fruitful |
| Fundamental |
| Futile |
| Helpful |
| Illuminating |
| Impactful |
| Informative |
| Instructive |
| Key |
| New perspectives |
| Notable |
| Pivotal |
| Productive |
| Proficient |
| Quality |
| Relevance |
| Reliable |
| Rich source of data |
| Satisfactory |
| Significance |
| Time-saving |
| Understandable |
| Unique |
| Useful |
| Valid |
| Valuable |
| Vital |

**LINKING LANGUAGE WORD BANK:**

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| Hence  |
| Furthermore |
| In Addition |
| Nevertheless |
| Therefore |
| However |
| Despite This |
| Consequently |
| Likewise |
| Conversely |
| By Contrast |
| Similarly |
| Although |
| Henceforth |
| Namely |
| Meanwhile |
| Incidentally |
| Subsequently |
| As A Result |
| Contrarily |
| Hence  |
| Furthermore |
| In Addition |
| Nevertheless |
| Therefore |
| However |
| Despite This |
| Consequently |
| Likewise |
| Conversely |
| By Contrast |
| Similarly |
| Although |
| Henceforth |
| Namely |
| Meanwhile |
| Incidentally |
| Subsequently |
| As A Result |
| Contrarily |