

## HFE 171/271 EXERCISE SCIENCE

### **Reference Sources**

Reference Sources can focus your topic by giving you a concise overview, background information, facts and statistics, definitions and correct spellings. The reference titles below are located in the Reference Stacks in the MCC Library.

<b>Call Number</b>	<b>Title</b>
REF GV558.E53	Encyclopedia of Sports Science
REF QM23.2.H82	The Muscular System
REF QM25.A38	Grant's Atlas of Anatomy
REF QM151.B53	The Muscle Book
REF R111.H4.F53	Fitness and Exercise Sourcebook
REF R111.H4.S736	Sports Injuries Sourcebook
REF RA777.7.R36	Complete Guide to Family Health, Nutrition, and Fitness
REF RC1206.O355	The A to Z of Sports Medicine
REF RT21.G353	The Gale Encyclopedia of Nursing and Allied Health

### **Reference Databases**

Reference Databases provide similar information as the print reference sources above. They can be accessed electronically from the [MCC Library homepage](#) under Reference Databases. For remote access, click on the [Off Campus Access Menu](#).

<b>Database Name</b>	<b>Description</b>
Credo Reference	full-text online reference service with hundreds of well-regarded titles from some of world's the best reference publishers
Gale Virtual Reference Library	database of encyclopedias and specialized reference sources for multi-disciplinary research; see subject encyclopedias under Medicine
Oxford Reference Online/Medicine Category	a cross-searchable database of reference works from Oxford University Press; see Subject Reference: Medicine
Salem Health	online access to Salem Press' award-winning health reference works

### **Article Databases**

Periodicals consist of popular magazines, newspapers, trade and scholarly journals. To learn about the differences in periodicals refer to Researching Periodicals on the Class Handouts page. All of these resources

This guide has been prepared by the MCC reference librarians to assist you with research for your class. If you need further assistance, please consult with a librarian. <http://mchenry.edu/library>

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can be located from the [MCC Library homepage](#) under Article Databases. For remote access, click on the [Off Campus Access Menu](#).

Database Name	Description
Academic Search Premier	multi-disciplinary database provides full text for more than 4,500 journals
Article First	index of articles, many full text
CINAHL	most comprehensive source of full text for nursing & allied health journals
Health Source Consumer	collection of consumer health information
Health Source Nursing	provides nearly 550 scholarly full text journals focusing on many medical disciplines
MEDLINE	index that includes all areas of medicine, including dentistry and nursing
ProQuest	multi-disciplinary full-text database
PsycARTICLES	from the American Psychological Association (APA), is a definitive source of full-text, peer-reviewed scholarly and scientific articles in psychology
<b>Access these databases at the URLs provided:</b>	
BioMed <i>Publisher of 187 peer-reviewed open access journals</i>	www.biomedcentral.com
PubMed	www.ncbi.nlm.nih.gov/pubmed/
<b>Web Search Tool</b>	<b>Description</b>
<a href="http://www.scirus.com">www.scirus.com</a>	The most comprehensive scientific search engine on the web. Includes access to full-text journal articles in BioMed Central and PubMed Central.

### Sample Searches

#### Keyword Searches

- ✓ fitness and health
- ✓ exercise testing
- ✓ sports injuries
- ✓ children and exercise

#### Subject Searches

- ✓ sports medicine
- ✓ sports sciences
- ✓ exercise physiology
- ✓ physical fitness

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### Internet Sources

Remember to carefully evaluate information found on the Internet. Unlike most traditional print sources, Internet sources may not go through any review process before the information is made available to the public.

<b>Web Site</b>	<b>Address</b>
Health and Fitness Education Links	<a href="http://www.mchenry.edu/library/SitesbySubjectnew/healthlinks.html">www.mchenry.edu/library/SitesbySubjectnew/healthlinks.html</a>
American College of Sports Medicine	<a href="http://www.acsm.org">www.acsm.org</a>
American Council on Exercise	<a href="http://www.acefitness.org">www.acefitness.org</a>
National Strength and Conditioning Association	<a href="http://www.snsca.com">www.snsca.com</a>
National Academy of Sports Medicine	<a href="http://www.nasm.org">www.nasm.org</a>
Exercise Prescription on the Net	<a href="http://www.exrx.net">www.exrx.net</a>