Guide to Planning your Research – FITNESS & SPORTS

Step 1: Define subject:

Handbooks:
The Sports Rules Book     REF. GV 731 .H85 2004

Encyclopedias:
American Women in Sport, 1887-1987   GV 583 .A64 1989
The Cambridge Encyclopedia of Human Growth...   REF. QP 84 .C26 1998
Encyclopedia of Sports & Fitness Nutrition   REF. RA 784 .A659 2002
The Encyclopedia of Sports   REF. GV 567 .M46 1978

Step 2: Vocabulary or Thesaurus

Dictionaries:
The International Dictionary of Sports and Games   REF. GV 567 .C8 1980
What’s What in Sports   GV 567 .B695 1984

Babylon Sports Dictionary
Sports Definitions.com

Step 3 : Sources of information: collections of books & videos (library catalog)

Gates Memorial Library Catalog

Your body can talk : learning to listen to what your body knows and needs through simple muscle testing : the art and application of clinical kinesiology (book)
   Author: Levy, Susan, 1952-
   Call Number: RZ 251 .A65 L48 1996
   Location: STACKS
   Publisher: Prescott, AZ : Hohm Press c1996
   Availability: Available for Circulation

Periodicals: magazines, newspapers & journals
ESPN                GV 561 .E86 (display only)
Runner’s World      GV 1061 .R8336 (display only)
Sports Illustrated  GV 561 .S733 (display only)

PERIODICAL DATABASES
Online information databases are large, regularly updated collections of digitized information -- including but not limited to abstracts and full text articles from journals and newspapers, conference proceedings and submitted papers, dissertations, government reports, essays, book chapters, web pages, etc. The content is created by publishers who release print versions, then lease the rights to their information to database vendors. Database records are easy to search and retrieve because the content of each record has been analyzed and assigned appropriate subject headings, keywords, names, etc. New records are regularly downloaded from the producer of each database. Gates Memorial Library Databases

• Academic Search Complete
• CINAHL
• ERIC
• Health Reference Center Academic
• Health Source: Consumer Edition
• Health Source: Nursing/Academic
• MEDLINE with MESH
• Psychology and Behavioral Sciences Collection
Kinesiology Resources on the Web (associations, universities, organizations, etc.)

- American Alliance for Health, Physical Education, Recreation and Dance [AAHPERD]
- Center for Injury Research and Policy
- Disabled Sports USA
- ExRx.net
- History of Women in Sports Timeline
- Human Kinetics
- MedlinePlus Sports Injuries
- NASPSPA: North American Society of the Psychology of Sport and Physical Activity
- National Strength and Conditioning Association
- Physical Activity Statistics
- STOP Sports Injuries
- Women's Sports Foundation
- The World Wide Web Virtual Library: Recreation

Citing Sources
Each database provides “How to cite” for each article but these sites provide more information for citing various media (books, databases, websites, etc.)

The guides and links in this section will enable persons to properly use in body citations and create works cited or bibliography pages.

- APA Style
- MLA Style
- EasyBib MLA citation creator
- Referencing Tool
- Son of Citation Machine
- Turabian Style
- University of California Berkeley (APA, MLA, Chicago)

If you need further assistance, please ask a librarian, in person or online Ask/Chat with a Librarian

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