

## Accessing the Database

1. Go to the Laupus Library homepage at <http://www.ecu.edu/laupuslibrary/>.
2. Click on “Research”, then click on “All Electronic Resources”
3. Click on the “S” and then click “**SportDiscus.**”

*NOTE: If you are off-campus, you will need to enter your pirate id (your ECU email username) and password (same as your email password) before you can access any of ECU’s databases.*

## Basic Searching by Keyword

1. You can enter your terms using Boolean operators like “and” and “or” right in the search box on the basic search screen. For example, if you wanted to find out the effects of exercise on blood lipids, you might type “exercise and blood lipids” (without quotation marks) into the search box.
2. Before hitting the search button, check the box at the bottom of the basic search page next to “Apply related words.”

## Advanced Searching by Keyword

1. Notice that there are links right beneath the search box for basic and advanced searching. You have more options using the Advanced Search screen.
2. On this screen you can choose different fields where you want to find your terms. Searching in the title or abstract of a citation will give you more precise results. Searching in the “All text” field will give you more results, but there is a higher chance of retrieving irrelevant citations.

Find:  in

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## Advanced Searching by Subject Terms

1. Using subject terms will help you perform a search that produces more relevant articles. To search Subject terms, use the **Advanced Search** option, but select **SU Subjects** as the field.

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## Finding Full Text Articles

1. If links are not available for Full Text, use the FindIt! button .