



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

SHSS4062 PDP

General feedback on SHSS4065 assignments

Trawsnewid Addysg; Trawsnewid Bywydau
Transforming Education; Transforming Lives



www.uwtsd.ac.uk

TASK

- Pick an anonymous copy of someone's work and mark the assignment according to the mark scheme provided. At the end come up with a grade for that work.

How did you think it went?

Have you read the feedback?

- Do you understand the grade?

What is the SINGLE most important area of knowledge for your degree?

- Anatomy?
 - Thermo/Cryo?
 - Physiology?
 - A N O T H E R
-
- A C A D E M I C S K I L L S

Academic Skills

- How do I research my essays?
 - How do I write my essays?
 - How do I reference my essays?
-
- 10% of every piece of work on every module

How do I research?

- NO websites
- NO magazine articles
- Read research articles published in academic journals

Write academically in the third person

- I think cryo is a good thing
 - Cryo has physiological and psychological benefits (Cash, 2013).
- I believe that contraindications are important in thermotherapy.
 - Contraindications are important in the safe application of thermotherapy (Batavia, 2004).
- NO **I, we, us, you, they** etc
- Write objectively with NO reference to you!
- In most academic pieces your opinion doesn't count and you must only cite academic resources.
- In *SOME* sports therapy your opinion may be presented in the conclusion *ONLY!*

Reference ALL factual information

- Smoking causes cancer
- Outdoor play is important for mental health
- Thermotherapy increases lymphatic flow
- Without a reference these sentences are either
 - Just OPINION
 - OR PLAGIARISM

Referencing in the text

- BE SELECTIVE!
 - Avoid websites
 - Use up to date journals
 - Quality of evidence is important
- INCLUDE THE REFERENCE IN THE SENTENCE!
 - Contraindications (CIs) serve to specify patient conditions that render a therapy undesirable or improper whereas precautions serve as protective measures that are implemented in advance to minimise the chance of injury to the patient (Miller and Keane, 1997).
- Contraindications (CIs) serve to specify patient conditions that render a therapy undesirable or improper whereas precautions serve as protective measures that are implemented in advance to minimise the chance of injury to the patient. (Miller and Keane, 1997).
- ONLY reference author surname and year
 - Martin, (2016)
 - NOT
 - Martin, Dan (2016)
 - Dan Martin (2016)
 - Martin, D.K. (2016)
 - AND NOT THE JOURNAL NAME!!

Do NOT ask questions you then go on to answer yourself....

- So why do so many athletes use Cryotherapy? Well, a study from 1992 states.....
- There are a number of reported benefits of thermotherapy including...

Do not write LISTS in essays

- Cryotherapy
Contraindications are:
 - Freezing
 - Diabetes
 - Chilling out
 - Numbness
 - Raynauds
 - Utarubish (2011)
- Thermotherapy has been associated with a number of reported benefits including increased blood and lymphatic flow, relaxation and improved mood (Utarubish, 2011).

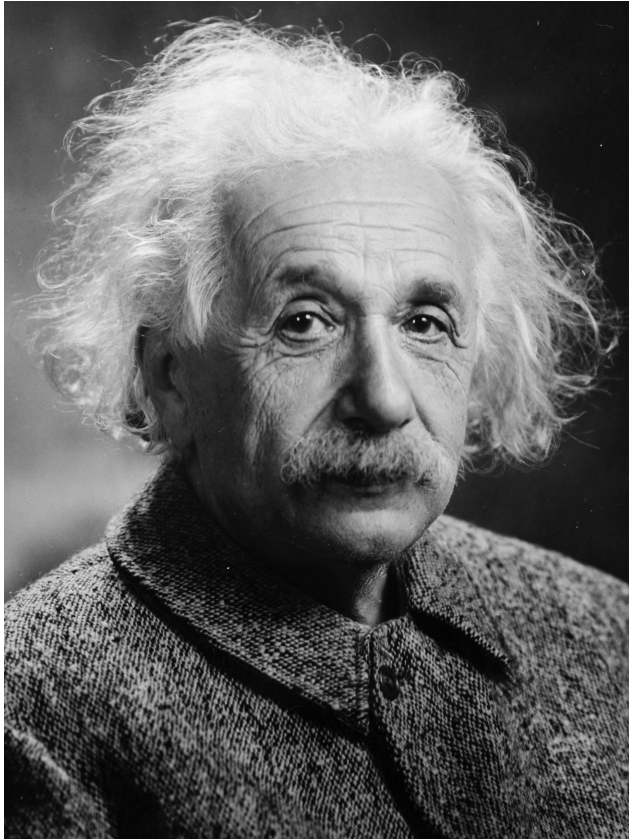
Adhere to the Harvard Reference System!

- Schultz, S. (2012) *Examining musculoskeletal injuries in sport*. 3rd Edition. Champaign Ill: Human Kinetics.
- Bruckner, P. and Khan, K. (2011). *Clinical sports medicine*. London: McGraw Hill.
- Author surname, Initial. (year) **B**ook **t**itle. Edition. Place of publication: publisher.

Adhere to the Harvard Reference System

- Batavia, M. (2004)
‘Contraindications for therapeutic massage: do sources agree?’, *Journal of Bodywork and Movement Therapies*, 8, pp. 48–57.
- Author Surname, Initial.
(Year) ‘article title’,
Journal Title, volume
(issue), pp. page
numbers.

What are you going to change?



Any questions ?

STAGES OF WRITING: DON'T TRY THIS ON CAMPUS

