

Setanta College– Harvard Referencing Quick Guide

This document sets out important information with respect to using appropriate referencing within all written presentations and assignments at Setanta College. Students are expected to read and understand the detail provided herein and utilise the information accordingly. An allocation of marks is made for the use of appropriate referencing within all assignments/presentations.

Two parts to Harvard referencing:

In-text Citation	Reference List
Provide enough basic information about the original source you have used.	Provide more comprehensive information so that your lecturer can easily find the original source.

In-text Citation Examples:

Note: For direct quotations you will need to include the page number of the quotation from the literature you are drawing from. When paraphrasing you only need to include the author's last name and year of publication.

Direct Quotation example:

1. Hennessy (2021, p.28) states "referencing is an essential component in all students' assignments".
2. It has been stated that "referencing is an essential component in all students' assignments" (Hennessy, 2021, p.28).

Paraphrased example:

1. Hennessy (2021) states the importance of using appropriate referencing when completing assignments.
2. Referencing is a vital aspect to take into consideration when completing assignments (Hennessy, 2021).

Reference List (Book):

Note: The title of the source is always in italics.

Book with One Author:

- ✓ It has been stated that "referencing is an essential component in all students' assignments" (Hennessy, 2021, p.28).

Example: Jeffreys, I. (2013). *Developing speed. Human Kinetics.*

Book with Multiple Authors:

- ✓ Author's Last name, Initial(s). and Surname, Initial(s). (Year). Title. Edition (if not the first edition). Publisher.

Example: Jeffreys, I. and Moody, J. (2016). *Strength and conditioning for sports performance.* Routledge.

Reference List (Journal Article):

Note: Formats may differ depending on where you sourced the journal article.

Print Journal Article:

- ✔ Author's Last name, Initial(s). (Year). Article Title. Journal Title. Volume(issue number), page numbers.

Example: Hennessy, L. and Jeffreys, I. (2018). The current use of GPS, its potential, and limitations in soccer. *Strength & Conditioning Journal*. 40(3), p.83-94.

Online Journal Article:

- ✔ Author's Last name, Initial(s). (Year). Article Title. Journal Title. Volume (issue number), page numbers. doi.

Example: Hennessy, L. and Jeffreys, I. (2018). The current use of GPS, its potential, and limitations in soccer. *Strength & Conditioning Journal*. 40(3), p.83-94. doi: 10.1519/SSC.0000000000000386.

Website:

Note: If there is no date use n.d.

With an Author:

- ✔ Author's Last name, Initial(s). (Year). Name of webpage. Available at: URL (Accessed: date).

Example: Murphy, S. (2020). LTAD: Helping to Develop the Future Athlete.
Available at: <https://www.setantacollege.com/ltad-helping-to-develop-the-future-athlete/>
(Accessed: 01 January 2021).

With no Author:

- ✔ Title of webpage. Retrieved Month Day, Year, from name of website, URL.

Example: LTAD: Helping to Develop the Future Athlete.
Available at: <https://www.setantacollege.com/ltad-helping-to-develop-the-future-athlete/>
(Accessed: 01 January 2021).

Note: Never use a URL in your in-text citation. If there is no date use n.d.

1. Use the Author(s) last name if available and year if available.

Example: Individualised athletic development is at the forefront of an effective LTAD model (Murphy, 2020).

2. If there is no author available use the name of the web page/article.

Example: Individualised athletic development is at the forefront of an effective LTAD model ("LTAD: Helping to Develop the Future Athlete", 2020).

Secondary Referencing:

This is when you cite somebody's work without reading the original. When doing this you should reference the original author(s) in-text. However, you need only reference the source you read in your reference list

(Author(s) Last name, cited in Author(s) Last name, Year, page number)

Examples

1. Rating of perceived exertion (RPE) is a valid tool for monitoring physical workload (Foster et al., cited in Hennessy and Jeffreys, 2018, p.84).
2. Foster et al. established that RPE is a valid tool for monitoring physical workload (as cited in Hennessy and Jeffreys, 2018, p.84).

Reference List:

Hennessy, L. and Jeffreys, I. (2018). The current use of GPS, its potential, and limitations in soccer. *Strength & Conditioning Journal*. 40(3), p.83-94. doi: 10.1519/SSC.0000000000000386.

Paraphrasing and Summarising

A paraphrase is always in your own words. This means describing an idea without referring to the original non-technical vocabulary or sentence structure. You may use the same or similar technical terms, but it is best to reword as much of the idea as possible. It is not a simple description of the source; it is a description of your understanding of the source. Example (from Hennessy and Jeffreys, 2018):

- Original: "it is important to assess both reliability and validity of GPS and related devices"
- Paraphrased: A crucial aspect to consider when using GPS is to ensure results are both valid and reliable.

There is no need to capture all the detail in a summary. This is a common skill used when you are working in the field of strength and conditioning. The fewer words used to summarise, the better. Sometimes you may reduce the ideas an author expresses in a paragraph down to one or two sentences, or even a phrase. Other times you may reduce an author's line of reasoning in a journal article down to a couple of sentences. This is a skill that will be used throughout your career from your education now to summarising players profiles and fitness data in your working career.

PARAPHRASING

- Explaining someone else's idea using your own words
- Aims to provide more specific information about an authors argument
- Could refer to a specific sentence or statement within the referenced source.

SUMMARISING

- Concisely explaining an argument in your own words.
- Aims to capture the essence of the argument, so it focuses on the main ideas only.
- Can briefly cover an entire book, chapter or research article.

Hierarchy of Evidence:

Systematic reviews and
meta-analyses of RCTs

Randomised
controlled trials (RCT)

Cohort Studies

Case-control studies

Cross-sectional studies/surveys

Case Reports, case studies

Mechanistic studies

Editorials, expert opinion

Higher

Lower

Quality of Evidence

Quality of Evidence

Lower

Higher