

**Example #1 – Incorrectly Cited with Formatting/Grammatical Issues**

The risk of a stroke is one of the deadliest diseases among Americans, compared with heart attack and all types of cancer (Vann, 2009). This disease takes a toll, not just on the victims and family members, but on the medical community and governmental social services.

According to data from Roy, “Strokes affect at least more than 750,000 Americans each year and also results in at least more than 150,000 deaths. Whether an ischemic (thrombosis, embolism) or hemorrhagic stroke, the effects can be deadly especially when untreated immediately after symptoms are experienced or diagnosis is made.”

As a result, stroke survivors can experience immobility and loss of other functions that enable them to carry out activities of daily living. Therefore, it is important for stroke victims to be rehabilitated in order to obtain proper recovery, and to have all functions restored. Rehabilitation comes through speech therapy, physical, and occupational therapy. As such, I believe a personal trainer’s role is vital in restoring functions when a client has been released by a certified physician to engage in exercise activities, which fall under physical and occupational therapy.

Out of 11,862 men and women who have experienced a stroke, only 57% of those successfully attempt to perform regular exercise. Sixty-five percent of clients who come to personal trainers for treatment quit training sessions after four weeks. This has to do with the amount of time necessary for these individuals to start seeing improvement.

Needs an introduction; state the purpose of the paper.

Quote marks are used to indicate a direct quote from the website; the section and paragraph also need to be cited.

This is a direct quote from the book. As the quote is over 40 words, do not use quote marks. To indicate this is a quote, use a signal phrase, indent the quote, and insert the page number at the end.

This is a direct quote from the book. Use quote marks; following the quote is the author’s last name, publication date, and page number.

This is a paraphrased statement; do not attribute another’s statement as your own. Do not write in first person.

Statistics must be referenced. Use author’s last name, publication date, and page number.

This is a personal communication. Include the type of communication and date it occurred.

The website [www.strokefacts.org](http://www.strokefacts.org) noted that stroke survivors who successfully completed their exercise program, on average, regained over 50% increase in functioning than those who did not complete the program.

References a paraphrased statement from the website; statistics must be referenced. Include the author, copyright date, title of the section, and paragraph the statement came from.

Needs a conclusion to provide closure; summarizes the paper, addresses suggestions, recommendations, etc.

## REFERENCES

Reference page must be on a separate page

Roy, B. (2010). *Exercise and Special Populations*. ACE Personal Trainer Manual 4<sup>th</sup> Edition.

San Diego, CA: American Council of Exercise.

Smith, D. (2009). *Stroke Facts*. Retrieved from <http://www.strokefacts.org>

Vann, M. (2009). *The Importance of Stroke after a Stroke*. Retrieved from [http://www.everydayhealth.com/stroke/exercise%20for%20stroke||S|b|7170079512&gclid=CKfy\\_YHfracCFYnc4AodNAJ1TQ](http://www.everydayhealth.com/stroke/exercise%20for%20stroke||S|b|7170079512&gclid=CKfy_YHfracCFYnc4AodNAJ1TQ)

**Example #1 – Correctly Cited with Comments**

There are many diseases that, if not correctly treated, can lead to greater disability or even death. The purpose of this paper is to illustrate the effects of not following through with a proscribed treatment following a stroke.

“The risk of a stroke is one of the deadliest diseases among Americans, compared with heart attack and all types of cancer” (Vann, 2009, Stoke Facts section, para. 6). This disease takes a toll, not just on the victims and family members, but on the medical community and governmental social services.

According to data from Roy (2010):

Strokes affect at least more than 750,000 Americans each year and also results in at least more than 150,000 deaths. Whether an ischemic (thrombosis, embolism) or hemorrhagic stroke, the effects can be deadly especially when untreated immediately after symptoms are experienced or diagnosis is made. (p. 134)

As a result, stroke survivors can experience immobility and loss of other functions that enable them to carry out activities of daily living. “Therefore, it is important for stroke victims to be rehabilitated in order to obtain proper recovery, and to have all functions restored” (Roy, 2010, p. 145). Rehabilitation comes through speech therapy, physical, and occupational therapy. As Roy (2010) noted, the role of a personal trainer is vital in restoring functions when a client has been released by a certified physician to engage in exercise activities, which fall under physical and occupational therapy.

According to statistics from a recent survey, out of the 11,862 men and women who have experienced a stroke, only 57% of those successfully attempt to perform regular exercise (Roy, 2010, p. 101). J. Brown, a seasoned personal trainer, claims that over 65% of his clients who come to him for treatment quit training sessions after four weeks. He believes this has to do with

the amount of time necessary for these individuals to start seeing improvement (personal communication, December 15, 2010).

Another study of stroke survivors following a major episode discovered that those who successfully completed his/her exercise program, on average, regained over 50% increase in functioning than those who did not complete the program (Smith, 2009, Stroke Success Programs section, para. 3).

In conclusion, it is suggested in order for stroke survivors to obtain the maximum therapy recuperative benefit, survivors of strokes should maintain their appropriate exercise program for the minimum duration; if improvement is not seen, they may want to consider scheduling an appointment for reevaluation.

## REFERENCES

Roy, B. (2010). *Exercise and Special Populations*. ACE Personal Trainer Manual 4<sup>th</sup> Edition.

San Diego, CA: American Council of Exercise.

Smith, D. (2009). *Stroke Facts*. Retrieved from <http://www.strokefacts.org>

Vann, M. (2009). *The Importance of Stroke after a Stroke*. Retrieved from

<http://www.everydayhealth.com/stroke/exercise%20for%20stroke||S|b|>

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