

Journal of Fitness Research

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Aims and Scope

Representing Fitness Research, the journal publishes Position Papers, Original Research, Case Studies, Short Reports, Brief Reviews, Industry Education, and Comments covering a broad range of aspects related to the Exercise, Fitness, Training, and Sport. Topics covered include:

- physiology,
- biomechanics,
- medical (including rehabilitation),
- sociological issues,
- psychological issues including behaviour modification, goal setting, motivation,
- exercise prescription,
- principles of training,
- special populations,
- nutrition and body composition manipulation,
- health related issues and lifestyle diseases,
- equipment design, function, and operation,
- industry practices, education and policy.

Journal of Fitness Research is thus multidisciplinary and encompasses all elements of research related to Exercise, Fitness, Training, and Sport and the professionals working on those industries. Leading authorities are invited to submit manuscripts dealing with original investigations or comprehensive reviews on selected topics within the four general sections:

- I. Physiology and Biomechanics;
- II. Health and Lifestyle;
- III. Exercise Prescription and training; and
- IV. Industry Practices.

Manuscripts relevant to the scientific study of Exercise, Fitness, Training, and Sport will be considered for publication. The Journal presents research findings to an international audience. The readership for this journal is varied and ranges from academic research workers to professionals in recreation, fitness, clinical exercise, and training.

Articles published in *Journal of Fitness Research* are in an Open Access format and complies with the [Budapest Open Access Initiative](#). Each issue is freely available on the public internet, permitting any users to read, download, copy, distribute, print, search, or link to the full texts of these articles, crawl them for indexing, pass them as data to software, or use them for any other lawful purpose, without financial, legal, or technical barriers other than those inseparable from gaining access to the internet itself.

Peer Review Statement

All research and review articles in this journal have undergone peer review, based on initial editors' screening and anonymised (double-blind) refereeing by at least two referees.

Disclaimer

Journal of Fitness Research makes every effort to ensure the accuracy of all the information (the "Content") contained in this publication. However, *Journal of Fitness Research* and its agents and licensors make no representations or warranties whatsoever as to the accuracy, completeness or suitability for any purpose of the Content and disclaim all such representations and warranties whether express or implied to the maximum extent permitted by law. Any views expressed in this publication are the views of the authors and are not the views of *Journal of Fitness Research* and its associated staff and organisations.

Instructions for Authors

Complete guidelines for preparing and submitting your manuscript to this journal are provided below.

Submission

Submissions should be made online at [Journal of Fitness Research website](http://fitnessresearch.edu.au)

<http://fitnessresearch.edu.au/submit-a-paper>. New users should first create an account. Once a user is logged in to the site, submissions should be made via the submission link. Authors should keep a copy of all materials sent for later reference. Papers submitted to the journal will be **double-blind peer reviewed** by acknowledged experts in the subject; at least two such referees will be involved in this process. The submitting author must suggest at least two authors with expertise to act as reviewers not from the same institution or affiliation as the authors as part of the cover letter. In the event of conflicting reviews, the Editor-in-Chief will normally seek a further independent review. As the journal operates a **double-blind peer review** policy, please ensure that your manuscript submission has all information identifying the author(s) removed as per the paper submission guidelines and placed instead on the cover letter. If you are submitting a revised manuscript and have used track changes, please make sure that any comments are anonymous in order to ensure your anonymity. Alternatively, please highlight your text changes through the use of red font. The reviewers will forward papers with their recommendations to the Editor-in-Chief, who has the final decision on publication.

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)	
Corresponding author and full contact details	
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	

1. Types of manuscripts

The following types of manuscripts can be submitted for publication:

Original Articles should not exceed 4,000 words and a maximum of 10 figures or tables. Longer articles may occasionally be considered by the editor in special circumstances. If your paper is more than 4000 words please contact the Editor for confirmation before submission. Original articles typically explore some explicit hypothesis or report original but substantial observations or data of broad utility. Conceptually novel experimental or computational methods may be submitted as Original Articles when their relevance and importance for research is demonstrated or otherwise emphasised in the text. A limit of 40 references applies to Original Research manuscripts.

Position Papers should not exceed 5000 words (generally by invitation only or special submission). A limit of 60 references applies to Position Papers

Case Studies should not exceed 1500 words reporting preliminary observations, new interpretations of interventions, simple new techniques or devices, or points of interest. A limit of 15 references applies to Case Studies.

Short Reports should not exceed 2000 words. These manuscripts will explore controversial yet important themes, allowing expression of particular views or speculations, yet based on a solid understanding of published scientific information. Currently, such articles are by invitation only. A limit of 20 references applies to Short reports.

Brief Reviews should not exceed 1500 words (generally by invitation from Editor only or special submission).

Industry Education papers will only be considered by invitation or application. They should not exceed 4000 words and will be written in common language as a means of using scientific information in a practical user friendly manner. A limit of 40 references applies.

Comments should not exceed 1000 words and less than 10 references.

As well as communications of Original Research, all submissions are also considered subject to the same refereeing process. Authors wishing to submit a review paper are advised to consult the Editor-in-Chief before doing so by sending a proposal in confidence through the 'Contact Us' page.

Manuscripts should be submitted in Microsoft Word format (.doc, or .docx)

On submission, authors are required to ***nominate two expert referees*** for their paper; these potential referees must not have been informed that they have been nominated or be members of the authors' institutions. The nominated referees may or may not be used, at the Editor-in-Chiefs' discretion, and at least one of the referees involved in the review of the paper will be independent of the nominated list.

2. Originality

We require authors to **confirm the originality of material** by making a statement of originality on the **cover letter** on submission of the manuscript. Material submitted will not enter the refereeing process until such an undertaking has been received.

3. Communication

Papers should be written and arranged in a style that is precise and easy to follow. A short but informative title, a concise **structured abstract of approximately 300 words in same headings as manuscript** and a well written introduction will help to achieve this. The Journal would prefer authors to describe human volunteers as **participants rather than subjects** in the methods section. At all times, please try to think about your readers, who may not all be specialists in your discipline.

4. Manuscript

a) General

The manuscript must be in well written English;

- **Australian English spellings** and words should be used in preference to other versions of English.
- It must be word-processed, double-spaced throughout, with a 4 cm margin on the left side, with no 'headers and footers'
- Include **page numbers** on the bottom right hand side,
- Include **line numbers** as a continuous series through the full manuscript for easy reference by reviewers and editors
- Arrange the manuscript under the following distinct and separate headings: **Introduction, Methods, Results, Discussion, Conclusions, Practical Application**. Subheadings may be used where appropriate.
- Word limits do not include references or tables and abstract. Longer manuscripts may be accepted at the discretion of the Editor-in-Chief. Authors must make every effort to ensure that manuscripts are presented as concisely as possible.
- The Editors cannot consider for publication papers that are seriously deficient in presentation or that depart substantially from these 'Notes and Guidelines'.

b) Ethics of human experimentation

The Journal will accept only papers that conform to the highest standards of ethics and participant protection. All experimental work in which humans are participants must conform to the laws of the country in which the work took place. The manuscript should contain a statement to the effect that the work reported has been **approved by a recognised ethics committee or review board**. The Journal's clear preference is for prior approval of experimental work, but it is recognised that information can arise from exercise science work that has not had prior ethics approval. In such instances, it must be made clear that data were collected as part of an exercise monitoring program and that none of the measurements were made for research purposes: authors must provide a detailed explanation of the absence of formal ethics approval. Normally, statements about ethics approval or sources of data should be made at the beginning of the methods section.

c) *Double-Blind peer review*

Because of the anonymous refereeing the following is required:

- The title page and manuscript should include no information that clearly identifies the authors or their affiliations.
- Authors should submit a separate **cover letter**, which is not part of the manuscript, that can include the following information:
 - the full manuscript title;
 - the names of the authors without qualifications or titles;
 - the affiliations and full addresses of the authors;
 - the name, address, telephone and fax numbers, and e-mail address of the author responsible for all correspondence and correction of proofs, statement of originality, and suggested referees.
 - Any acknowledgements and Sources of Funding should also appear on this page, not in the manuscript. These acknowledgements will appear in the printed version if the manuscript is accepted.
 - A statement of conflict of interest if required

d) *Title page*

Include the following information on the first page of the manuscript:

- the full title;
- up 4-6 keywords for indexing purposes

e) *The abstract*

The abstract should be limited to **300 words** and it must summarise the paper, giving a clear indication of the conclusions it contains. **Structured Headings as per the manuscript** should be used in the abstract.

f) *Tables and figures*

Tables should be provided on separate pages at the end of the manuscript numbered with Arabic numerals, and have self-explanatory headings. Authors are recommended to include illustrative figures in their manuscripts instead of large tables.

- Maximum of 10 tables and figures.
- Figures should have their own title, be accompanied by a legend, each on a separate sheet and be self-explanatory.
- Please ensure the highest quality graphics are used for all figures to ensure reproduction quality in the journal.
- Colour or Black and White are accepted
- Authors may wish to express a preference for the location of tables and figures by including comments such as ******Table 1 near here****** or ******Figure 2 here****** separated by at least one-line space from the main text.
- Tables, referred to as 'Table 1', 'Table 2', and so on, must be numbered in the order in which they occur in the text.
- Tables must be clearly and simply laid out with clear row and column legends, units where appropriate, 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.

- Photographs and line drawings, referred to as 'Figure 1', 'Figure 2', and so on, must be numbered in the order in which they occur in the text.
- Diagrams and drawings should be produced using a computer drawing or graphics package.
- All illustrations must be suitable for reduction to single column (84 mm) or page width (174 mm) of the Journal, with particular attention to lettering size. Colour may be used and should be of high quality resolution.

These graphs, images, photographs need to be in the highest quality you can produce to ensure the publication provides the best resolution. Manuscripts can include low res images for suggested placement but higher quality Images can be sent as a separate file. If the quality of the images or figures is below an acceptable standard they will be returned to the author prior to entering the review process.

g) Practical Applications section

A key difference with the *Journal of Fitness Research* is the practical application section after the conclusion. Authors are encouraged to explain in lay terms the value of this research and how it might be used by the exercise professional.

Our preferred format is 3-4 bullet points highlighting the application of this research to the real world.

h) Terms and nomenclature

Terms and nomenclature should abide by the Système International d'Unités. For a detailed guide to symbols, units and abbreviations, please consult the following text:

The Symbols Committee of the Royal Society (1975, addenda 1981). Quantities, Units and Symbols. London: The Royal Society.

i) *References*

the following guide should be used for referencing:

- References should be cited in chronological order based on appearance in the manuscript.
- ***In-text references*** should include the biographical number in ***superscript outside the full stop***, except when the authors name is part of the sentence, e.g. "McKean (2010) showed that..."
- When several references are cited together they should be separated by commas.
- When a referenced article is written by two authors both names should be included; for three or more authors the first name only is given, followed by "et al."
- Unpublished material should be referred to sparingly in the text, by giving the author's name and initials followed by "unpublished observation" or "personal communication"; it should not appear in the list of references.
- References should be written in accordance with Index Medicus.
- References to book material should include book title, author, editors, publisher, publication year, and pages.
- ***Full names of journals*** should be used in reference list and ***Italicised***

The names and initials of all authors should be given in the list of references. The style should follow the examples below:

Books

Zatsiorsky, V.M. (1995). *Science and practice of strength training*. Champaign, IL: Human Kinetics.

Journals (Papers or Abstracts)

Elliott, B., Marshall, R. & Noffal, G. (1996). The role of upper limb segment rotations in the development of racket-head speed in the squash forehand. *Journal of Sports Sciences*, 14, 159-165.

Chapters in Books

Stephenson, D.G., Lamb, G.D., Stephenson, G.M.M. & Fryer, M.W (1996). Mechanisms of excitation and contraction coupling relevant to skeletal muscle fatigue. In S.C. Gandavia, R.M. Enoka, A.J. McManus, D.G. Stuart & C.K. Thomas (Eds.), *Fatigue: Neural and muscular mechanisms* (pp. 45-56). New York: Plenum Press.

Chapters in Published Books of Conference Proceedings or Abstracts

Howe, B.L. & Bell, G.J. (1986). Mood states and motivation of triathletes. In J. Watkins, T. Reilly & L. Burwitz (Eds.), *Sports science: Proceedings of the VII Commonwealth and International Conference on Sport, Physical Education, Dance, Recreation and Health* (pp. 273-278). London: E & FN Spon.

We recommend the use of a tool such as [EndNote](#) or [Reference Manager](#) for reference management and formatting.

EndNote reference styles can be searched for here:

<http://www.endnote.com/support/enstyles.asp>

Reference Manager reference styles can be searched for here:

<http://www.refman.com/support/rmstyles.asp>

j) Supporting Information

Journal of Fitness Research gives authors the opportunity to include data that would be inappropriate or impractical to include in the printed version. These data may substantially enhance the importance of the research and may also be of benefit to readers. Authors are encouraged to include data such as videos, 3-D structures/images/videos and any other supporting data too large for print publication. All supporting information must be submitted as 'supplementary files for review' with the original manuscript. 'Supporting Information' will be made available alongside the online version (only) of the published article. Please note that supporting information will not be copy-edited or typeset, but be made available online in exactly the form it is received and approved.

5. Style guidelines

If you have any questions about references or formatting your article, please contact the Editor-in-Chief through the 'Contact Us' page.

6. Disclosure of Potential Conflicts of Interest

It is the sole responsibility of authors to **disclose any affiliation** with any organisation with a financial interest, direct or indirect, in the subject matter or materials discussed in the manuscript (such as consultancies, employment, expert testimony, honoraria, speakers' bureaus, retainers, stock options or ownership) that may affect the conduct or reporting of the work submitted. If uncertain as to what might be considered a potential conflict of interest, authors should err on the side of full disclosure. Information about potential conflict of interest should be clearly stated at the point of submission in the cover letter. This may be made available to reviewers and may be published at the discretion of the Editors.

7. Disclosure of Sources of funding

All sources of funding for research are to be explicitly stated, at the point of submission on the cover letter. This may be published with the manuscript at the discretion of the Editors.

8. Final Proofs

Proofs will be sent to the corresponding author for correction in form of a PDF. The difficulty and expense involved in making **amendments** at proof stage make it essential for authors to prepare their manuscript carefully; any alterations to the original text are strongly discouraged. Our aim is rapid publication; this will be helped if authors provide good copy, follow the above instructions, and return their proofs as quickly as possible.

9. Copyright

When submitting an article, **authors must include a statement of assignment of copyright to Journal of Fitness Research**. Acceptance of the agreement will ensure the widest possible dissemination of information. Journal of Fitness recommends use of the following statement in your cover letter:

“In consideration of the Journal of Fitness Research reviewing, handling, and editing all the contents of this submission, I (we) hereby transfer, assign, or otherwise convey all copyright ownership including all rights and incidental thereto, exclusively to the J FIT RES, in the event that this work is published by the J FIT RES. I (we) affirm that this submission has not been previously published elsewhere in any medium (paper or electronic); the content has not been simultaneously submitted for publication elsewhere in any form, and is not subject to copyright or any other rights except my (our) own to be transferred to the J FIT RES.”

10. Permissions

Authors are themselves responsible for obtaining permission to reproduce copyright material from other sources. On request authors should be able to provide evidence of this permission to the Journal for proof of consent

11. Review and publication process

- a) You will receive an acknowledgement of receipt of the manuscript within 48 hours.
- b) Submitted manuscripts will be reviewed by selected referees and subsequently, the author will be informed of editorial decisions based on the referee comments, as soon as possible. As a rule, manuscripts and photographs, or other material you have submitted will not be returned to you, only the referee comments will be included.
- c) If reviewers request further edits or revisions to your manuscript you will be sent a document with reviewers feedback and comments. You should respond in the following manner.
 - o Use a Word Document to resubmit revisions
 - o Open the word doc and ensure both TRACK CHANGES and ALL MARK UP is selected in the REVIEW tab.
 - o Revise or respond to the reviewers feedback item by item by inserting a NEW COMMENT or REPLY TO COMMENT by right clicking on the reviewers comment showing how you revised the manuscript based on the reviewers feedback.
 - o DO NOT delete any comments or accept any edits at this stage.
 - o These revisions will then be considered by the Editor in Chief to determine if further review is required or if the revisions can be accepted.
- d) When returning the revised manuscript to the Editorial Office, make sure that the manuscript number, the revision number (Rev. 1,2,3. .) and the designation Original/Copy are clearly typed on the top of the title pages of the original manuscript and all copies.
- e) When the final version of the manuscript is accepted, the corresponding author will be notified of acceptance and the manuscript will be forwarded to production.
- f) One set of page proofs in PDF format will be sent by e-mail to the corresponding author. *Journal of Fitness Research* sends PDF proofs which can be annotated; for this you will need to download Adobe Reader version 7 available free from <http://www.adobe.com/products/acrobat/readstep2.html>. Please use this proof only for checking the typesetting, editing, completeness and correctness of the text, tables and figures. Significant changes to the article as accepted for publication will only be considered at this stage with permission from the Editor. Proofreading is solely your responsibility. Note that we may proceed with the publication of your article if no response is received.
- g) After publication, you will be able to download a PDF file of the article directly from the website.