Purpose: The purpose of this assignment is to:
(1) explore the resources available to our profession on-line and in the library collection,
(2) learn to find peer reviewed articles from professional journals,
(3) learn to collect articles and place them in an annotated bibliography in American Psychological Association (APA) style, and
(4) learn what plagiarism is and how to avoid plagiarizing in your college work.

Assignment: In our library time we will learn how to find peer reviewed journals from the resources which are available to us at GGC, as well as hear an explanation of what is plagiarism. In your own time, you will search for 10 peer reviewed articles over a variety of topics related to exercise & sport psychology only. You must collect a variety of articles (e.g., they cannot all be on exercise adherence). This is an overview class, thus, I want you to explore the entire spectrum of possibilities (please see the potential topics list – last page). Once you have collected your articles you must assemble an annotated bibliography in APA format. An annotated bibliography consists of the citation and a short summary of what the article is about. The purpose of this type of bibliography is to help you determine the topics for your one page summaries and presentations using the articles which you have collected. In addition, learn how to write scientifically. Be certain that you are not plagiarizing any information from the original source. This assignment must be typed and turned in during class.

Grading: Please read the grading rubric posted on D2L. In addition:

1. This assignment will be graded on accuracy of your citation,
2. the care you take in following the directions in assembling your articles,
3. each article you document,
4. the clarity of your short article summary, and
5. the variety of articles which you submit.
Annotated Bibliography Assignment Directions

• Please list your name only at the top right of the page. Use only size 11 font with 1” margins.

• Please place an electronic copy in the dropbox on D2L and bring an exact duplicate hard copy for every written assignment to class on the due date.

• Remember to use the information which our faithful librarian gave us. The link is located within the important links folder on D2L. Here is the link to all of the info: http://libguides.ggc.edu/exercisepsych

• All articles referenced must be original research articles (experiments) from peer reviewed journals. You may NOT use the following: short communications, summaries, reviews, meta-analyses, magazine articles, books, conference abstracts, etc.

• Must include articles covering exercise & sport psychology topics only (see potential topics last page). The article cannot be a biomechanics, exercise physiology, motor learning, etc. article. If you are not sure, it is the responsibility of the student to clear the article with me first by sending an email with a pdf, title of the article or a link for my approval.

• You may not turn in turn in any assignment for the class that you have used in a previous class. If you do so the assignment will be flagged for plagiarism because of the “Turn It In” software. You will be in violation of the Student Code of Conduct for GGC and will be reported to the Student Integrity Office. Do not plagiarize. GGC’s policy and procedures on plagiarism can be viewed at the following web site: http://www.ggc.edu/about-ggc/departments/library/documentation-and-plagiarism/

• Must consist of articles published within the last 5 years.

• You should list the article as a citation in APA format and then write a concise paragraph of the information contained in the article. (2-5 sentences). Be pithy and to the point! Just tell me what they looked at and what they found. Keep it simple. Make sure you are mindful of spelling and grammar. This means use complete sentences please.

• The bibliography should be numbered and listed in alphabetical order according the first author in the reference.
   1. Barnes, T.C. & Zebra, O.L.
   2. Combs, P.A., Stone, A., Free, L

• Please skip a space between references.

• (APA style citation) Make sure that you use a hanging indent with each citation and that it is single spaced and numbered followed by your short summary (see example below). *Note: You should not be listing how you found the article, such as Google scholar, PubMed, EbscoHost. If you are in doubt please use this link or use the APA manual: http://library.williams.edu/citing/styles/apa.php
Below is an example:


   The authors examined the effects of Quercetin supplementation in humans for the first time to determine if oxidative capacity would increase as previously seen in animal models (mice). Results revealed that Quercetin supplementation was not associated with improvements in oxidative capacity in healthy untrained college aged men.

Key advice:

Please use your time wisely and take the extra time to go over these directions diligently. I will not accept anything late as it states in the syllabus. There is no excuse for anything being late. Everyone needs to put forth their best effort on this assignment to gain as many points as possible. Also read the grading rubric to make sure you have the things I will be looking for covered.

Major mistakes I typically see:

1. References must be in APA format – must have hanging indent, also do not tell me if you got the reference using science direct, google scholar etc. See the example in the directions!
2. Number the references
3. Put your references in alphabetical order according to the first author of each article (do not rearrange the order of the authors from the article itself)
4. Do NOT use a review article they must be experiments (no meta-analysis, no systematic review)
5. Do not plagiarize, use your own words
6. Go through every line of the directions when you are done to make sure you have everything covered (print off the directions and grading rubric -follow them closely)

Please let me know if you have any questions or concerns. Good luck!
Potential Topics – must be exercise or sport psychology related only (similar to those discussed in class)

Exercise or Sport Psychology

Physical Activity and Mental Health

State Anxiety and Performance

Acute or Chronic Effects of Exercise on Anxiety or Depression

Exercise and Self Esteem

Circadian Rhythm, Exercise and Sleep

Perceived Exertion

Exercise Adherence

Goal Setting and Motivation

Pain and Physical Activity

Pain, Exercise and Performance

Exercise and Chest Pain

Psychology of Injury

Consequences of Head injuries/Concussions

Chronic Exercise and Energy/Fatigue

Overtraining and Staleness

Exercise and Pregnancy (pain or mental health related)

Imagery/visualization and Performance