*Find a professional journal (hard copy or online) in a career that interests you (for example, the Journal of  Physical Education, Recreation and Dance; Journal of Biomechanics; Strategies: A Journal for Physical and Sport Educators; International Journal of Sports Medicine). Write a literature review that includes answers  to the following questions:*

***Be sure to use APA format, as specified in the APA 5th edition handbook. Format guidelines are also available at:***[***http://owl.english.purdue.edu/workshops/hypertext/apa/index.html***](http://owl.english.purdue.edu/workshops/hypertext/apa/index.html)

* *What was the purpose or the main topic of the article?*
* *How was biomechanics important in this article? For example, were biomechanical instruments used to measure the data? Was the author's information based on biomechanical principles? If so, which          principle?*
* *How can you relate this information in your career choice?*

*A literature review is a summary of all the literature on a given topic. You will be finding at least one quality  article from a professional journal (hard copy or online) in a career that interests you (for example, the          Journal of Physical Education, Recreation; Journal of Biomechanics; Strategies: A Journal for  Physical and Sport Educators; International Journal of Sports Medicine). Your article must answer the following             question:*

***How is biomechanics used in physical activity professions?***

*Your goal is to continually refocus your research so that you have a point of reference for selecting the        pertinent sections of the literature.*

***The essential steps involved in a review of the literature include:***

*1. Defining the research problem/topic as precisely as possible*

*2. Pursuing the secondary sources*

*3. Selecting and pursuing an appropriate general reference*

*4. Formulating search terms*

*5. Searching the general references for relevant primary sources*

*6. Obtaining and reading the primary sources, and noting and summarizing key points in the sources.*