

McKibben DSC500 Ex. 10.3

Makayla McKibben

Project Milestone 4

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For this review, I've asked Geneice Thomas-Stenzel for her report, which she provided.

The topic of her research is the impact of plant-based diets on athletic performance.

- Is the theory or question clear and understood?

The primary theory is clearly explained and elaborated upon. Throughout the report, Geneice emphasizes the benefits of plant-based diets relates their impact on athletic performance. There is an auxiliary topic that clearly defines her theory that pre- and post-workout supplements are probably harmful. However, the hypothesis section does not specify if plant-based options are available for these supplements or her theory on the potential drawbacks/benefits over the more prevalent artificial options. While the pre-/post-workout topic is related, the paper does not perspicuously incorporate it.

- What are some strengths of the outlined plan?

There does not really appear to be a plan so much as there is a summary of broader research. The best part of the paper to me is the abundant citations; every claim has some research backing it. Additionally, she supplied nice graphics to illustrate some of the points she made. The formatting is clean and well done as well. Her findings flow logically from one point to the next, except for the pre-/post-workout supplement analysis. The transition is abrupt for that particular point.

- What are some areas of opportunity to improve the analysis?

I believe there are a few areas that provide the opportunity for improvement. The first would be to integrate the section about pre- and post-workout supplements more naturally.

As of right now, this topic seems related but shoe-horned into the analysis, and it is not well linked to the broader scope of the paper. Additionally, I don't feel like there is an adequate explanation or evaluation of the benefits of a traditional omnivorous diet. When reporting the benefits of one option, I'd recommend expanding upon the benefits and drawbacks of the alternatives. Lastly, I don't feel like the limitations of a plant-based diet are well explored. There are many claims about what it can do and citations to support them, but there does not seem to be an analysis of where the benefits of the plant-based diet may end.

- Are there any assumptions that were made that you think should be investigated more?

I believe there is an unlisted, implied assumption that everyone would have access to the foods needed for a strictly plant-based diet. Exploration of this assumption should be more thorough as potential economic and regional food production limitations exist.

- Are there any ethical implications that should be considered?

There is an apparent ethical implication that is unlisted. When people switch to a plant-based diet, they commonly do so because of the ethics of eating animal products. This paper explores the physiological benefits of a plant-based diet but leaves this ethical consideration unexplored.