1. What kind of source is being reviewed and who is the author?

Kind of source means: Is this source a Professional Journal Article, Professional Web Site, Professional Editorial, Very Current Book. In general, sources cannot be more than 5 years old and those dealing with statistics cannot be more than two years old.

Is this a Primary Source Review? If so, it will always start with----the author’s name and a description of who or what was studied. For Example: Jones studied 15 college-aged wrestlers.

If your source is a summary article that is published in a Professional Journal, you would start your review this way: Jones reviewed several studies dealing with weight loss in college-aged wrestlers.

If the source is a book you would say: In Jones’s book dealing with weight loss techniques for college-age wrestlers he stated that ..............

If the source is a website you would say: In his website, Jones commented on his experience in dealing with weight loss techniques for college-age wrestlers. Her noted that .....................

Who is the Author: You state only the primary author’s last name. No first name references, it is unprofessional. For example: Jones studied or Kilpatrick studied.
2. Who or What was Studied?
Was study done on people, rats, or what? How many participants? What was the age range of the participants? In other words, describe the participants. Example: Jones studied 15 college-age wrestlers. Was this a study that looked at others professionals research (a summary study)?

3. What Question Did the Author Ask? What was his SOP?
This is like your statement of the problem and using the above example dealing with wrestlers could look like this: Jones studied 15 college-age wrestlers to determine if a diet low in simple carbohydrates resulted in weight loss without significantly reducing performance. Please note that in most cases you can cover items 1, 2, and 3 above with one simple sentence.

4. What Did the Author Do To Answer The Question?
Did he do a survey, did he review other articles, did he run people on a track, did he put wrestlers on a diet low in simple carbohydrates for 2 weeks and measured their strength on biceps curls, bench press, and squats before and after the 2 week period. In addition he measured their weight, BMI, and skinfold measures at 5 sites prior to and after the 2 week period. In other words, what did the author do to the participants in the study to get an answer to the question he asked (SOP).

5. What Was the Answer to the Question That the Author Asked?
This is a very important part of your article review because it tells the reader the the answer to the question the author was researching. Failure to explain the results or findings of a study is a common problem with article reviews. This should be a minimum of two sentences and it can be more. You also need to be specific in your explanation of the findings. For Example: Jones found that after two weeks on a diet low in simple carbohydrates that the 15 wrestlers lost an average of 10 pounds, each individual averaged a 2% body fat decrease and either maintained or lost one point on the BMI scale. In addition, he noted that all 15 wrestlers either maintained or gained strength in the muscles measured. Thus, he concluded that a diet low in simple carbohydrates resulted in a significant weight and percent fat loss without causing a loss in strength in the individuals studied.
In his book, Walker discussed the topic of obesity in children and the impact of environment and family eating habits on childhood obesity. He stated that children who live in neighborhoods with multiple fast food restaurants are more likely to be obese and overweight than children living in rural environments. He further stated that children have an eighty percent greater chance of being obese if their parents are obese. (Walker, 2008)

In a newspaper article, Barber discussed the role of parental weight and childhood obesity. He noted that in homes where the parents BMI was unhealthy, children were more likely to consume fast foods and sugar drinks than in homes of parents with normal weight. (Barber, 2008)

Johnson, summarized the findings of several researchers dealing with the role of environment on the prevalence of childhood obesity. He stated that... (Johnson, 2008)