

Review

Basic concept of research in the sports nutrition field

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ABSTRACT

This review introduces the basic concept of epidemiological study, which is a field-oriented study method, for members of the Japan Sports Nutrition Association who support athletes in the field. Epidemiology is conducted using epidemiological study methods such as cohort studies or intervention studies, and these are practical methods born to improve on-site problems and issues.

There are only two conditions necessary for conducting an epidemiological study: "There is something I want to know in the field" and "There is a human group that participates in your study". Since epidemiology is not aimed at elucidating the mechanism, no measurement is required to do that, and studying epidemiological methods based on "comparison" makes it possible to conduct research easily in the field.

Keywords: epidemiology, nutritional epidemiology, observational study, intervention study