

# Evidence-Based Practice in Exercise Science

*The Six-Step Approach*

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# EVIDENCE-BASED PRACTICE IN EXERCISE SCIENCE

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## The Six-Step Approach

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# Evidence-Based Practice in Exercise Science

*Evidence-Based Practice in Exercise Science: The Six-Step Approach* equips readers with the basic skills and competencies in discerning the value of scientific research. Using a methodical approach, students and professionals will learn to identify appropriate evidence to support novel interventions and avoid counterproductive or dangerous information to eliminate ineffective exercise options.

This text is an instruction manual in understanding and applying evidence-based practice. The process is divided into six steps that begin with asking a question and then finding, evaluating, implementing, confirming, and re-evaluating the evidence. Readers of *Evidence-Based Practice in Exercise Science* will explore these aspects:

- **The philosophy of science and design of scientific studies**
- **The use of search tools such as PubMed and Google Scholar and how to rank or define the strength of the evidence**
- **Practical suggestions for implementing evidence-based practice in the field to better advise and serve athletes, clients, and patients**
- **Case studies that demonstrate realistic scenarios of how the evidence-based process may be used in a variety of sport and exercise settings**

By understanding the concepts and process of evidence-based practice, current and future sport, exercise, and health professionals will prescribe individualized programs and treatments that improve athletic performance and lead individuals toward better health. Embracing evidence-based practice will ultimately advance the field and produce optimal outcomes for clients, patients, and athletes.

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