

I. GENERAL PURPOSE/AUDIENCE

Writing in the field of Health and Fitness Science requires clear and concise language. The purposes of writing in this field are often to share data collected, inform about an issue, or document an approach. Audiences for writing in this field include student peers, faculty, field scholars, medical and allied health professionals, and exercise practitioners.

II. TYPES OF WRITING

- Research papers (formulate hypotheses and reach conclusions based on the appropriate literature)
- Literature review (with introduction, body, summary, and references/citations)
- Books
- Journal articles
- Dissertations
- Reviews
- Abstracts
- Grant proposals
- Technical reports
- Conference presentations
- Journals and reflective writing

III. TYPES OF EVIDENCE

- Data collection
- Data smoothing
- Experimental model
- Data calculations
- Data analyses
- Quantitative and qualitative research

IV. WRITING CONVENTIONS

- Most publishers prefer active voice, not passive.
- First-person point of view is preferred over third-person.
- Writing should be clear and concise.
- Common format includes an abstract, introduction, methodology, results, discussion, references.

V. COMMON TERMS AND CONCEPTS

- SOAP (Subjective, Objective, Assessment, Plan) medical documentation
- Charting refers to different ways that medical notes can be documented

VI. CITATION STYLE

APA (American Psychological Association)

Sources

Department of Health, Leisure and Exercise Science. Appalachian State University. (2013). Retrieved from <http://hles.appstate.edu/academic-majors>

How to write a scientific paper in the exercise sciences. Pepperdine University. Retrieved from <http://faculty.pepperdine.edu/mfeltner/Classes/Paper/index.html>

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