**How do I reference a journal article?**

**Example of citation within the text – Paraphrasing**

Ruxton (2013) states that there are several reasons for a general decline in bone health in the UK. These include an ageing population and other reasons such as smoking and drinking, lack of exercise, low intake of the correct nutrients and being overweight.

**Example of citation within the text – Direct quote**

“The ageing population in the UK, combined with other factors such as low intakes of bone health nutrients, smoking, high alcohol consumption, sedentary lifestyles and obesity represents a growing threat to bone health”

(Ruxton, 2013, p.46)

**Example of how the reference for this source should appear:**


**Journal articles - points to note**

The following format should be used when referencing journals:

- Surname, Initials. (Year) Title of Article. *Title of journal*. Vol no (issue no) pp. page nos
- The name of the journal is italicised, not the title of the article
- The volume number is in bold
- Volume part numbers can often be referred to as months of the year depending on the publication, therefore part ‘3’ may be referred to as ‘March’. Substitute as necessary as both are acceptable
- Page numbers for journal articles are given in the reference