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I started working on physiological adaptations to exercise in cyclists during my junior year with Silvie Grote. I used various library resources such as LINK+ request and numerous articles through LMU databases. It was necessary for me to request several basic exercise physiology textbooks for my original project so I could choose from the large number of variables we gathered during testing and choose which ones would help us most in our investigation of heart rate recovery and autonomic nervous system adaptations in cyclists. Once we had narrowed down our variables, I had to search for previous studies relating to our topic.

This year, I started a more specific project for my senior thesis with data we gathered from the cyclists, looking at their heart rate recovery after maximal exercise testing. I have done previous research project, but because heart rate recovery in athletes is a relatively new area of study, there are not an abundance of related articles. Furthermore, studies are often widespread and difficult to find. I was able to use OneSearch and search in other large databases via the library website to find articles published in a variety of journals. Using several different databases (including ScienceDirect and EbscoHost) I was able to gain access to the most recent volumes of exercise physiology and circulatory physiology articles. It was really useful that the LMU library subscribes to so many physiology journals and science databases because topics like this are not just covered in one, or even a few, journals. I definitely found enough information to do a literature review and have a good background to base our study on. Even better, I was able to confirm that our study had not been done before in any type of athlete and, in fact, built upon prior studies, thus contributing to the current knowledge about this topic.

The William H. Hannon library provided a wealth of resources for me that would not have been able to complete my thesis without. Even at the very beginning stages of my project when it was necessary to start out looking through exercise physiology textbooks, I was able to get them through the library. Without the LINK+ resource, I would have had to either buy or rent the resources (which would be very

costly) or travel to a school with a medical library. Furthermore, due to the fact that many of the articles I used were very recent, many of them were very expensive to view and without the library's access to so many databases, I would not have been able to build such a strong foundation for my project. I am going into nursing which, like any healthcare job, requires much research to stay up on the most recent available data on disease control and treatment. This research experience will benefit me greatly as I go into my future career. As a senior, it's good to know that I went to a school that has prepared me to be a good researcher and to know what resources there are available.