



Colegio de San Juan de Letran
Dominican Avenue, Abucay, Bataan
Library and Media Services

RESEARCH GUIDE: INDIVIDUAL AND DUAL SPORTS

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RESEARCH GUIDES

INDIVIDUAL AND DUAL SPORTS

I. SCOPE NOTE

Any sport in which a player can play one vs one, two vs two, or compete against oneself. Students will learn and understand basic skills, rules, strategy and etiquette of individual/dual sports, and incorporates those into structured games. woodburnsd.org

II. SEARCH AIDS (BT: Broader Term, RT: Related Term, NT: Narrow Term)

BT:

- Physical Education

RT:

- Physical Exercise
- Physical Activity
- Well-Being
- Physical Fitness
- Physical Condition
- Wellness Psychology
- Wellness Ethics
- Wellness Nutrition
- Physical Exercise
- Physical Wellness
- Resistance Training
- Physical Prowess
- Individual Sports
- Dual Sports
- Team Sports
- Combative Sports
- Technical Sport
- Wellness Management
- Wellness Program
- Wellness Law
- Sports History

NT:

- Basketball
- Soccer
- Softball
- Volleyball
- Goalie
- Kick-off

- Center Circle
- Motor Coordination
- Accelerate/Decelerate
- Muscular Power
- Outside Hitter
- Right Side Hitter
- Opposite Hitter
- Setter
- Middle Blocker
- Libero
- Defensive Specialist
- Dribbling
- Shooting
- Passing
- Offense
- Defense
- Rebound
- Field Goal
- Three-point Arc
- Free Throw
- Three Shots
- Game Clock
- Basket Assignment
- Foul/Violations
- Batter
- Four Bases
- Home Base
- Pitcher
- Home Plate
- Fielder
- Catcher
- Strike
- Innings
- Home Team

III. INFORMATION RESOURCES

A. LIBRARY RESOURCES

Note: For the appropriate access credentials, please contact the Letran Bataan Library

➤ E-JOURNALS

- Journal of Physical Education, Recreation, and Dance.

- https://www.proquest.com/publication/publications_40789
- Physical Educator. https://www.proquest.com/publication/publications_35035
- EJSS. European Journal for Sport and Society. https://www.proquest.com/publication/publications_1066350
- Journal of Physical Education and Sport. <https://search.proquest.com/docview/1017884391?accountid=190548>
- The American Journal of Sports Medicine. <http://dx.doi.org/10.1177/0363546505274935>
- Journal of Sport and Health Science. <https://www.sciencedirect.com/journal/journal-of-sport-and-health-science>
- Journal of Science and Medicine in Sports https://search.proquest.com/publication/publications_27519?accountid=190548
- Research Quarterly for Exercise and Sport https://search.proquest.com/publication/publications_40785?accountid=190548
- Journal of Sports Sciences https://search.proquest.com/publication/publications_53185?accountid=190548

➤ E-THESES

- Cardoso da Costa Ventura, Ines. (2020). The role of the Pilates (™) approach on jump performance, jump landing ability and sport anxiety on collegiate basketball and volleyball players (Order No. 27834430). Available from ProQuest Central. (2444672648). Retrieved from <https://www.proquest.com/docview/2444672648/4F0AE6955A6541AFPQ/1?accountid=190548>
- Valerio, J. (2020). Meet me at the net: Mental toughness and body language in female volleyball players (Order No. 27963278). Available from ProQuest Central. (2455972082). Retrieved from <https://www.proquest.com/dissertations-theses/meet-me-at-net-mental-toughness-body-language/docview/2455972082/se-2?accountid=190548>
- Aguirre, M. (2020). Dietary patterns and nutrition intake among elite adolescent and young adult soccer athletes (Order No. 28029681). Available from ProQuest Central. (2470883173). Retrieved from <https://www.proquest.com/dissertations-theses/dietary-patterns-nutrition-intake-among-elite/docview/2470883173/se-2?accountid=190548>
- Roberts, V. E. (2020). The use of imagery assisted virtual reality for pitch recognition in NCAA division one softball (Order No. 27958025). Available from ProQuest Central. (2414420928). Retrieved from <https://www.proquest.com/dissertations-theses/use-imagery-assisted-virtual-reality-pitch/docview/2414420928/se-2?accountid=190548>
- Clowes, H. (2019). Perceptions of the well-being and sport performance relationship (Order No. 28329090). Available from ProQuest Central. (2495344758). Retrieved from <https://www.proquest.com/dissertations-theses/perceptions-well-being-sport-performance/docview/2495344758/se-2?accountid=190548>
- Kashdan, A. (2019). Effects of an overhead target on lower extremity mechanics during a vertical drop jump (Order No. 27545817). Available from ProQuest Central. (2385271643). Retrieved from <https://www.proquest.com/dissertations-theses/effects-overhead-target-on-lower-extremity/docview/2385271643/se-2?accountid=190548>
- Joyner, D. C. (2017). The effectiveness of an 8-week sport-specific intervention program

- on improving proprioception, balance, and function in adolescent female soccer players (Order No. 10273128). Available from ProQuest Central. (1901846441). Retrieved from <https://www.proquest.com/dissertations-theses/effectiveness-8-week-sport-specific-intervention/docview/1901846441/se-2?accountid=190548>
- Basnigh, Joshua Stephen G., IV. (2016). Examining the implementation of PETTLEP-based imagery in youth soccer-dribbling performance (Order No. 10143434). Available from ProQuest Central. (1825303179). Retrieved from <https://www.proquest.com/dissertations-theses/examining-implementation-pettlep-based-imagery/docview/1825303179/se-2?accountid=190548>
 - Hope, Zack. (2018). An Exploration of Two-year College Female Basketball Athletes Experiences of Being Coached by Male and Female Coaches (Order No. 10931115). Available from ProQuest Central. (2109028485). Retrieved from <https://search.proquest.com/docview/2109028485/1899185925FF4259PQ/4?accountid=190548>
 - Hextrum, Kirsten (2017). Racing to Class: School, Sport and Inequality (Order No. 10280952). Available from ProQuest Central. (1924706252). Retrieved from <https://search.proquest.com/docview/1924706252/4CA679C22F1E42E4PQ/5?accountid=190548>
 - Miller, Nicole Y. (2017). Nutrition education series for female club soccer players 14 to 18 years of age (Order No. 10254192). Available from ProQuest Central. (1878207584). Retrieved from <https://search.proquest.com/docview/1878207584/6738BFCE468F4771PQ/14?accountid=190548>
 - Kaczmarek, Chase (2016). Vertical Jump Performance is Directly Correlated to Fit For 90™'s Player Monitoring Scores in Collegiate Women's Volleyball (Order No. 10249243). Available from ProQuest Central. (1872325901). Retrieved from <https://search.proquest.com/docview/1872325901/4815798D11E5422FPQ/4?accountid=190548>
 - Lamond, Lindsey C. (2016). Differences in head acceleration across impact type, player position, and playing scenario in collegiate women's soccer athletes (Order No. 10157377). Available from ProQuest Central. (1823265775). Retrieved from <https://search.proquest.com/docview/1823265775/6738BFCE468F4771PQ/12?accountid=190548>
 - Walker, Nefertiti A. (2011). A multilevel perspective on the underrepresentation of women in the male dominated sport workplace: The case of men's college basketball. (Order No. 3496935). Available from ProQuest Central. (922268912). Retrieved from <https://search.proquest.com/docview/922268912/D177CFD670BC401APQ/4?accountid=190548>
 - Eglund, Roger Gillman. (2000). A comparison of landing strategies in volleyball players based on quadriceps strength. (Order No. 9988918). Available from ProQuest Central. (304603277). Retrieved from <https://search.proquest.com/docview/304603277/AC2F67837AAF476DPQ/3?accountid=190548>

B. OPEN ACCESS

➤ FREE E-BOOKS

- Dearing, Joel. (2019). Volleyball Fundamental, 2nd ed. USA: Human Kinetics, Inc. <https://www.pdfdrive.com/volleyball-fundamentals-2nd-edition-d187782589.html>
- Schmidt, Becky. (2016). Volleyball: Steps to Success. USA: Human Kinetics. <https://www.pdfdrive.com/volleyball-steps-to-success-d167173406.html>
- Goodson, Ryan (2016). Basketball Essentials. Champaign, IL: Human Kinetics. <https://www.pdfdrive.com/basketball-essentials-e167435864.html>
- Garman, Judi, Gromacki, Michelle (2011). Softball: Skills & Drills (2nd ed.). Champaign, IL: Human Kinetics. <https://www.pdfdrive.com/softball-skills-drills-d157713109.html>
- Complete Soccer Coaching Guide: 50 Soccer Drills, Exercises and Tips for Better Coaching (2011). (n.p.). <https://www.pdfdrive.com/50-coaching-drills-complete-soccer-coaching-guide-50-soccer-drills-exercises-and-tips-for-better-coaching-e186247972.html>
- American Volleyball Coaches Association (2012). The Volleyball Drill Book. (Teri Clemens, Jenny McDowell, Eds). Champaign, IL: Human Kinetics. <https://www.pdfdrive.com/the-volleyball-drill-book-e157721880.html>
- Faigenbaum, Avery, Westcott, Wayne L. (2009). Youth Strength Training. <https://www.pdfdrive.com/youth-strength-training-programs-for-health-fitness-and-sport-e175239919.html>
- Krause, Jerry, Meyer, Don & Meyer, Jerry. (2008). Basketball skills & drills. U.S.: Kinetics. <https://www.pdfdrive.com/basketball-skills-drills-e157785671.html>
- Alter, Michael J. (1998). Sport Stretch: 311 Stretches for 41 Sports. USA: Human Kinetics. <https://www.pdfdrive.com/sport-stretch-311-stretches-for-41-sports-e158382911.html>

➤ FREE E-JOURNALS

- International Journal of Sport and Health Science. <https://www.jstage.jst.go.jp/>
- Journal of Physical Education and Sport. <https://efsupit.ro/>
- Journal of Sports Medicine and Therapy. <https://www.heighpubs.org/jsmt/pdf/jsmt-aid1020.pdf>
- International Journal of Volleyball Research. <https://www.pdfdrive.com/international-journal-of-volleyball-research-fivb-d9495134.html>
- Journal of Human Sport & Exercise. <https://www.pdfdrive.com/journal-of-human-sport-and-exercise-online-d62230239.html>

➤ FREE E-THESES

- Downs Talmage, J. (2021). The effects of increased workload on softball pitching mechanics, range of motion, and strength. (Doctoral Dissertation). Auburn University. Retrieved from <https://etd.auburn.edu/handle/10415/7763>
- Fox, J. (2020). The association between workload, sleep, and performance in basketball players. (Thesis). Central Queensland University. Retrieved from <http://hdl.cqu.edu.au/10018/1333366>
- Han, P. (2018). Investigation of college outstanding volleyball players' ego identity and

- well-being. (Thesis). NSYSU. Retrieved from http://etd.lib.nsysu.edu.tw/ETD-db/ETD-search/view_etd?URN=etd-0623118-143615
- Kong, D. (2018). Basketball footwear design: the guard position, integration of performance, injury prevention and style: an exegesis presented in partial fulfilment of the requirement for the degree of Masters of Design at Massey University, Wellington, New Zealand. (Thesis). Massey University. Retrieved from <http://hdl.handle.net/10179/14768>
 - Morris, T. P. (2018). Evaluating the head injury risk associated with baseball and softball. (Masters Thesis). Virginia Tech. Retrieved from <http://hdl.handle.net/10919/95889>
 - Tremitiere, C. (2017). An examination of coaching leadership style preferences of female professional basketball players. (Doctoral Dissertation). Auburn University. Retrieved from <http://hdl.handle.net/10415/5854>
 - Loomis, Geoffrey W. (2013). Seasonal changes in body composition, block jump, attack jump and lower body power index in male collegiate volleyball players. (Masters Thesis). Brigham Young University. <https://scholarsarchive.byu.edu/cgi/viewcontent.cgi?article=5280&context=etd>
 - Stubbs, Sandra G. (2020). Female College Student-Athletes: Lived Social and Emotional Experiences during the First Year of College. (Dissertation). Capella University. Retrieved from <https://www.proquest.com/dissertations-theses/female-college-student-athletes-lived-social/docview/2377430557/se-2?accountid=190548>
 - Spencer, Ronald R. (2019). Youth Coaches' Perception of Their Role in a Young Athletes' Continued Participation. (Dissertation). Walden University. Retrieved from <https://www.proquest.com/dissertations-theses/youth-coaches-perception-their-role-young/docview/2284211054/se-2?accountid=190548>
 - Spurkland, Kristin. (2018). Framing Physical Activity: Weight Control Frames and Physical Activity Motivation. (Dissertation). Portland State University. Retrieved from <https://www.proquest.com/dissertations-theses/framing-physical-activity-weight-control-frames/docview/2089435245/se-2?accountid=190548>
 - Adams, Keith Gordon (2018). Finding the Balance between Academic and Sport Motivation: A Study of NCAA Division I Student-Athletes. (Dissertation). Grand Canyon University. Retrieved from <https://www.proquest.com/dissertations-theses/finding-balance-between-academic-sport-motivation/docview/2162924149/se-2?accountid=190548>
 - Christian, Marc E. (2017). Athletics Director Leadership: How Forces Affect Leadership and Organizational Change Agendas. (Dissertation). University of Pennsylvania. Retrieved from <https://www.proquest.com/dissertations-theses/athletics-director-leadership-how-forces-affect/docview/1954038084/se-2?accountid=190548>

C. PROFESSIONAL ORGANIZATIONS

- Philippine Society of Sports Nutrition. <https://www.sportsnutritionph.org/>
- National Association for Sport and Physical Education. <https://www.pgpedia.com/>
- SHAPE America Society of Health and Physical Educators. <https://www.shapeamerica.org/>
- Women Leaders in College Sports. <https://www.womenleadersincollegesports.org/WL/about/our->

[purpose/WL/About/our-purpose.aspx?hkey=44fec3dc-e1fe-4825-8645-286560bb09a9](#)

- Sport Management Council. <http://sportphil.com/>
- International Council of Sport Science and Physical Education. <https://www.icsspe.org/>
- National Council for Physical Educators of the Philippines Education. <https://www.facebook.com/ncpep2016/>

D. OTHER RELATED WEB PORTALS

- Sports Illustrated. <https://www.si.com/>
- NBC Sports. <https://www.nbcsports.com/>
- Fox Sports. <https://www.foxsports.com/>
- Sporting News. <https://www.sportingnews.com/>
- Yahoo Sports. <https://sports.yahoo.com/>

E. RELATED RESEARCH GUIDES

- Bond University. <https://bond.libguides.com/sports-and-exercise-science>
- University of Michigan. <https://guides.lib.umich.edu/c.php?g=283118&p=1886246>
- Michigan State University. <https://libguides.lib.msu.edu/c.php?g=96149&p=625880>
- Georgetown Law Library. <https://guides.ll.georgetown.edu/sportslaw>
- Columbia University. <https://guides.library.columbia.edu/sportsmanagement>

IV. TUTORIALS

- Fundamentals of Dribbling. <https://www.youtube.com/watch?v=BnvGa0I8bMc>
- Fundamentals of Shooting. https://www.youtube.com/watch?v=t7ciq_x4138
- Volleyball Rules for Beginners / Easy Explanation/Rules, Scoring, Positions and Rotation. <https://www.youtube.com/watch?v=hLZ44KBWEbo>
- How to Serve Volleyball. <https://www.youtube.com/watch?v=9Xd-nuj54As>
- Volleyball Serve Evolution 1940-2018. <https://www.youtube.com/watch?v=mEwBhFFSEzQ>
- Softball Positions Basics. <https://www.youtube.com/watch?v=l84M04plSwa>
- 5 Most Basic Soccer/Football Skills for Beginners. <https://www.youtube.com/watch?v=cplwMZ3cUEc>
- Ball Handling. <https://www.youtube.com/watch?v=Bpciwmfi7uM>
- Volleyball. https://www.youtube.com/watch?v=tBQ_NepOp-U
- How to Serve Volleyball. <https://www.youtube.com/watch?v=Qv1mA1s8p9Y>
- Soccer. <https://www.youtube.com/watch?v=cplwMZ3cUEc>
- The Physics Classroom. <https://www.physicsclassroom.com/class/circuits>

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