



GETTING STARTED...

HEALTH FITNESS

This guide is also available on the web at <http://www.marymount.edu/lls/guides/>

The following sources in this guide are good places to begin your research. For related information see Getting Started . . . Nursing.

I. Background Sources are located on the first floor of Reinsch Library and do not circulate.

Dictionaries, Encyclopedias and Directories

Dictionary of the Sport and Exercise Sciences. REF GV558 .D554 1991

Short definitions of terms in the field of sports science.

Encyclopedia of Health & Behavior. REF R726.5 .E53 2004

Diseases (particularly their psychological aspects), bibliographies, resources, organizations.

Encyclopedia of Public Health. (4 vol.) REF RA423. E53 2002

Sports medicine, nutrition, environmental concerns; review of relevant legislation; contacts and bibliographies.

Encyclopedia of Sports Medicine. REF RC1206 .O355 2005

Injuries and related problems, bibliography, lists of websites, associations; nutrition issues and safety tips.

Encyclopedia of Sports Science. (2 vol.) REF GV558 .E53 1997

Lengthy entries on scientific aspects of sports.

International Sports Medicine Directory. REF RC1206 .I574 2001

Associations; official position statements; book and journal reviews.

Sports Rules Book. REF GV731 .H85 2004

Terms, official organization, history, illustrations of 47 sports.

Exercise

ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription.

RM725 .R42 2001 (located on closed reserve)

American College of Sports Medicine overviews, references, and bibliographies on health and fitness, exercise physiology, human development, aging, and pathophysiology.

Focus on Fitness. REF RA781 .K27 1993

Information on fitness; bibliographies of recommended sources.

Health Care

Best of Health: Demographics of Health Care Consumers. REF RA445 .W45 2000

Overviews and statistics on health care spending, provider-consumer relationships, staying fit, eating right, living with disability, and a host of other health issues.

Worldwide Health Sourcebook. REF RA441 .W68 2001

Global information on environmental health, women's health, and political and economic issues.

Nutrition

Cambridge World History of Food. (2 vol.) REF TX353 .C255 2000

Food supplements, nutrition-related disorders, diet, and contemporary food-related policies; bibliographies.

Encyclopedia of Food and Culture. (3 vol.) REF GT2850 .E53 2003

International in scope; bibliographies and maps.

Encyclopedia of Foods: A Guide to Healthy Nutrition. REF TX349 .E482 2002

General information on healthy nutrition and review of specific foods.

Encyclopedia of Nutrition and Good Health. REF RA784 .R646 2003

Current information on foods, vitamins, herb and plant products, food-related disorders and sensitivities.

Encyclopedia of Vitamins, Minerals, and Supplements. REF QP771 .E53 2004

Nutrients; herbs; Healthy People 2010; dietary allowances; legislation; associations.

Handbook of Nutrition and Food. REF QP141 .C774 2002

Comprehensive resource organized by topic. Contains a multitude of tables and figures.

Oxford Book of Health Foods. REF TX369 .V38 2003

Overview of the contribution foods make to health and wellness.

Testing and Assessment

Directory of Psychological Tests in the Sport and Exercise Sciences. REF GV706.4 .D57 1996

Abstracts over 300 tests on the psychological aspects of sports; bibliography for each test.

A Reference Manual for Human Performance Measurement in the Field of Physical Education and Sports Sciences. REF GV436.5 .R44 1996

The results of thirty tests on various aspects of human performance.

II. Books

Search the WRLC (Washington Research Libraries Consortium) Catalog in ALADIN for books owned by MU or other members of the WRLC. For additional information review the Help Screen Options and refer to the two handouts [Tips and Techniques: Searching the Catalog](#) and [Finding Materials in the Library](#) to browse subjects by call number.

To Search by Subject

The quickest way to search for a subject is by typing one or more keywords or a person's name in the search box and clicking on **Keyword**. For additional results, click on a book that addresses your subject and look at the **Subjects** assigned to that book. Click on that Subject Heading to view additional titles.

TIPS

1. Enter one or more terms which best describe your topic.
2. Use **and**, **or**, **not** to combine terms, nutrition and health
3. Use quotation marks to search words as a phrase, "hip fracture"

Always assume that we have books on your subject. If you aren't finding anything, ask for help at the reference desk or email library@marymount.edu.

III. Articles. Search the databases in ALADIN at <http://www.aladin.wrlc.org>. Dates of indexing and full-text will vary by publication and by database.

Health, Physical Fitness and Sports Databases

[SPORTDiscus](#)

Indexes practical and research literature on sports, leisure, and physical fitness; international in scope. Use the **Full Text** or **Ovid Full Text** link to link to full-text within SportsDiscus or the **External Link Resolver** link to link to full-text in other Marymount databases.

[Health Reference Center Academic](#)

Indexes journals, reference books, and pamphlets; much full-text. Use the **Find It** button to link to full-text.

[Medline](#)

Indexes peer reviewed journals in medicine; files segmented by dates; some full-text within Medline; Use the **Full Text** or **Ovid Full Text** link to link to full-text within Medline or the **External Link Resolver** link to link to full-text in other Marymount databases.

[CINAHL](#) (*Earlier years only in hard copy in REF RT41 .C9712*)

Indexes literature on nursing and allied health; Use the **Full Text** or **Ovid Full Text** link to link to full-text within CINAHL or the **External Link Resolver** link to link to full-text in other Marymount databases.

[ProQuest Nursing Journals](#)

Provides full text, images, and graphics of 280 journals in health related subjects; much full-text; Use the **Find a Copy** link and then the **Find It** button to link to full-text.

[Contemporary Women's Issues](#)

Indexes and abstracts literature on women's health and human rights; emphasizes psychological or sociological perspective. Use the **Find It** button on the detailed record to link to full-text.

Psychological Database

[PsycINFO](#)

Abstracts and indexes literature of psychology and related disciplines including nursing, physical fitness and sports; international in scope. Use the **Linked Full Text** link to link to full-text within PsycINFO or the **Find It** button to link to full-text in other Marymount databases.

General/Multidisciplinary Databases

[Factiva](#)

Provides indexing and full-text of journals and newspaper articles in a broad range of subjects, including health and sports.

Expanded Academic ASAP

Contains bibliographic citations and abstracts from a broad range of subjects, including health. Search may be limited to refereed publications. Use the **Find It** button to link to full-text.

ProQuest Research Library

Indexes journal articles from a variety of disciplines; includes many journals on health. Search may be limited to scholarly publications. Use the **Find a Copy** link and then the **Find It** button to link to full-text.

SCIRUS

Searches the web, journals and reports on health and other subjects; links to full-text.

Some Major Health Fitness Journals

American Journal of Clinical Nutrition Available hard copy at MU and electronically except for the most recent year.

American Journal of Health Education Available hard copy at MU.

American Journal of Health Promotion Available hard copy at MU.

JOPERD (Journal of Physical Education, Recreation and Dance) Available hard copy at MU and electronically.

Physician & Sportsmedicine Available hard copy at MU and electronically.

Research Quarterly for Exercise and Sport Available hard copy at MU and electronically.

Finding Articles

Refer to the handout [Tips and Techniques: How to Find Journal Articles](#).

IV. Internet Resources. Below are listed some relevant resources. The web version of this guide (<http://www.marymount.edu/lis/guides/>) provides direct links to these sites. For suggestions on how to find other academic web sites refer to the handout [Tips and Techniques: Researching the World Wide Web](#).

American College of Sports Medicine <http://www.acsm.org>

Gives news; information on professional meetings and research initiatives.

American Dietetic Association <http://www.eatright.org>

Includes features and tips on healthy eating, nutrition plans, and links to sites where the *Journal of the American Dietetic Association* can be found.

Blonz Guide to Nutrition, Food Science and Health <http://blonz.com>

Links to additional other resources; online newspapers, magazines, and government programs.

InteliHealth <http://www.intelihealth.com>

Authored by a subsidiary of Aetna; information on “healthy lifestyle”; medical dictionary.

National Library of Medicine <http://www.nlm.nih.gov/>

Links to NLM databases including MedlinePlus® (information on wellness, dictionaries, medical encyclopedias, drugs) and PubMed (many full text MEDLINE journals are available in PubMed Central).

Nutrition.gov <http://www.nutrition.gov/>

Links to hundreds of nutrition and health information sites; includes dietary guidelines, supplements, education programs, health, eating, nutrients), food safety (food-borne illness, pesticides), life cycle issues, health management (fitness, prevention), food assistance programs, and research.

For further information, stop by the reference desk, call (703) 284-1649, e-mail library@marymount.edu, or click on the “Ask a Librarian” icon on the [ALADIN](#) homepage to chat live with a librarian during selected hours.

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