

## *Sports Nutrition and Health and English Interpretation Ability*

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**Abstract:** Sports nutrition and health belong to the category of human nutrition, which is a new subject that constructs a healthy state through exercise and nutrition intake, and plays a very important role in the development of nutrition and the promotion of human health. Exercise and health are the basic categories of human activities, and people's expression of exercise and nutrition events in language has a long history, but the ability of interpretation has always been one of the weakest manifestations of exercise and health expression, and is also a prominent obstacle for interpretation learners in practical activities. To grasp the relationship between sports health and English interpretation ability is the key to break through the obstacles encountered in practice. In this paper, based on the analysis of relevant studies at home and abroad, the basic knowledge of sports nutrition is classified, and the survey samples are investigated through questionnaire. In terms of grasping the factors restricting English interpretation ability, this study starts from the connotation of Situational teaching of English interpretation, and by studying the basic links of situational elements, proposes the basic strategies to be followed in situational interpretation, and summarizes and reflects on the effect of improving English interpretation ability. The results of the questionnaire showed that there was a general lack of nutritional knowledge and awareness among all kinds of people in China, especially the lack of sports nutrition knowledge with high application. By synthesizing all kinds of materials and the basic knowledge of nutrition, this paper puts forward that the imparting of nutrition knowledge must be combined with situational imparting, and guided by the knowledge transmission network in line with the applicable population and the receiving ability. At the same time, the concept of empirical research should be applied to the acquisition of English interpretation, so as to improve the practical value of English interpretation.

## 1. Introduction

According to an investigation, about 40% of the people in China suffer from various types of chronic diseases, which are typically characterized by a long course of illness and complex etiology, seriously endangering human health. The main factors causing chronic diseases include age, excessive diet, insufficient exercise, smoking and alcohol abuse, etc. These factors have the characteristics of accumulation, so it is difficult to treat them through surgery or physical therapy. The most suitable treatment plan is still to achieve rehabilitation by relying on their own rehabilitation ability. In addition, the deepening of economic globalization and under the influence of the deep development of reform and opening up, our country with the rest of the world and more frequent exchanges and cooperation between international organizations, means that the social affairs and all aspects of international communication more frequently, as a language bridge increasing demand for interpreters, the requirements of the ability of interpreting has been strengthened. At present, the practical combination of sports health and interpretation ability is not very deep, and English interpreters generally have some shortcomings, such as poor expression, low fluency and poor comprehension ability. The study of English interpretation in the field of sports and health is not only helpful to improve the expression of sports events in the language, but also of great practical value to improve English interpretation ability.

Sports nutrition contains most of the content of human health. It is of great significance to master sports nutrition methods and understand sports nutrition knowledge to guide national nutrition supply, improve sports skills, form correct values and even improve the body's antiviral ability [1-2]. At present, sports nutrition and health courses have been set up in all kinds of schools, and have gradually become one of the compulsory courses for school-age students [3]. How to build a new nutrition and health knowledge system supported by general nutrition and featured by sports nutrition under the existing platform and using the existing resources to provide citizens with the promotion of comprehensive physical quality has very important practical and theoretical value [4]. The constructivist view of learning cannot be simply acquired through teaching, but needs to be constructed in a certain context by using necessary auxiliary materials and through interpersonal cooperative relations [5]. Linguistic studies have shown that positive and healthy emotional dialogues can inhibit negative emotions and cognitive activities [6]. In the process of health acquisition, the national enthusiasm for health pursuit should be enhanced, so that exercise can shape health into the national action guide and make exercise a happy thing [7]. The scene created by situational teaching is artificial and conscious, which enables the beneficiaries to experience healthy happiness in sports through the establishment of flexible, open, active and effective teaching forms [8].

This study from sports health and ability of English interpretation study of the combination of the two aspects of content, on the one hand, from the aspects of sport and nutrition can put forward some Suggestions of prevention and control of chronic diseases, on the other hand according to the international general interpretation ability determination rules, measured the integrity of information in a variety of parameters to measure accuracy, terminology, expression, to explore the ability to use interpretation in terms of health joint operation level. This study breaks the limitation of previous studies that only focus on sports nutrition and health or only on English interpretation ability, and adds non-posture language factors to the study, so as to deeply study the overall characteristics of language learners in the expression of sports events and interpretation ability from the perspective of conceptual cognition. In this way, a more in-depth analysis of the acquisition of English interpretation events can also achieve ideal results for the popularization of relevant nutrition and health knowledge.

## 2. Research Overview

### 2.1. Value of Sports Nutrition Science to Health Education

Sports nutrition is a discipline that makes use of relevant technologies and theories of biochemistry and nutrition, and USES them as support to realize the assessment of human metabolic characteristics and carry out targeted nutrition promotion and rehabilitation training according to the characteristics of the assessment [9]. Sports nutrition was born in the last century. Since the establishment of discipline system, an independent discipline system has been formed after several decades of gradual development, which has made great contributions to the development of sports and health cause [10]. Under the new situation, the social and economic level has achieved greater development space, and people's demand for exercise and desire for health are getting higher and higher. Under such a background, sports nutrition is more and more favored by the public and presented in the form of sunrise cause [11].

The guarantee of human nutrition elements is the premise of health training, and only with a healthy body can a higher level be achieved in competitive sports or social sports and ideal results be achieved [12]. If the human body has insufficient nutrition supply in sports training, it will inevitably result in the restriction of exercise ability, and the body under the control of fatigue signs will cause the exercise effect and the competition result is not ideal. On the contrary, when the daily intake of human diet is very rich and reasonable structure, in the process of relying on sports to cultivate health can be timely nutrition supplement, then its sports achievements and effects are bound to be more reasonable. Therefore, scientific and reasonable nutrition intake can not only provide the necessary nutritional support for human health training, to achieve the predetermined health goals, but also reduce the possibility of human sports injury, better maintain the physiological function of human cells.

### 2.2. Theoretical Basis of the Research

The oral English ability cannot be simply acquired through teaching. In the learning process, relying on the constructivism learning view is more conducive for each student to construct knowledge structures with more experience and gain by virtue of a series of promotion activities and necessary learning materials under certain circumstances. From the perspective of practice, situational interpretation can copy the subjective consciousness of the interpreting learner according to the objective existence. It reflects the external environment with realistic basis. Even if the scene it bases on is described by man, its content is still objective.

In psychology, positive and healthy cognitive activities are conducive to the high level of human body functions, and promote the production of positive emotional knowledge of various matters. But the negative cognition activity hinders the positive effect of the emotion experience, causes the human body difficult to establish the correct creation scene, also difficult to improve the human body advantageous factor. Therefore, in the teaching of English interpretation, learners should set up appropriate situational paradigms, and experience the charm of English interpretation and obtain the joy of success through such practical activities as broadening learning paths and stimulating learning emotions.

There is still a lack of authoritative definition of the definition of the situation. In this paper, we refer to Avestock's learning theory for understanding reading, and we divide situations into two categories: implicit and explicit. Explicit knowledge refers to explicit knowledge that is clearly perceived in learners' consciousness, while implicit knowledge is internalized. Both of them are language knowledge such as grammar and vocabulary to master language skills. Learners express a language clearly in an explicit state of learning and use tacit knowledge to make ideas more vivid

and vivid. Thus, tacit knowledge can be reduced to what we call sense of language. Therefore, in interpreting, the interpreter should try his best to transform explicit knowledge into implicit knowledge, so as to promote the optimum of situational environment.

The most common mode of situational interpretation is to read and listen to English materials in class and simulate oral dialogues on various occasions. For most learners, it is very difficult to interpret the content of English TV and radio, especially it is more difficult to speak out without a certain atmosphere. Therefore, situational interpretation is also a reality with low input quality, because the learning scene structure is beyond the preset scope. The ideal situational environment means that no matter what the level of the target language is, the narrator can make the other person understand the meaning through the situational practice. Therefore, when interpreters teach target languages, they should ensure that language materials conform to situational requirements and make appropriate situational adjustments in light of the actual situation in order to ensure an ideal output effect, so as to achieve the optimal interpretation effect.

### 2.3. Exercise Therapy and Nutrition Prevention

#### (1) Neurasthenia

From the clinical characteristics, neurasthenia can be classified as mild without organic lesions, or it can be called mild neurosis. Neurasthenia is often accompanied by mood swings and symptoms of insomnia and dreaminess. Patients with neurasthenia often suffer from depression, memory loss and mental retardation under prolonged emotional stress. These symptoms are not caused by a simple lack of sleep. Internationally, it is inappropriate to limit the signs of neurasthenia to fatigue.

#### (2) Exercise therapy

The essence of exercise therapy is to prevent neurasthenia through exercise. Physical exercise to prevent neurasthenia requires physical examination to check the running state of the blood vessels. If your cardiovascular system is normal, you can choose the exercise you like. We know that walking, swimming, basketball and other sports are beneficial to the treatment of patients with neurasthenia. Patients with neurasthenia generally participate in less exercise, so at the beginning of exercise, it is necessary for the body to carry out a certain period of adaptation process, which generally takes only a few weeks, and the specific needs to be formulated according to the patient's own situation. In severe cases, spa or music therapy can be helpful for early initiation of therapy. Clinical experience shows that there is a great relationship between neurasthenia and long-term neglect of physical exercise. In addition, in the process of treatment, daily amount of exercise should be kept moderate and balanced, and in the process of exercise to do physical and mental relaxation, eliminate bad mood, set up will beat neurasthenia confidence.

#### (3) Principles of nutrition prevention and control

The crowd that needs to undertake motion therapeutics, in food convenient also need to undertake a few special arrangements on diet, more practical have the nourishing food that raises heart and mind, regulate heart and lung, avoid by all means cannot practical excitant bigger food. In the process of eating should eat more egg yolk, lotus seed heart, walnut, etc., in the protein food intake, should take lean meat, mutton and fruit as the main source of intake. Do not eat raw and cold food, do not be too hungry too full, this is to protect the spleen and stomach. Also should pay attention to the time and diet collocation, in the evening should not drink with coffee factor of food, but before going to bed can take milk to assist sleep. Diet must also develop a regular way, a good habit of life drinking and eating conducive to the whole stomach, conducive to maintain a good state of mind. All in all, any age stage cannot leave the body's own health seriously, under the control of good diet and routine, some chronic diseases will naturally get phase grams of state, through these good habits, we will implement the feel good physical condition, and away from

some chronic disease, is the body more positive and more healthy.

## 2.4. Research Methods

### (1) Action research method

Action research means that in the course of English interpretation, relevant situations should be operated according to the content of the course, the translation plan should be timely feedback according to the classroom teaching effect, and inappropriate places should be rectified in time. In the process of rectification, qualitative and quantitative data are collected for analysis and synthesis, so as to extract more general rules in line with the scene.

### (2) Case study method

The method of case study is to select some students with significant characteristics for in-depth study. This research selected a number of college students and College English teachers in our province to participate in the case study. The study focuses on observing the deterioration of their teaching and learning in situational interpretation, and analyzes the influence of situational interpretation on students and teachers' oral English. In the later stage, the results of the case study should be analyzed and summarized to better extract the concepts, principles and implementation approaches of sports nutrition knowledge.

### (3) Mathematical statistics

The mathematical statistical method is to process the collected questionnaire data on the SPSS logical analysis software to obtain the quantitative values. The mathematical statistics method is beneficial to the clear presentation of experimental results and makes the research more scientific and accurate.

## 3. Practice Design

### 3.1. Practice Time and Objects

Practical Practice: August 2019 - September 2019.

Practice objects: 85 college students and 10 college teachers randomly selected in our province.

### 3.2. Practical Goals and Key Points

The goal of the practice is to explore the relationship between exercise and nutrition intake and human health. The difficulty in practice lies in the understanding of the mechanism of sub-health caused by the living habits and dietary characteristics of sub-health population, as well as the movement characteristics of sub-health population.

### 3.3. Practice Process

#### (1) Problem import

Multimedia devices are used to display the physical characteristics of sub-healthy people in the form of multimedia and pictures, and questions are put to the respondents in the form of interesting questions, asking them about their understanding of health, understanding of nutrition intake, and ideal demands for their own health.

#### (2) Body mass index

After the problem is imported, a simple calculation method of body shape is obtained, which can also be expressed as the calculation method of body mass index. The formula for body mass index can be expressed as - body mass index (BMI) = weight (kg) ÷ height <sup>2</sup> (m).

### (3) Causes of ill health

The subjects were asked if they knew what was causing the unhealthy state of their bodies. It reveals several key factors that contribute to ill health, such as pathological obesity, chronic alcohol abuse, irregular sleep and sleep patterns, and poor eating habits. Then the researchers explained the relationship between sub-health and diet and exercise, and explained that the main factors leading to health problems were the imbalance of dietary intake and the long-term absence of exercise.

### (4) Maintain healthy posture

Based on existing research, the researchers have elucidated the links between poor lifestyle habits and health, as well as the important effects of a proper diet and regular exercise rhythm on physical health. And enumerate the typical sports, such as running, swimming, skipping, etc., emphasizing that the movement must be persistent to get the ideal effect.

The overall practice process is divided into five parts. Second, design the separation system between the subject and the non-subject to prevent the practice effect from being harmed; Third: arrange practical tasks according to the established plan; Fourth: conduct questionnaire survey on practical objects in the process of practice, and strictly control the quality of questionnaire responses; Fourthly, collate and analyze the collected questionnaire data.

## 4. Practice Survey Results and Evaluation

### 4.1. Questionnaire Results and Evaluation

After the practice plan is ready, the evaluation is carried out by issuing a simple questionnaire and collecting it on the spot. The specific survey content and results are as follows.

#### (1) The degree of interest in sports and health

The results of the survey on the degree of interest in sports nutrition in the sample are shown in Table 1 and Figure 1. It can be found from the results that 54 people (63.53%) choose those with average interest, 24 people (28.24%) choose those with very interesting, 5 people (5.88%) choose those with average interest, and 2 people (2.35%) choose those with no interest.

The survey results showed that the subjects were more interested in sports nutrition and health. In addition, the active participation of all the participants in practical activities also indicated that they were more interested in sports nutrition as a whole and were eager to gain physical health through exercise and nutrition intake. We speculate that this is due to the mutual support between health and people's pursuit of happiness in life, and only physical health has a better chance of achieving happiness. As a result, people generally maintain a strong interest in physical health.

*Table 1. Survey results of the degree of interest in sports and health*

	Very interesting	More interesting	General	Have no interest
Number of options	54	24	5	2
Proportion of Persons (%)	63.53%	28.24%	5.88%	2.35%



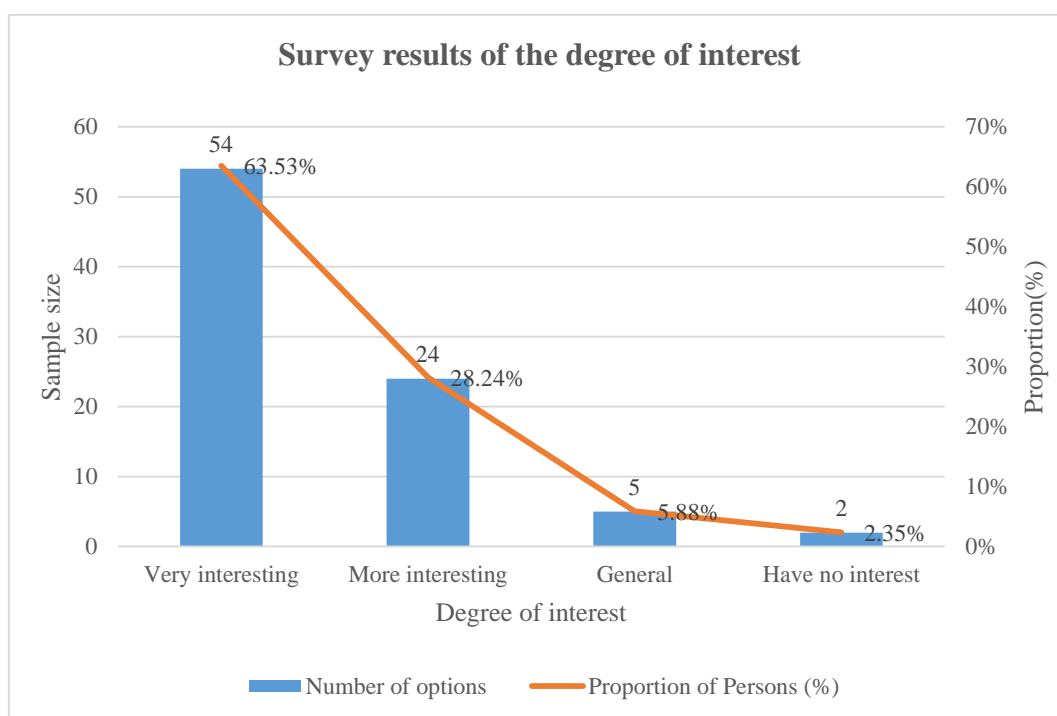


Figure 1. Survey results of the degree of interest in exercise and health

(2) Study on the accessibility of exercise and nutrition programs to maintain health

The results of the survey on the difficulty in mastering the knowledge of sports health and maintaining health among the subjects are shown in Table 2 and Figure 2. According to the results of the survey, 29 people, accounting for 34.12%, made easy choices. 37 people, accounting for 43.53%, chose those who were easy to understand. 11 people, accounting for 12.94%, chose ordinary; 8 people, accounting for 9.41%, found it difficult to choose. This reflects that more than 70% of respondents have a relatively easy understanding of the professional knowledge of sports nutrition to maintain health, and the degree of difficulty is within an acceptable range. In addition, in the communication and surveyed staff we note that the surveyed people generally believe that sports course of professional degree or higher professional courses such as swimming, basketball, we suspect that this is due to the theory of sports nutrition and health knowledge for people to contact time is relatively short, while others, such as swimming, basketball, knowledge in daily life more people already have the basis of practice, and thus easier to accept.

Table 2. Results of the survey on the difficulty in mastering the knowledge of keeping healthy

	As easy as pie	Relatively easy	General	More difficult
Number of options	29	37	11	8
Proportion of Persons (%)	34.12%	43.53%	12.94%	9.41%

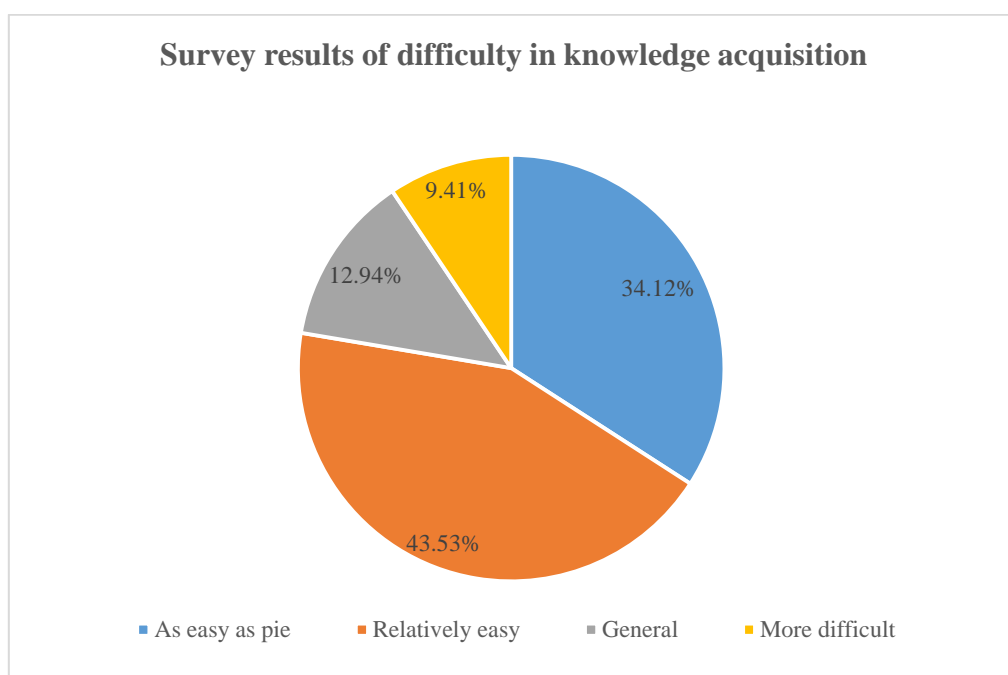


Figure 2. Results of the survey on how difficult it is to master the knowledge of keeping healthy

(3) The helpful investigation of sports nutrition-related knowledge learning to life

The results of the survey on the help of sports nutrition related knowledge to life are shown in Table 3 and Figure 3. As can be seen from the survey results in the chart, 52 people, accounting for 61.18%, chose to bring great help to their lives by learning these nutrition sciences. 29 people, accounting for 34.12%, chose ordinary help. 4 people, accounting for 4.71%, chose very limited help. This suggests that most of the subjects think that the nutrition knowledge imparted is more appropriate to their daily life, and they have received a greater degree of help in life. Exercise and nutrition is a very practical way to shape your health, especially for those who want to exercise, you can also use BMI calculation formula to evaluate your health status by obesity characteristics.

Table 3. Survey results on the life benefits of sports nutrition-related knowledge learning

	Help to achieve remarkable results	Helping effect is average	Help with limited results
Number of options	52	29	4
Proportion of Persons (%)	61.18%	34.12%	4.71%



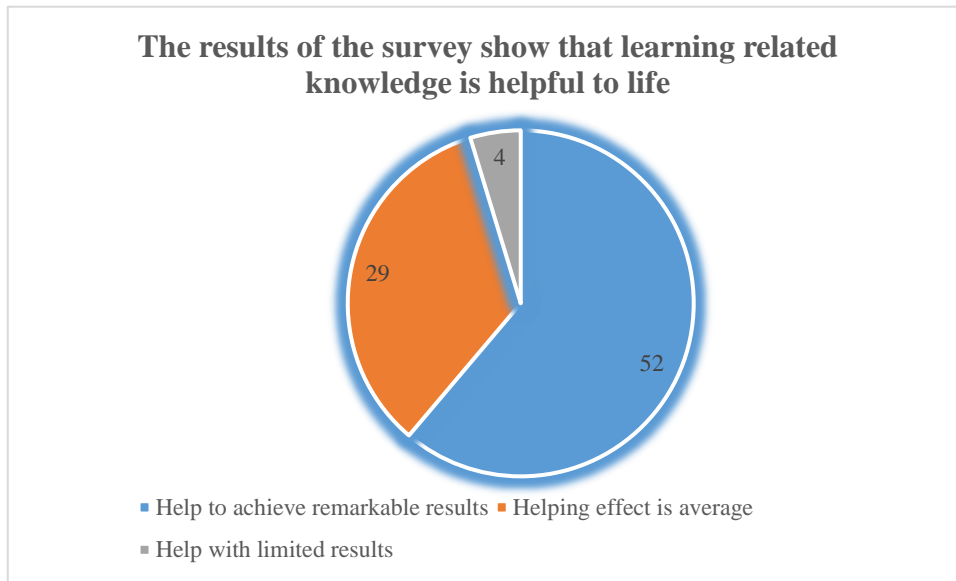


Figure 3. Survey results on the life benefits of sports nutrition-related knowledge learning

(4) The effectiveness of situational creation practice in improving English interpretation ability

In terms of the improvement of English interpretation ability, the situations that the trainers are interested in can activate and enrich their background knowledge, so as to promote them to develop the basic ability to accept new knowledge through the review of existing knowledge. Before and after the practice of situational creation, the interpretation ability of the subjects also changed greatly, as shown in Figure 4. As can be seen from the figure, there were a total of 14 students whose scores were unqualified before the practice began. At the halfway of the practice, the number dropped to 6, and at the end of the practice, it dropped to 2. Accordingly, the number of excellent people was 7 before the practice, 12 after the practice lasted for some time, and 27 after the practice ended. It can be seen that the mode of improving the ability of situational creation greatly stimulates learners' interest in English interpretation and greatly improves their interpretation ability.

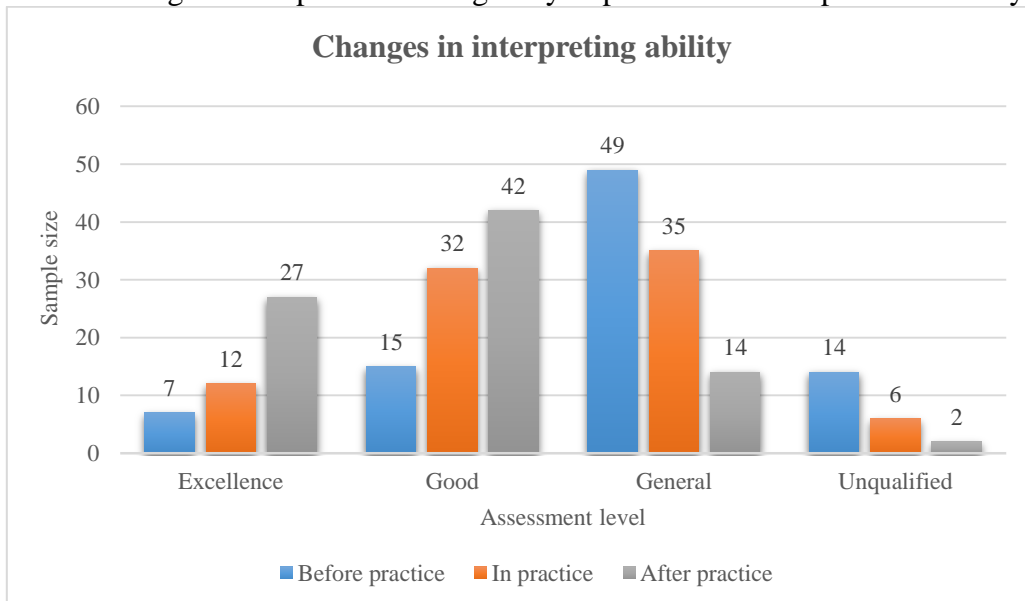


Figure 4. Changes in interpreting ability

## 4.2. Practice Evaluation

In the teaching design of sports training, this study is suitable for carrying out homework so that the practical effect can be continued. The purpose of this practice is to test the participants' knowledge of exercise shaping and health, and also to comment on the significance of practice from the side. The specific form of practical work is cross-examination of swimming training and football training. The completion of practical work is shown in Table 4 and Figure 5. According to the statistical data, 32 subjects satisfactorily completed the practical work, 41 satisfactorily completed the practical work, 11 only failed to complete the practical work. This suggests that in the current era, people can master the knowledge essentials of exercise and nutrition shaping health well through practical courses.

Table 4. Completion of practice assignments

	Excellence	Good	General	Unqualified
Number of options	32	41	11	1
Proportion of Persons (%)	37.65%	48.24%	12.94%	1.18%

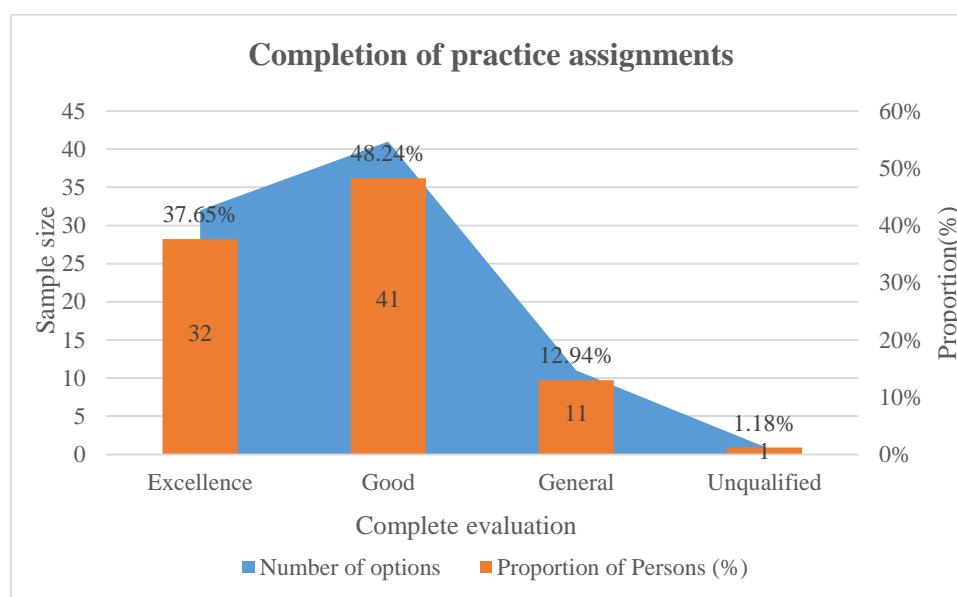


Figure 5. Completion of practice assignments

## 4.3. Strategies for English Interpretation Scenario Creation in Sports and Health Field

(1) Situation creation should be integrated with sports nutrition characteristics

English interpretation is a relatively flexible matter, especially in the field of sports nutrition and health, it should not be implemented in a dogmatic way, but in a more random and flexible way. In the process of situational creation, it requires the creators to have the innovation consciousness according to local conditions and combine the knowledge with specific practice, so that the interpreters can learn and apply it effectively. In the process of teaching interpretation skills, some controlled dialogues can be used, in which the organizer plays the main role and the learner plays the supporting role. Through situational dialogues, learners can master the mental conception

completed through the formation of situational association. It can also simulate some specific case scenarios for ability practice, such as simulating a guest's reservation at the hotel front desk, where the learner ACTS as a receptionist and judges the further specific description of the interpretation content through common sense knowledge. Sports nutrition combined with English interpretation tend to be more scattered, interpreters must grasp the key factors, the mechanism of these key factors of answer time appear in the mouth, in common language expression can be relatively natural links to the corresponding English content, the process, interpretation ability will be further strengthened.

(2) The creation of scenarios aided by modern multimedia technology

The development of modern media integration technology is enough to construct realistic situational elements for learning and practice. In the task of interpretation, interpreters can realize the immersive language environment and generate a kind of enthusiasm and behavior to use interpretation skills. In addition to using modern media for information transmission assistance, we can also demonstrate the language problems that native English speakers have expounded on various occasions through original situational dialogues. Practice has also shown that this is an effective way to practice. The rapid development of modern communication technology provides athletes with a large number of wearable devices, which generally have speech recognition function. We can also make use of this function to learn English interpretation through software. In particular, students in sports colleges and universities can take advantage of their own high-quality advantages to master core skills in language learning faster and extend their learning place beyond the classroom. Indeed, with modern information technology so developed today, our teaching should not be limited to the physical classroom, but should look to a larger network stage, so that learners can use all kinds of leisure time to learn in life.

(3) Scene creation should reproduce the scene of sports training

The core purpose of scenario creation is to make learners get familiar with something faster by shaping the learning environment into a teaching place conducive to accepting the learning content. The instructor can select real scenes for learners to observe, and make such scenes copy into learners' minds to stimulate learners' association, thus enhancing their perception of the place and completing the accumulation of knowledge. People who have been engaged in sports training for a long time are always active in the corresponding training venues. Therefore, in the process of English interpretation, we should try our best to reproduce the real elements in various situations. In the process of vocabulary learning, it is necessary to dig out all the meanings of vocabulary in sports training in an all-round way, so as to avoid the situation of inaccurate expression. In interpreting scene creation, but also need to combine actual nutrition and exercise intensity, let learners have settled, the consciousness of self-assessment, when experiencing discomfort of any part of the body, in addition to the necessary physical check, can also be intake of nutrients associated ease movement caused by injury. None of these skills can be found out in teaching, but they have been proved effective in practice, so we can use them to master learning and make the process of English interpretation more passionate and interesting.

## 5. Conclusion

This study combines the two aspects of sports health and English interpretation ability to break through the limitations of previous studies that only focus on sports nutrition health or English interpretation ability. Taking the situation creation as a non-posture language factor and the concept cognition as the overall characteristics of language learners in the expression of sports events and interpretation ability, this paper makes a more in-depth analysis of the acquisition status of English interpreting events, thus achieving the ideal effect of nutrition and health knowledge popularization.

To grasp the relationship between sports health and English interpretation ability is the key to break through the obstacles encountered in practice. This study proposes the basic strategies to be followed in situational interpretation, and summarizes and reflects on the improvement effect of interpretation ability. By synthesizing all kinds of materials and the basic knowledge of nutrition, this paper puts forward that the imparting of nutrition knowledge must be combined with situational imparting, and guided by the knowledge transmission network in line with the applicable population and the receiving ability. At the same time, the concept of empirical research should be applied to the acquisition of English interpretation, so as to improve the practical value of English interpretation.

The practice of sports nutrition and health is beneficial to all aspects of people, and also conforms to the needs of modern society for people's comprehensive education. In the future research, we can start with the emphasis on the effectiveness of practice, respect the ability difference and the new connotation of sports nutrition as a new research direction, scientific and effective choice of practice. In addition, in the process of practice, it is necessary to reflect the humanity at all times, so that sports nutrition and health can get more living space in the environment that people are willing to accept.

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### Data Availability

Data sharing is not applicable to this article as no new data were created or analysed in this study.

### Conflict of Interest

The author states that this article has no conflict of interest.

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