



Health & Human Performance Research

Development of research question and search term selection

You should already have some notion of what your research question is asking. You should write your question down. The subjects and nouns in your question will be used for search terms and keywords. Health and Human Performance may not be best search term, and you should work to develop a more specific search term

Search terms and subject heading

Athletes	Human Body	Nutrition
Athletics	Kinetics	Physical Activities
Biomechanics	Motion	Physical Education
Exercise	Motor Development	Psychomotor Skills
Exercise Physiology	Musculoskeletal System	Skill Development

Remember that not all topics will have an equal amount of coverage. Do a few searches to determine what is in the journals. The research process will often modify your topic and is part of the research process. It is a good idea to start your research early so that you can do a thorough literature review. A literature review will summarize the important articles relating to your research question.

Primary vs. Secondary Research

Secondary research is what you will find in a textbook or the popular press. It is a summary of the research of others. While it is a useful starting point for your research, you will need to trace back to the primary research on your topic for this assignment. Most of the primary research will be published in academic research journals covering your topic. Here are some tips to help you identify primary research.

- Most primary research is published in journals. So be able to identify some important journal sources for your topic. Journals will not have a lot of glossy advertising, nor will they look like *Time*, *Sports Illustrated*, and *People*. Some journal titles are listed below:

Journal of Sport Behavior

Physician & Sportsmedicine

Journal of Applied Biomechanics

Notice that none of these journals have health and human performance in their titles

- Look at an article. Can you find an author? What are the author's credentials and background? Does the author seem knowledgeable about the topic?

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- Look at the article. Do you see citations, bibliography, and statistics? All of these are signs of primary research.
- The library's databases will help you find scholarly, primary research articles. Some of the best sources for articles:

[Academic Search Premier](#)

[InfoTrac Onefile](#)

[ERIC](#)

[Health Center Academic](#)

[Psychology and Behavioral Sciences](#)

[PubMed](#)

Internet Sources

Many good Internet sources exist; however, because the Internet is a very different medium than what you find in journals and databases, you should be very selective of your Internet sources. The Internet may not be the easiest place to find primary research on your topic. Primary research sources are peer-reviewed and edited before they are published. Many sources on the Internet are not peer-reviewed before they are published on the Internet. One thing to consider when evaluating Internet sources is the type of domain it has been assigned. Domains come in four major types:

.com sites belong to corporations and may have a business or sales function

.edu sites belong to educational institutions that may serve an educational function

.org sites belong to nonprofit organizations such as libraries and professional organizations

.gov sites are published by the government and can be great sources of scientific and technical information

Indiana State University has developed a site to help you research Health and Human Performance topics. Remember to evaluate each source to determine if it based on primary research. Many of the links are to free sites; however, some sources are restricted to students only at Indiana State University

<http://library.indstate.edu/level1.dir/cml/subrows/hhp.html>