

How to Research in Sport and Fitness: An Introduction



**PREPARING FOR
ASSIGNMENTS, SOME TIPS
TO GET YOU STARTED**

Preparing for assignments, some tips to get you started:

1. Plan ahead

Don't underestimate the time it takes to prepare and to prepare for and put together your assignment. You need to give yourself plenty of time to understand what is required, to carry out your reading and research, and to write and refine your work.

2. Reading and research

Check the module reading list and access key texts from the library. Check what other texts may be available and don't forget to also have a look at e-books and e-journals.

3. Are you familiar with searching our collection of journals, bibliographic databases and library catalogue? You can search with 'Quest', our easy to use, powerful discovery service. Click here for a quick reference guide to using Quest.

4. Click here for tips on searching and using e-resources, along with how to search an online journal and the range of tutorials available.

5. Write the first draft

This may seem daunting at first. Don't worry; this is how most students feel when they start! The best approach is to simply get started and write something, even if it is just a really rough draft to start with, as this will help you to gather your thoughts on the topic.

6. Redraft and refine

This stage can take the form of a number of drafts and redrafts. These are necessary to achieve structure in the form of a logical series of paragraphs. Don't forget to proofread your text for spelling, grammar and punctuation errors, as marks can easily be lost when this isn't done.

7. Check those references!

Referencing is used to acknowledge the sources of information that you have used in your own writing. In academic writing, it is essential that you acknowledge the work of others. A reference provides all the information that a reader requires in order to identify and find the source that you have cited (quoted) in your writing. When you refer to a source of information your writing, you must include a reference to it.

8. Spelling

- ['AskOxford.com: Better writing - Commonly misspelled words'](#).
 - Browse this site for tips on spelling and grammar.

9. Style and register

- ['University of Essex: mySkills, Academic Style'](#).
 - This site has useful explanations and practice tasks with solutions.