



# International Journal of Physical Education, Sports and Health

P-ISSN: 2394-1685  
E-ISSN: 2394-1693  
Impact Factor (ISRA): 5.38  
IJPESH 2021; 8(3): 272-274  
© 2021 IJPESH  
[www.kheljournal.com](http://www.kheljournal.com)  
Received: 16-02-2021  
Accepted: 03-04-2021

**Shabina Akhter**  
REK, Department of YSS,  
Jammu and Kashmir, India

**Aamir Ahmed**  
Lecturer in Physical Education,  
Department of YSS, Jammu and  
Kashmir, India

## Research in the field of physical education and sports by using digital libraries

**Shabina Akhter and Aamir Ahmed**

### Abstract

Technology is playing a key role in various types of communication within the classroom today; changing the way communication takes place in a way that is having a real impact on learning. A different breed of technology, leveraging the power of simplistic digital libraries, have proving to finally break through with a real impact on researchers and physical education professionals. Technology such as digital libraries proving to offer a more dynamic learning experience, with direct benefit to researcher and sports professionals. It's a refreshing change for educators who have struggled with the complexity, cost, and practicality of the last generation of technology tools.

**Keywords:** Internet, digital library and e-resources

### Introduction

The Internet has been rapid growth in recent years, and the implications of this growth for physical education and sports sciences research are enormous. This chapter will outline the potential uses, and dangers, of the digital library as are search resource. The World Wide Web contains a vast amount of information, some useful, most relevant. The researcher may waste a great deal of time hidden away, and difficult to locate. The researcher may waste a great deal of time trying to locate relevant sites, with no guarantee of success. Secondly, the accessibility of the Internet means that anyone with the appropriate technical skills and equipment can publish on it, and therefore there is no guarantee of quality.

### Internet

Whilst it is not necessary for you to have a detailed technical knowledge of the Internet, it is useful to have an awareness of what the Internet actually is. Put very simply, the Internet is a network of computer networks. Each network provides information that can then be accessed by other networks. Thus, the Internet itself does not contain information. Rather, it is a tool to allow the sharing of information held on computer. Everything available on the Internet has its own unique uniform resource locator (URL). When you type in the URL or click onto a link to a URL, you send a request to retrieve that document, or web page from its source.

### Digital library

Digital libraries may be defined as electronic information collections containing large and diverse repositories of digital objects, which can be accessed by a large number of geographically, distributed users.

A digital library is a library in which collections are stored in digital formats (as opposed to print, microform, or other media) and accessible by computers. The digital content may be stored locally or accessed remotely via computer networks. A digital library is a type of information retrieval system.

### Basic principles of digital libraries

The purpose of a digital library is to provide coherent organization and convenient access to typically large amounts of digital information. The following principles provide working definitions of a digital library from both a conceptual and a practical standpoint.

**Corresponding Author:**  
**Shabina Akhter**  
REK, Department of YSS,  
Jammu and Kashmir, India

- A digital library is an integrated set of services for capturing, cataloguing, storing, searching, protecting and retrieving information.
- Digital library services bring order where data floods and information mismanagement have caused much critical information to be incoherent, unavailable, or lost.
- Digital library architecture emphasizing organizations, acquisitions, preservation and utilization of information.
- Digital library systems are realizations of architecture in a specific hardware, networking and software situation.

### Core capabilities

Digital library systems compose a family of automated systems together provide a comprehensive capability to manage the digital content of an enterprise. It is useful to divide the capabilities of digital library systems into the following the areas:

1. Capture or creation of content
2. Indexing and cataloguing (metadata)
3. Storage
4. Search and query
5. Asset and property rights protection
6. Retrieval and distribution

### E – resources

Any electronic product that delivers a collection of data, be it text referring to full text bases, electronic journals image collections, other multimedia products and numerical, graphical or time based, as a commercially available title that has been published with an aim to being marketed. These may be delivered on CDROM, on tape, via the Internet and so on.

### Types of e – resources

There are two types namely as follows:

1. Subscription of online journals (Fees Paid)
2. Freely access online journals

### Digital resource organization

The library should develop an information resources collection and development policy consistent with the objectives of its institution or community. These information resources should satisfy through content, currency format organizations and qualities, i.e.,

- OPAC
- Electronic text and journals
- Electronic books
- Internet
- Email
- Bulletin board
- Database (CD ROM and DVD – ROM database).

The digital information services personnel should, beyond in house collections and in house expertise, draw on the resources of other organizations, collect and provide information, by consulting individual experts and by tapping external information sources. The digital library should provide access to the most current reference source available in order to assure the accuracy of information

### Internet resources

There are a number of useful resources available for the physical education and sports sciences researcher. The Internet is constantly being updated, so this is not an exhaustive list, and some of the sites may not always be operational.

### Physical education and sport sciences resources

- <http://www.ausport.gov.au/aismenu.html>  
The website of the Australian Institute of sport based in Canberra.
- <http://www.cid.cn/DAVID/mainmenu.html>  
A very good website for anatomy with many images from magnetic resonance imaging scans.
- <http://www.hea.org.uk>  
The website of Gatorade company with many links to nutrition and fluids in sport and exercise.
- <http://www.mspweb.com/orgs.html>  
An excellent website which acts as a link to many other sports and exercise, medicine and rehabilitation websites
- <http://www.physsportmed.com>  
The website of the journal The Physician and sports medicine.
- <http://www.sportssci.org>  
An informative website dedicated sports science and statistics.
- <http://www.sportscotland.org.uk> - Sport Scotland
- <http://www.sportengland.org.uk> - Sport England
- <http://www.sports-council-wales.co.uk> - Sports Council for Wales.
- <http://www.sportni.org> - Northern Ireland Sports Council
- <http://www.sportscoachuk.org> - Sports Coach UK
- <http://www.nsmi.org.uk> - National Sports Medicine Institute of the UK

### Organizations

- <http://www.aahperd.org/aaalf/html> - American Association for Active Lifestyle Fitness
- <http://www.acsm.org/sportsmed> - American College of Sports Medicine
- <http://www.americanheart.org> - American Heart Association National Center
- <http://www.cooperinst.org> - The Cooper Institute of Aerobics Research

### Identifying journal articles

Information concerning topics in physical education and sports sciences can be found in a number of scholarly and popular journals and magazines. The Following database indexes are most useful in finding journal articles in this area.

In the Full – text of the article is found in the database you are searching.

- Academic Search Elite
- CINAHL
- Clinical Pharmacology
- Directory of Open Access Journals
- Education Full Text
- ERIC
- Expanded Academic ASAP
- PsycINFO and PsycARTICES
- PubMed/MEDLINE and PubMed
- Science Direct
- SPORT Discus

### E – Journals

- American Journal of Clinical Nutrition
- American Journal of Sports Medicine
- Annual Review of Physiology
- Archives of Physical Medicine and Rehabilitation
- British Journal of Sports Medicine
- Coach and Athletic Director
- Dance Magazine

- Human Movement Sciences
- International Journal of Physical Education
- Journal of Sport Behavior

### **Conclusion**

Research is simply a way of solving problems. Questions are raised, and methods are devised to try to answer them. The digital library is a large, rapidly expanding tool for the Physical Education and Sports Sciences researcher. Because of its size and organization it can be both a good research resource. Internet is a wealth of information available, and you may find vast quantities of relevant information.

### **References**

1. Harmon Charles. Using the Internet, Online Services, and CD – ROMs for Writing Research and Term Papers, 2<sup>nd</sup> Ed. New York: Neal – Schulman Publishers, Inc 2000.
2. Leedy P. Practical Research: Planning and Design, New York: Macmillan 1985.
3. Theobald W, Dunsmore H. Internet Resources for Leisure and Tourism, Oxford: Butterworth – Heinemann 2000.
4. Thomas J, Nelson. Research Methods in Physical Activity (4<sup>th</sup> edition), Champaign, III: Human Kinetics 2001.
5. Williams A, James B. Science for Exercise and Sport, New York, Routledge 2001.
6. <http://www.e.lib.use.htm>
7. <http://www.library.uiuc.edu/search>