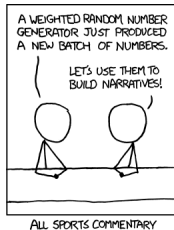


Diversity of sport science data: Random small examples

Dr. Marijke Welvaert



QUT/ACEMS/AIS/QAS Workshop – 23 Feb 2018

The Stay Healthy Project



Michael Drew^{a,b}, Nicole Vlachovich^{a,d}, Davis Hughes^{a,b}, Renee Appaneal^a, Kirsten Peterson^a, Louise Burke^{a,e}, Bronwen Lundy^{a,e}, Mary Toomey^{f,g}, David Watts^f, Gregory Lovell^a, Stephan Praet^a, Shona Halson^a, Candice Colbey^h, Silvia Manzanero^a, Marijke Welvaert^{a,c}, Nic West^h, David B. Pyne^{a,c}, Gordon Waddington^{a,c}

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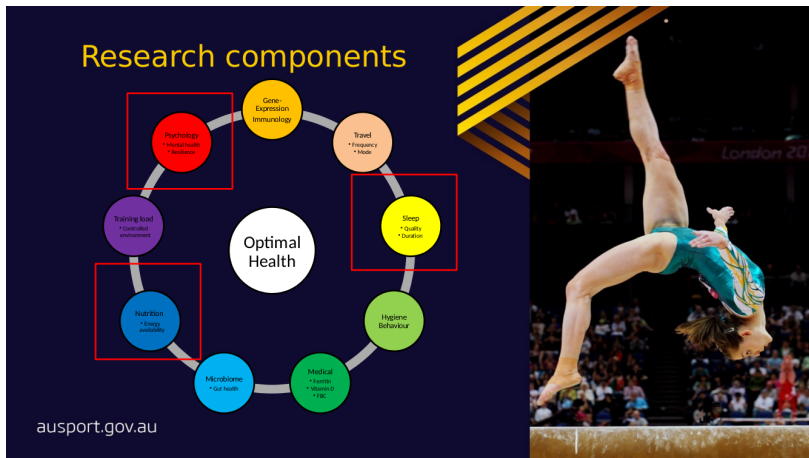
^e Mary MacKillop Institute for Health Research, Australian Catholic University, Canberra

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The Stay Healthy Project

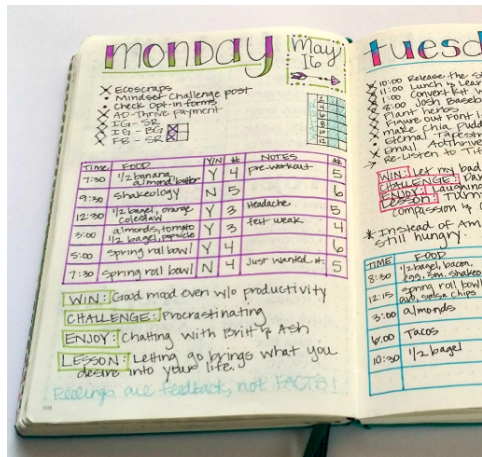


The Goldilocks study

PhD project: The Effect of Post-Exercise Water Immersion on Muscular Performance in Athletes

Barry Horgan, Greg Haff, Dale Chapman, Eric Drinkwater, Shona Halson

Study design: randomised controlled crossover design



The *Supernova* project

Burke et al. (2017). Low Carbohydrate, High Fat diet impairs exercise economy and negates the performance benefit from intensified training in elite race walkers. *The Journal of Physiology*, 595(9), 2785–2807.



- Non-randomized intervention design
- Ecological validity over lab conditions
- Training camp environment

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