

Resources for Sport Nutrition

Contact details for further help are at the end of this guide.

The resources in this guide will help you learn more about your subject. The best place to start your search is Discover, which provides you with easy access to thousands of books, eBooks, journal articles and much more. You can access Discover and other key resources via the Library website, LJMU student homepage and MyLJMU portal.

Remember, your modules also have reading lists in Canvas with links to recommended books, eBooks, journal articles and other subject resources.

Books and eBooks

There is an extensive collection of books and eBooks on all aspects of Sport Nutrition. You can browse what is available in your subject area or look for specific titles by searching **Discover**.

- Go to **Discover**, if prompted, **Sign in** with your **LJMU username@ljmu.ac.uk** and **password**
- Type a book title or keywords and select the search icon
- From the results screen, you can filter your results by selecting **Books**
- Select a book title to see more details and availability
- eBooks will have links to view online
- Print books will show number of copies and location

Print books have a class number and are organised numerically by that number on the shelves. Common class numbers are shown below:

Anatomy	611
Exercise Physiology	612.044
Health	613.2
Microbiology	664.001579
Physiology	612.3 and 616.0019
Sport Nutrition	612.3
Sport	796

Journals

Journals are published on a regular basis and contain up-to-date information. Journals contain articles focussing on specific topics written by subject specialists.

To find individual journal titles on your subject area:

- Go to **Discover**, if prompted, **Sign in** with your **LJMU username@ljmu.ac.uk** and **password**
- Select the **Journals** option
- Type a journal title you wish to access and select the search icon
- Select a journal title to see more details and availability
- eJournals will have links to view online
- Print journals will show number of issues and location

List below are some of the popular titles:

American Journal of Sports Medicine
 Applied Physiology, Nutrition and Metabolism
 British Journal of Nutrition
 British Medical Journal
 European Journal of Clinical Nutrition
 European Journal of Sport Science
 International Journal of Sports Medicine
 International Journal of Sport Nutrition and Exercise Metabolism
 Journal of the International Society of Sports Nutrition
 Journal of Nutritional Biochemistry
 Lancet
 Medicine and Science in Sport and Exercise
 Nutrition & Metabolism
 Nutrition Bulletin (British Nutrition Foundation)
 Nutrition and Health
 Nutrition Research Reviews
 Proceedings of the Nutrition Society
 Research in Sport Medicine

You can search for journal articles using **Discover** or via individual databases.

Databases

There are different types of databases. For example:

- **Full-text Databases** provide access to full-text information such as journal articles, book chapters, reports, standards, statistics and legislation
- **Abstracting and Indexing Databases** are searchable indexes, you can view the abstract or summary for each resource. If full text is available follow the link, if not you can request an Inter-library loan

To access a database:

- Go to **Discover**, if prompted, **Sign in** with your **LJMU username@ljmu.ac.uk** and **password**
- Select the **Databases** option
- Select **Events Management** to see suggested databases or type the name of the database in the search box and select the **search icon**
- Select the database title to see more details and note any log-in requirements
- Select the database link

Academic Full-Text Databases

The databases below are listed in alphabetical order.

Annual Reviews

Provides access to comprehensive, timely collections of critical reviews written by leading scientists. Content spans disciplines within biomedical and life sciences, physical and engineering sciences, social sciences and economics.

Bloomsbury Human Kinetics Library

Collection of Sport & Exercise, Psychology & Behaviour in Sport, Physical Education, Coaching, Athletic Training, Therapy & Rehabilitation and Social Studies in Sport & Physical Activity eBooks and videos.

Bloomsbury Human Kinetics: Physical and Health Education

Collection of Sport & Exercise, Psychology & Behaviour in Sport, Physical Education, Coaching, Athletic Training, Therapy & Rehabilitation and Social Studies in Sport & Physical Activity eBooks and videos.

Bloomsbury Human Kinetics: Health Care in Sport and Exercise

Collection of Sport & Exercise, Psychology & Behaviour in Sport, Physical Education, Coaching, Athletic Training, Therapy & Rehabilitation and Social Studies in Sport & Physical Activity eBooks and videos.

BMJ Journals

The collection offers full text access to over 70 medical and allied science journals, covering specialist clinical areas, nutrition, healthcare, public health and evidence-based medicine.

BMJ (The)

A global healthcare knowledge provider covering medical education, clinical decision support and quality improvement to enhance day-to-day decision-making and healthcare delivery. The BMJ provides concise, evidence-based answers to clinical questions, tailored resources to help clinicians identify learning needs and updates on the latest evidence, guidelines and best practice.

Cochrane Library

A collection of databases that contain different types of high quality, independent evidence to inform healthcare decision-making. Includes Cochrane Database of Systematic Reviews (CDSR), Cochrane Central Register of Controlled Trials (CENTRAL) and Clinical Answers (CCAs).

Human Kinetics eBooks

Collection of Sport & Exercise, Psychology & Behaviour in Sport, Physical Education, Coaching, Athletic Training, Therapy & Rehabilitation and Social Studies in Sport and Physical Activity eBooks and videos.

Human Kinetics Journals

Publishes 26 peer-reviewed scholarly journals covering Sport and Exercise, Psychology & Behaviour in Sport, Physical Education, Coaching, Athletic Training, Therapy and Rehabilitation and Social Studies in Sport and Physical Activity.

IgentaConnect

Provides access to a comprehensive multi-disciplinary selection of electronic journals published by leading scholarly publishers such as Blackwell Scientific and Academic Press.

Medline

An authoritative collection of medicine, life sciences, health and biomedical research provided by the US National Library of Medicine. It contains 31 million references from 5,200 international scholarly journals dated from 1946 and content is updated daily. Medline also offers an alternative method of searching via MeSH (Medical Subject Headings).

ProQuest Central

Provides access to databases across all major subject areas and includes thousands of full-text scholarly journals, trade and professional titles, newspapers, magazines, dissertations, working papers, case studies, and market reports.

PubMed Central

Free archive of the US National Library of Medicine, which offers access to more than 32 million citations and over 6 million full-text articles in biomedical and life sciences journals, dating back to the late 1700s.

Sage Journals

A multidisciplinary database providing access to quality, peer-reviewed journals published by Sage.

ScienceDirect

The world's leading source for scientific, technical, and medical research. It is a multidisciplinary database, which provides full-text access to more than 16 million references from over 2,500 high-quality journals and over 39,000 books and major reference works. Digital archive dates back to 1823.

SportDiscus with Full Text

The world's most comprehensive source of full text for sports and sports medicine literature, providing full-text access to 550 journals dating back to 1985.

SpringerLink

A multidisciplinary database providing access to peer-reviewed journals, books, series, protocols, reference works and proceedings published by Springer.

Taylor and Francis

A multidisciplinary database providing full-text access to quality, peer-reviewed journals published by Taylor & Francis, Routledge and Psychology Press.

Wiley

A multi-disciplinary database providing access to over 4 million articles from 1,600 journals, online book chapters and eBooks published by Wiley.

Abstract and Index Databases

PsycINFO

An abstracting and indexing database from the American Psychological Association that provides access to journal articles, books, book chapters and dissertations in core psychology disciplines, behavioural sciences and mental health. Coverage is from the 1800s to the present and content is updated weekly.

Scopus

Multi-disciplinary abstract and citation database of peer-reviewed literature: journals, books and conference proceedings, many with links to full text.

Web of Science

A powerful research platform and global citation index including over 161 million records for books, peer-reviewed scholarly journals, and conference proceedings across 254 disciplines. It includes access to the Arts and Humanities Citation Index (1975-), Science Citation Index Expanded (1970-), Social Sciences Citation Index Expanded (1970-). It also contains citation data, for example: journal impact factors and h-index to help you identify quality research.

Newspaper Databases

Factiva

Provides news from over 10,000 sources, including the Wall Street Journal, Financial Times, Dow Jones and Reuter's newswires and the Associated Press. Produced as a source of business information, it also contains articles from international (and British) newspapers, including national and regional titles, broadsheets and tabloids.

Lexis+

Access to up-to-date legislation, case law, commentary and full-text and abstract of a wide range of legal journal articles. The News tab contains an archive of UK national and regional newspapers, with coverage from the 1990s up to the present day.

PressReader

Connects you to the world's newspapers and magazines. This includes over 7,000 newspapers and magazines from over 90 countries in over 50 languages in full colour, full-page format. App and webpage.

Statistics Databases

Statista

Provides access to statistics, studies and reports on countries, industries and consumer markets. It has global coverage.

UK Data Service

The UK's largest collection of social, economic and population data resource, including UK census data and government funded surveys as well as qualitative and business data.

TV, Radio, Film, Documentaries and Video Databases

Academic Videos Online

Video materials with curricular relevance: documentaries, interviews, performances, news programs and newsreels, and more. Including Academy®, Emmy® and Peabody® award winning films, plus content from National Geographic, HISTORY®, BroadwayHD™ and much more

Box of Broadcasts

Box of Broadcasts (BoB) gives you access to an archive of over one million TV and radio programmes from 2007 onwards, including all the main free-to-air TV channels. You can link, make short clips and playlists of content. Provides streaming access to over 25,000 films, documentaries and educational videos. New content added every month.

Henry Stewart Talks Biomedical and Life Science Collection

A collection of audio-visual lectures, seminar-style talks and case studies prepared by leading experts and practitioners. Content covers multidisciplinary topics such as agriculture and environmental sciences, biochemistry, cancer, cell biology, drug discovery, diseases and disorders, genetics, immunology, microbiology, neuroscience, pharmaceutical sciences, reproduction and development, virology, etc.

Websites

The content of websites is unregulated. Therefore, it is important that you check the quality and accuracy of information on the internet to ensure that it is reliable, accurate and of an academic standard. There are selected websites or search engines that you can use to help find appropriate information online, for example Google Scholar. If you find details for a relevant resource on the internet, you can check if LJMU has full-text access.

Further Help

The Academic Engagement Librarian for Sport Nutrition is:

Jackie Fealey: j.fealey@ljmu.ac.uk

Please contact her to arrange a one-to-one appointment.