For additional resources, visit our online subject guide at
http://libguides.mcckc.edu/

Research Guide to:

Sports & Fitness

Call numbers: 613 Health Education, 796 & 797 Athletic & Outdoor Sports
Subject headings/keywords: sports, physical fitness, exercise, physical education and training, physiology, nutrition, athletes, games, rules, specific sports (baseball, football, soccer, golf, etc.)
For further assistance: Please consult the staff at the Reference Desk or call 816-604-2268
Library home page: http://lvlibrary.mcckc.edu

Begin Search

- Create search question
- Identify keywords from search question
- Combine keywords or concepts with Boolean operators (and, or, not) for use in the appropriate databases

Consult the Library of Congress Subject Headings (red books located at the Reference Desk.) Look up subject to determine any additional topics needed for search.

Electronic Sources

Online databases:
Health Reference Center Academic
(Thomson-Gale)
Consumer Health Complete
Academic Search Elite
ProQuest Research Library
JSTOR
NewsBank

Internet Resources:
Consult recommended Web Links on the Longview Library home page. Scroll down to Sports. You can also find other links by using Multiple Subject Sites and search for “sports”, “physical fitness”, “exercise”, etc.

Suggested Web Sites:

President’s Council on Fitness, Sports and Nutrition
http://www.fitness.gov/
NCAA – Playing Rules
Sports Know How
http://www.sportsknowhow.com/index.html
Sports Illustrated Vault
Sports Medicine on the Web
http://www.sportsmedicine.com/

Print Sources

Fitness and Health
613.7 Sh2f-6
Fitness and Exercise Sourcebook
613.7 F558-4
Fitness Illustrated
613.7 Sh2f
Ergonomics in Sport and Physical Activity
613.71 R273e
Understanding Fitness
613.71 Un22
The Sports Rules Book
Ref 796 Sp67r-2
Sports: The Complete Visual Reference
Ref 796 Sp67v
The Mental Athlete
796.01 P83m
Berkshire Encyclopedia of World Sport
Ref 796.03 B455
Ethics and College Sports
796.043 F88e
International Encyclopedia of Women and Sports
Ref 796.082 In82
Sport in Ancient Times
796.09 C88s
The Basketball Handbook
796.323 R72b
The Dickson Baseball Dictionary
Ref 796.357 D56d-3

Revised 07-12