Faculty of Health & Social Sciences

Referencing Guidelines for Students in Sports Therapy

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Introduction

Referencing is a way of acknowledging that you have used ideas and written material belonging to another author. It applies to what you have read, watched, or listened to including electronic sources, like websites. There are several different ways of referencing. The Division of Sports Therapy uses the Journal of Sports Sciences referencing style. You can find more information about this style of referencing at the Journal of Sports Sciences website.

Why reference?

Accurate referencing demonstrates you have undertaken appropriate reading and have an appreciation of the links between theory and practice. Proper and consistent referencing is an important aspect of achieving academic standards in your work and you will lose marks for lack of (or poor) referencing. So it is important to note all the sources you use when researching your assignment. To paraphrase (put something in your own words) without referencing the original source is an academic offence and you may be penalised for it. If you fail to acknowledge another’s work or ideas this could be considered plagiarism. For more information about plagiarism and how to avoid it see the Learning Resources website.

When to reference

You must reference all the sources you have used in your work, whether you are quoting directly (taking something word-for-word from another source) or paraphrasing (putting someone’s work, theories or ideas into your own words). References should be included in all kinds of assignments – essays, portfolios, posters, presentations and dissertations. Each reference should appear in two places:

1. in the body of the text
   Whenever you refer to someone else’s work, either directly or indirectly, indicate whose work it is. This applies equally to quotations or paraphrases in your own words.

2. at the end of the assignment
   A reference list including the full details for all the references (discussed, quoted or paraphrased) should be provided. The list should be arranged in alphabetical order by the first author’s surname (do not create separate lists according to source type).
Referencing in the text: some principles

In the text of your work you should give the author’s name and the year the source you are referring to was published.

Paraphrasing
When paraphrasing (putting someone else’s ideas, work, theories or opinions in your own words), give the author’s name and the year the work was published. You can add the reference at the beginning or end of the sentence but make sure it is clear what piece of information you are referencing.

Findlay (2010) suggests that client assessment can be divided into three stages: subjective, objective and interpretive.

History taking can be broken down into three categories in order to properly assess the client (Findlay, 2010).

Direct quotes
When taking an exact quote from a source, you need to include the author’s name, the year of publication and also the page number where you took the quote from. Put double quotation marks (“”) around the text being quoted. You can add the reference at the beginning or end of the sentence.

Vincent (2005, p.14) defines a theory as “a belief regarding a concept or a series of related concepts”.

A theory can be defined as “a belief regarding a concept or a series of related concepts” (Vincent, 2005, p.14).

Use of et al.
Et al. literally means ‘and others’ and can be used in the text when a source has several authors.

Where there are between three and five authors, all authors should be listed the first time you cite them in the text; however for subsequent references to the same source list the first author only followed by et al.

Evidence suggests that surgery improves outcomes in athletes with proximal hamstring ruptures (Harris, Griesser, Best & Ellis, 2011). ...However, Harris et al. (2011) highlight a number of weaknesses in their study, including...

Where there are six or more authors, list the first author followed by et al. in the text of your assignment.

Research by Lima et al. (2011) suggests that semi-tethered field running tests are particularly useful for specific power assessment.

(Note: In the reference list, you should generally provide the full listing of authors. However, if there are more than six, your lecturer may permit you to list the first six authors followed by et al.)
1 Books
(i) Author(s) - surname and initials
(ii) (Year of publication).
(iii) Book title (in italics, in sentence case) : Subtitle separated by colon
(iv) (Edition of book), in round brackets (abbreviate to ‘ed.’)
(v) Place of publication: (the first named if there is more than one place. Include the two-letter state abbreviation for US publications)
(vi) Publisher.

In text:
Joints must be protected when using muscle vibration techniques (Findlay, 2010).

Houglum (2010) suggests asking the client several questions in order to assess the nature and severity of their pain.

In reference list:


Some books consist of writings by a number of people, collected together and organised by one or more editors. If you use an edited book, the reference should look like this:


1.1 Chapter in an edited book
(i) Author(s) of chapter – surname and initials
(ii) (Year of publication).
(iii) Title of chapter.
(iv) In
(v) Name of editor(s) (abbreviated to ‘Ed.’ or ‘Eds.’)
(vi) Book title (in italics, in sentence case) : Subtitle separated by colon
(vii) (pages of chapter), in round brackets, starting pp.
(viii) Place of publication: (the first named if there is more than one place. Include the two-letter state abbreviation for US publications)
(ix) Publisher.

In text:
Dogs have almost double the VO_{2max} capacity of humans (Kindig, Behnke, & Poole, 2005).

Olivier (2007) suggests a number of elements which should be included in a consent form.

In reference list:

1.2 **Electronic books from a database (e.g. Dawsonera)**

(i) Author(s) – surname and initials
(ii) (Year of publication).
(iii) *Book title* (in italics, in sentence case): *Subtitle* separated by colon.
(iv) (Edition of book). In round brackets (abbreviate to ed.)
(v) Place of publication: (the first named if there is more than one place. Include the two-letter state abbreviation for US publications)
(vi) Publisher.
(vii) Retrieved Month Day, Year, from Name of Database.

**In text:**
According to Bartlett (2007) most human movements are made up of both linear and rotational motion.

Peterson & Renstrom (2001) emphasise that x-rays are essential in the case of most knee injuries.

**In reference list:**


1.3 **Electronic books from the Internet**

(i) Author(s) – surname and initials
(ii) (Year of publication).
(iii) *Book title* (in italics, in sentence case): *Subtitle* separated by colon.
(iv) Place of publication: (the first named if there is more than one place. Include the two-letter state abbreviation for US publications)
(v) Publisher.
(vi) Retrieved Month Day, Year, from URL

**In text:**
The pelvis is made up of four bones (Lewis, 2000).

**In reference list:**
2 Journals

2.1 Print journals
(i) Author(s) - surname and initials
(ii) (Year of publication).
(iii) Title of article.
(iv) Title of the journal (in italics, in Title Case),
(v) Volume number (in italics) (issue number), page numbers (do not include an issue number when page numbers are continuous across a journal volume)

In text:
Analysis showed that hockey players achieved over 80% of their maximum speed during an average match (Lythe & Kilding, 2011).

Touati et al. (2011) found that metabolic syndrome could be improved and in some cases eliminated with an exercise training protocol.

In reference list:


2.2 Electronic editions of print journals (e.g. from a database)
(i) Author(s) - surname and initials
(ii) (Year of publication).
(iii) Title of article.
(iv) Title of the journal (in italics, in Title Case),
(vi) Volume number (in italics) (issue number), page numbers (do not include an issue number when page numbers are continuous across a journal volume).
(v) Retrieved Month Day, Year, from Name of Database.

In text:
Research has shown that caffeine withdrawal has little effect on exercise performance (Irwin et al., 2011).

Roberts & Azizi (2010) established a correlation between force and rate of fascicle lengthening.

In reference list:

### 2.3 Internet-only journals

(i) Author(s) - surname and initials  
(ii) Year of publication.  
(iii) Title of article.  
(iv) *Title of the journal* (in italics, in Title Case)  
(v) *Volume number* (in italics) (issue number).  
(vi) Retrieved Month Day, Year, from URL  

**In text:**  
Bron et al. (2011) found that treatment of myofascial trigger points improved mobility of the shoulder joint.  

**In reference list:**  

### 2.4 Digital Object Identifiers (DOIs)  

Many journals and other online sources use Digital Object Identifiers (DOIs), which uniquely identify online material. You can reference using a DOI as follows:  

### Websites

(i) Author(s)

(ii) (Year of publication) \(^{1}\)

(iii) Name of webpage (in italics, in Sentence case)

(iv) Retrieved Month, Day, Year, from URL

If you cannot identify the originator or age of a webpage, you should consider whether the information is of reliable quality.

**In text:**
Government guidelines emphasise the importance of physical activity to prevent disease (Department of Health, 2011).

The Royal College of Physicians (2011) stated that more sports medicine specialists are required for the London 2012 Olympics.

**In reference list:**


### Newspaper articles from the Internet

(i) Author(s) - surname and initials

(ii) (Year of publication, Month Day).

(iii) Title of article.

(iv) Name of Newspaper (in italics, in Title Case)

(v) Retrieved Month Day, Year, from URL

**In text:**
Physiotherapists are regulated by the Health Professions Council and can be removed of the right to practice if they are found guilty of professional misconduct, as was recently highlighted in the case of Steph Brennan (Gabbatt, 2011).

**In reference list:**

\(^{1}\) Use the date the page was updated (preferably), created or copyrighted. If no publication date is given, write (No date).
**Glossary**

**Citing:** the act of referring to a piece of work in the body of your text.

**et al.:** meaning ‘and others’, used when referring to a piece of work which has several authors (see ‘What should you include?’ above)

**Paraphrasing:** putting someone else’s thoughts, ideas or opinions in your own words.

**Secondary referencing:** referencing a piece of work that has been referred to in something you have read, i.e. you have not seen the original research or item. To be avoided if possible.

**Sentence case:** capital letters are used for the first letter of the first word, and for proper nouns and acronyms, e.g. *Sport, leisure and culture in twentieth-century Britain*

**Title case:** all words begin with a capital letter except for short words such as of, in etc, e.g. *Journal of Sports Sciences*