

Commented [LB1]: Insert your header click insert page number. Left align your text and type your running head and title as shown above. The running head is left aligned and your page number is right aligned.
Your title in the header is capitalized and cannot be more than 50 characters including spaces and punctuation. Please summarize your title in the running head to keep an accurate description of your paper.

The Benefits of a Healthy Heart

Commented [L2]: Your title may be 2 lines. If you reduced your title to 50 characters in the heading, you will put the complete title on the title page in bold.

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Notre Dame High School

Anatomy & Physiology

Mrs. Linda Farnsley

February 15, 2021

Abstract

If your teacher requires an abstract, center and bold 'Abstract' on the top of page two. Come down one line, but DO NOT indent. An abstract is a summary of your research. It should be **concise** and include the **key points** of your research. The abstract should only be about 150 to 250 words. Readers will decide if they want to read your entire article based on your abstract. Abbreviations and acronyms should be defined in the abstract. After defining terms, you may use the abbreviations and acronyms in the body of your paper. Your keywords should also be listed in the abstract. Please note that the word 'Keywords' is italicized and indented, but the words that you list are not italicized.

Keywords:

Start your paper on the next page.

The Benefits of Heart Health

Start your paper on this page. Please center and bold the title of your paper. You will begin indenting your paragraphs. Use Times New Roman 12, double space, and 1” margins.

In-Text Citations

This is an example of how to correctly use in-text citations. A proper in-text citation format will be in the author, date style. For example, (Light, 2012) would be a correct citation for a statement that was paraphrased. It should appear at the end of the statement. The author’s last name, Light, will direct the reader to the source’s full citation in the list of references for further information about the source. If a direct quote was used, the page numbers would also need to be listed (Light, 2012, p. 123). If you mention the author’s name using a signal phrase before the quote include the year with the author’s name. Only the page number would be listed in the in-text citation after the quote if the signal phrase preceded the statement. The following is an example: According to Light (2012), “85% of students who exercised daily had a lower resting heart rate than those who exercised three times a week” (p. 16). If the author’s name is not listed in a signal phrase, include the author’s name, year of publication, and a page number inside the parentheses at the end of the quote (Light, 2012, p.178). If page numbers are not available use the paragraph number. This situation would occur if you were using a website or a journal through the TEL.

Place block quotes (over 40 words) in a free standing block of text. Start the quote on a new line using a block quote format (keeping the whole quote tabbed). Note the quotation marks have been removed for proper block quote formatting. The citation should come after the closing punctuation.

Agomo (2015) states:

Midlife women at risk for stroke are often unaware of their personal risk status for stroke.

The American Heart Association recommends that all women lead lives that include healthy food choices and physical activity, regardless of risk status. "Be Wise," an evidence-based cardiovascular risk reduction program, was effectively delivered to low-income women receiving primary care services at a community health center. (para. 35)

If you choose to omit the signal phrase at the beginning (Agomo (2015) states:) you may list the whole in-text citation at the end of the block quote.

...income women receiving primary care services at a community health center. (Agomo, 2015, para. 35)

If an author is not listed for your source, the parenthetical citation would be an abbreviated version of the title and the year. An example being (The Effects, 2010). The abbreviated version of the title should be enough to allow the reader to recognize the source listed in the References properly. The title of the article is not italicized or have quotation marks. Titles of the larger work is italicized. For example, if the title of the article is Benefits of a Healthy Heart, quotations and italics will not be used. However, the article in inside a larger publication such as a magazine or journal. The title of the magazine/journal will be italicized. If the text is attributed to "Anonymous" then use the following citation format: (Anonymous, 2010).

Captions for Figures and Tables

When a figure is referenced, you can include the figure/table with the text of the paper or it can appear after the reference page. Each, image, table, chart, etc. should be on a **separate page**. **Each figure/table should be numbered consecutively as they appear in your paper**. An example would be **Figure 1**. Each label should be in a bold font and appear above the

figure/table. Each figure should also have a caption below it. Your caption should briefly explain what the figure is about and how it connects to the information in your paper. To reference a figure in the text of the paper simply state 'Figure 1 illustrates the difference of a healthy heart and one enlarged by alcoholism'. **According to APA style guide, in the text of your paper, explain what the reader should be looking for in each figure or table.** A parenthetical citation would follow the quote or paraphrased statement from the figure. See an example of appropriate location, format, and caption of a figure on page 9.

References

Similar to MLA style, in APA all sources are listed in alphabetical order by the author's last name. When an author is not given, the title will come first in the citation. If you have multiple sources by the same author, list the citations in chronological order from the earliest to the most recent. Please note that the list of sources is called 'References,' not 'Works Cited.' Below is a sample reference page on page six. Pages seven and eight are example citations for various sources. Please follow all formatting rules as outlined below for each citation.

References

Agomo, H. C., Andresen, P. A., & Deshmukh, D. (2015, February). Be wise: implementing a

lifestyle intervention to reduce stroke risk in low-income midlife women. *Journal of Neuroscience Nursing*, 47(1), 36+. Retrieved from http://go.galegroup.com/ps/i.do?id=GALE%7CA399571214&v=2.1&u=tel_s_tsla&it=r&p=AONE&sw=w&asid=c765aa8fcab7cf91fa1dc9422061f060

Cutting one's risk of heart disease by 50%. (2015, January 3). *Philippines Daily Inquirer* [Makati

City, Philippines]. Retrieved from http://go.galegroup.com/ps/i.do?id=GALE%7CA396298416&v=2.1&u=tel_s_tsla&it=r&p=GPS&sw=w&asid=95b8ce6656cadb9ed45927fb6b a7fb85.

Heart attack warning signs. [Infographic]. (2017). Retrieved February 5, 2019, from:

<https://www.premierhealth.com/Your-Wellness/Live-Well-Stay-Well/Managing-a-Health-Condition/Heart-Disease/Heart-Attack-Warning-Signs/>

Newton, D. E. (2000). Heart attack. In *Sick! diseases and disorders, injuries and infections:*

Volume 2 (pp. 355-363). Detroit, MI: U·X·L.

Commented [BL3]: Start your references on a new page. Alphabetize and double-space all entries with a hanging indent. Each source mentioned in your paper should have an entry which correlates to your in-text citation.

[Author], A. A. (Year of Publication). Title of article. In *Title of Encyclopedia*. (Vol. , pp.). Location: Publisher.

Commented [L4]: Encyclopedia Entry

[Author], A. A. (Year of publication). Title of work: Capital letter also for subtitle. Location: Publisher.

Commented [L5]: Book

[Author], A. A., & Author, A. A. (Year of publication). Title of work: Capital letter also for subtitle. Location: Publisher.

Commented [L6]: Book with 2 authors
For books with 3-7 authors list all author's last names with initials separating them by commas while the last author name is preceded by an ampersand (&).

[Author], A. A. (Year of Publication, Month and Day). Title of article. *Title of Newspaper, volume number*, page range.

Commented [L7]: Newspaper

[Author], A. A., & Author, B. B. (Eds.). (Year of Publication). Title. Location: Publisher.

Commented [L8]: Book with Editors, no author

[Author], A. A. (Year of Publication). Title of article. *Title of Book*. (p.). Location: Publisher.

Commented [L9]: Article inside a book

[Author], A. A. [Screen name]. (year, month day). Title of video [Video file]. Retrieved from http://

Commented [L10]: You Tube video with the real name and the screen name of the person who posted the video.

[Screen name]. (year, month day). Title of video [Video file]. Retrieved from http://

Commented [L11]: You Tube video with ONLY the screen name of the person who posted the video

[Title]. (Date). Retrieved from http://

Commented [L12]: Web page with no author

[Author], A. (Date). Title of document. Retrieved from http://URL

Commented [L13]: Web page with an author

[Artist] A.A. (Year). *Title of the artwork* [Type of work]. Retrieved Month Day, Year, from: from URL (address of web site)

Commented [L14]: Online image with author's name listed.

[Title of work]. [Type of work]. (Year image was created). Retrieved Month Day, Year, from: from URL (address of web site).

Commented [L15]: Online image with no author

[Subject and type of work]. Retrieved Month Day, Year, from: URL (address of web site).

Commented [L16]: Online image with no author, title, or date

Title of work [Map]. (Date or date of latest update Year, Month Day). Retrieved from URL

Commented [L17]: Online map

****References** – All sources should be listed in alphabetical order. Each entry is double spaced with a hanging indent. Please see the examples below for the format for specific sources. If an author is not listed, the title would come first. If a date is not available, the appropriate entry is (n.d.).

*****ABOVE ALL:** Follow your teacher’s instructions! Even if the CURRENT edition of the APA Style Manual tells you something different than what your teacher says **DO WHAT YOUR TEACHER SAYS!**

Figure 1

Infographic illustrates the different symptoms that men and women experience when having a heart attack.

Commented [LB18]: Figures and tables can appear within the text of your paper or they can be placed after your references with one figure/table per page. Each figure/table should be labeled Figure 1 or Table 1 in bold font with a short caption. They should appear in the order they are mention in the text of the paper.



(Heart, 2017)

Table 1 *This table shows a sample exercise plan for one week that promotes heart health.*

Weekly Exercise Plan	
Sunday	Rest
Monday	Cardio for 30-45 minutes – Walk, jog, swimming, biking
Tuesday	Strength Training –weights, cycling, push-ups, sit-ups, walking hills
Wednesday	Cardio for 30-45 minutes - Walk, jog, swimming, biking
Thursday	Cardio for 30-45 minutes - Walk, jog, swimming, biking
Friday	Strength –weights, cycling, push-ups, sit-ups, walking hills
Saturday	Cardio for 30-45 minutes - Walk, jog, swimming, biking