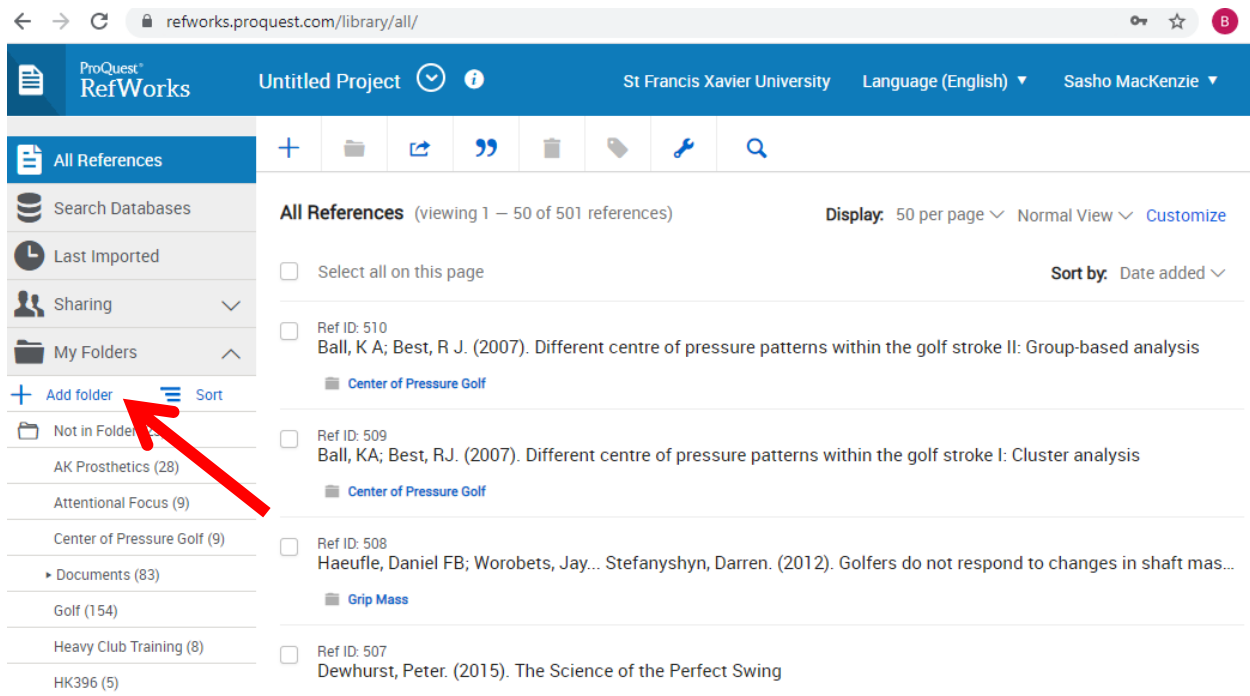


RefWorks Exercise

HK 396 Quantitative Research Methods

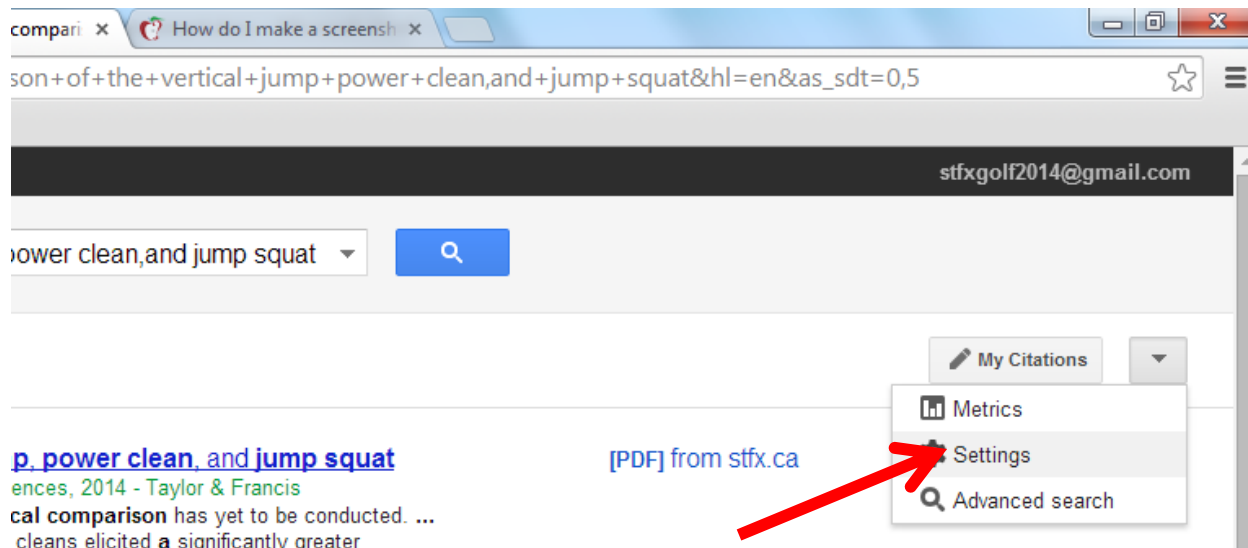
RefWorks -- an online research management, writing and collaboration tool -- is designed to help researchers easily gather, manage, store and share all types of information, as well as generate citations and bibliographies.

1. Create a RefWorks account by following the link and subsequent instruction from the StFX Library web site (<https://www.mystfx.ca/library/refworks>).
2. Within your RefWorks account create a new folder called HK396TEST.

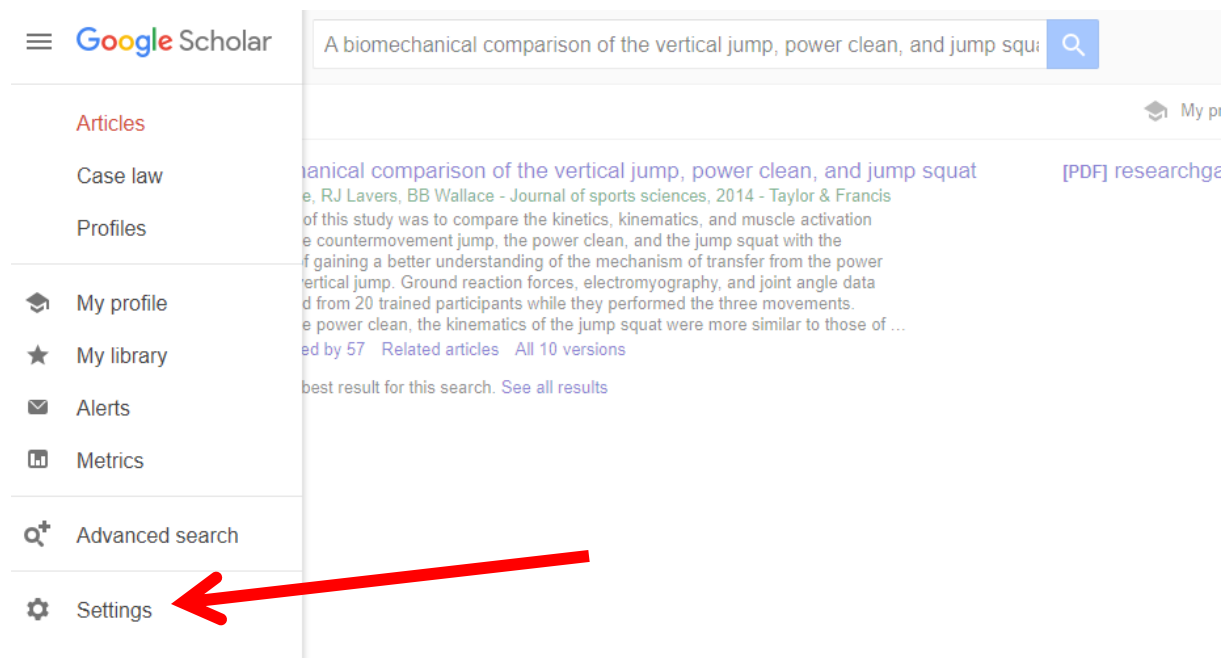


The screenshot shows the RefWorks web interface. The top navigation bar includes the ProQuest RefWorks logo, the current project name 'Untitled Project', the user's affiliation 'St Francis Xavier University', the language 'Language (English)', and the user's name 'Sasho MacKenzie'. The left sidebar contains a list of folders: 'All References', 'Search Databases', 'Last Imported', 'Sharing', 'My Folders', 'Add folder', 'Not in Folder', 'AK Prosthetics (28)', 'Attentional Focus (9)', 'Center of Pressure Golf (9)', 'Documents (83)', 'Golf (154)', 'Heavy Club Training (8)', and 'HK396 (5)'. The main content area displays a list of references under the heading 'All References (viewing 1 – 50 of 501 references)'. The references listed are: Ref ID: 510 by Ball, K A; Best, R J. (2007). Different centre of pressure patterns within the golf stroke II: Group-based analysis; Ref ID: 509 by Ball, KA; Best, RJ. (2007). Different centre of pressure patterns within the golf stroke I: Cluster analysis; Ref ID: 508 by Haeufle, Daniel FB; Worobets, Jay... Stefanyshyn, Darren. (2012). Golfers do not respond to changes in shaft mas...; and Ref ID: 507 by Dewhurst, Peter. (2015). The Science of the Perfect Swing. A red arrow points to the 'Add folder' button in the left sidebar.

3. With your RefWorks account open, go to google scholar from a separate window or tab (<http://scholar.google.ca/>) and search for the following article:
 - i. "A biomechanical comparison of the vertical jump, power clean, and jump squat"
4. Change your Settings in Google Scholar to allow automatic importing of citations into RefWorks. While in Google Scholar click the drop down menu and then click Settings.



Or



5. At the bottom of the settings page select “Show links to import citations into RefWorks” and save your settings.

Open each selected result in a new browser window.

Bibliography management

Do not show any citation import links.

Show links to import citations into RefWorks

Save

Cancel

To retain settings, you must turn on cookies

6. Once back on the Google Scholar search page, you will notice “Import into RefWorks” under the first search item. Click this to initiate the automatic import into Refworks.

A biomechanical comparison of the vertical jump, power clean, and jump squat

RefWorks Web Based Bibli x Ovid: Effects of Baseball V x Sasho MacKenzie x Class Schedule

scholar.google.ca/scholar?q=A+biomechanical+comparison+of+the+vertical+jump,+power+clean,+and+jump+s

Web Images More...

Google

A biomechanical comparison of the vertical jump, power clean, and jump squat

Scholar About 1,210 results (0.11 sec)

Articles

Case law

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Any time

Since 2014

Since 2013

[A biomechanical comparison of the vertical jump, power clean, and jump squat](#)
 SJ MacKenzie, RJ Lavers, BB Wallace - Journal of sports sciences, 2014 - Taylor & Francis
 ... To the knowledge of the researchers, such a **biomechanical comparison** has yet to be conducted. ...
 Research methods in **biomechanics**. ... On average, **power cleans** elicited a significantly greater
 maximum force (2411 N) than **jump squats** (2200 N) and **vertical jumps** (1770 N ...
 Related articles All 4 versions [Import into RefWorks](#) Save More

[Improving vertical jump performance through general, special, and specific strength training: A brief review](#)
 D Baker - The Journal of Strength & Conditioning Research, 1996 - journals.lww.com

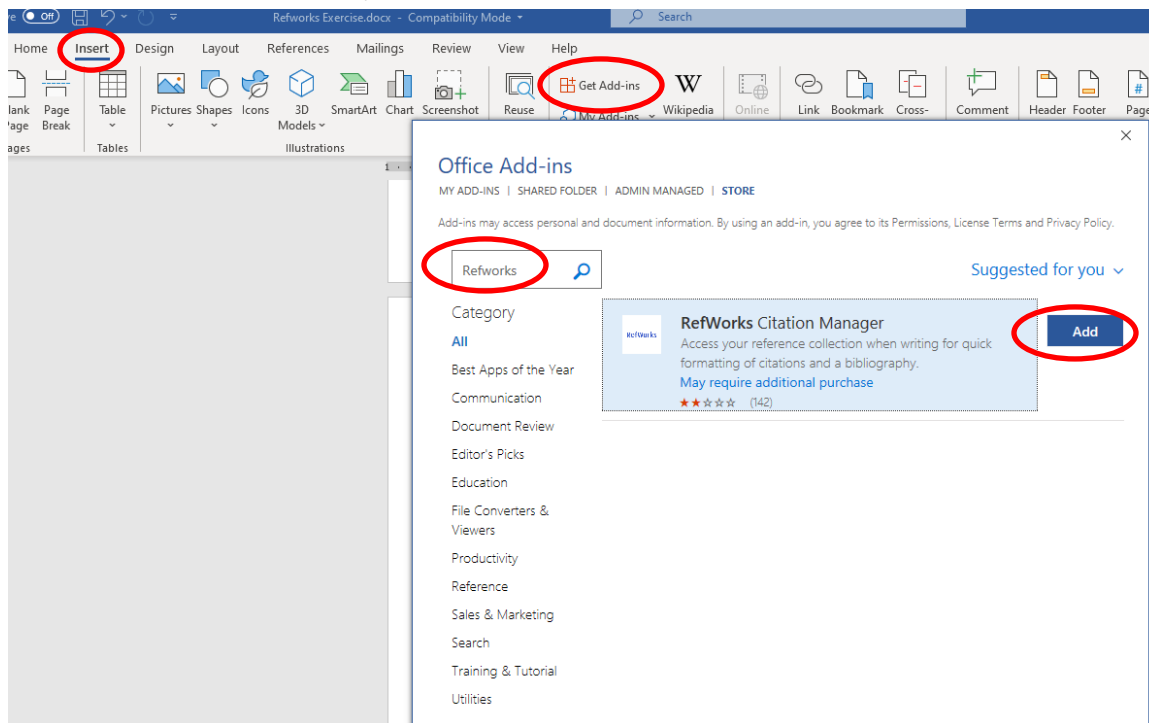
7. Following the instructions to import into the newest version of RefWorks.
8. Put the reference in the HK396TEST folder. Do this by clicking the check box associated with the reference and selecting HK396TEST from the folder drop down.

The screenshot shows the ProQuest RefWorks interface. The top navigation bar includes the ProQuest RefWorks logo, 'Untitled Project', 'St Francis Xavier University', 'Language (English)', and the user name 'Sasho MacKenzie'. On the left, a sidebar contains navigation options: 'All References', 'Search Databases', 'Last Imported' (highlighted), 'Sharing', 'My Folders', 'Tags', and 'Deleted'. The main content area displays the 'Import references' dialog box with the subtitle '(Optionally change import destination)'. Under the 'Assign to Folder(s)' section, a dropdown menu is set to 'HKIN396TEST'. Below this, a list of folders is shown with checkboxes: 'TRACK', 'Volleyball', 'Volleyball Serv', 'HKIN396TEST' (checked), and 'Grip Mass'. A red arrow points to the checked checkbox for 'HKIN396TEST'.

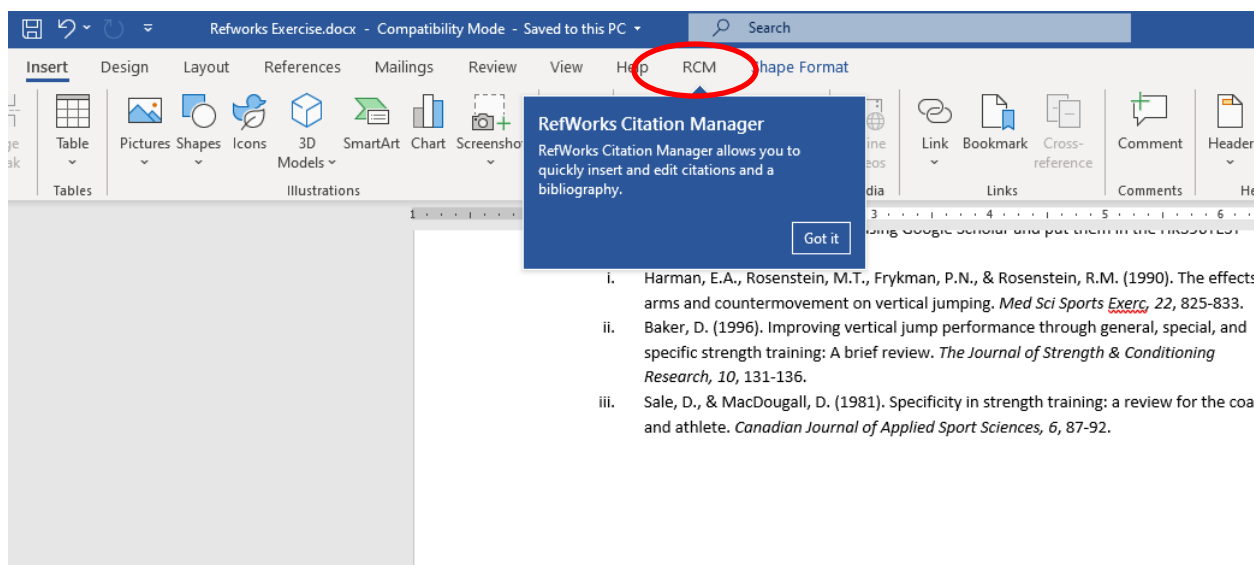
9. Search for the following three articles using Google Scholar and put them in the HK396TEST folder as well.
 - i. Harman, E.A., Rosenstein, M.T., Frykman, P.N., & Rosenstein, R.M. (1990). The effects of arms and countermovement on vertical jumping. *Med Sci Sports Exerc*, 22, 825-833.
 - ii. Baker, D. (1996). Improving vertical jump performance through general, special, and specific strength training: A brief review. *The Journal of Strength & Conditioning Research*, 10, 131-136.
 - iii. Sale, D., & MacDougall, D. (1981). Specificity in strength training: a review for the coach and athlete. *Canadian Journal of Applied Sport Sciences*, 6, 87-92.

10. Open Microsoft Word and Add RefWorks Citation Manager to the Menu Bar

- i. From the Insert menu, click on Get Add in. Search for "Refworks" and click "Add"



Refworks (RCM)...should now appear in menu



11. Copy and Paste the following paragraph into a new Word document and SAVE IT IN A HK396 FOLDER YOU CAN FIND LATER with the name “HK396 RefWorks Exercise.

The vertical jump is an explosive movement important in many sports (Harman, Rosenstein, Frykman, & Rosenstein, 1990). A review by Baker (1996) suggests that both general strength training (e.g. squats) and specific strength training (e.g. depth jumps) can play key roles in a program designed to improve the vertical jump. However, special strength exercises, such as jump squats and Olympic-style lifts, are probably the most effective (Baker, 1996). In general, it is believed that a training exercise should follow the principle of specificity: the exercise should be similar to the targeted sport movement with regard to the kinetics, kinematics, and contraction type (Sale & MacDougall, 1981). Further, in order for a training exercise to facilitate an improvement in performance in a sport movement, such as vertical jumping, the exercise must stimulate a trainable feature of the neuromuscular system beyond the level that can be achieved when executing the sport movement.

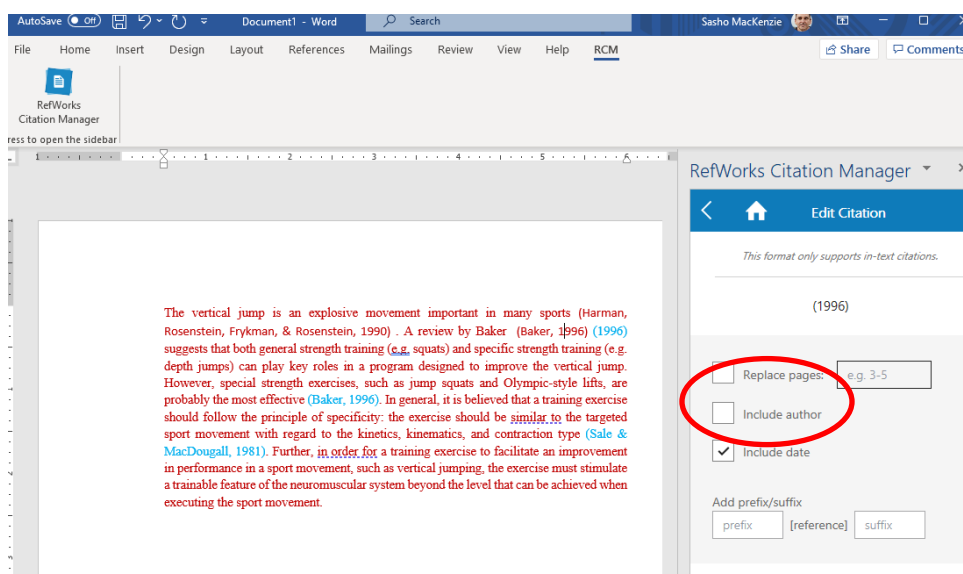
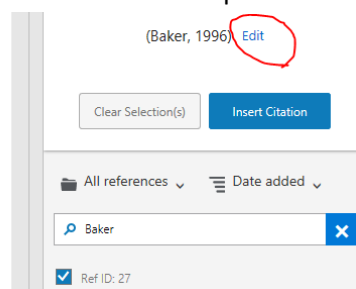
12. In place of the blue text, you are going to use the RefWorks add-in in Word to insert a citation and create a bibliography.

- i. Click “RCM” from the main Menu bar in Word.
- ii. Click on Refworks Citation Manager to open it in the side bar. Log in.
- iii. Change the style to APA 6th.
- iv. Search for the “Harman” reference first.
- v. With your cursor at the start of the blue text (Harman, Rosenstein,) , select the check box for the Harman reference and click Insert Citation. After it is inserted, delete the blue text. Repeat for the Sale and MacDougall reference.

The screenshot shows a Microsoft Word document with the RefWorks Citation Manager add-in open. The main document text is highlighted in blue. The RefWorks Citation Manager sidebar is open, showing the search results for 'Harman' and the selected reference: 'The effects of arms and countermove... Harman, Everett A, Rosenstein, Michael T, Fryk... Medicine and Science in Sport and Exercise, 22 ...'.

- vi. For Baker (1996), you need to “hide the author” since the author name is mentioned in the text. After searching and checking the citation, click on “edit” next to the citation shown in the side bar. Then uncheck the “include author” option.

The vertical jump is an explosive movement important in many sports (Harman, Rosenstein, Frykman, & Rosenstein, 1990). A review by Baker (Baker, 1996) (1996) suggests that both general strength training (e.g. squats) and specific strength training (e.g. depth jumps) can play key roles in a program designed to improve the vertical jump. However, special strength exercises, such as jump squats and Olympic-style lifts, are probably the most effective (Baker, 1996). In general, it is believed that a training exercise should follow the principle of specificity: the exercise should be similar to the targeted sport movement with regard to the kinetics, kinematics, and contraction type (Sale & MacDougall, 1981). Further, in order for a training exercise to facilitate an improvement in performance in a sport movement, such as vertical jumping, the exercise must stimulate a trainable feature of the neuromuscular system beyond the level that can be achieved when executing the sport movement.

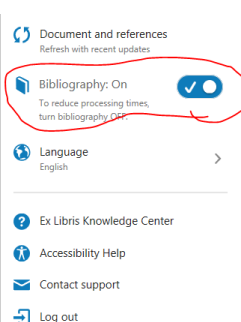


- vii. From the RefWorks menu in the side panel, turn the “Bibliography” option on, and the References will automatically be entered into the Word document in the correct style.

effective (Baker, 1996). In general, it is believed that a training exercise should follow the principle of specificity: the exercise should be similar to the targeted sport movement with regard to the kinetics, kinematics, and contraction type (Sale & MacDougall, 1981). Further, in order for a training exercise to facilitate an improvement in performance in a sport movement, such as vertical jumping, the exercise must stimulate a trainable feature of the neuromuscular system beyond the level that can be achieved when executing the sport movement.

References

- Baker, D. (1996). Improving vertical jump performance through general, special, and specific strength training. *Journal of Strength and Conditioning Research*, 10, 131-136.
- Harman, E. A., Rosenstein, M. T., Frykman, P. N., & Rosenstein, R. M. (1990). The effects of arms and countermovement on vertical jumping. *Medicine and Science in Sport and Exercise*, 22(6), 825-833.
- Sale, D., & MacDougall, D. (1981). Specificity in strength training: A review for the coach and athlete. *Canadian Journal of Applied Sport Sciences Journal, Canadian Des Sciences Appliquées Au Sport*, 6(2), 87-92.



13. Please use Refworks on a regular basis for organizing the articles you find for your Hypothetical Study.