

NUTRITIONAL SUPPLEMENT PAPER

Project B

Due: _____

Topic:

Choose a nutritional supplement, performance enhancer, or steroid. You will write a research report about this substance. Be sure to include answers to the following questions

- How does it **interact with the body**? (I want a somewhat scientific description)
- Is it **legal or illegal**?
- What are its **positive effects**?
- What are its **negative effects**?

Requirements:

- 2 Full Pages
- Typed, Font 12, double spaced
- Works cited/bibliography with at least 3 sources
 - Use: <http://citationmachine.net> to help you with the references
- No plagiarism (cite correctly)

See reverse side for a list of possible performance enhancers and the grading breakdown. (You may choose a nutritional supplement that does not appear on the list if it is first approved by your teacher.)

POSSIBLE ERGOGENIC AIDS
(Performance Enhancers)

For General Athletes

Creatine
HMB (Beta-Hydroxy-beta-Methylbutyrate)
Chromium Piclonate
Glutamine
Conjugated Linoleic
Amino Acid Supplements
Clenbuterol
Bicarbonate
Vitamin E
Ephedrine (Ma Huang)

For Aerobic Athletes

Caffeine
Sodium Loading
Carbo-Loading
Iron
Vitamin C

Other

Any androgenic/ergogenic steroid

Grading Breakdown

	0-2	3-5	6-8	9-10
Met the Minimum Requirements	Unacceptable, or evidence of plagiarism	Only 1 page or not typed, Extensive wasted space	1.5 pages, typed, or some wasted space	At least 2 full pages, typed, no wasted space
Sources	No relevant sources, or evidence of plagiarism	1 relevant source, or 2 incorrectly cited relevant sources	2 relevant sources, or 3 sources that are incorrectly cited	3 relevant sources, correctly cited
Quality of Content	No relevant info., or evidence of plagiarism	Little relevant info. Info does not support the conclusion	Some info is relevant, but doesn't fully support conclusion	Info is relevant to topic, and supports the conclusion.
Presentation	Paper is not understandable at all, or evidence of plagiarism	Paper is confusing and unfocused. Major conventional errors (spelling, grammar, etc.)	Paper has moments of clarity and focus. Some confusion. Some conventional errors (spelling, grammar, etc.)	Paper is clear and focused, has good flow, and good conventions (spelling, grammar, etc.)