**Despite claims that early sport specialization is benificial for young athletes in the long run, multi-sport athletes gain numerous advantages and increase their athletic abilities**

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Description

Introduction to the Literature Review A literature review is a synthesis of multiple resources guided by the fundamental question: What do we know or not know about this particular issue/ topic/ subject? A literature review is an excellent medium for showcasing your skills as an academic researcher and writer because it employs all of the skills needed in academic writing: summary, critique, analysis, and synthesis. Its effectiveness is determined by both the quality and informative nature of the sources used and by the writer’s ability to critique individual sources and synthesize information for the reader. A literature review discusses published information in a particular subject area, and sometimes within a certain time period. A literature review usually has an organizational pattern and is more than just summary; its major component is synthesis. A summary is a recap of the important information of the source, but a synthesis combines sources to give the reader a broader view of the topic. Depending on the situation, the literature review may evaluate the sources and advise the reader on the most pertinent or relevant ideas. A literature review, like a term paper, is usually organized around ideas, not the sources themselves as an annotated bibliography would be organized. This means that you will not just simply list your sources and go into detail about each one of them, one at a time. No. As you read widely but selectively in your topic area, consider instead what themes or issues connect your sources together. Do they present one or different solutions? Is there an aspect of the field that is missing? How well do they present the material and do they portray it according to an appropriate theory? Do they reveal a trend in the field? A raging debate? Pick one of these themes to focus the organization of your review. Step 1: Topic Selection & Research Select a topic which stems from your major, or perhaps from your minor, which interests you. Once you have chosen a topic, you'll need to do extensive research to prepare for this assignment. You will need at least 10 sources, the majority of which (6) must be peer-reviewed, academic articles or book chapters. The remaining sources must be chosen from highly reputable popular sources. Remember the course requirement for scholarly research