How to Properly Do Citations

Summary:

Citations

- Always use the authors last name in a parenthetical and in body citation.
- (Last name, date)
- (title, date)
- (title of webpage, date)
- If two authors (Senior Name & Name, date)
- If three authors (Senior Name, Next important, Last important)
- If more than four authors (Name et al, 2019)
- Any date or statistics must be cited

References

- Starts a new page
- All double spaced
- Hanging indent
- Alphabetize
- Around 20 references.

With one author:

- Have the last name of the author followed by the publishing date of the article or quote
- There are two ways (in-body):

Schiller (2016) states:

> BDNF [-brain-derived neurotrophic factor-] facilitates extinction learning and running elevates BDNF levels… BDNF appears to be the molecular harbinger of wellbeing. Mitigating cognitive decline, mediating learning and memory, protecting against neuronal death, and encouraging growth of new neurons are only some of BDNF's ascribed beneficial functions.

OR

> BDNF [-brain-derived neurotrophic factor-] facilitates extinction learning and running elevates BDNF levels… BDNF appears to be the molecular harbinger of wellbeing. Mitigating cognitive decline, mediating learning and memory, protecting against neuronal death, and encouraging growth of new neurons are only some of BDNF's ascribed beneficial functions (Schiller, 2016).

———————————————— **new page** ————————————————

References

Schiller, D. (2016, February 12). Running to Forget. Retrieved January 26, 2020, from

https://academic.oup.com/ijnp/article/19/6/pyw017/2639563

For **References**:

1. Starts a new page
2. only have the word references with *no special characteristics* attached to it to include all of your citations
3. All double spaced
4. Hanging indent
5. Alphabetize
6. Around 10-20 references depending on the size of the paper

*also notice how I highlighted the in-body citation and the beginning of the reference; these **need** both start with the same name

**if having trouble doing citations, use: citation machine

With two authors:

- in the first method, write out the word "and" to separate author last names
- in the second method, you must use "&" to separate author last names; the same is true for references

Knechtle and Nikolaidis, (2018) stated:

> In an ultra-marathon of 1,005 km… 32 runners experienced a total of 64 different problems, of…
> [the] Achilles tendonitis, femoropatellar pain, and inflammation of extensor tendons in the foot
> [which] were the most common problems…

OR

> In an ultra-marathon of 1,005 km… 32 runners experienced a total of 64 different problems, of…
> [the] Achilles tendonitis, femoropatellar pain, and inflammation of extensor tendons in the foot
> [which] were the most common problems… (Knechtle & Nikolaidis, 2018).

——————————————————————— **new page** ———————————————————————

References

Knechtle, B., & Nikolaidis, P. T. (2018, June 1). Physiology and Pathophysiology in Ultra-Marathon

Running. Retrieved January 28, 2020, from

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5992463/

With three authors:

According to Cintron, Hambrick, and Schmidt (2018):

Their article only focuses on the running groups located in London and the study only has a sample of 20 recreational runners; contrarywise, the source is from a collection of peer reviewed articles, the authors use first hand research, and use secondary research to broaden their explanation of their findings…

OR

Their article only focuses on the running groups located in London and the study only has a sample of 20 recreational runners; contrarywise, the source is from a collection of peer reviewed articles, the authors use first hand research, and use secondary research to broaden their explanation of their findings (Cintron, Hambrick, and Schmidt, 2018).

──────────── new page ────────────

References

Cintron, A. M., Hambrick, M. E., & Schmidt, S. H. (2018, December 9). Cohesion and leadership in

individual sports: a social network analysis of participation in recreational running groups.

Retrieved February 18, 2020, from

https://www.tandfonline.com/doi/abs/10.1080/23750472.2018.1554449

With four or more authors:

- To guarantee that the citation is right, **only** use the in-body citation at then end of the quote

Athletes in this study showed low tension, depression, anger, fatigue and confusion scores, and high vigour scores. The measure of global mood and trait anxiety accounted for 45 % of the variance in athlete performance, highlighting the link between positive mental health and performance… (Rice et al, 2016).

---

new page

References

Rice, S. M. et al. (2016, September). The Mental Health of Elite Athletes: A Narrative Systematic Review.

Retrieved January 30, 2020, from https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4996886/

If no authors than use title

- For this citation, the title needs to be italicized

In this journal there's no primary research by Schiller and the author only sees one side of the argument; nevertheless, the journal is peer reviewed from the International Journal of Neuropsychopharmacology, the data is a comparison of studies done by astute authors, and Schiller has a PhD in psychobiology and a BA in psychology and philosophy (*Daniela Schiller*, 2020).

————————————— **new page** —————————————

References

Daniela Schiller. (2020). Retrieved January 30, 2020, from

http://blavatnikawards.org/honorees/profile/daniela-schiller/

If no author or title use title of webpage

"Together, we can choose people and planet over profit" (*Greenpeace*, 2020)

————————————— **new page** —————————————

References

Greenpeace. (2020). Retrieved April 29, 2020, from https://www.greenpeace.org/usa/