

# Guide to...

## Sports and Coaching Science Resources

This guide is designed to help you to use the University Library resources to find information on Sports and Coaching Science subjects taught within the Department of Life Sciences at Cambridge.

---

### Books, e-books and multimedia materials

Use the **Library website 'Quick Search: Books, e-books and multimedia materials'** at [www.libweb.anglia.ac.uk](http://www.libweb.anglia.ac.uk) to find books, e-books and DVDs on your subject. Find specific books on your reading list using an author's name and significant words from the title. Find books on a topic by entering words that describe your subject (keywords). Your results will probably include electronic books (e-books) as well as print books.

To view the text of an **e-book** on screen, follow the 'Click here for access' link. You will need to be logged in to the Library website to access the full text. Login in using your University Login username and password ("Active Directory Login").

The classification number shown in the 'Location' column on your results screen is the key to finding **print books** on the shelves. Books are arranged on the shelves in numeric order using these numbers. If you are browsing the library shelves, some important class numbers are shown below.

#### Sport (General) 796

<b>Exercise and Sport</b>	<b>612.044</b>	<b>Physical Fitness</b>	<b>613.7</b>
<b>Sports Coaching</b>	<b>796.077</b>	<b>Sport Psychology</b>	<b>796.01</b>
<b>Sports Medicine</b>	<b>617.1027</b>		

---

## Journal articles, research papers and more

**Journal articles** are a good source of information and you will be encouraged to use them. Information about the latest research will generally appear in a journal before it is published in book form as journals are published frequently and regularly. For more information about journals see our information skills tool, PILOT, Section 1.7.3 at [www.libweb.anglia.ac.uk/pilot/module1/1\\_7/1\\_7\\_3.html](http://www.libweb.anglia.ac.uk/pilot/module1/1_7/1_7_3.html)

**Finding specific articles:** use 'Journal Finder' on the Library website to check the availability of journal title, year and volume. Results will include both print and electronic journals.

**E-journals** are accessible via the Library website when you log on.

**Print journals** are shelved alphabetically by title on the first floor.

### Useful journals for Sports and Coaching Science:

 - print journals       - e-journals available via the Library website

British Journal of Sports Medicine  

British Medical Journal  

Coaching Edge 

International Journal of Performance Analysis in Sport 

International Journal of Sport Nutrition and Exercise Metabolism  

International Journal of Sports Science and Coaching 

Journal of Exercise Physiology 

Journal of Sports Sciences 

Medicine and Science in Sports and Exercise  


Psychology of Sport and Exercise 

Research Quarterly for Exercise and Sport 

Sociology of Sport Journal 

**We have many more e-journals accessible when you log in to the Library website. Use 'Find E-journals' within 'Journal Finder' on the Library website to find specific titles or to browse by subject category.**

## Finding articles on your topic:


Use ‘**Quick Search: Journal articles, research papers etc**’ to give you a good chance of finding some full-text journal articles. This search is useful if you just need a few articles or want to get a quick impression of the information available on your topic. Type your search term(s) in to the box provided. When your results appear, full-text articles are indicated by the pdf icon 

**Google Scholar** is also useful if you need to carry out a search quickly and find some full-text articles. It is possible to link directly to the full text of journal articles from your results list where they are available at Anglia Ruskin Library. You will need to be logged on to the Library website to use this function. You will also need to set your preferences to show Anglia Ruskin University Library as one of your Library links. For more information follow the Google Scholar link within the Digital Library section of the Library website menu at <http://libweb.anglia.ac.uk/ebooks/scholar.htm>

For extended assignments and dissertations, we recommend using ‘**Advanced Search: Journal articles, research papers etc**’. This will enable you to carry out more in-depth searching.



Choose **Life Sciences** from the drop down menu, then select **Sports Science** from the list of sub categories. A list of relevant electronic resources is displayed, including several databases. For example, **SPORTDiscus** is a good starting point for your subject area.

You can **cross search** some databases by clicking in the box next to the database title and typing search terms in to the boxes above. This means that several databases can be searched at once.  Use this button to find out more about each database and to see details of cross-searching tips and limitations.

For more advanced, in-depth searching, we recommend going into the **individual databases** themselves by clicking on the underlined title. This will let you carry out more flexible searches using the database’s own interface. You will also need to do this for non-cross-searchable databases without a tick box.

Some useful databases for finding journal articles in Sport and Coaching Science are described below.

<b>SPORTDiscus</b>	A comprehensive source of full text articles for Sport and Sports Medicine.
<b>Academic OneFile</b>	Covers a wide range of subjects including psychology. Often a good place to start your search. Contains large numbers of references in <b>full text</b> .

	Searches in this database can be restricted to peer reviewed journals.
<b>ScienceDirect</b>	Provides online access to Elsevier Science journals. The Library has <b>full text</b> access to over 1,000 of these.
<b>PsycInfo</b>	Covers the professional and academic literature in psychology and related disciplines from 1800 to the present. A wide range of subjects are covered. Useful for Sport Psychology.
<b>Anatomy TV</b>	Interactive anatomy database particularly useful for Sports Injuries.

**Articles without full text:** you will probably find some useful references without full text. You can order these for a small charge using our InterLibrary loan service accessible via the Library website at [www.libweb.anglia.ac.uk/services/ill.htm](http://www.libweb.anglia.ac.uk/services/ill.htm)

**Improving your results:** you may find that you get **too many** results when searching the Library website. Making your search terms as specific as possible will help to narrow your search and make your results more relevant. If you get **too few** results, don't give up. Try thinking of alternative words to search with, or try using different resources. See **PILOT Section 2** for more help on how to search effectively [www.libweb.anglia.ac.uk/pilot/module2/index.html](http://www.libweb.anglia.ac.uk/pilot/module2/index.html)

## Referencing

You need to cite and reference other people's work correctly if you use it within your own work. More information on referencing can be found on the University Library website at [www.libweb.anglia.ac.uk/referencing/referencing.htm](http://www.libweb.anglia.ac.uk/referencing/referencing.htm), including a guide to the **Harvard System of Referencing** which is used in your Department.

It is important to **keep good records** of all the material that you read for your work so that you can reference other people's work correctly.

All of your references, regardless of their source, can be managed using the bibliographic management tool **RefWorks** accessible at [www.libweb.anglia.ac.uk/referencing/refworks.htm](http://www.libweb.anglia.ac.uk/referencing/refworks.htm). Refworks can also help you create reference lists in the Harvard style.

**Help** is available in a variety of ways:

- Use our general 'Ask Us' page under 'Help and Advice' on the Library website at [www.libweb.anglia.ac.uk/askus/](http://www.libweb.anglia.ac.uk/askus/) . From here you can access our Online Enquiry Service and our Online Chat service.



- Come and speak to a member of staff at the Enquiries Desk on the second floor of the Cambridge Library.
- Contact one of the Science and Technology librarians. If your enquiry is detailed or you just feel you need more help, you can arrange an individual appointment using the Book a Librarian webpage at <http://libweb.anglia.ac.uk/bookalibrarian/> Alternatively you can email us directly:

Jenni Kuziw  
Andrea Packwood  
Elaine Newell

[jenni.kuziw@anglia.ac.uk](mailto:jenni.kuziw@anglia.ac.uk)  
[andrea.packwood@anglia.ac.uk](mailto:andrea.packwood@anglia.ac.uk)  
[elaine.newell@anglia.ac.uk](mailto:elaine.newell@anglia.ac.uk)

- Use our range of guides to help you make the most of our resources. These include guides to individual databases, using the Library website, and referencing. These are all available on the Library website at [www.libweb.anglia.ac.uk/guides/guides.htm](http://www.libweb.anglia.ac.uk/guides/guides.htm).
- Each semester the Library runs a series of study skills drop-in sessions in conjunction with Student Support Services. The '**Skills@Uni**' sessions cover topics such as essay writing, evaluating information, and referencing. Details of sessions can be found at [www.libweb.anglia.ac.uk/helpdesk/train.htm](http://www.libweb.anglia.ac.uk/helpdesk/train.htm).
- **PILOT** is our online information literacy tutorial which aims to help you develop your information skills – use PILOT to learn at your own pace or to back-up sessions. Access is from the Library website [www.libweb.anglia.ac.uk/pilot/](http://www.libweb.anglia.ac.uk/pilot/).