Kristen Hooten

Mrs. Tatum

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Effects of Nutrition on Swimming

Research Question: How do certain foods and drinks affect swimmer’s abilities to prepare for and refuel from meets?

1. Introduction
   1. Nutrition for swimming
   2. Swimmers, swim coaches/parents
2. Community Context
   1. Optimal performance, nutrition/health, hard work
   2. Competitive, dedicated, swimmers (ages 5-18), parents, coaches
   3. USA, high school, and summer league swimmer
   4. pasta, Gatorade chews, nutrition bars, crackers
3. Literature Review (sources)
   1. Theories
      1. Chocolate milk
      2. Take in calories even if not hungry/thirsty
      3. small snack between each event
      4. eat high in carbs before swim (pasta, rice)
   2. Similar Cases
      1. cross-country runner nutrition
      2. nutrition for other sports (track, gymnastics, soccer)
   3. Possible Solutions
      1. small, high-carb snack before swim
      2. chocolate milk after swim
4. Methodology
   1. Data Collection Plan
   2. Procedure
   3. Justification
   4. Limitations
5. Data Analysis
   1. Description of data collection
   2. Conclusion drawn from data
6. Problem Resolution
   1. Decision
   2. Action Plan