**UQ Winter Research Project Description**

Please use this template to create a description of each research project, eligibility requirements and expected deliverables. Project details can then be uploaded to each faculty, school, institute, and centre webpage prior to the launch of the program.

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| **Project title:** | **Are marathon runners preparing correctly?**  |
| **Hours of engagement & delivery mode** | This project will be completed using a hybrid arrangement of in person meetings/days on campus and off campus times to work on the project data set.  |
| **Description:** | **Background:** Marathon running in Australia has experienced a recent increase in participation with races selling out across the country. Participants are a mix of first-time runners, returning racers and elite level individuals. To complete a marathon there are clear recommendations for nutrition intake before and during the race. However, researchers do not understand if these guidelines are adhered to by the public and often participants are under fuelling for the event without realising. **Aim:** The aim of this winter research project is to compare how much carbohydrate marathon competitors are consuming with the current guidelines and identity if these are being adhered to. **Hypothesis:** The researchers hypothesise that most competitors will not be meeting the guidelines. **Method:** To use the Automated Self-Administered 24-Hour (ASA24®) Dietary Assessment Tool to survey and assess what marathon runners are consuming for 3 days before the competition. Comparing this to the recommendations of *Carbohydrate loading at  10–12 g·kg−1·day−1 for 36–48 hr before the race.*  |
| **Expected learning outcomes and deliverables:** | Students will:* Gain skills in survey data extraction and analysis
* Have the opportunity to be listed on a publication
* Have the opportunity to submit their research as an abstract to a conference.
* May have the possible opportunity to present at a future conference
* Learn academic writing skills
* Gain research experience for their CV
* Meet academics and start their networking
* Learn task and time management skills

Expectations * Attend meetings
* Complete tasks on time
* Question the supervisor
* Be honest with supervisor
* Good communication skills
* Be open to learning
* Can speak fluent English
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| **Suitable for:** | This project is suitable for students who undergoing studies in the School of Human Movement and Nutrition Sciences. Students who are on their way to applying for the Masters of Dietetics program are highly encouraged to apply.  |
| **Primary Supervisor:** | Dr Nathan Cook |
| **Further info:** | n.cook1@uq.edu.au \*\*\*\*Please contact the supervisor prior to submitting an application. |