

Instructions for Authors

Scope of the Journal

The *Sports Medicine International Open* (SMIO) provides a forum for the publication of papers dealing with basic or applied information that will advance the field of sports medicine and exercise science and offer a better understanding of biomedicine. The following sections define the scope of the journal: Training & Testing; Orthopedics & Biomechanics; Clinical Sciences; Nutrition; Behavioural Sciences; Physiology & Biochemistry; Genetics & Molecular Biology. As a quarterly open access publication, all content is freely available online to all readers.

General Policy

The journal publishes original papers, reviews, and letters to the editor. Manuscripts submitted to the journal must contain novel data on theoretical or experimental research or on practical applications in the field of sports medicine and exercise science. Purely descriptive studies that lack generalizability to the wider world of sports medicine be assigned a low priority and may not be entered by a corresponding editor into the peer-review process. Intervention studies which lack a comparator group and/or are very inconsistent with the CONSORT guidelines may also be assigned a low priority and not entered for peer review. Studies that employ data analysis approaches that are obviously inappropriate will also be assigned a low priority and not entered for peer-review, as will studies in which the clinical/practical significance of the findings has not been quantified and/or communicated. The paper must also be written in grammatically correct English, otherwise it may be refused for review. The journal combats plagiarism, double publication, and scientific misconduct with the software CrossCheck powered by iThenticate. Your manuscript may be subject to an investigation and retraction if plagiarism is suspected. This journal follows recommendations as laid out in the ICMJE related to retractions. No substantial part of the submission should have been published elsewhere. If a part of the submission has been published or presented at a congress, symposium, or national meeting proceeding, the reference for that publication and/or presentation should be given in the manuscript acknowledgement section. Submitted papers are reviewed by at least two independent reviewers in a double blinded peer-review process. Authors may suggest names and full addresses including email address of two reviewers but not from their own institution.

Authors are required to conduct their research ethically according to international standards as described for the *International Journal of Sports Medicine* in Harriss DJ, Macsween A, Atkinson, G. **Standards for Ethics in Sport and Exercise Science Research: 2018 Update**. *Int J Sports Med* 2017; 38: 1126–1131 (<https://www.thieme-connect.com/products/ejournals/pdf/10.1055/s-0043-124001.pdf>). Authors are expected to clearly state in the Methods section – by citing the aforementioned publication – that the study meets the ethical standards required.

Categories of articles accepted for review

Original articles: Theoretical or experimental (basic or applied) research or practical applications. Either original work or the replication of work that better establishes basic principles will be considered. Original articles should not exceed a total of 15 000 characters, excluding references.

Review articles: Review articles on topics of broad interest. Review articles should not exceed 30 000 characters, excluding references.

Letters to the editor are welcome and will be published if appropriate. Letters (maximum length 700 words) relating to material previously published in SMIO should be submitted within 6 months after publication of the material the letter is referring to. Such letters will be sent to the corresponding author for comment within six weeks. The original letter and any reply will be published concurrently. Letters to the editor are excluded from online submission and should be sent to the editorial office at smio.editorialoffice@thieme.de

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Title: The title should be concise but informative.

First page: Names and addresses of the authors should not appear on the first page or elsewhere in the main document. These data are entered separately in the online submission system.

Abstract: The abstract should be informative. It should be self-explanatory without reference to the text of the manuscript. It should include essential significant results that support the conclusion of the work. Three to six key words not used in the title should also be provided (these can be entered during the online submission). Abbreviations should not be used in the abstract.

Introduction: Should be comprehensible to the general reader. Give a clear statement of the purpose of the paper and provide relevant context to support the basis for the paper and the significance of the work. Do not exhaustively review the literature.

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Discussion: Emphasize the new and important aspects of the study and conclusions derived from the study.

Acknowledgements: Financial support should be stated.

References: References should be cited in the text by number and compiled alphabetically at the end of the article and numbered accordingly. Titles of journals should be abbreviated according to the latest edition of *Index Medicus*. All authors should be named (do not use “et al.”). Authors bear complete responsibility for the accuracy of the references.

Only published or “in press” papers or books may be cited in the reference list. Information from manuscripts submitted but not yet accepted should be cited in the text as “unpublished observations” in

parentheses. Personal communications should be listed in the text in parentheses. Published abstracts must not be used as references. Use of a large number of abstracts or non peer-reviewed articles in the reference section will be grounds for rejection of the submission without review.

Examples of references

Journal article:

¹ Palmer GS, Dennis SC, Noakes TD, Hawley JA. Assessment of the reproducibility of performance testing on an air-braked cycle ergometer. *Int J Sports Med* 1996; 17: 293–298

Complete book:

¹ Dingle JT (ed). *Lysosomes*. New York: American Elsevier, 1972: 65

Chapter of a book:

¹ Zancetti A, Baccelli G, Guazzi M, Mancina G. The effect of sleep on experimental hypertension. In: Onesti G, Kim KE, Moyer JH (eds). *Hypertension: Mechanisms and Management*. New York: Grune & Stratton, 1973: 133–140

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