

Academic Information Skills

L4 Sports

2026



Aims of today's session



- Consider the importance of academic information and critical thinking.
- Locate and navigate your online resource list.
- Begin using online library resources – library catalogue.
- Harvard Referencing
- Provide links to further resources and useful information.

Links in presentation

- Our online information literacy skills content is linked (via the orange infoskills buttons) at key points throughout the presentation.
- Use these infoskills to support, expand, and refresh your academic skills during your studies.

[**Library infoskills Link**](#)

Using the library for research

The library has key resources to support your studies and research, so it's important to know how to use it well.

This session is here to help you build the skills you need to make the most of what the library offers.



Explore your library resources

The library provides free access to:

- Good quality, up-to-date resources, in your subject area, via multiple formats and good filters.

You can further:

- Check your account, save and organise favourite resources, find help with referencing and access your course reading lists.

Finding good quality information which you can save, organise and recall when needed, will save you time and improve your work!



Books & eBooks



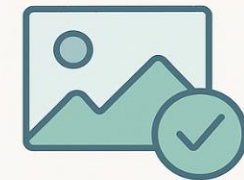
Peer Reviewed Journals



Specialist Databases



Film, TV & Video



Copyright Cleared Images



Open Access Material

Online Resource Lists – your shortcut

Online resource lists

Your lecturers have already selected key books, articles, and materials to begin your research and they are all in one place for easy access!

☰ View sections ▼ Filter 🔍 Search in list

> Darllen Hanfodol / **Essential Reading** [13]

Deunydd sy'n rhan hanfodol o'r cwrs ac y mae myfyrwyr yn disgwyl i dynnu yn rhan graidd o'u profiad dysgu ac er mwyn cwblhau aseiniadau yn foddhaol. Rhaid ei bod ar gael o'r Llyrgell a dylai fod ar gael mewn fformat electronig.

Material which is an essential part of the course and students are expected to draw on as a core part of their learning. Must be available from the library and should be available online.

▼ Darllen Pellach / **Further reading** [15]

Deunyddiau sy'n ategu neu sy'n gwella darllen hanfodol: disgwylir y bydd myfyrwyr darllen o leiaf ychydig o'r deunydd yn y categori hwn, er mwyn ehangu a dyfnhau eu dealltwriaeth o'r pwnc y tu hwnt i'r sylfaenol, a thrwy hynny gwella eu perfformiad mewn asesiadau.

Material which supplements or enhances the essential reading. It is expected that students will read at least some material from this category, to broaden a deepen understanding of the subject beyond the basic.

📖 **Debates in physical education**

E-book | Capel, Susan Anne.; Whitehead, Margaret., Second edition., Abingdon, Oxon ; New York :: Abingdon, Oxon ; New York :, Routledge, 2020., Total pages 1 online resource (1 volume)

Further

🔗 View online

All managed by the library for:

- Easy and direct access.

Where to Find Them:

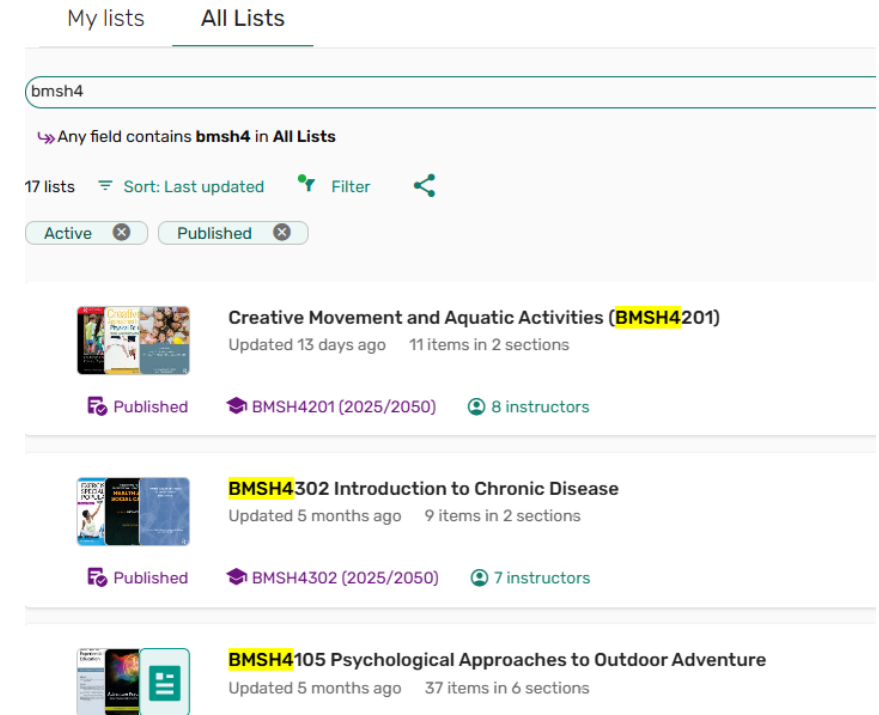
- On your Moodle course pages.
- Or via the Library website.

N.B. You must sign into your list to access!

Online Resource List (ORL) demo

Online resource lists

- Search for your reading list by course code in '**ALL Lists**'.
E.g. BMSH4000.
- Click 'Add' (to add to '**My Lists**'). 
- Search and add 'LIB02' to your lists.
- Click on list title to open and access the contents.
- Choose a title and click  **View online** to read online.

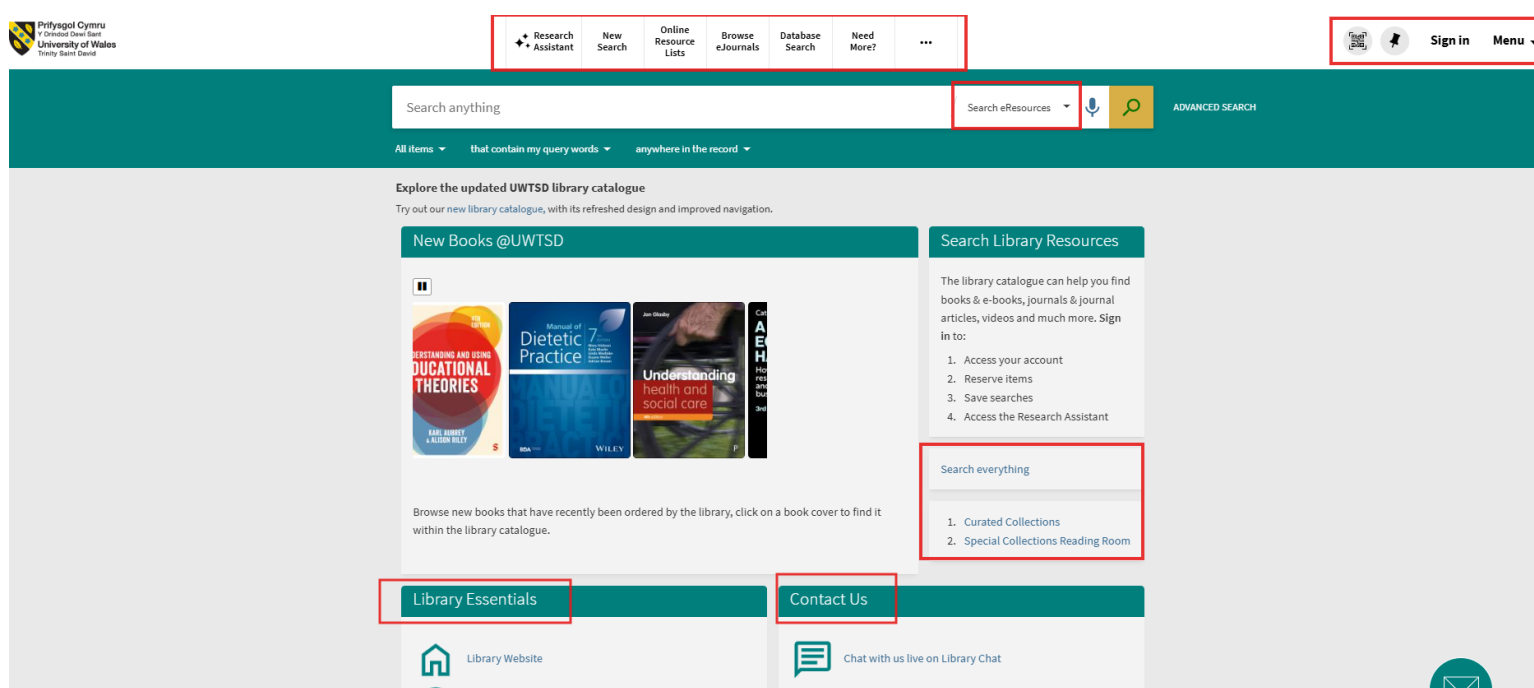


The screenshot shows the 'All Lists' tab in the ORL interface. A search bar contains 'bms4', and a message indicates 'Any field contains bms4 in All Lists'. Below the search bar, there are 17 lists, sorted by 'Last updated'. The first three results are visible:

- Creative Movement and Aquatic Activities (BMSH4201)**
Updated 13 days ago | 11 items in 2 sections
Published | BMSH4201 (2025/2050) | 8 instructors
- BMSH4302 Introduction to Chronic Disease**
Updated 5 months ago | 9 items in 2 sections
Published | BMSH4302 (2025/2050) | 7 instructors
- BMSH4105 Psychological Approaches to Outdoor Adventure**
Updated 5 months ago | 37 items in 6 sections

[Online Resource List Link](#)

Library Catalogue – overview.



[Library Catalogue](#)

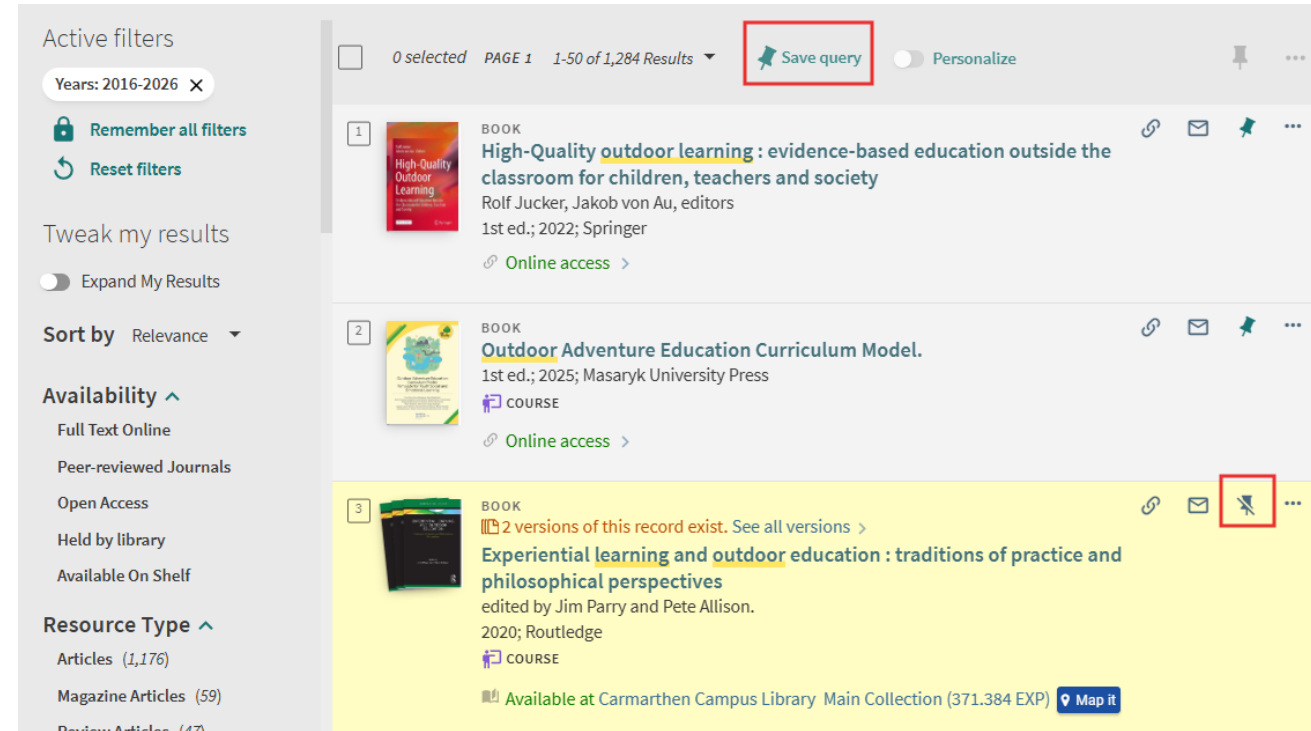
- **Sign in** with your university username and password to access library account.
- **Browse** latest additions to the library and curated collections.
- **Online Resource Lists**; Databases, Research assistant, and more...
- **Links** to library essential services and ways to contact us.



Improving your search results

[Searching for information](#)

- Sign in to unlock all features.
- Use “Tweak my results” to filter and narrow down your search.
- Use the extra tools listed with each item; they can help you manage your information.
- Save your queries, get notifications and add to your favourites in your reading list!



[Link to search results](#)

What the item records include

- Where the book is held if it's in print.
- Link to ebook or journal article if it's electronic.
- How to request it if it's on loan.
- Related reading.
- Option to search just within one journal.
- Virtual browse of other similar books.
- Books on the same Online Resource list.
- Option to save in your personal reading list.

Book record

The screenshot displays a library catalog interface. At the top, a book record is shown for "Outdoor learning across the curriculum : theory and guidelines for practice" by Simon Beames, Peter Higgins, Robbie Nicol and Heidi Smith. The record includes the book cover, the title, authors, edition (Second edition, 2024), publisher (Routledge), and a "COURSE" tag. It also indicates the book is available at Carmarthen Campus Library Main Collection (371.384 BEA) with a "Map it" button and a "Book review" link.

Below the book record, there is a "Virtual Browse" section featuring a row of book covers with their titles and publication years: "sk anagement outdoor id adventure ograms : ... :012", "Nature-based learning : improving learning and well-being by ... 2022", "Learning outside the classroom : theory and guidelines for ... 2012", "Outdoor learning across the curriculum : theory and 2024", "Behavior and group management in outdoor adventure ... 2017", "The BERA guide to outdoor learning : place- 2025", and "Outd learn early man: and 2010".

Below the virtual browse section, there is a "More from the same Course" section. It lists two courses: "Adventure, Technology and Ecology in Outdoor Education (BMOE7012)\\" and "Hwyluso Dysgu yn yr Awyr Agored/Facilitating Learning in the Outdoors (BMSH4102/C)". Below the course titles, there is a row of book covers with their titles: "No child left inside: transforming the next", "Outdoor Adventure Education Curriculum", "Enhancing Environmental Education Through Nature-Based Solutions", "Psychology of physical activity : determinants", "Routledge handbook of mobile technology", and "Outdoor environmental education in the".

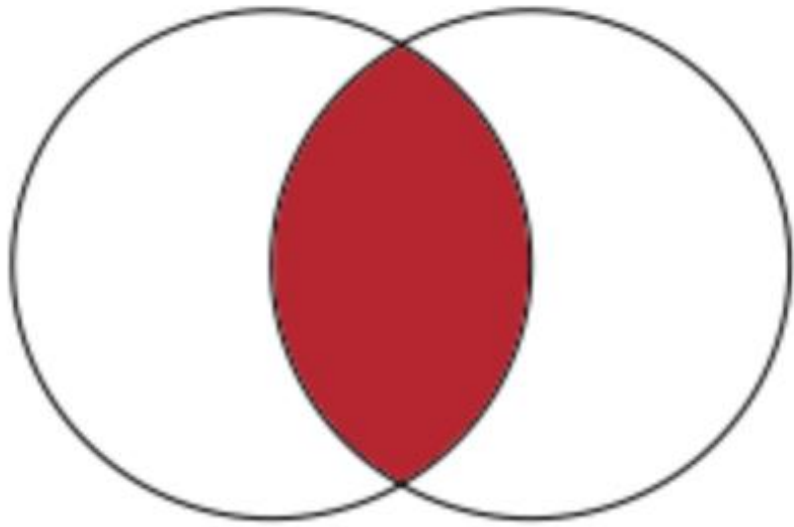
Phrase searching & terminology

Further Searching Techniques

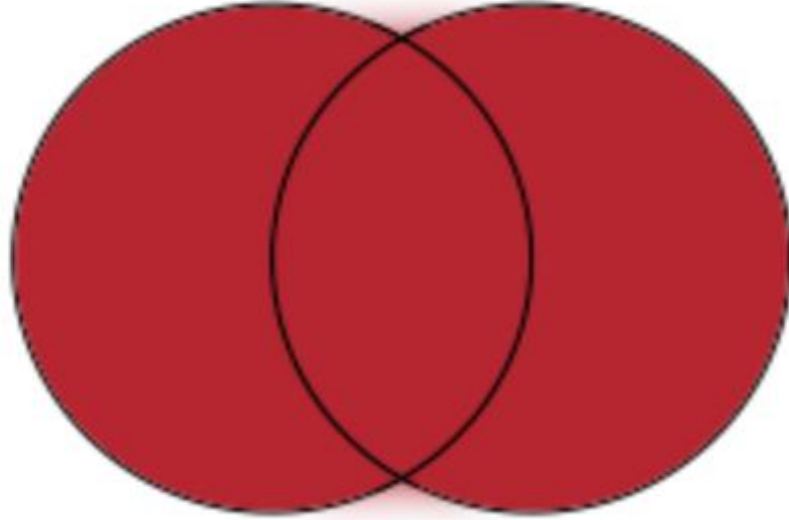


Consider different terminology that may be used.

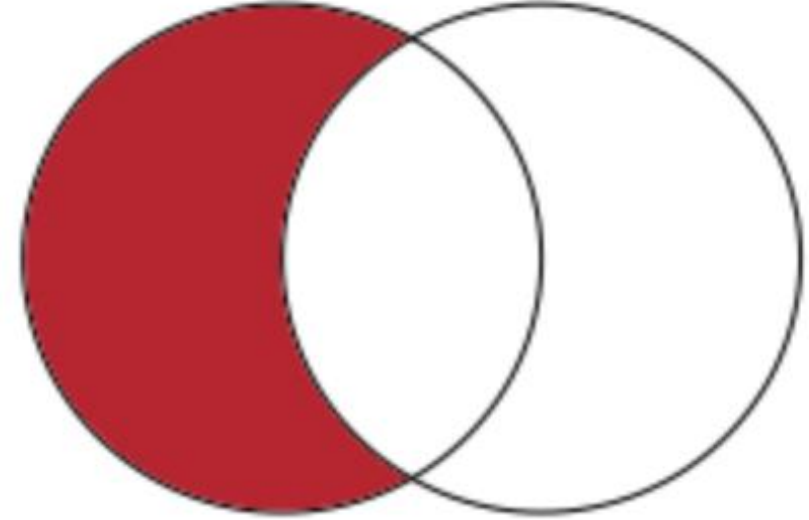
- **Alternative words:** Synonyms / Antonyms.
- **Phrase searching:** Search for a phrase in quotations “time management”, “study skills”.



AND



OR



NOT

Boolean Operators allow you to **combine your keywords** to narrow or broaden your search.

- **AND**: Narrows your search by only giving results where **ALL** your search terms are present.
- **OR**: Broadens your search where **ANY** of your search terms are present.
- **NOT**: Excludes specific terms

Useful databases.

EBSCOhost Databases

- SportsDiscus with Full Text
- Education Source
- Academic Search Premier
- APA Psycarticles

ProQuest Central

- Social Sciences databases
- Health & Medicine databases

and...

- **Human Anatomy Atlas**
- **LWW Health Library:**
exercise science
- **Box of Broadcast**
- **Cite Them Right**

Database: BoB

The screenshot shows the BoB website interface. At the top is a purple navigation bar with the 'bob' logo, 'MY BOB', 'GUIDE', 'SEARCH', and 'LEARNING ON SCREEN' links. Below the navigation bar, there's a search results page for 'sports nutrition'. It includes a tip box: 'TIPS FOR BEST SEARCH RESULTS' with the advice 'Put your search terms in double quotes: "sports nutrition"'. The search results are titled 'Search BoB Playlists for: 'sports nutrition' in Title and description' and show 4 results. One result is 'Possible use in Lectures Di Sports Nutrition' with a thumbnail of a person. Another result is 'Sport Nutrition' with a thumbnail of a group of people. Below this, there's another search results page for 'outdoor education'. It is titled 'Search BoB Playlists for: 'outdoor education' in Title and description' and shows 3 results. The first result is 'Countryfile - West Yorkshire' with a thumbnail of a building. The second result is 'Outdoor Education' with a thumbnail of a person in a blue jacket. The third result is 'Playlist for the Faculty of Education' with a thumbnail of a person. Each result includes a brief description and the number of items in the playlist.

[Link: Box of Broadcasts](#)

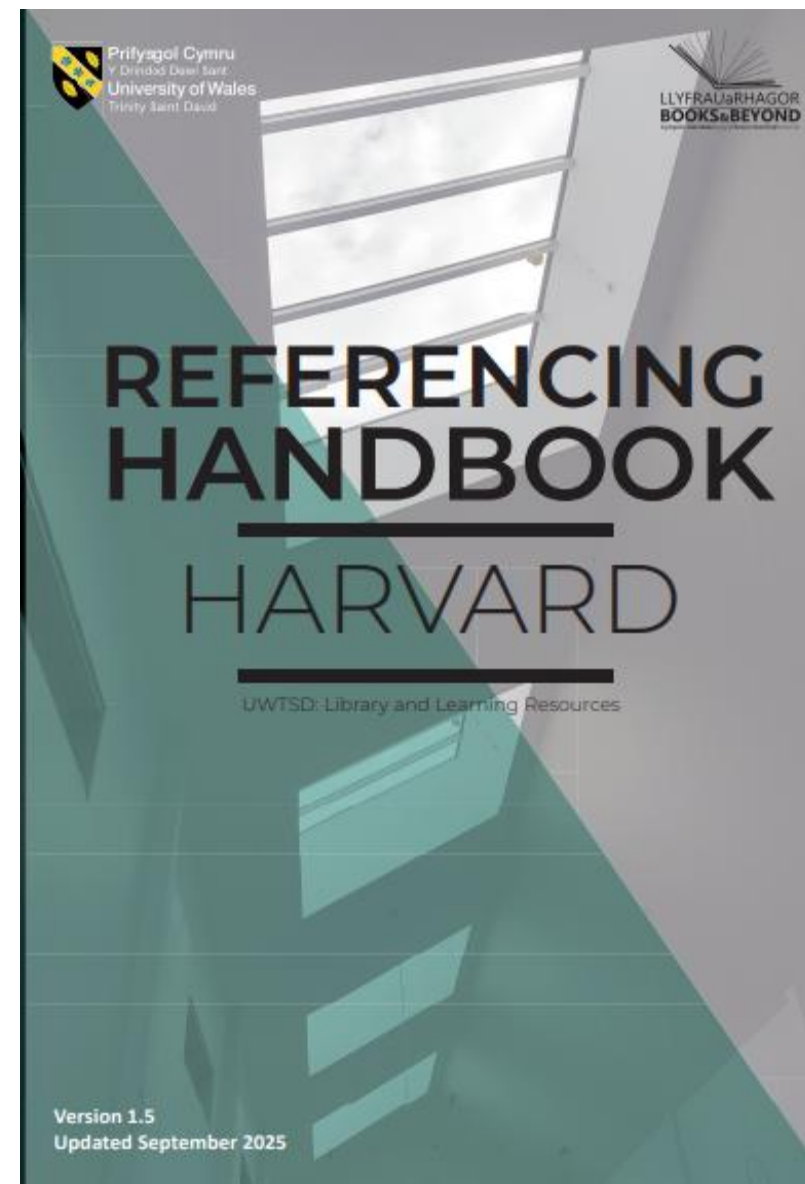
- BoB is a TV and radio service for education.
- Set up a personal account with your UWTDS details.
- Create your playlists or search for public playlists, e.g. “Early Years”
- Create clips with your recordings.

- [Curated Playlists](#)
- [Help](#)
- [How to videos](#)

You must create an account using your UWTSD credentials to access!

Harvard Referencing.

The why, when and how



Background & purpose

You should already have a basic understanding of referencing and its importance if you have completed the following [Library Infoskills](#) Units on Moodle:

[Academic Integrity & Plagiarism](#)

[Referencing: The Basics](#)

- It is strongly advised you complete both these units (if you have not done so already) to help you develop the academic skills required in:

Identifying sources

Referencing correctly.

Why must we reference?



The accepted standard of research; a reference list helps identify academic work.



Must credit those whose work we are using.



Show our breadth of reading & understanding: not rely on 1 or 2 sources.



Strengthens and gives credibility to our writing.

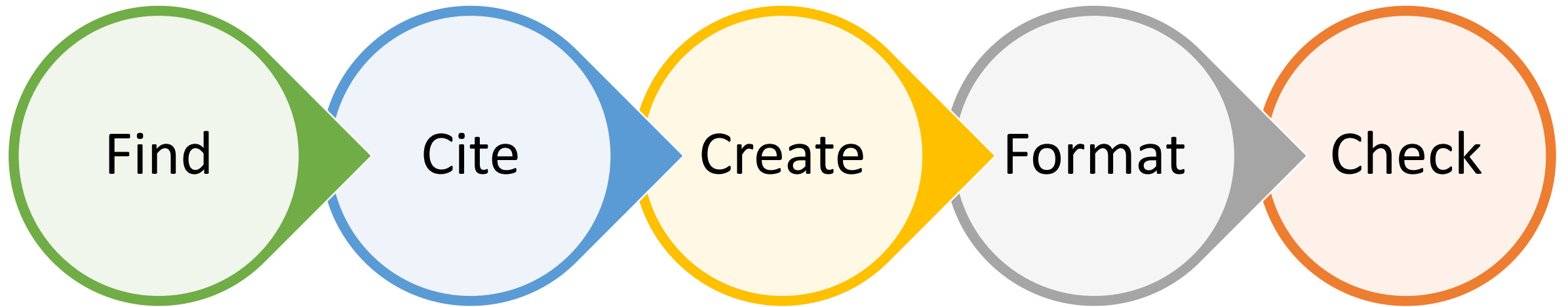


Highlights to reader which ideas are ours and which come from our reading.



Avoid plagiarism

Referencing process in 5 simple steps...

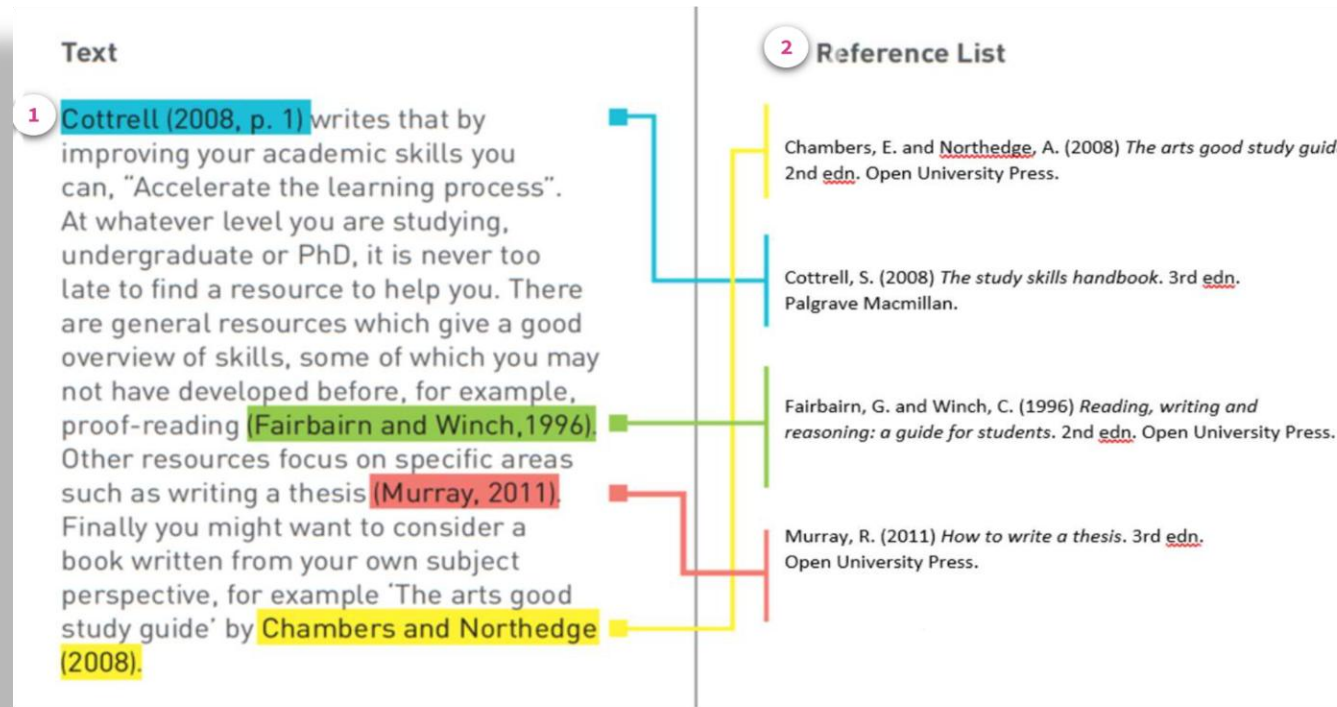


Harvard uses the author – date format

1. In-text citation

1. Author.
2. Year.
3. Page Number (if quote or specific part).

2. Full reference list



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1. Citation.

Parenthetical citation.

Effective communication is crucial for team success
(**Smith, 2020, p.5**).

- Author and title enclosed in brackets (parentheses).
- The focus is on the idea, rather than who wrote it.
- Easy to integrate into your writing and synthesise from multiple source, e.g.

Critical thinking is crucial for the evaluation of academic resources (**Smith, 2020; Thomas, 2022; Williams, 2023**).

Narrative citation.

In a recent study, **Smith (2020)** argued that...

- Author surname becomes part of your narrative or text; only the year is enclosed in brackets.
- The focus is on the author's view or opinion.
- Difficult to synthesise multiple opinions and sources. Overuse can disrupt the flow of your writing.

Example: Narrative & Parenthetical

Pearson (2023) suggests students struggle to correctly reference their work. To ensure they do not accidentally plagiarise, "students should record their sources as they use them" (**Williams, Armstrong and Wang 2024, p. 17**).

In-text citation with 4 or more authors.

Team building plays a pivotal role in team-based research and carries significant implications across many disciplines, including the field of project management (Kastrup, 2019). However, there lack of sufficient research regarding teams in public management (Chin, 2015), the success of a public manager is dependent on his/her ability to form an efficient team (Banovetz, 1990). Team leadership is considered a significant factor in team building (Aga *et al.*, 2016). Effective team leadership creates a conducive work environment where members are working together efficiently for the achievement of common goals (Grynchenko, *et al.*, 2018).

- *et al.*, is used for a **single source** with **4 or more authors**.
- Only the first author is written, followed by *et al.*
- We use it for the in-text citation only.
- All authors are named in the full reference list.

Quoting & Paraphrasing

- **Quoting**: copying someone else's words exactly as they appear in the original text.
- **Paraphrasing**: using someone else's words or ideas and writing in your own words.
- **Summarising**: writing a brief statement of the main points in your own words. **Example**: writing the findings of a research article in a journal in a few sentences.



1. (Laura Smith, 2020)
2. Smith (2020, p.21)
3. Laura Smith (2020 p. 19)
4. (Smith, 2020)
5. Smith (2020)
6. (Smith, L. 2020)
7. (How to write an essay by Smith, 2020)
8. (Smith, 2020, p.19).

**Which in-text
citation are correct?**

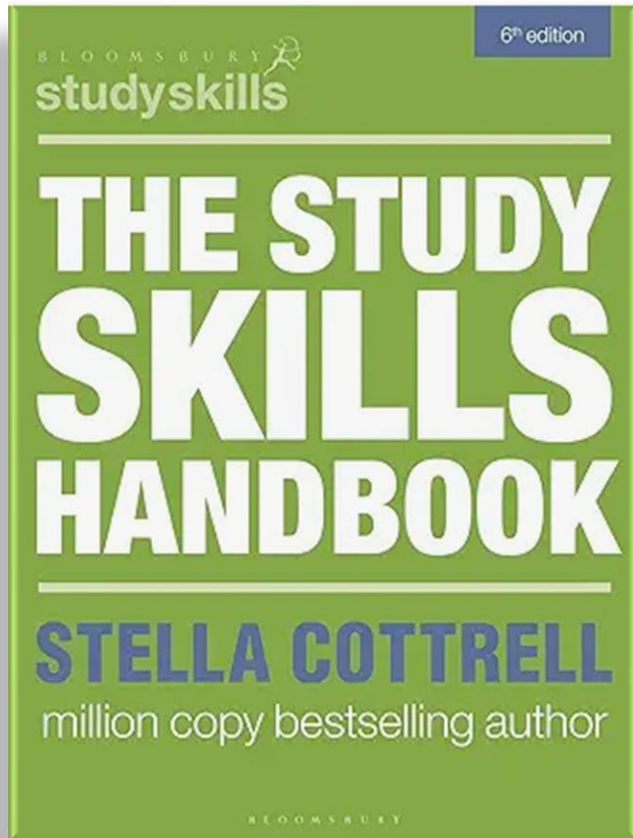
- | | | |
|--|---|--|
|  | 1. (Laura Smith, 2020) | We do not use first names in the in-text citation. |
|  | 2. Smith (2020, p.21) | This is an example of a narrative citation. |
|  | 3. Laura Smith (2020 p. 19) | We do not use first names in the in-text citation. |
|  | 4. (Smith, 2020) | This is an example of a parenthetical citation. |
|  | 5. Smith (2020) | This is an example of a narrative citation. |
|  | 6. (Smith, L. 2020) | We do not (<i>generally</i>)include initials. |
|  | 7. (How to write an essay by Smith, 2020) | We do not include titles (unless no given author). |
|  | 8. (Smith, 2020, p.19). | This is an example of a parenthetical citation. |

2. Reference list.

- Listed **alphabetically** (by surname of author).
- **Formatted according to the type of source** you have cited. **e.g.** a journal, book, report, website, etc.
- Provides **full details** of the sources referred to in your text.
- Is comprehensive enough to enable your reader to locate the information and contains the following:
 - Who?
 - When?
 - What?
 - Where?

Punctuation, CAPITALISATION and *italicisation* are important in Harvard!

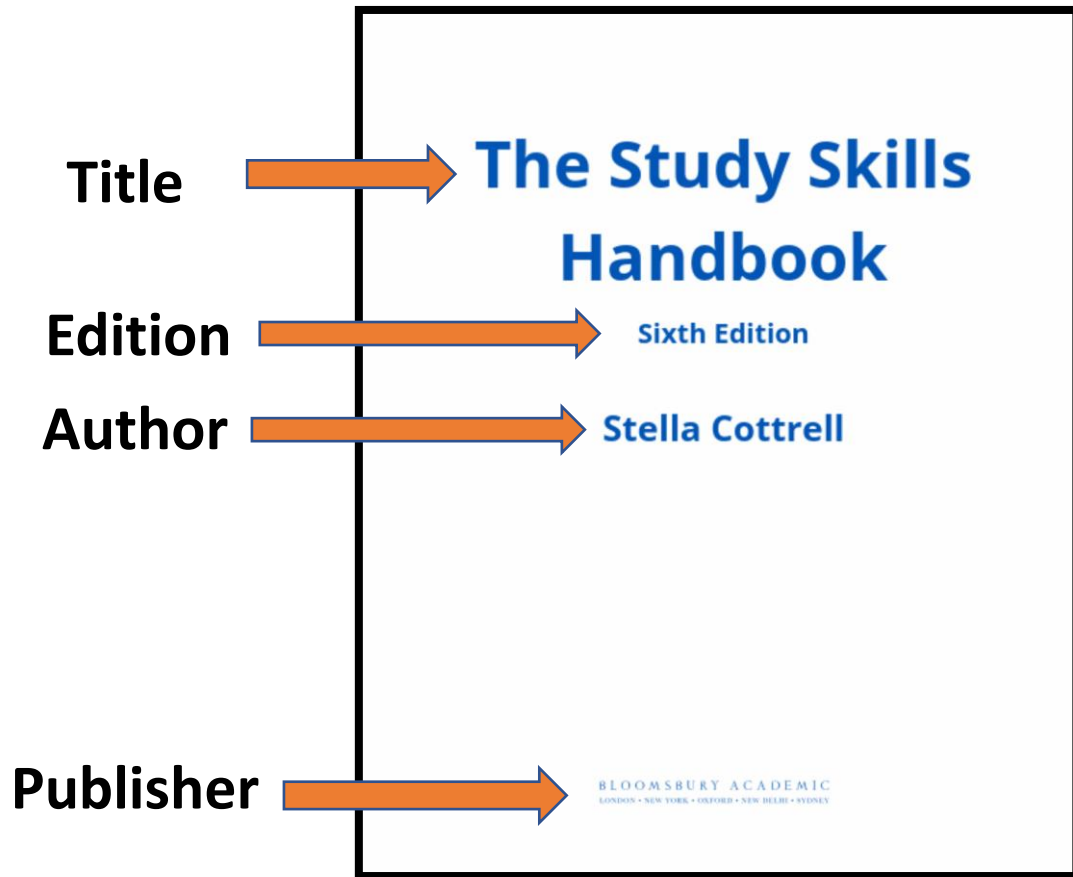
Referencing a book



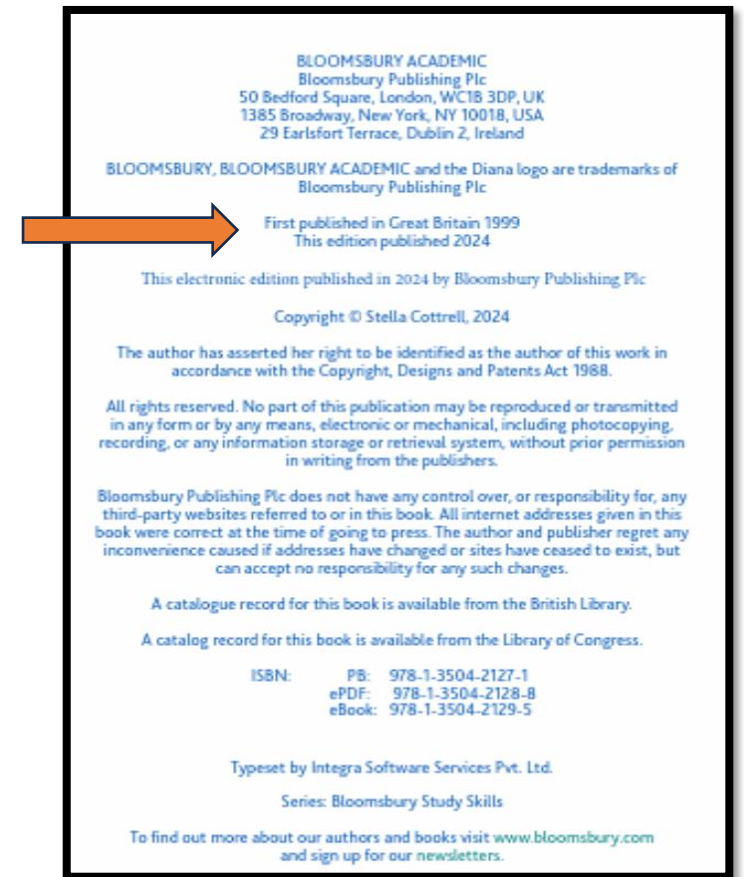
- **Who?** - Author.
- **When?** - (Year published).
- **What?** - *Title* & edition.
- **Where?** - Publisher.



Copyright page.



Date



Reference List: Book.

WHO? Author's surname and initial.

WHEN? Date in round brackets.

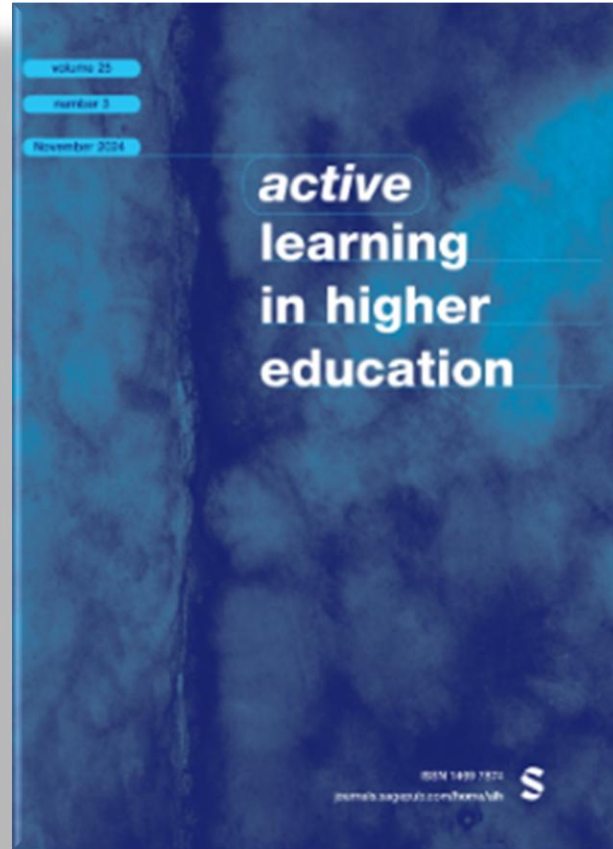
WHAT? Title of book (in italics) and edition.

Cottrell, S. (2024) *The study skills handbook*. 6th edn.
Bloomsbury Academic.

WHERE? Publisher

In-text citation: (Cottrell, 2024)

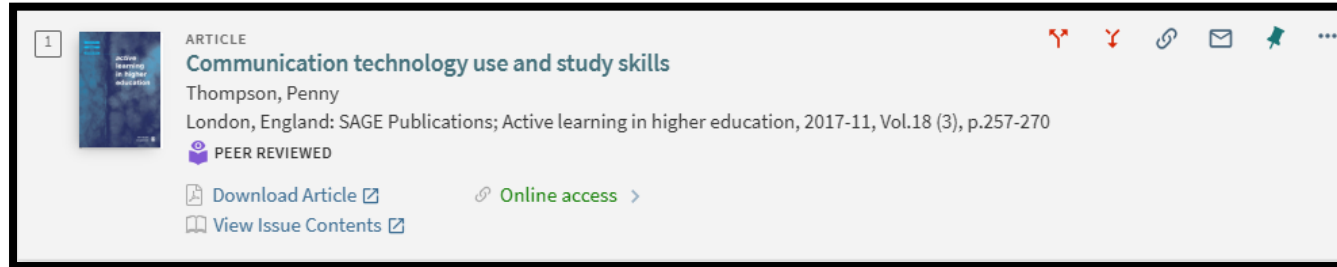
Referencing a journal article.



- **Who?** - Author(s) of article.
- **When?** - (Date published).
- **What?** - 'Title of article'.
- **Where?** - *Journal Title*, issue information, doi /url.

Finding the Information.

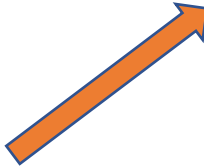
[Library Catalogue](#)



**Journal
Title**



Date



Active Learning in Higher Education
Volume 18, Issue 3, November 2017, Pages 257-270
© The Author(s) 2017, Article Reuse Guidelines
<https://doi-org.ezproxy.uwtsd.ac.uk/10.1177/1469787417715204>

Issue information



Doi



Article

Communication technology use and study skills

'Article title'



Penny Thompson

Author



Abstract

Research suggests a negative relationship between frequent use of communication technologies, such as

Reference List: journal article.

WHO? Author's surname and initial.

WHEN? Date published in round brackets.

WHAT? Title of article in single quotations.

Thompson, P. (2017) 'Communication technology use and study skills', *Active Learning in Higher Education*, 18(3), pp. 257-270. Available at: <https://doi.org/10.1177/1469787417715204>

WHERE?

- Journal Title Capitalised & *in italics*.
- Volume, Issue and page range.
- Doi or url (Accessed: date)

In-text citation: (Thompson, 2017)

Online references.

As much scholarship is now online, many references will end with either a DOI or a URL.

- **A Digital Object Identifier (DOI).**

Unique, direct link to individual digital sources, eg. ebooks, journal articles etc. Usually found on the detailed record or first page of a resource. It is permanent and will not change, so no accession date is necessary. Do not include a full stop at the end of the reference.

Van Dis, E.A.M., Bollen, J., Zuidema, W., Van Rooij, R. and Bockting, C.L. (2023) 'ChatGPT: five priorities for research', *Nature*, 614(7947), pp. 224-226. Available at: <https://doi-org.uwtsd.idm.oclc.org/10.1038/d41586-023-00288-7>

(in-text citation: Van Dis *et al.*, 2023)

Online references.

- **A Uniform Resource Locator (URL):**

specifies the location of information on the internet. Often known as the “web address”, found in the address bar of your browser. If there is no DOI, use the URL. As the URL can change, it should be followed by the date you accessed the resource.

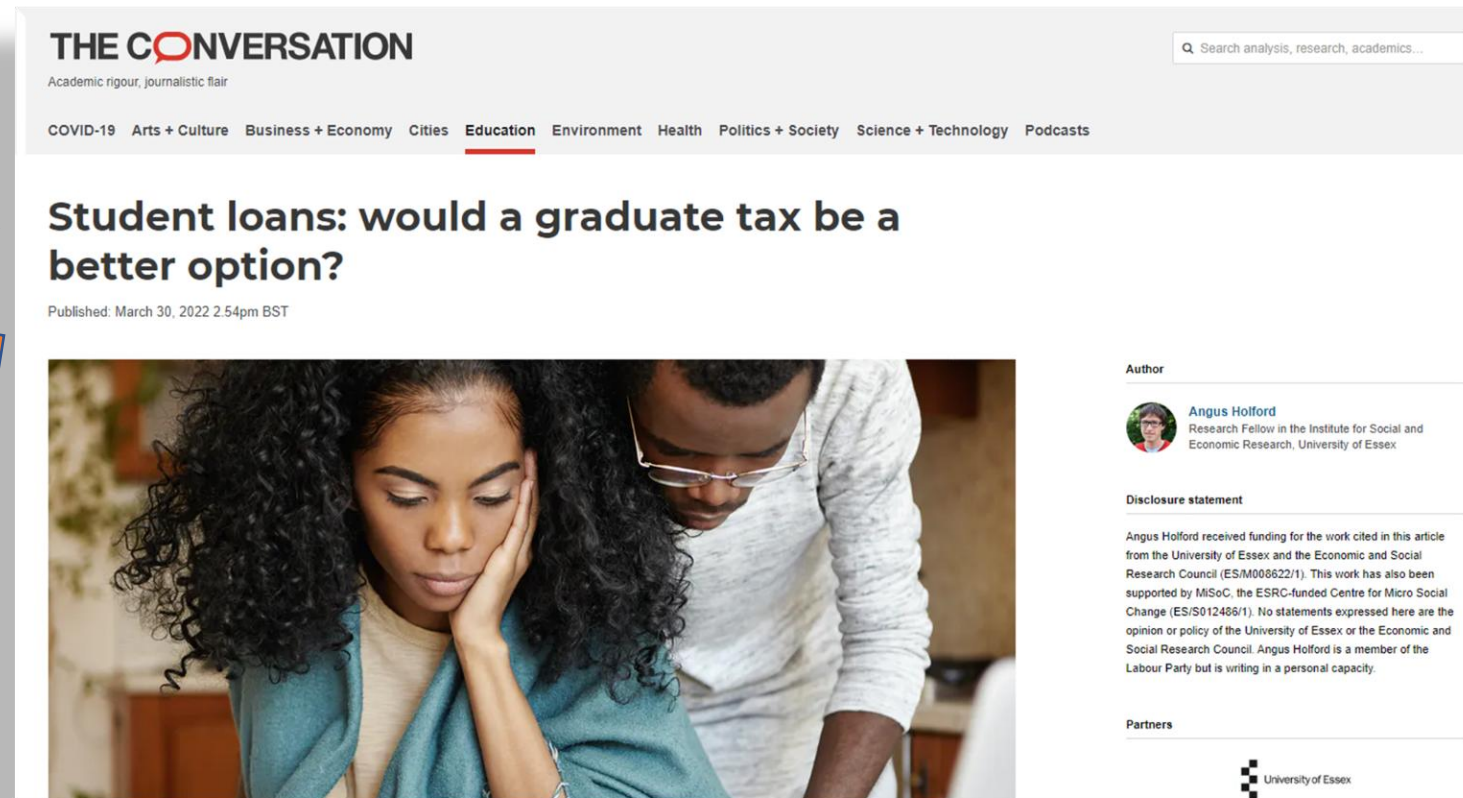
Islam, N. (2025) *AI won't replace you – but it will redefine what makes you valuable at work.*
Available at: <https://theconversation.com/ai-wont-replace-you-but-it-will-redefine-what-makes-you-valuable-at-work-269338> (Accessed: 3 August 2026).

Referencing a webpage

[The Conversation](#)

Title of
webpage

Publication date



Author

TIP: Explore: [Referencing: The Basics in Moodle](#) to help identify different online resources.

Referencing a web page.

WHO? Author's surname or corporate author.

WHEN? Date of publication

WHAT? *Title of webpage in italics*

Holford, A. (2022) *Student loans: would a graduate tax be a better option?* Available at: <https://theconversation.com/student-loans-would-a-graduate-tax-be-a-better-option-179253> (Accessed: 26 May 2022).

In-text citation: (Holford, 2022)

WHERE? Url and (Accessed: date).

Referencing a web page...

...with organisational author.

National Health Service [NHS] (2025) *Being active for your mental wellbeing*. Available at: <https://www.nhsinform.scot/healthy-living/mental-wellbeing/being-active-for-your-mental-wellbeing/> (Accessed: 6 July 2026).

In-text citation: (National Health Service [hereafter NHS], 2025)

The internet hosts a vast range of materials. Ask yourself, **what type of work is this?** and reference accordingly. If no author or title, you may use the URL and accession date... you may also want to question whether it is suitable to include in an academic assignment.

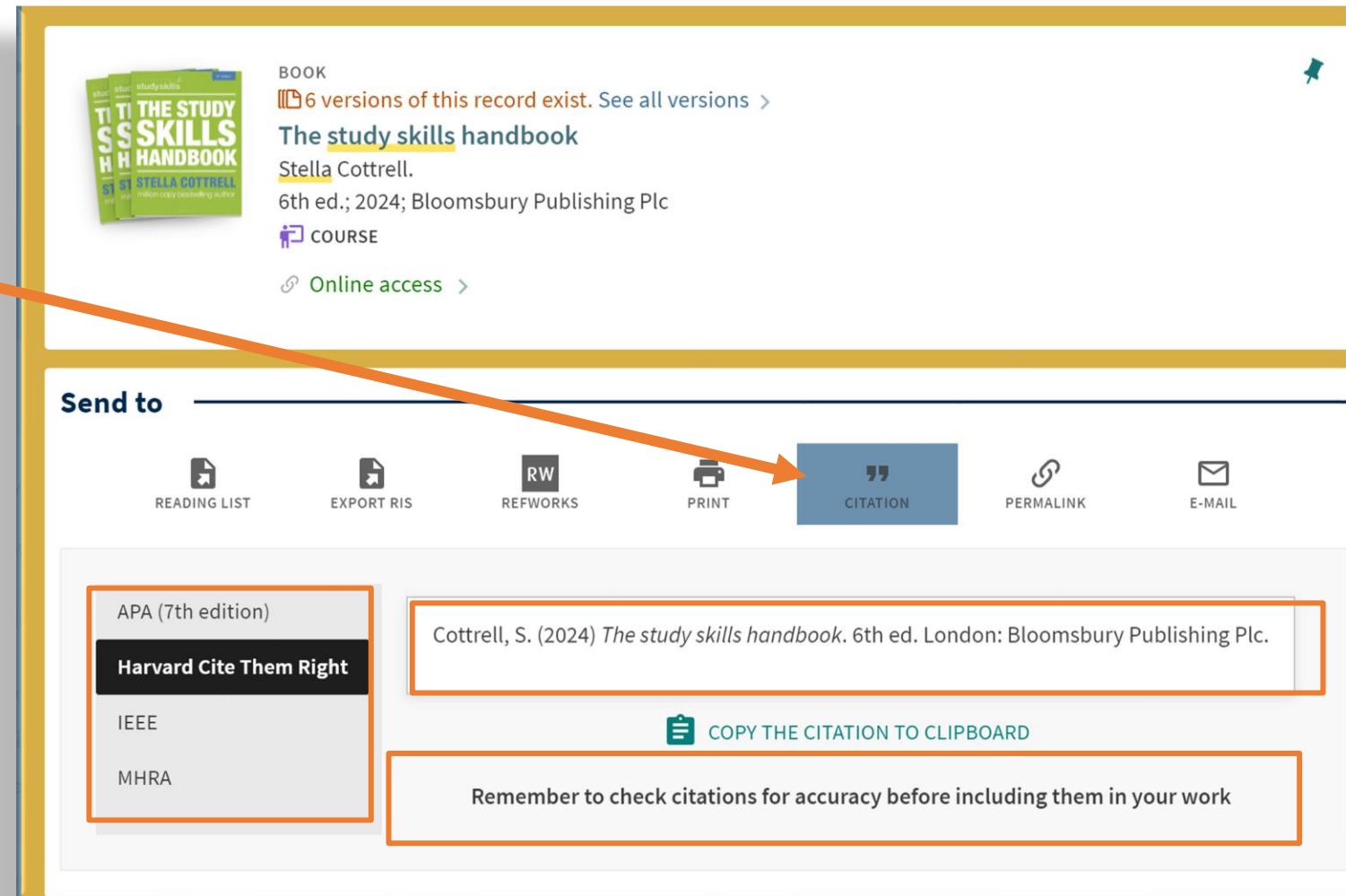
Useful resources.

Citation tool in the item record on the library catalogue.



[Link to Catalogue record](#)

Important! The catalogue will show the earlier (12th) edition of Cite Them Right Harvard. **We no longer include place of publication** (e.g. London) for most books.



BOOK
6 versions of this record exist. [See all versions >](#)
The study skills handbook
Stella Cottrell.
6th ed.; 2024; Bloomsbury Publishing Plc
COURSE
[Online access >](#)

Send to

READING LIST EXPORT RIS REFWORKS PRINT **CITATION** PERMALINK E-MAIL

APA (7th edition)
Harvard Cite Them Right
IEEE
MHRA

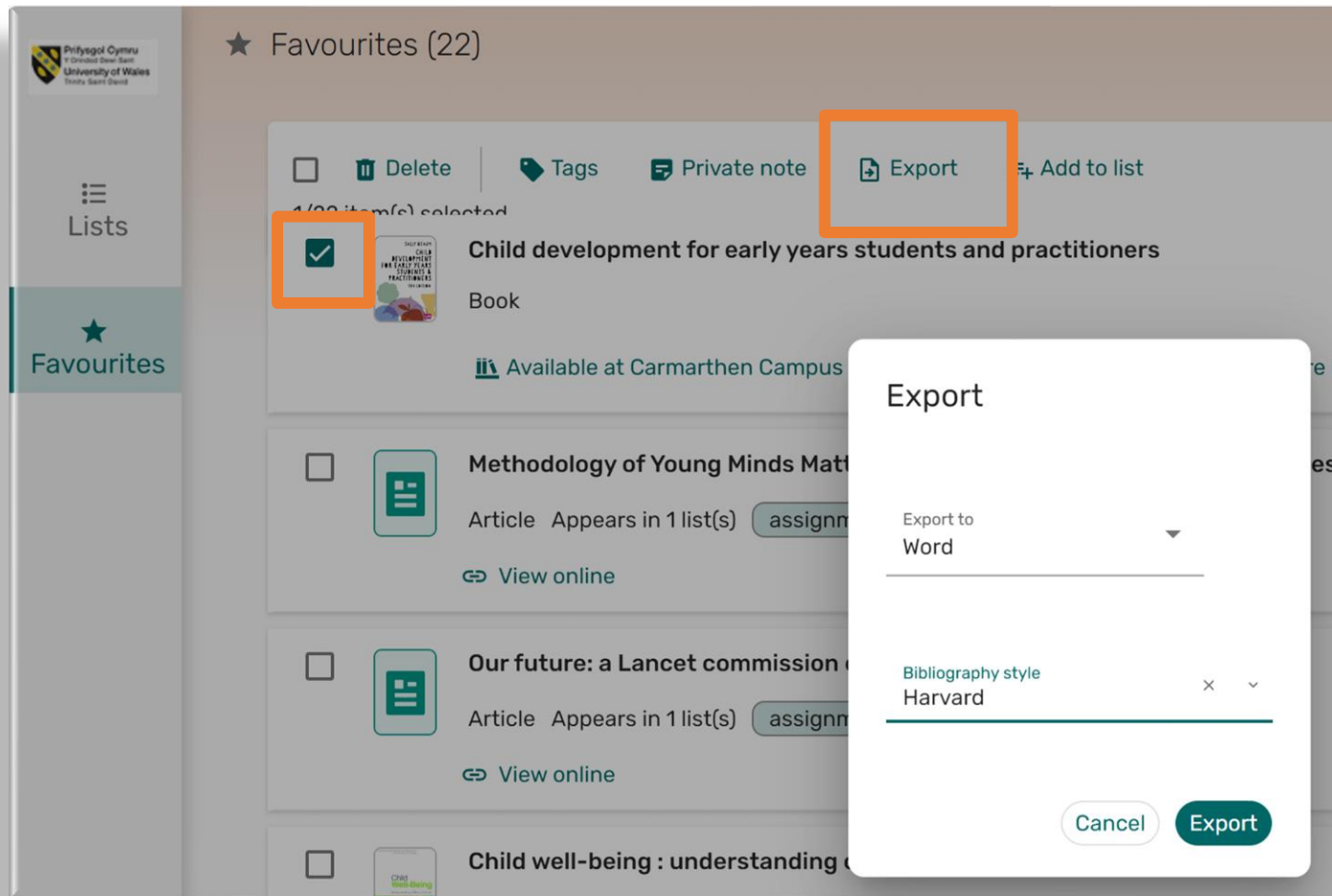
Cottrell, S. (2024) *The study skills handbook*. 6th ed. London: Bloomsbury Publishing Plc.

[COPY THE CITATION TO CLIPBOARD](#)

Remember to check citations for accuracy before including them in your work

Useful resources.

[Online resource lists](#)



Export function (in favourites) in your [online resource list](#).

Useful resources.

'You try' option in the [Cite Them Right Database](#).

Example

In-text citation

In their analysis, Hremiak and Hudson (2011, pp. 36–39)

...

Reference list

Hremiak, A. and Hudson, T. (2011) *Understanding learning and teaching in secondary schools*. Pearson Longman.

You try

Surname, Initial. (Year of publication) *Title of book*.
Publisher.

Italicise

Copy

Email

Citation manager tools.

Referencing: Managing Information

- Many citation tools available, but they are **not 100% accurate** all of the time.
- Personal choice.

Some you may wish to explore:

Basic:

- [MyBib.](#)
- [ZoteroBib.](#)

More advanced:

- [RefWorks](#) (Supported by UWTSD).
- [Mendeley.](#)

Note:

Not all tools are free or give full functionality on free versions.

Get on top of Harvard referencing ...

[Library catalogue](#)

BLOOMSBURY
citethemright

Home

Choose Referencing Style

Browse Categories

Basics of Referencing

Tutorial

Search Cite Them Right



Advanced Search

Welcome to Cite Them Right

Choose your referencing style

Citation order:

- Author/editor
- Year of publication (in round brackets)
- Title (in italics)
- Edition (edition number if not the first edn and/or rev. edn)
- Publisher
- Series and volume number (where relevant)

Example: book with one author

In-text citations

The overview by McCormick (2023) confirms Hill's experience (2023, pp. 46–52).

NB: No page number citation for McCormick because the reference is to the whole book.

Specific pages are being cited in Hill's book.

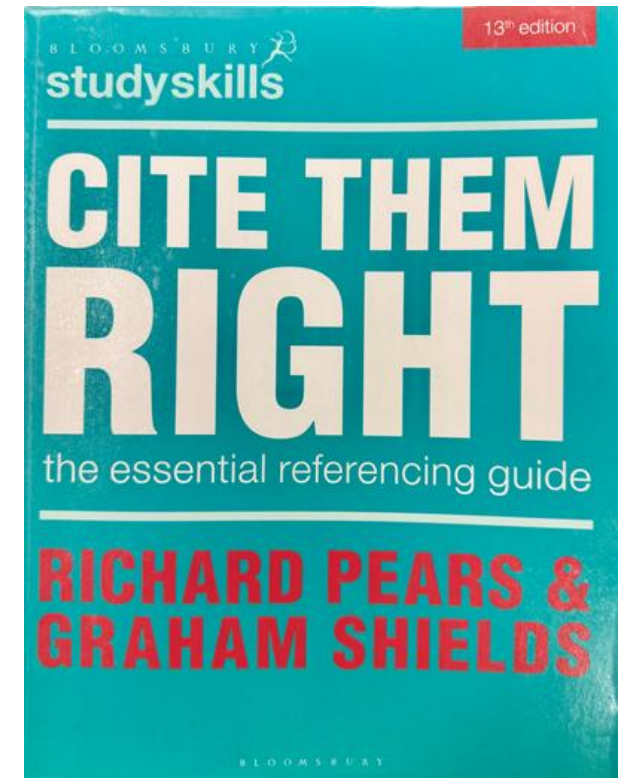
Reference list

Hill, F. (2023) *There's nothing for you here: finding opportunity in the twenty-first century*. Mariner Books.

McCormick, J.M. (2023) *American foreign policy and process*. 7th edn. Cambridge University Press.

Choose Harvard style.

[Cite them Right database](#)



13th edition (2025).

[Cite them Right](#) print book.

Resources for Research.

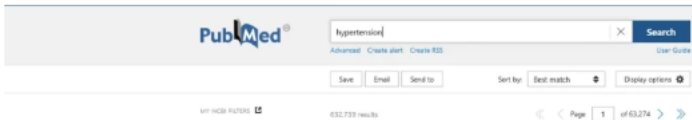
Resources for Research

LibKey Nomad

LibKey Nomad is a browser extension that automatically provides full-text access to journal articles and ebooks subscribed to by UWTSD or open access alternatives while you are carrying out your research on the web.

How does it work?

LibKey Nomad checks a library's holdings information and then checks for open access alternatives to ensure you are directed to the best available version of an article. It also integrates directly with PubMed allowing you to download articles from the search results.



Download LibKey Nomad

Google Scholar

Google Scholar can be a useful research tool, that searches across a wide range of sources and can find articles, theses, book chapters and conference abstracts on there from university repositories and scholarly websites.

How can I make the best use of it?

When you are on campus Google Scholar is configured to show the full text-text options available through library subscriptions. Clicking on **View It @UWTSD Library** will take you to the item in the library catalog.

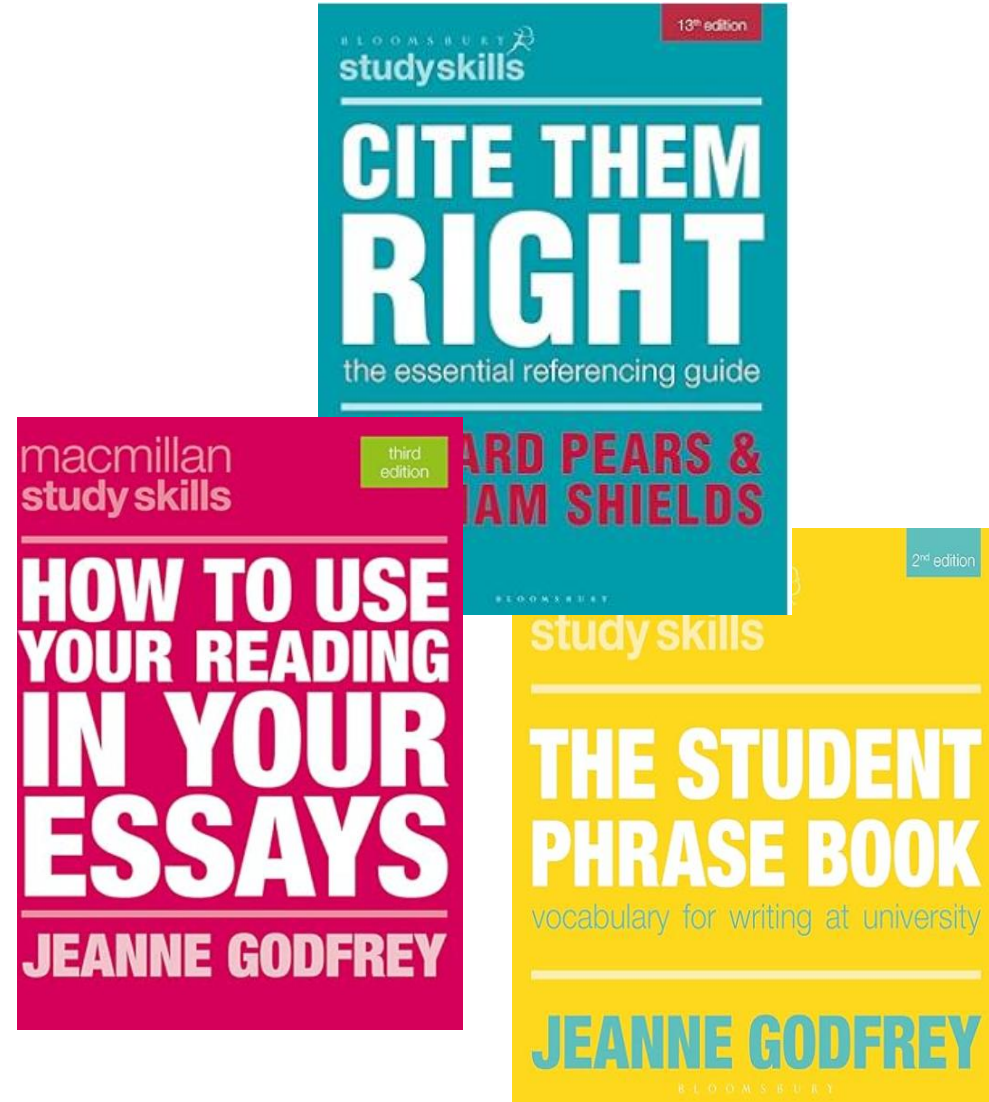
You can also configure Google Scholar to show this when you are off campus.

1. Go to [Google Scholar](#)
2. from the user menu at the top left of the screen
3. Go to **Library Links**, search for University of Wales Trinity Saint David and select 'View It @UWTSD Library'
4. Click the **save** button

You can also set up Google Scholar to import citations directly into the RefWorks citation manager.

Useful Resources

- [How to use your reading in your essays.](#)
- Cite Them Right: [Setting out citations.](#)
- Harvard Referencing: [The Mechanics](#) (infoskills).
- [The Student Phrasebook](#)
- [Manchester University Phrasebank.](#)
- All available in your [LIB02 Reading list.](#)



Evaluating Information

Evaluating Information

Consider the source and quality of the information you are using.

Apply critical thinking and reasoning.

Currency

Relevance

Authority

Accuracy

Purpose

[CRAAP](#) (video)

Stop

Investigate

Find better coverage

Trace back to original context.

[SIFT](#) (video)

Accurate

Current

Objective

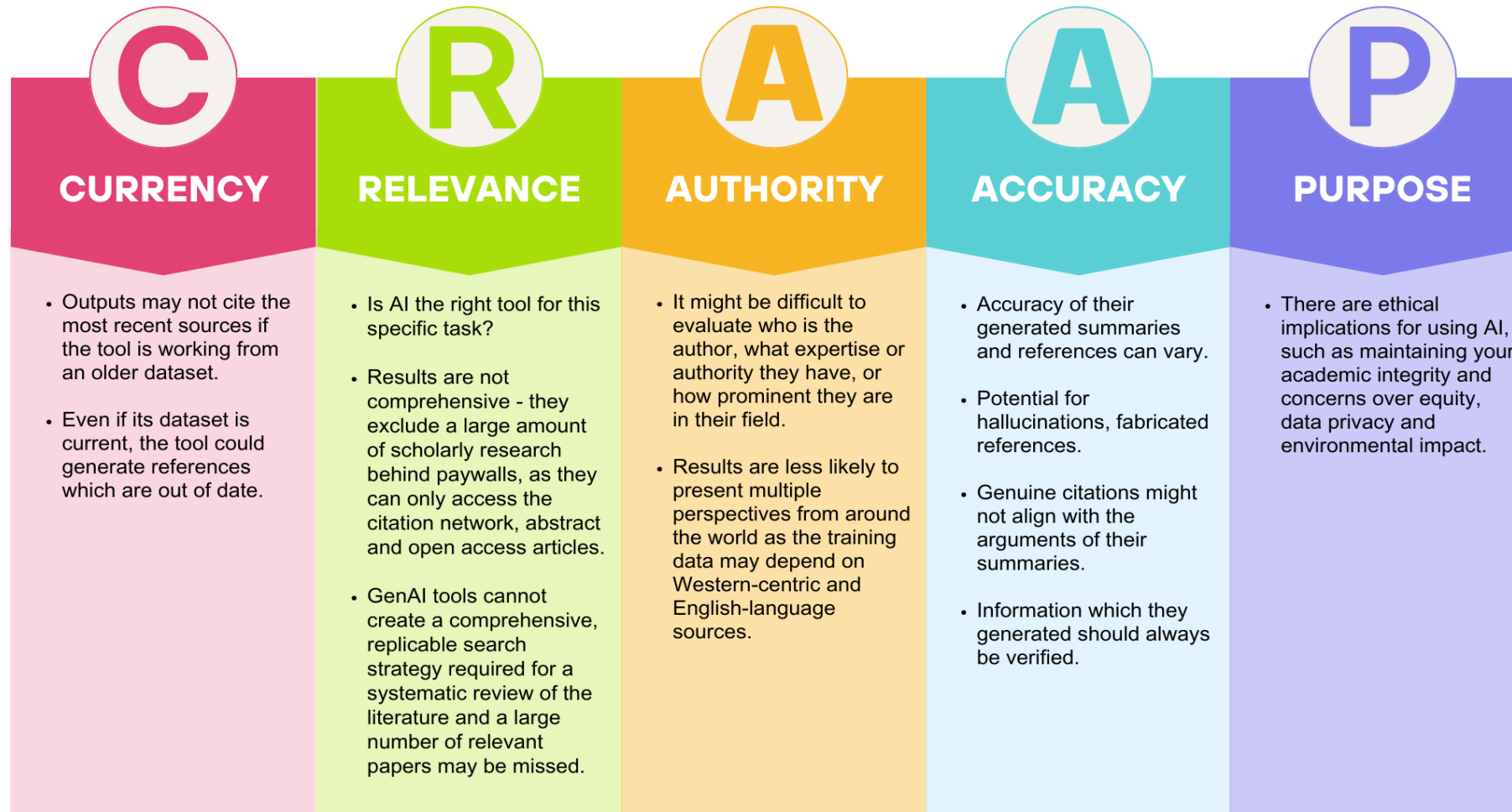
Relevant

Named

[ACORN](#) (article and video)

AI CRAAP Test

Generative AI



Adapted and reproduced with kind permission from [Bristol University Library](#).

Develop your skills

Advanced Searching

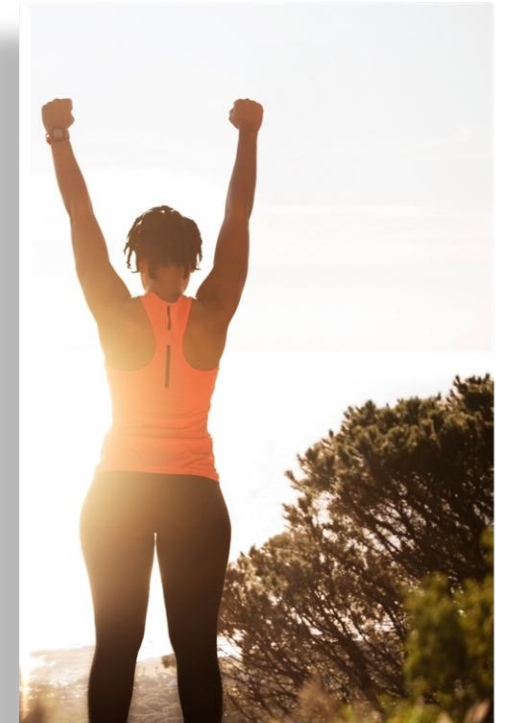
Improved familiarity = improved confidence = improved searching and results!

Build your confidence:

- Practice navigating the library webpages and catalogue.
- Find out what you don't know.

Develop your academic skills:

- Explore and complete the infoskills units to help fill gaps in your knowledge and skills.



Help is always available.



We are here to help:

library help:

- Library@uwtsd.ac.uk

Online infoskills programme:

- [Academic and Infoskills.](#)