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What is in this guide?

This guide includes websites useful for Kinesiology students. These sites include journals, indexes, encyclopedias, and organizations. As creator of this guide I aim to provide sources that are useful for all areas of the Kinesiology major at Penn State.

Who is this guide for?

The purpose of this guide is to help Kinesiology students at Penn State to have access to research and a variety of information in the field. At Penn State the Kinesiology major contains four different areas of focus. These four different options for the major are Movement Science (MS), Athletic Training (AT), Physical Education (Phys-ED), and Fitness Studies (FS).

This guide assumes its users know the Penn State curriculum of kinesiology courses and has background knowledge of kinesiology.

Organization of this guide is included in the table of contents, and each resource is specified by which option within the kinesiology major could benefit from each source.

Tips for using this guide

• Each option within Penn State’s Kinesiology major is identified with abbreviations alongside each resources title. (MS, AT, Phys-ED, FS)

• URL’s to gain access to each source within this guide are located underneath each resources title.

• Use the table of contents to find the pages of specific sources you are looking for.

• Each website includes its own set of tips for your use.
Organizations

The American College of Sports Medicine (MS, AT, FS)
<http://www.acsm.org/>

The American College of Sports Medicine’s website is for a sports medicine and exercise science organization where they provide the public with educational and applied applications of exercise science. This website offers information on awards, grants, research, summits, educational opportunities, certifications, and journals. All of this information is relevant to someone in the Kinesiology field because the information can be used for both students and professionals for personal advancement. The latest copy right for this web site is 2014, and it gets updated daily for currency of information.

For using this resource efficiently it helps to become a member of the organization. By becoming a member you get email notifications of important events, and discounts for students and professionals. For example you receive discounts for summits, expositions, and conferences as well as gaining access to electrical journals. This is a simple way to receive access to more information and is inexpensive for students.

Tips:

- When searching for books and journals
  - Look under the Access Public Information tab
  - Other reference databases are also located under this tab.
- The Access Public Information tab also provides a search by topic option.
North American Society For the Psychology of Sport & Physical Activity (Phys-ED, FS)  
<http://www.naspspa.org/ >

North American Society For the Psychology of Sport and Physical Activity (NASPSPA) is an association for the advancement of motor behavior and sport and exercise psychology. Its website provides access to information about conferences, awards, newsletters and research in this field. For students they have various journals available to search for information from. This site has a copyright date of 2014 and is current for information.

To effectively use this source of information you can use the resource center. Under this tab there is the ability to search for journal abstracts from a pool of twenty-three journals that this association publishes. Similar to the previous organization there is a special membership available for students that provide access to discounts and eligibility for conferences and journals.

Tips

• To search for Journals in human kinetics from this website:
  - Go to Journal Abstracts Search under the Resource Center Tab.
  - Click “Click to begin searching now”

American Society of Biomechanics (MS, AT, FS)  
<http://www.asbweb.org/>  

The American Society of Biomechanics is an organization founded in 1977. Their website provides information on conferences, awards, newsletters, schools, and research. Students can use this source for research on exercise and mechanics. This web site is updated as of 2014, and new information is added to this website as needed to keep it up to date on future events and current studies.
To effectively use this source students can use the specialized tab just for students on the top right hand side of the main home page. Just like the previous two organizations students have access to a discounted membership. This membership gives individuals access to interact with professionals, discounted journals, research, and a student-mentoring program.

Tips

• Under the Students tab you can find:
  - Graduate programs in Biomechanics
  - Biomechanics classes on the web
  - Graduate student Grant-in-aid

• Research can be found under the About Biomechanics tab
  - Click on Research Spotlight

Journals

National Athletic Trainers’ Association (AT)
<http://natajournals.org/toc/attr/43/1>

The National Athletic Trainers’ Association is a website where you can gain access to the Journal of Athletic Training. Authors, reviewers, and students can use this site by gaining information on manuscripts, release forms, and tips. However the most relevant information for students on this page is the journal itself and guidelines for structuring your own manuscript. This website is updated monthly when a new volume of its journal is in print.

The advanced search options make looking for information within this journal more efficient. Through this option you can search for relevant information from current and archived issues of this journal.
Tips

• To access the Journal:
  - Go to the tab For Journal
  - Click Current Issue

• For an advanced search:
  - Click the Advanced Search button on the right hand side of the home page

Research Information

Ebscohost (MS, AT, Phys-ED, FS)

<http://web.b.ebscohost.com/ehost/search/advanced?sid=93ba5cf0-5a8d-4590-96b5-379b25381597%40sessionmgr115&vid=1&hid=124>

Searching the Ebscohost website under the SPORTDiscus database helps Kinesiology students to find articles related to physical exercise. This website is used to find articles and research related to the sport and exercise field. This type of information is relevant for students majoring in Kinesiology for any type of research papers about the broad topic of exercise. It is up dated daily and has a copyright year of 2014.

Using the additional search options included in this index can help this resource be used efficiently to find information. These options include search modes, publication type, publication date, country, and database subset.

Tips

• To specify your search use the search options
• When looking for citations use the Citation Matcher on the top left hand side of the page.
• The thesaurus tab is useful to find synonyms of search words.

Web of Science (MS, AT, Phys-ED, FS)

Web of Science is an Internet database where you can search for articles related to the sciences. This source is mainly used for research purposes, and can be helpful for students with writing papers and other projects. This is a current and up to date source for finding articles. Along with its copyright year being 2014, you can search by date range for articles.

To use this source efficiently this cite provides the option of using extended search settings. These settings include a timespan fro publication and citation indexes.

Tips
• Searches can be saved by using the save searches and alerts option under the My Tools tab.
• Topic of searches can be chosen under the Topics pull down bar.

International Encyclopedia of the Social & Behavioral Sciences (MS, AT, Phys-ED, FS)
<http://www.sciencedirect.com/science/referenceworks/9780080430768>

The International Encyclopedia of the Social & Behavioral Sciences is a reference work where you can find information. This online book provides information on all fields that are incorporated in the social and behavioral sciences including psychology and sports. For students in Kinesiology at Penn State this reference can be useful for classes (Kines 197A/180, Kines 321, etc...) that focus on sport and exercise psychology. Students gathering background information for
projects and research can use this source. The most recent printing of this book was

To use this source efficiently students can utilize the subject classification
button on the left hand side of the page. Under the subject classification page this
encyclopedia divides itself into categories with in the book.

Tips

• A subject index is available for this book on the left hand side of the main
  page.

• Authors and Article titles available in this book are also found on the left
  hand side of the main page.

General Websites

Kinesiology Net (MS, AT, Phys-ED, FS)

<http://www.kinesiology.net/>

Kinesiology Network provides useful information in Kinesiology for students.
This website contains information on schools/colleges, news/journals, applied
Kinesiology, Specialized Kinesiology, medicine, research, and a muscle data base.
This information is useful for Kinesiology students. Students can use this resource to
research grad schools, jobs available in this field, and as a study aid. The websites
organization helps individuals use this resource efficiently as long as they know
what type of information they are looking for. For example this sites muscle
database can be used as a study tool for the class Kines 202 Exercise Anatomy.

Tips
• The main menu bar on the left hand side of the page is useful to find all of the information on this site.

• On the main menu you can find:
  - A list of schools and colleges
  - Journals
  - Muscle database
  - Etc...