

# SPORTDiscus

SPORTDiscus with Full Text is a comprehensive source of full text for sports and sports medicine journals.

## Conducting a Search



Enter your search terms in the boxes and click search.

- Use the most important words and phrases of your research topic as keywords.
- Put phrases in quotation marks.
- If your results aren't relevant, try different combinations of keywords, including synonyms and related phrases.
- If you are finding too many results, use more specific search terms. If you are not finding enough results, consider using more broad search terms.



## Focus Your Results



You can focus your results using the "Select a Field (Optional)" drop-down menu.

- Search in AB Abstract to locate your key terms in the articles summary paragraph.
- Search in Subject Terms to locate your terms in the controlled vocabulary.



## Refine Results

Use the filters on the left side of your results to narrow by date, source type, subject area, publication, or geography.

## Explore the Item Record



Click on the title of the item of interest to access additional information, full-text options, and tools.

### Applying NEUROSCIENCE to Exercise Programming.

**Authors:** [Glatz, Ryan<sup>1</sup>](#)  
**Source:** [IDEA Fitness Journal](#) Winter2023, p18 8p.  
**Language:** English  
**Subject Terms:** \*BRAIN physiology  
\*RESISTANCE training  
\*AEROBIC exercises  
\*GROWTH factors  
\*MOTIVATION (Psychology)  
\*NEUROTRANSMITTERS  
\*COGNITION  
\*MENTAL health  
\*BLOOD circulation  
\*BRAIN waves  
\*EXERCISE therapy  
\*PSYCHOLOGICAL stress  
NEUROSCIENCE  
AFFECT (Psychology)  
MEDICAL, orthotics  
**Abstract:** The article focuses on the multi-level benefits of exercise on the brain including micro, macro and behavioral levels. Topics include growth factors, neuromotor exercises and open-skill exercises which can improve brain structure, function and cognition. It also state that research primarily involves healthy adults and older adults.  
**Author Affiliations:** <sup>1</sup> Certified personal trainer and a National Board-Certified Health & Wellness Coach  
**ISSN:** 1548-419X

- View important information like authors, publisher, publication, and more on the items record.
- In many cases, the location of the authors is helpful in figuring out where the research took place.
- The abstract is the summary paragraph. Reading this will give you a good indication on the item's topic.
- Pay attention to the keywords used in the resources you find most helpful.
- Use the subject terms to locate additional materials on your topic. Clicking on the subject term link will begin a new search.
- Need additional sources? Explore a relevant item's bibliography to find additional materials on your topic.



## Finding the Full Text



Click on the title of the item of interest.



To find the full text, click PDF Full Text, the HTML Full Text, or the Get Full-Text button on the left-side of the screen.



- Download the PDF and save to your computer or bibliographic management tool.
- Full-text not available? We will get it for you for free through interlibrary loan. Click "Get Full-Text" to go to the interlibrary loan request page.

## Tools

- Save to Google Drive or OneDrive to access record in the future.
- Email yourself a link to the article and record information. Note: this does not email the article's full-text.
- Select cite to view the citation of the item in your chosen format. These citations should always be double-checked for accuracy.
- To save a link to the article, make sure to use the permalink option.

### Tools



## Get Help



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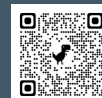
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