

**Nutritional recovery practices of team sport athletes
training at Nelson Mandela Metropolitan University,
South Africa**

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Thesis presented in partial fulfilment of the requirement for the degree
of Masters of Nutrition at the University of Stellenbosch



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Study Co-leader: Dr R.E. Venter

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Text:

Length. 3,000 words (excludes title page, abstract, acknowledgements, references, figures, tables)

Sections. Sections include Introduction, Methods, Results, and Discussion; each of these sections should follow the standard processes. Where appropriate, the text should conclude with two brief sections: **novelty statement** (one or two sentences should sum up the new information that has been gained as a result of the study) and **practical application statement** (one or two sentences should sum up the way that this information could be put into practice).

Acknowledgements: Note that the contribution of each author to the paper should be outlined.

References: A maximum of 40 references can be cited.

Figures and tables: A total of six figures and/or tables may be used to illustrate the data in this study. The total of six assumes no more than one page for each figure. If a figure has multiple panels requiring more than one page, the total number of figures should be reduced accordingly. If you feel that additional panels or figures are needed, please be sure to address this in your cover letter.

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