

# [Data search and referencing](https://assignbuster.com/data-search-and-referencing/)

DATA SEARCH AND REFERENCING Introduction: For data search from various sources on the topic Exercise, the procedure detailed below was used.
Discussion:
Books and journals from the library on the topic of Exercise and Physical Activity (Thomas and Kotecki, 2006; Young and Dinan, 2005) were found. Further, from Questia online library, by using the key words “ exercise + physical activity”, “ exercise”, “ physical activity”, several books and journals could be accessed (Anderson et al, 2001; Hardman and Stensel, 2003).
Articles in peer-reviewed journals from the research databases of Ebscohost, ScienceDirect, and Sagepub were retrieved by the following method:
First, the home page of Ebscohost was accessed through Google. At the Ebsco Support Site Login, being a subscriber to Ebscohost, the User ID and Password were used to log into the web site. Using the key words stated above, the quick search option was used to find a list of articles on the topic of exercise and physical activity, from various relevant journals. Then, the best articles were selected and retrieved for this project.
Similarly, through Google, the home page of ScienceDirect was accessed. Being already registered with the research database, the same procedure as detailed above for Ebscohost was used. An example of a secondary reference is a book review (Aguilar-Stone, 2004), which was also retrieved from the ScienceDirect database.
For searching the database of SAGE Publications (Sagepub), once again, using Google, the home page of the database was accessed. Using the Quick Search option and the key words mentioned above, a list of articles on the topic were obtained. A few of the articles had free access, without the use of membership. Those articles that needed subscription, were accessed with the help of Username and Password.
PubMed Central web site, which was also accessed through Google has several open access journals on the topic.
Some useful internet web sites on the topic such as Department of Health (2007) were also found through Google, by typing the key words for the topic into Google Search.
Conclusion:
The data search has highlighted the importance of exercise and physical fitness. Caspersen et al (1985) state that the terms “ Physical activity”, “ exercise” and “ physical fitness” describe different concepts. “ Ideally, standardized terminology will promote greater understanding of the relation between physical activity, exercise, physical fitness and health” (p. 126).
A list of the references obtained from various sources on the topic of Exercise is presented.

----------------------------------------
REFERENCES
Aguilar-Stone, S. 2004. Book review of Optimizing exercise and physical activity in older people. By M. Morris, A. Schoo. Eds. In Physical Therapy in Sport, [online]. 5 (3), p. 163.
[cited 4th September, 2007].
http://www. sciencedirect. com/science? \_ob= ArticleURL&\_udi= B6WPB-4CNGP1P-1&\_user= 10&\_coverDate= 08%2F31%2F2004&\_rdoc= 1&\_fmt=&\_orig= search&\_sort= d&view= c&\_acct= C000050221&\_version= 1&\_urlVersion= 0&\_userid= 10&md5= f76057681867d950a057df07c5bd4025
Anderson, D. F., Cychosz, C. M. and Franke, W. D. 2001. Preliminary exercise identity scale (EIS) norms for three adult samples. Journal of Sport Behaviour, [online]. 24 (1). [cited 4th September, 2007]. http://www. questia. com/read/5002388251

Batty, G. D. and Lee, I-Min. 2004. Physical activity and coronary heart disease. British Medical Journal. 328, 8th May, 2004, pp. 1089-1090.
Biddle, S. J. H., Boutcher, S. H. and Fox, K. R. eds., 2000. Physical activity and psychological well-being. [e-book]. London: Routledge. [ cited 4th September, 2007].
http://www. questia. com/read/108323116
Biller, H. B., 2002. Creative fitness: applying health psychology and exercise science to everyday life. [e-book]. Westport, CT: Auburn House. [cited 4th September, 2007].
http://www. questia. com/read/102157966
Caspersen, C. J., Powell, K. E. and Christenson, G. M. 1985. Physical activity, exercise and physical fitness: definitions and distinctions for health-related research. Public Health Reports, [online]. 100 (2), pp. 126-131. [cited 4th September, 2007]. http://www. pubmedcentral. nih. gov/picrender. fcgi? tool= pmcentrez&artid= 1424733&blobtype= pdf
Department of Health. 2007. At least five a week: evidence on the impact of physical activity and its relationship to health. A Report from the Chief Medical Officer. [online, cited on 4th September, 2007].
http://www. dh. gov. uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH\_4080994
Dishman, R. K., Sallis, J. F. and Orenstein, D. R. 1985. The determinants of physical activity and exercise. Public Health Reports, [online]. 100 (2), pp. 158-172. [cited 4th September, 2007].
http://www. pubmedcentral. nih. gov/picrender. fcgi? tool= pmcentrez&artid= 1424729&blobtype= pdf
Dixon, W. A., Hall, C. R., Mauzey, E. D., Physical activity and exercise: implications for counselors. Journal of Counseling and Development, [online]. 81 (4). [cited 4th September, 2007]. http://www. questia. com/read/5002041656
Hardman, A. E. and Stensel, D. J., 2003. Physical activity and health: the evidence explained. [e-book]. London: Routledge. [cited 4th September, 2007].
http://www. questia. com/read/107973065
Jackson, A. W. 2004. Physical activity for health and fitness. Leeds, United Kingdom: Human Kinetics Publishers.
Lee, A. M. 2004. Promoting lifelong physical activity through quality physical education. The Journal of Physical Education, Recreation and Dance, [online]. 75 (5). [cited 4th September, 2007]. http://www. questia. com/read/5006501220
Okonski, V. O. 2003. Exercise as a counseling intervention. Journal of Mental Health Counseling, [online]. 25 (1). [cited 4th September, 2007].
http://www. questia. com/read/5000646791
Paturel, A. 2007. The easiest way to drop pounds. Healthy Weight, [online]. July-August, 2007.
[cited 4th September, 2007].
http://web. ebscohost. com. ezp2. bath. ac. uk/ehost/pdf? vid= 4&hid= 13&sid= 300ceda2-341f-425e-abf9-4a766108dfe9%40sessionmgr2
Sarlio-Lahteenkorva, S. 2000. ‘ The battle is not over after weight-loss’: stories of successful weight-loss maintenance. Health, [online]. 4 (1), pp. 73-88. [cited 4th September, 2007].
http://hea. sagepub. com/cgi/content/abstract/4/1/73
Steptoe, A. and Butler, N. (1996). Sports participation and emotional well-being in adolescents. The Lancet, [online]. 347, June 29th, 1996, pp. 1789-1792. [cited 4th September, 2007].
http://www. sciencedirect. com/science? \_ob= ArticleListURL&\_method= list&\_ArticleListID= 615473857
Thomas, D. Q. and Kotecki, J. E. 2006. Physical activity and health: an interactive approach. London, United Kingdom: Jones and Bartlett Publishers.
Young, A. and Dinan, S. 2005. Activity in later life. British Medical Journal. 330, 22nd January, 2005, pp. 189-191.