**AP Language**

**Researched Argument**

**CBAPELC C7—**The course teaches research skills, and in particular, the ability to evaluate, use, and cite primary and secondary sources.

**Action Research REASONING WEB**

#### Evidence/Data

*Evidence from nutrition studies on foods such as energy bars, whole grains, chocolate milk, and sports drinks should be pursued. This information can come from athlete interviews and preexisting studies.*

**Community Context**

*Proper nutrition is believed to be very important for swim meets. Parents and athletes within the swimming community disagree about which foods are the best for performance.*

#### Point of View

*Some people believe that complex carbohydrates prior to swimming are most important. Other believe simple carbs (sugars) just before races are most effective for energy, and some focus on protein for recovery. These points of view do not necessarily correspond to specific groups of people; individuals seem to have their own personal preferences.*

#### Purpose/Goal

*The purpose is to help swimmers (and their coaches and Parents) understand how certain foods and drinks can affect their performance. This research can help swimmers find what work best for them.*

#### Implications

*Researching this issue would require thorough analysis of different foods and how different swimmers respond. Negative results could include finding that different foods don’t really make any difference. Positive results could be a finding that certain foods/drinks are clearly superior.*

#### Assumptions\*

*Members of the swim community assume that proper nutrition truly contributes to achieving optimal performance, prompting swimmers, parents, and coaches to search for what is most effective.*

#### Inferences

*People have an opinion about swim nutrition could be inferred to take swimming and nutrition very seriously. It could also be inferred that some of these people have been or are currently involved in swimming.*