Printed Sources

How do I reference a book?

Example of citation within the text - Paraphrasing
Stafford-Brown and Rea (2013) state that when an athlete feels under pressure, this can change their focus and cause them to take less notice of what is going on around them. This is how mistimed tackles can happen and these may lead to injury.

Example of citation within the text - Direct quote
Stafford-Brown and Rea (2013) say that “If an athlete feels stressed this can alter their focus and narrow their attention so that they do not notice other players, making them more likely to mistime a tackle for example, which can result in injury” (p.266)

Example of how the reference for this source should appear:

Books with one author - points to note
The following format should be used when referencing books:
Surname, Initials. (Year) Title of book. Place of publication: Publisher.

- Within the reference, the book title should be italicised
- Place of publication is always the city/town not the country i.e. London, not UK
- The year is the date of publication, not a reprint date. Look out for these on the verso (back of the title page), they have no bearing on edition dates
- Anything other than a 1st edition e.g. 2nd, 3rd, 4th etc., needs to be included within the reference, and goes immediately after the title
- When quoting directly, “quotation marks” are used to distinguish a short quotation, usually no more than 2 lines in length
- Longer quotations should be indented and placed in a separate paragraph, you do not need quotation marks as well