



Prifysgol Cymru
Y Drindod Dewi Sant
University of Wales
Trinity Saint David

Sports Therapy Workshop

Essay Writing

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Trawsnewid Addysg; Trawsnewid Bywydau
Transforming Education; Transforming Lives



www.uwtsd.ac.uk

Writing a Essay

- To write a well-argued response to a question or proposition, using an analysis and discussion of the relevant literature
- To establish a proposition or contention (thesis)
- Golden rule - *Aim for **Clarity***
- Expect to have to write at least two drafts
- Use good English throughout, complete sentences, paragraphs etc.
- We can't tell you exactly how to write a good essay but we can give some ***general guidelines*** and some definite advice about what ***not*** to do.
- Look at Journals in the library/on the web

Nuts and Bolts



- Assignment – discussion with lecturer
 - Don't go down a rabbit hole
- Can get full marks but will depend on the level of knowledge on display.
- Report marked by lecturer, second marked by HoD, returned to you by lecturer, discussion.

Style



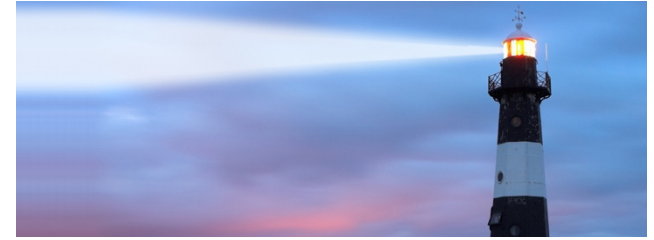
- Impersonal, avoid *first person* - I/we
- Best to use *third person* – “*Electrotherapy was a useful adjunct to exercise modalities*” rather than “*I thought that electrotherapy and exercise could be seen to ...*”
- How long should the essay be? As stated according to the assignment brief – don’t come up short.

Structure

- Introduction
- Body
- Conclusion



Introduction



- DO NOT START WITH
 - In this essay I will
- Introduce the topics that you will later in the support in more detail
- Put your argument in context
- At the end of the introduction you should know what subjects you are going to discuss and why’

Body

- What are the current concepts in relation to the subject.
- Use *third person*
- **Each paragraph should have one point.** Try not to overburden the paragraph.
- You can sub-divide using heading if required
- Read the question and work out what it's starting with

Question entreës

Identify	Explain	Compare	Argue	Assess
Questions which ask for short, direct answers and usually do not require fully developed essays. Ask yourself: “What is this idea or concept?” “What does this mean?” and “What are the main characteristics?”	Requires essays which are fully thought out and developed in as much detail as you have time for. Ask yourself: “Why is this the case?” and “What are the main points?”	Requires an analysis in essay form which emphasises similarities, differences, and connections between these ideas or concepts. Ask yourself: “What are the similarities?” and “What are the differences?”	Requires that you take a position on an issue and defend your argument against reasonable alternatives. Ask yourself: “Why is this correct?” and “Why is this true?”	Involves describing acceptable criteria and defending a judgment on the issue, idea, or question involved. Ask yourself: “What does this idea mean?” “Why is it important?” “What are the strengths?” and “What are the weaknesses?”
List, Summarise, Enumerate, Describe, Define, State	Key Words: Discuss, Analyse, Explain, Illustrate	Key Words: Compare, Contrast, Relate	Key Words: Prove, Justify	Key Words: Criticise, Evaluate, Interpret, Review

Conclusions

- Briefly talk about the significance of the body of research
- Draw all the elements of the essay together.
- Avoid making subjective or personal statements like “... *isometric exercise is brilliant and I learned how to use stretch bands properly....*”.

Bibliography/ References

- Essential to include one – See referencing .pdf from Library

Appendices

- Extra material, included for completeness
- Not marked as part of the brief

TASK

- Working individually mark the following paper
- Discuss your marks with your peers
- Discuss the following article and how you would rewrite it?
- Think about it in terms of the marking scheme and also relevant structure