How do I know if this article is scholarly?
Try asking yourself these 5 questions. If the answer is Yes to all of them then it probably is!

Q1. Are the authors experts in the field?
Yes - indicated by their affiliation, they work in the Kinesiology and Health department at a University.

Q2. Is the language style formal and using technical jargon?
Yes, you would have to know something about this subject to read this or have a dictionary handy!

Q3. Is the article lengthy?
Yes, 13 pages. Popular articles are usually shorter.

Q4. Is this article published in a journal?
Probably, as the title has the word journal in it (though non-scholarly sources such as the Edmonton Journal can also sometimes have this word in their title). Other common words in journal titles include Bulletin, Review & Research.

Q5. Are there references?
Yes, there are many.

Still aren't sure? Check out this handout for more help. Or ask for help from the library, via chat or email or in person at the information desk!