

## Library Resource Sheet for PE390 / FA10

### Translating topics into Search Terms:

- 1) Weight Management Strategies = "weight management" and strategies
- 2) Nutrient needs for Endurance Athletes  
(including power and team sport athletes) = nutrition and endurance and athletes  
nutrition and "power athletes"  
nutrition and teams and athletes
- 3) Special Populations =  
nutrition and diabetics OR nutrition and diabetes  
nutrition and pregnancy OR nutrition and vegetarianism  
nutrition and vegetarians OR nutrition and vegetarianism  
nutrition and geriatrics
- 4) Energy Metabolism = "energy metabolism"
- 5) Role of Nutrition and Heart Disease = nutrition and "heart disease"
- 6) The Effects of Cholesterol = nutrition and cholesterol
- 7) Nutritional supplementations = nutrition and supplements
- 8) Sports drinks = "sports drinks" OR  
Gatorade and nutrition (or any other brand name)

You can see that many searches are made up of the word *nutrition* and the word *and*. By using specific words and combining them with *and* you are able to narrow your searches to the most relevant results without missing as many due to word order.

Use "quotes" to contain search terms as phrases and find the most relevant results.

### 3 Major Databases to Use:

#### EBSCOHost Academic Search Premier

"weight management" and strategies  
check the box to limit to peer-reviewed = over 180 results

Results can be limited by year using the slide on the left side of the screen, and narrower topics can also be found on the left side of the screen under Subject.

Use the Refine Your Results link on the left side to limit your results to full-text = over 80 results

By rolling over the icon that comes immediately after each title, you can see a preview of the abstract without having to open the citation. This will save you time in searching, and it will also show you examples of abstracts – *so this should help you develop your abstract for the cover sheet of your paper.*

By opening the citation you will find even more information: there are links to Find Similar Results on the left side of the screen, and the hot-linked subject terms for each article might give you more ideas for search terms. Also look at the cited references for more articles that are related to your topic.

Results in EBSCO host can be added to a folder so that they can all be printed, emailed (to your Bethany Email account) or saved at the same time. You can choose to print all full text articles that are available or a list of citations.

*By printing a list of citations, you will be able to look through what you want to print at a later date or what you may need to Interlibrary Loan (see below). Remember that you will be required to turn in your journal references with you paper.*

### **Infotrac: Health Reference Center – Academic**

“weight management” and strategies = over 150 results  
limit to peer-reviewed = still over 100 results  
limit to full-text = 40 results in Academic Journals

Academic Journals are good sources to use, and 40 results is a manageable number to look at.

You can mark your records in Infotrac, then go to your list of marked items and print them all at once, email them to your **Bethany email**, or save them to a disk.

### **Wilson Science Full Text**

nutrition and supplements  
check the box to limit to peer-reviewed = over 200 results  
choose the tab to limit to full-text = still over 200 results  
add ‘and pregnancy’ = 16 results (a more manageable number)

*Although there may be some duplication of articles in the databases, each database will also have its own unique search results, so it’s best to check all 3 databases.*

### **Interlibrary Loan**

The Interlibrary Loan service can be used to obtain any article that is not full-text in a database. By limiting your results to full-text you are losing out on many articles that are still available to you.

If you find an article that is not full-text, check all 3 databases to make sure it is not full-text anywhere.

Then, go to the Library’s Interlibrary Loan page, and open the Online Form for an Article. Fill out the form and submit it, keeping a copy of the citation for you records. The Interlibrary Loan librarian will contact you when your article arrives, usually within a week to 2 weeks.

Please ask a librarian if you have any questions about the Interlibrary Loan process!

### **Websites**

Although you are required to use peer-reviewed articles in your paper, the following websites may provide good background information and may help you decide on topics or search terms for you assignment.

[www.nutrition.gov](http://www.nutrition.gov) = the official government website on nutrition

[www.nutrition.org](http://www.nutrition.org) = the official website of the American Society for Nutrition

\*includes the *Journal of Nutrition* (published by the ASN, some issues are full-text online)

### **Citing Sources**

The Citing Sources link on the Library’s Research Assistance page includes an example of how to cite a full-text article from a database in APA style