

Data search and referencing



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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

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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.

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