

KINE 439W: EXERCISE TESTING & PRESCRIPTION CITATION RULES FOR LAB REPORTS 2-4

PURPOSE: to gain facility in harvesting factual information from textbooks and from data-based (so-called "primary"**) research articles in supporting statements and assertions within a technical report.

****"Primary"** refers to journal articles reporting experimental results; if a paper contains methods and results sections, this is a good indicator that's it's a research report. Review articles (summarizing information from many, sometimes hundreds, of primary articles) are good sources to cite but do **NOT** qualify as a primary source.

1. Each lab report must use at least **three** citations.
2. At least one citation must be from a primary, data-based research article.
3. First three citations must use sources **other than** this course's textbooks; they may be used for additional references.
4. Websites are **not acceptable** as sources for your 3 required citations, only published-in-print sources will be accepted. Websites rarely have undergone the rigorous peer-review to which printed publications must submit. If you find an early online (in press) version of a paper that will be published later in a print research journal, that is fine to use as one of your required 3 citations.
4. Avoid quoting statements: you are using these citations to support contentions you are making in your report, be it in your introduction, discussion of results or in answers to questions. Paraphrase the information in your own words.
5. Use this simple format of citing first author's last name and year in text (Jones et al., 1999) right after the sentence using information from that text. If you have several sentences using information from that source, append this citation to last sentence.
 - a. If there are only 2 authors, use (Jones & Smith, 1999).
 - b. If only one author? (Jones, 1999)
 - c. If citing from a chapter in a book and each chapter has its own set of authors, use first author of *that chapter*.
6. Ideally, use citations (especially for data-based articles) that are no older than 2001—this is the most current information! There may well be exceptions. For example, a former A&M HLKN department head, Dr. Jack Wilmore, co-authored the definitive book on skinfold measurement with Dr. Behnke in the 1960's.
7. List all your references in alphabetical order (by first author's last name) at the end of your report under a heading "Reference List"; it isn't necessary to devote a separate page to this.

Examples for how to embed (author,year) citation in text:

It has been amply demonstrated that being overweight or obese (>30% body fat) increases the risk of suffering fatal cardiovascular events (Blair et al., 2005).

Some researchers believe fat cell number never increases after the age of puberty (Green, 2001), whereas others cite evidence of increases in fat cell populations after periods of rapid weight gain (Martin & Bloomfield, 2006).

Use "et al." (= "all the others") when there are 3 or more authors; if only 2, list both connected with "&".

CITATION FORMATTING FOR 439 LAB REPORTS

Journal articles

Jackson LM, Sims KC, and Beredo RO. Change in ST segment response in CAD patients after 2 years resistance training. *Journal of Applied Physiology* 89: 302-309, 2001. [list all pages of article including reference list]

Chapters in books (when each chapter has a different set of authors)

Marlar BL, Gonzalez TC, and Schorr EM. Blood pressure response to Bruce protocols in college-age students during final examinations. In: Walker SC and Ellis VB (editors). *The Physiology of Texas Collegians*. (Brown and Company: Dallas, TX), 2000, pp. 409-422. [list all pages of chapter]

Textbooks

Walley LZ, Barrett JN, and Vazquez AC. *Advanced Exercise Physiology for Government Officials*. (Bush and Chaney, Inc: Washington, D.C.), 2001; pages 100-102. [these are the pages containing the information you're citing]

Websites

(use ONLY after accumulating 3 "hard copy" [in print] references)

Terre Haute Center for Medical Education. The THCME Medical Biochemistry page. Available at: <http://web.indstate.edu/thcme/mwking/home.html>. Accessed August 24, 1999.