Instructions for Authors

Scope of the Journal

The *International Journal of Sports Medicine* (IJSM) 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; Immunology; Genetics & Molecular Biology.

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 will 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. 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 undergo peer reviewing by two independent reviewers. Authors may suggest names and full addresses including telephone and FAX numbers of two reviewers but not from their own institution.

Authors are required to conduct their research ethically according to international standards and as required by the journal as described in D. J. Harriss, G. Atkinson. Ethical standards in sport and exercise science research: 2016 update. Int J Sports Med 2015; 36: 1121–1124. Authors are expected to clearly state in the Methods section – by citing the aforementioned publication – that the study meets the ethical standards of the journal.

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 are desirable. Authors who wish to submit an unsolicited review article should correspond with the editors-in-chief to determine the timeliness of the proposed review article. The correspondence should include an abstract and a complete outline of the proposed review article, including figures and tables (if possible). Review articles should not exceed 30 000 characters, excluding references. Review articles are considered by the editors and expert reviewers before a final decision regarding publication is made.

Letters to the editor are welcome and will be published if appropriate. Letters (maximum length 700 words) relating to material previously published in IJSM 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 ijsm.editorialoffice@thieme.de

Submission of manuscripts

Manuscripts can be submitted exclusively via online submission at http://mc.manuscriptcentral.com/IJSM or via link at www.thieme.de/sportsmed. **Hard copy submission and electronic submission via email are not accepted.** See below under "Uploading files on submission" for further information on the online submission process.

Style: Manuscripts may be rejected without review on the basis of poor English or lack of conformity to stated standards of style.

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.

Materials & Methods: Provide sufficient information in the text or by reference to other work to permit the submitted work to be repeated without the need to communicate with the authors. Relevant validity and reliability data should be provided for critical methods.

State the type of statistical tests used. Include the number of observations and the statistical findings when appropriate. Parametric and non-parametric statistics must be used as appropriate.

Results: Should be presented precisely and should not contain material that is appropriate in the discussion. Units, quantities, and formulas should be expressed according to the Système Internationale (SI units). All measurements should be given in metric units.

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, Mancia 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

Figures: Before publication of any images in which the patient's identity may be recognized, the author of the article must provide the publisher with the patient's written consent to publication of the respective image. Standard letters for obtaining this consent are available on request from the publisher. Figures, illustrations, or half-tones should be used when findings are best visually communicated. The use of photographs or equipment and experimental subjects should be avoided; good line drawings are more informative. Abbreviations used in the figure must be explained in the legend. Reference to the figure should be made in the text. Figures, illustrations or half-tones must be sharp and high-contrast. Uniform typographical setup (font style and size, line thickness) of all figures in a paper is highly desirable. Images should be provided as .tif or .jpg files in a resolution of 300 dpi. Colour figures, illustrations or half-tones will not be published unless the author requires colour in the publication. In this case the author will be charged with the additional cost of printing.

Tables: Tables should be used to communicate information that is hard to present visually. Results whose interpretation is more easily comprehended by knowing the means and SEM (or SD) may be presented in a table(s). Tables should be self-explanatory and bear a short title. Table legends should be typed on the same sheet as the table as a header. A footnote to the table should explain all abbreviations used in the table. Tables should be provided either as word or excel files.

Uploading files on submission

For submission of all manuscripts, follow the instructions of the online submission system at http://mc.manuscriptcentral.com/IJSM. Before submission, keep ready full metadata of the manuscript (title, full names referenced by Arabic superscripts with affiliation and addresses of all authors, and also, the complete list of references, footnotes, figure legends, and tables). **The author submitting the manuscript will be corresponding author.**

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