

Writtle College Library

# Further Education Help Guide - Sport



This guide is intended to highlight only the main information sources for Further Education students – there may be other areas of the Library which are useful.

The main types of materials are books, journals and media resources. Please do not hesitate to ask for help and advice as needed when using the library

## **Books**

Books are arranged under the Dewey class system (which runs from 000-999) each subject area has its own number for example, Animals 636

### **Quick Classification Guide**

Anatomy: human	612
Physiology: human	612
Exercise	612.044
Sport: fitness	612.044 and 613.711
Sport: education and training	613.7
Sport: nutrition	613.7
Fitness testing	613.704
Sport: motor learning	613.711
Sports: medicine	617.1027
Sports centres	725.8 (790.068)
Sports grounds	725.8 (712.545)
Sport: disabled	790.087
Specific games (rules etc.) start at	796
Sport: statistical information	796.06
Sport: coaching	796.077
Sport: children	796.083
Sport: minorities	796.089
Equine sport	798

### **Dictionaries, directories etc**

- Britsport 07/08: The definitive UK sports industry directory
- ILAM (Institute of Leisure & Management) fact sheet series
- A & C Blacks Dictionary of sport and exercise science
- Churchill Livingstone's dictionary of sport and exercise science and medicine

## **Journals/Magazines**

Journals and magazine are arranged in alphabetical order by title. They contain specialised articles and are a good source of information on current research and practice. Some are indexed and/or have contents pages. This is not an exhaustive list and other library journals may be of use for your course as many cross over.

### **Key journals/magazines**

- Healthex Specialist
- Journal of Athletic Training
- Journal of Sports Sciences
- Peak Performance
- Sportex Dynamics
- Sports Injury Bulletin

## **Electronic/Media Information**

Computers are available for use at all times during library opening hours. All machines run Microsoft Office, Internet and many other applications.

The libraries online catalogue (OPAC) can be used to locate specific books and magazines that are relevant to your course. You can also find out here if items are available and where to find items on the shelves.

### **Key DVDs/Videos**

DVDs and Videos provide information on a wide range of topics. Some potentially useful ones include:

- Get a grip: health and safety at indoor climbing walls
- Track and field: coaching by the expert Olympic team coaches
- The coach in action
- Safety and injury
- Sport in society

- Mind over matter
- The body in action

For more information on other services offered by the library, e.g. photocopying, computing and I.T, please ask a member of staff in the library or refer to the FE guide on the library pages of Moodle <http://moodle.writtle.ac.uk/>

## **Online Resources**

### **Intute further education case studies: sports and sports science**

[www.intute.ac.uk/fe/casestudies/sports/](http://www.intute.ac.uk/fe/casestudies/sports/)

All the case studies are linked to specific FE topics and include key skills support and downloadable resources. They focus on Muscles, Massage, Diet and Cardiology.

### **Internet for leisure, sport and recreation**

<http://www.vts.intute.ac.uk/he/tutorial/sport>

Tutorial for developing Internet skills in Sport

### **Sports Online**

[www.sportsonline.co.uk](http://www.sportsonline.co.uk)

This site is provided by SPRITO and covers UK sports, as well as the Olympics and disabled sport.

### **Visual Library of sport**

<http://sportsvl.com>

This easy to use site provides links to information on individual sports, coaching, sports injuries, a variety of current events, the Olympics, sport in other countries, newsgroups where students can ask questions and much more.

### **SportQuest**

[http://www.sirc.ca/online\\_resources/sportquest.cfm](http://www.sirc.ca/online_resources/sportquest.cfm)

Provided by the Canadian Sport Information Resource Centre, this site groups information by sport and a variety of topics that match FE syllabuses.

## Useful websites

- UK Sport – [www.ukssport.gov.uk](http://www.ukssport.gov.uk)
- Sport England – [www.sportengland.org](http://www.sportengland.org)
- British Olympic Association – [www.olympics.org.uk](http://www.olympics.org.uk)
- SPRIG – [www.sprig.org.uk](http://www.sprig.org.uk)
- UK Athletics – [www.ukathletics.net](http://www.ukathletics.net)
- Ausport – [www.ausport.gov.au](http://www.ausport.gov.au)
- BBC Sport – <http://news.bbc.co.uk/sport/>
- Central Council of Physical Recreation – [www.ccpr.org.uk](http://www.ccpr.org.uk)
- Hospitality, Leisure, Sport and Tourism Network – <http://www.heacademy.ac.uk/hlst/>
- Sports Career Planning – [www.onlinesports.com/sportstrust](http://www.onlinesports.com/sportstrust)
- Intute sport and leisure practice – [www.intute.ac.uk/socialsciences/sport](http://www.intute.ac.uk/socialsciences/sport)
- BBC Bitesize physical education – [www.bbc.co.uk/schools/gcsebitesize/pe](http://www.bbc.co.uk/schools/gcsebitesize/pe)

If you need any further help please contact your Subject Librarian – Christina Harbour - [Christina.Harbour@writtle.ac.uk](mailto:Christina.Harbour@writtle.ac.uk)