Introduction to Information Literacy

HNF 610: Nutrition & Fitness

Susan Arnold

Why is a librarian involved with this class?

•This class was one of six chosen to participate in the 2010 Information Literacy Course Enhancement Grant program.

•A key component of the program is to have the teaching faculty member and a librarian work together to design discipline-specific lessons that address critical research components through active learning.

•The bottom line is to introduce information literacy into the class

What is Information Literacy??

Information Literacy is basically the ability to find information and use it effectively.

But it also means:

- Thinking critically
- Reflecting on the research process
- Developing searching and retrieval skills
- Learning resource evaluation skills
- Being aware of the ethical and legal use of information

Why are we concerned about Information Literacy?

WVU's 2010 Plan calls for "incorporating information literacy into the curriculum across all disciplines"……

Information Overload!

Too many RSS feeds!!

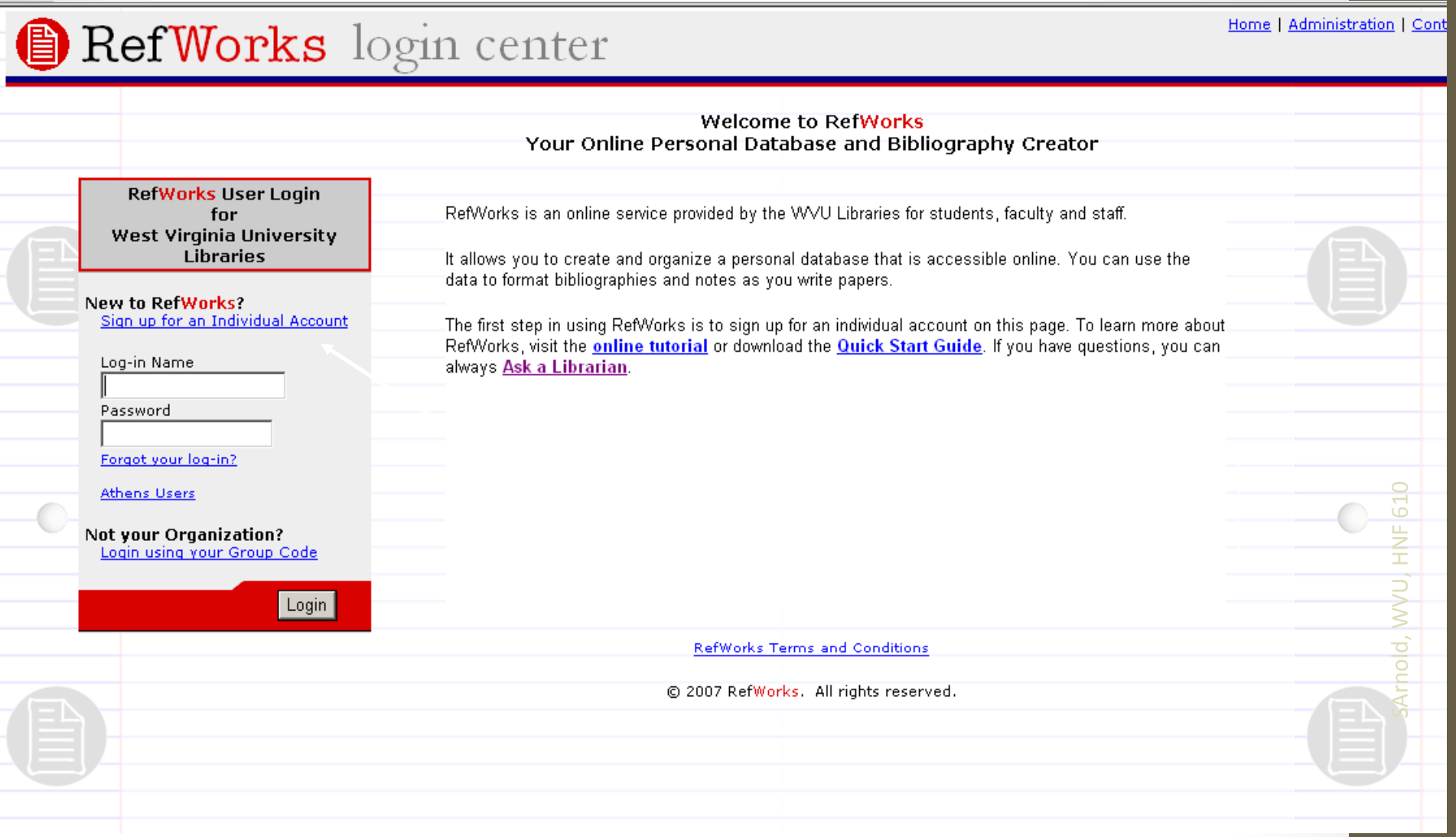
In preparation for the upcoming weeks:

Know Your WVUID Number

- Go to http://wvuid.wvu.edu
- Select **Find Your WVU ID**
- Next, select:
  - "Lookup with MIX Account" (students)
  - "Lookup with Employee ID or Social Security Number" (faculty)
- You will need the last 4 digits of this number for remote access
- You will need the entire number to order recalls, Book Express or E-Z Borrow

Sign Up for Interlibrary Loan (ILLiad)

- If you are sure that WVU Libraries do not have the journal either in print or electronically, you can submit a request through **ILLiad** for an interlibrary loan
- Sign up for ILLiad at the link below by choosing “First Time Users”
- http://illiad.lib.wvu.edu/



- Sign up for your individual account
- Once you have established your username and password, you can login via this page from anywhere over the Internet

Please make a selection:

starting smart 1

2 choosing a topic

using MountainLynx 3

4 finding articles

using the Web 5

6 citing sources

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1. STARTING SMART | 2. CHOOSING A TOPIC | 3. USING MOUNTAINLYNX | 4. FINDING ARTICLES | 5. USING THE WEB | 6. CITING SOURCES

Resources for Librarians and Educators, Credits

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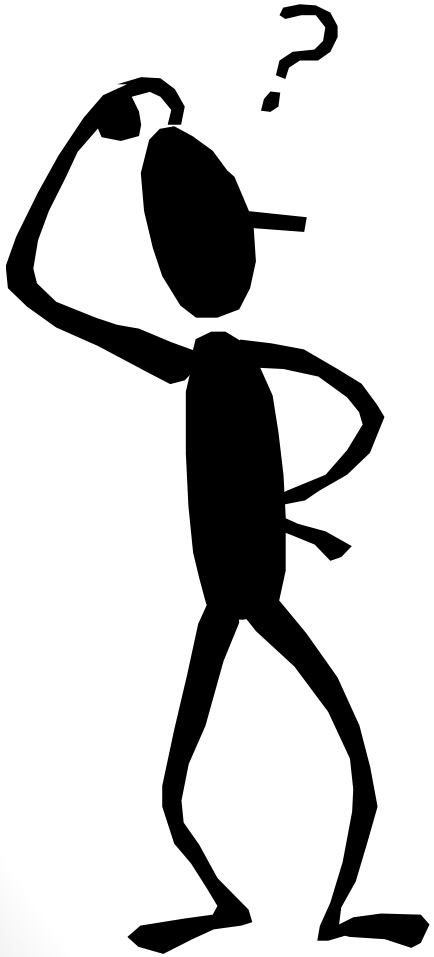
SITE METER
239,308

Go through modules 1-6 before next week and take the quizzes

SArnold, WVU, HNF 610

Questions??



- Now
- Future:
  - Susan.Arnold@mail.wvu.edu
  - (304) 293-2105
- LibGuide: http://libguides.wvu.edu/HNF610
- HSL Reference Desk: 293-6810
- Chat/Text Reference: www.libraries.wvu.edu/ask

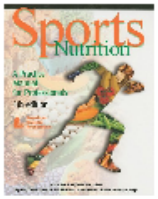
Nutrition and Fitness (HN&F 610)

A guide designed for graduate students enrolled in HN&F 610.

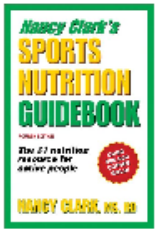
http://libguides.wvu.edu/HNF610

Reference Books

Books available at the Evansdale and Health Sciences Libraries which you may find helpful during this course.



Sports Nutrition: A Practice Manual for Professionals - Dunford
Call Number: TX361.A8 S673 2006



Nancy Clark's Sports Nutrition Guidebook - Clark
Call Number: TX361 .A8 C54 2008
4th edition

Welcome to the Class LibGuide!

This LibGuide is a portal for helpful information for students in HN&F 610.

It contains links to essential journals, databases, books, and websites that will be useful in your research for this class. It also will direct you to information regarding academic integrity, citation management, and evaluation of resources.

Comments (0)

Nutrition & Fitness Updates from Nancy Clark

Updated weekly, this blog contains excellent posts from Nancy Clark, RD, CSSD, who specializes in nutrition for exercise.

- Are bananas fattening?
- Which is better: soy, almond or rice milk?
- Side stitches: Are they related to what you eat?
- What about energy drinks…?
- UPCOMING WORKSHOPS: Nutrition & Exercise—From Science to Practice
- Is marathon training a good way to lose weight?

Susan Arnold

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Online Chat / Networks:

Contact Info:
Director, Health Sciences Library
304-293-2105
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Subjects:
Clinical Nutrition, Dentistry, Anesthesiology, Cardiology,