LAB 5 – SEARCHING FOR INFORMATION (ONLINE RESEARCH)

Introduction

The amount of information currently available concerning health, exercise, and sport has increased enormously in recent years. As a consequence, it has become very difficult to keep up to date on the latest reliable and credible research and information. Researching a specified area of fitness can become time consuming and at times frustrating. The internet provides easy access to information but you don’t always know if that information is credible or scholarly. Fortunately, the K-State Libraries give students and faculty access to scholarly journals through databases – tools you can use to search for these articles and information. While there are many databases you can use to access information, for the purposes of this lab, we will limit our searches related to kinesiology from the Libraries’ online tools and PubMed.

Purpose

To learn how to access kinesiology-related material online using PubMed and how to use the Libraries’ resources and tools to find quality, relevant, and credible information.

Procedure

1) Identify at least 3 areas of interest of kinesiology which interest you from the following list:

- Physiology
- Motor Control
- Exercise in Disease States
- Biomechanics
- Sociology
- Sport Performance
- Psychology
- Nutrition and Exercise

2) Identify a specific topic within your chosen areas of interest. Some examples or potential topics include:

- Physiology – Cardiopulmonary limitations to exercise performance
- Biomechanics – Decreased drag due to improved aerodynamics
- Psychology – Imagery and human performance
- Motor Behavior – Reaction time after sleep deprivation
- Sociology – Perceptions of athletes as role models
- Exercise in Disease States – Exercise and reduced rates of cancer
- Sport Performance – Creatine supplementation and human performance
- Nutrition and Exercise – Carbohydrate loading and endurance performance
3) Go to the K-State Libraries’ online class research guide for KIN 220 (guides.lib.k-state.edu/kin220)

   Steps to access guide:
   • Go to K-State Libraries’ home page (www.lib.k-state.edu)
   • Click on “Class and Research Guides” from left-side menu
   • Scroll down and click on “Kinesiology”
   • Click on “KIN 220 – Behavioral Bases of Physical Activity”

4) Beginning with the home page of the guide, follow the instructions given on each page (use tabs on left sidebar to navigate through the guide) to learn the steps of research and then conduct a literature search for your subject using PubMed.

5) Find (access and retrieve) 3 full-text articles (one from each category), read them, and fill out the Laboratory report. Articles need to be published in scientific journals. Magazines such as *Shape, Flex, Runners’ World, Redbook, Popular Science*, etc. are not acceptable sources.
LAB 5 – SEARCHING FOR INFORMATION (ONLINE RESEARCH) Laboratory Report

1) What were your 3 chosen areas of interest? (Physiology, Biomechanics, etc.)

2) What topics did you search and what keywords did you use in your search?

   Topic One:
   Keywords:

   Topic Two:
   Keywords:

   Topic Three:
   Keywords:

3) Provide a link for the 3 full-text articles you chose for this report (1 per area of interest)

4) Write the citation information (in APA style) for each article and the stated purpose and conclusion (In your own words) of each article.

   1) Citation:
      Purpose:
      Conclusion:

   2) Citation:
      Purpose:
      Conclusion:

   3) Citation:
      Purpose:
      Conclusion: