

SPORTDiscus: quick start guide

This is a quick guide to help you to start using the SPORTDiscus database. This database contains information on sport, fitness and related disciplines, including sport medicine, physical education, coaching and training, arts and history of sport, engineering and health and safety for sport.

Getting started

1. Go to the Library homepage at <http://library.leeds.ac.uk/>
2. Type **SPORTDiscus** into the Search@Library box
3. From the results list, click on the link to **SPORTDiscus**
4. On campus you will be connected to SportDiscus automatically; off campus please enter your University username and password when prompted.

Searching SPORTDiscus

Note that you will automatically be taken to the Advanced Search screen. However, a Basic Search is also available under the search box, so click on that now.

The screenshot shows the SPORTDiscus search interface. At the top, there is a search bar with the text "emotion* and performance" and buttons for "Search" and "Clear". Below the search bar, there are links for "Search Options", "Basic Search", "Advanced Search", "Visual Search", and "History". The "Search Options" section is highlighted with a green bar. It contains several sections: "Search modes" with radio buttons for "Boolean/Phrase", "Find all my search terms", "Find any of my search terms", and "SmartText Searching"; "Apply related words" with a checkbox; "Limit your results" with a checkbox for "Linked Full Text"; and "Publication Name" and "Abstract Available" with checkboxes. Three callout boxes with arrows point to specific elements: "1. Type your search terms in the search box" points to the search bar; "2. Select search options" points to the "Search modes" section; and "3. Choose to find references where the whole article & abstract are available" points to the "Linked Full Text" checkbox.

Tips for effective searching

Using a single keyword as your search term, will probably find too much information to process. Use two or more keywords to refine your request and link them together using: **AND**, **OR**, **NOT**, or search for a **phrase** using **quotation marks** around your keywords eg "motor control".

- AND = fewer, more specific results eg Sport AND motivation
- OR = more results, broadening your search eg Sex OR gender
- NOT = fewer results, excluding irrelevant information eg Athletics NOT javelin



Understanding search results

Searching: **SPORTDiscus** | Choose Databases >>
 emotion* and performance [Search] [Clear] ?
 Basic Search | Advanced Search | Visual Search | Search History

92 Results for...
 Boolean/Phrase: emotion* and performance
 Limiters: Linked Full Text
 Refine your results: Linked Full Text, Abstract Available, Peer Reviewed

1. **Read the whole article**

2. **Read more detail about the article by clicking on the title.**

3. **Collect details of a number of articles and download them all at the end of your search.**

Improving your search results

2. **Restrict your results to articles from Academic Journals.**

1. **Make your search more specific by adding in another suggested keyword.**

2. **The Role of Goal Orientation on Negative Emotions and Goal Setting When Initial Performance Falls Short of One's Performance Goal.**

Printing, emailing and exporting records

1. **Use the 'Add to folder' function to create a list of articles that you want to download later.**

2. **Go to your folder (top right of the screen) at any time to review your selected articles.**

3. **Use the options at the right of the screen, to print, email or export your references.**

Further help

- If you would like to know more about using SPORTDiscus, or about features such as advanced and visual searching.
- Please consult the SPORTDiscus help pages, or contact Library enquiries: <http://library.leeds.ac.uk/enquiries>