TASK/SCENARIO: You work for a sporting association and are required to develop a position statement on caffeine supplements for sports performance in regard to safety and efficacy. You will need to locate and appraise peer reviewed research articles and write a two part report on the current evidence available. Two CASP Checklists will need to be filled out and used at the basis for the critical appraisals (one for a RCT, one for a qualitative study). These checklists can be brief and will be included in the appendix.

PART ONE: Randomised controlled trial appraisal (750 words) - Formulate an answerable research question and create a PICO table with keywords (truncators, wildcards as appropriate) - Design and conduct a search of relevant databases - Select one recent RCT study (within 5 years) for the appraisal - Summarise quality, results and relevant data from chosen study based on CASP checklist - Assess the overall effectiveness of the intervention - Write a recommendation to the sporting association

PART TWO: Qualitative study appraisal (750 words) (This can be generalised to supplementation in a broader sense, not specifically about caffeine supplementation). - Formulate an answerable question and create a table (use PICO, PIER or SPICE) with keywords (truncators, wildcards as appropriate) for the search - Design and conduct a search of relevant databases - Select one relevant qualitative study for the appraisal - Summarise quality, results and relevant data from chosen study based on CASP checklist - Assess the overall qualitative reports of experiences, beliefs and concerns on the consumption of nutritional supplements in athletes - Write a recommendation to the sporting association APENDIX: CASP Checklist for Part A (~250 words) CASP Checklist for Part B (~250 words)