

Ferdinand D. Bluford Library

A SELECTIVE GUIDE TO MATERIALS AND RESOURCES FOR HUMAN PERFORMANCE AND LEISURE STUDIES

This selective guide contains a bibliography of titles and electronic resources that will assist the students with research in Human Performance and Leisure Studies. It outlines a general approach to finding not only materials and resources housed in the F.D. Bluford Library, but also electronic databases or books available through F.D. Bluford Library web pages. Other research oriented Internet sites are also suggested. This guide will help students organize their research and at the same time give them some tips on research strategy. Remember that researching any topic can seem overwhelming.

Using the Catalog:

Establishing what books the library owns on your subject should be your top priority. The Catalog identifies all the books, videos, journals, microforms, and other formats owned by the Library. The Catalog can be searched by [Author](#), [Title](#), [Keywords](#), [Subject Headings](#), [LC Call Number](#), [Professor](#), or [Course Name](#). Use the Keywords search option if you know neither specific books nor standardized subject headings. These subject headings are accessible through five volumes of *Library of Congress Subject Headings* located near the workstations on the first floor of the Library.

Research Strategy Hint: Use the * (asterisk) or the "OR" operator to expand a small set to a larger set. Strategic use of the Limit command and the "AND" operator can narrow down an overwhelming list to a manageable size.

Encyclopedias:

Encyclopedias are also a good place to start, especially if you are unfamiliar with the topic. Articles in encyclopedias are often written by recognized authorities and tend to provide established facts and ideas about the topic, its history, basic theories, and important persons who have written related articles. Also, most encyclopedia articles close with a bibliography that may help you to establish your literature search.

Note: When using encyclopedias, first consult the index volume, usually the last volume of the set. This will tell you if your topic has an article devoted entirely to it or if it is discussed within an article on a related subject.

Encyclopedia of Leisure and Outdoor Recreation – A&T REF GV11.E55 2003
The Encyclopedia of North American Sports History - A&T REF GV567 .H518 2002
Fun and Games in Twentieth-Century America: A Historical Guide to Leisure – A&T REF GV53.G56 2003
A Guide to Understanding Dietary Supplements - A&T REF RM258.5.T354 2003
International Encyclopedia of Ergonomics and Human Factors - A&T REF TA166.I556 2001
Sports and Games of the Ancients – A&T REF GV17.C73 2002
Sports and Games of the 18th and 19th Centuries – A&T REF GV576.C74 2002
Sports and Games of Medieval Cultures – A&T REF GV1200.W55 2002
Sports Injuries: Their Prevention and Treatment – A&T REF RD97.P4813 2001
Sports Nutrition: A Guide for the Professional Working with Active People - A&T REF TX361.A8S673 2000

Almanacs, Handbooks and Dictionaries:

Almanacs are useful statistical and factual sources that have current information on a broad range of topics and subjects. Handbooks can help you throughout your research by providing quick, factual information that you may need to support your ideas. Dictionaries provide brief entries that are quick and helpful sources for the definition or identification of a term, movement, or person in history.

ACSM Fitness Book / American College of Sports Medicine - A&T STACKS GV481 .A322 2003
Athletic Training Student Promer: A Foundation for Success – A&T STACKS GV223.W56 2003
Exploring Sport and Exercise Psychology - A&T STACKS GV706.4 .E96 2002
GameSkills: A Fun Approach to Learning Sport Skills – A&T STACKS GV363.H28 2000
Mix, Match, and Motivate: 107 Activities for Skills and Fitness - A&T STACKS GV443.C373 2003
Sport and Physical Education: The Key Concepts – A&T STACKS GV567.C43 2002
Teaching the Nuts and Bolts of Physical Education: Building Basic Movement Skills - A&T LRC GV443.C59 2000

Indexes and Abstracts:

To locate articles that are pertinent to your research, you need to use indexes and abstracts to journal and newspaper literature. Listed below are the indexes and abstracts most appropriate for research in education/physical education. In addition to periodical articles, indexes and abstracts may also index articles/reports published in conference proceedings, government documents, technical reports, dissertations, and other sources. Indexes and abstracts vary in scope, depth and breadth of subject coverage.

Cumulative Index to Nursing & Allied Health Literature - A&T REF INDEXES RT41 .C94
Current Index to Journals in Education: CIJE - A&T REF INDEXES L11 .C8
Education Index - A&T REF INDEXES Z5813 .E23
Psychological Abstracts - A&T REF INDEXES BF1 .P65
Readers' Guide to Periodical Literature - A&T REF INDEXES AI3 .R4
Resources in Education - A&T REF INDEXES L11 .R28

Print Journals:

The following summary list of journals can be located on the lower level of the library. Current issues are near the service desk, bound volumes are shelved by a call number, and microforms are located in and near the Microform Room. The Catalog contains not only the holdings for each journal but also the specific format for a specific year and/or volume.

Adapted Physical Activity Quarterly: APAQ
American Journal of Health Education
The American Journal of Sports Medicine
Coach and Athletic Director
Exercise and Sport Science Review
Human Factors
Human Performance
Journal of Applied Biomechanics
Journal of Experimental Psychology: Human Perception and Performance
Journal of Applied Sport Psychology
Journal of Health Education
Journal of Leisure Research
Journal of physical education, recreation & dance
Journal of sport & exercise psychology
Journal of Sports Medicine and Physical Fitness

Journal of Teaching in Physical Education: JTPE
Journal of the Philosophy of Sport
Leisure Sciences
Medicine and Science in Sports and Exercise
Parks & Recreation
The Physical Educator
Psychology of Sport and Exercise
Quest
Research Quarterly for Exercise and Sport
Scholastic Coach
Sociology of Sport Journal
The Sport Psychologist
Sport Science Review
Sports Trend
World Leisure Journal
World Leisure & Recreation

Government Documents:

Government Documents cover a broad range of topics including: health and physical fitness programs of the president; educational documents and statistics; criminal justice information; laws and regulations; congressional hearings; Supreme Court opinions; and economic, demographic and agricultural statistics. You can access our Government Documents Collection several ways: through the Catalog; the printed Monthly Catalog housed in the Index Area; GPO NC LIVE; and using the Internet. These items are classified by the Superintendent of Documents Classification scheme and must be retrieved using that call number. The library's Government Documents Department is located on the lower level. On the first floor of the library is a workstation dedicated to accessing government documents using CD-ROMs. Governmental agencies may be accessed through the Internet.

Electronic Books (E-Books):

Many publishers are making electronic copies of their books available. Listed below is a sample of titles from various vendors or Databases. Start with the Catalog or the Electronic Books link from the Library's Homepage.

Acquiring Skill in Sport: An Introduction 2006

Athletic Intruders: Ethnographic Research On Women, Culture, and Exercise 2003

Assessing Fitness for Military Enlistment: Physical, Medical, and Mental Health Standards 2006

Developing Personal, Social, and Moral Education Through Physical Education: A Practical Guide for Teachers 2001

Free Stuff for Women's Health, Fitness and Nutrition 2000

Gender and Physical Education: Contemporary Issues and Future Directions 2002

I'm, Like, SO Fat!: Helping Your Teen Make Healthy Choices About Eating and Exercise in a Weight-obsessed World 2005

Issues in Physical Education 2000

Learning to Teach Physical Education in the Secondary School: A Companion to School Experience 2002

Quick Reference Dictionary for Athletic Training 2005

Sport and Physical Education: The Key Concepts 2002

Therapeutic Exercise in Developmental Disabilities 2005

Electronic Databases:

Selecting the best bibliographic database or print index for your information need is an important step in any search for information. Each electronic database and print index is unique in its subject coverage and scope, although there may be some overlap between them.

CAB Direct provides access to the most up to date, relevant and reliable information in the applied life sciences. Two sub-files will be of interest to Human Performance and Leisure Studies: **Human Health** and **Leisure, Recreation, Sport, and Tourism**.

Health Source - Consumer Edition is the richest collection of consumer health information available to libraries worldwide, providing information on many health topics including the medical sciences, food sciences and nutrition, childcare, sports medicine and general health. *Health Source: Consumer Edition* features more than 130 full text, consumer health magazines. This database is updated on a daily basis.

LexisNexis Academic is a web-based information service which provides access to a wide range of news, business, legal, medical and reference information. About 5,000 English language sources, mostly full-text, are arranged into 5 broad categories. In the area of medicine there are two databases that support sports medicine: **Medical & Health News** and **Medical & Health Journals**.

NC LIVE currently offers online access to complete articles from over 5,500 newspapers, journals, and magazines; two encyclopedias; and indexing for over 10,000 periodical titles. The following is a list of databases that will support physical education and sports medicine: **Academic Search Elite**, **CINAHL**, **ERIC**, **Health Source Nursing/Academic**, **MasterFILE Premier**, and **PsychINFO**.

Sociology: A SAGE Full-Text Collection provides access to 20 years worth of articles from 28 journals published by SAGE and participating societies. It covers such subjects as Childhood, Consumer Culture, Leisure Studies, and Sociology of Sport

SPORTDiscus provides very comprehensive coverage of bibliographic citations for fitness, sport, and related disciplines. Journal and/or monograph indexing extends back to 1800 for select titles.

Web of Science is the only database offering cited reference searching. It is the electronic equivalent of the Social Sciences Citation Index, the Science Citation Index, and the Arts & Humanities Citation Index. Articles are indexed from 1994 to the present, but cited references are not limited by year.

Internet Resources & Links

Academy of Leisure Sciences was created in 1980 and is an honorary organization recognizing outstanding contributions to the scholarship of leisure and recreation studies.

Access: <http://www.academyofleisuresciences.org>

American Academy of Kinesiology and Physical Education shall be to encourage and promote the study and educational applications of the art and science of human movement and physical activity and to honor by election to its membership persons who have directly or indirectly contributed significantly to the study of and/or application of the art and science of human movement and physical activity.

Access: <http://www.aakpe.org/>

American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD) is the largest organization of professionals supporting and assisting those involved in physical education, leisure, fitness, dance, health promotion, and education and all specialties related to achieving a healthy lifestyle.

Access: <http://www.aahperd.org/>

American College of Sports Medicine "advances and integrates scientific research to provide educational and practical applications of exercise science and sports medicine."

Access: <http://www.acsm.org/>

American Sport Education Program (ASEP) is to help improve the sport experience for youth by providing quality instructional resources, workshops, and courses for coaches, administrators, and parents.

Access: <http://www.asep.com/>

National Recreation and Park Association's Society of Park and Recreation Educators (NRPA/SPRE) sees its mission "To advance parks, recreation and environmental conservation efforts that enhance the quality of life for all people" and provide a forum for members in educational setting to present and discuss scholarly issues and research.

Access: <http://www.nrpa.org/content/default.aspx?documentId=531>

National Standards for Physical Education

Access: http://www.ed.gov/databases/ERIC_Digests/ed406361.html

National Strength & Conditioning Association, since its inception in 1978, has been working hard with well known industry experts to enhance, enlighten, and advance the field of strength and conditioning.

Access: <http://www.nasca-lift.org/default.asp>

PE Central provides the latest information about contemporary developmentally appropriate physical education programs for children and youth.

Access: <http://www.pecentral.org/>

SUNY Geneseo Plagiarism pages provide an excellent discussion and quality examples of plagiarism.

Access: <http://library.geneseo.edu/~liles/Stuplag1.htm>

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