

## Journal of Fitness Research

### Submission Checklist

Cover letter	✓ / ✗
Identify which of the four general sections this paper relates to	
Statement of originality	
Statement of conflict if required	
Two suggested reviewers with affiliated organisation and email addresses	
Statement that corresponding author is submitting on behalf of all authors	
Authors (first name, Middle initial, Surname)	
Author affiliation (superscript with details below)	
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Acknowledgements	
Sources of funding if required	
Statement of assignment of copyright to Journal Fitness Research	
Title Page	
Title page short but precise title with no identifying information	
Include 4-6 key words	
Manuscript	
300 word Abstract is structured	
Manuscript structured: Introduction, Methods, Results, Discussion and Conclusions. (Subheadings may be used where appropriate)	
Manuscript is in Australian English	
Double-spaced throughout, with a 4 cm margin on the left side,	
No 'headers and footers' (page numbers on the bottom right hand side)	
Include continuous line numbers through full manuscript on left hand side	
Statement of approval by human ethics research committee	
Tables & Figures	
Maximum of 10 Tables or Figures	
no vertical lines and horizontal lines only between the table title and column headings, between the column headings and the main body of the table, and after the main body of the table	
Each Table or Figure must be understood in their own right with titles explaining fully the data presented	
Table or Figure per page should be on a single page with full titles and legends as required.	
Table and figures should be at the end of the manuscript after references	
Preferred position for tables and figures is identified in the text	
References	
Number of reference suited to manuscript type	
References and Citations in text formatted correctly – numerically superscript and outside the period	
Journal titles are Italicised and written in full	