



JOURNAL OF EXERCISE SCIENCE & FITNESS

Official journal of the [SCSEPF](#), [HKPFA](#) and [HKASMSS](#)

AUTHOR INFORMATION PACK

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DESCRIPTION

The Journal of Exercise Science and Fitness is the official peer-reviewed journal of The Society of Chinese Scholars on Exercise Physiology and Fitness (SCSEPF), the Physical Fitness Association of Hong Kong, China (HKPFA), and the Hong Kong Association of Sports Medicine and Sports Science (HKASMSS). It is published twice a year, in June and December, by Elsevier.

The Journal accepts original investigations, comprehensive reviews, case studies and short communications on current topics in exercise science, physical fitness and physical education.

Indexed in: CAB Abstracts, CINAHL, DOAJ, Embase, FMSHK (Journal Abstracts), Global Health, Physical Education Index (Cambridge Scientific Abstracts, USA), SCIE, ScienceDirect, Scopus, SIIC Data Bases, SPORTDiscus (Sport Information Resource Centre)

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ABSTRACTING AND INDEXING

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GUIDE FOR AUTHORS

INTRODUCTION

The Journal of Exercise Science & Fitness (JESF) is the official, peer-reviewed, open-access journal of The Society of Chinese Scholars on Exercise Physiology and Fitness (SCSEPF), the Physical Fitness Association of Hong Kong, China (HKPFA), and the Hong Kong Association of Sports Medicine and Sports Science (HKASMSS). It is published biannually, in June and December, by Elsevier.

The *JESF* is indexed/abstracted in SCI Expanded, CAB ABSTRACTS, CINAHL Information Systems (Glendale, USA), EMBASE, FMSHK (Journal Abstracts), GLOBAL HEALTH, Physical Education Index (Cambridge Scientific Abstracts, USA), ScienceDirect, SCOPUS, SIIC Data Bases, and SPORTDiscus (SIRC, Canada).

The English-language publication features original investigations, comprehensive reviews and case studies on current topics in exercise science, physical fitness and physical education. Authors are required to be in compliance with the *Recommendations for the Conduct, Reporting, Editing and Publication of Scholarly Work in Medical Journals*, which are compiled by the International Committee of Medical Journal Editors (ICMJE), and which are available at <http://www.icmje.org>.

This Guide for Authors is revised periodically by the Editors as needed. Authors should visit the [journal's homepage](#) for the latest version of this guide. Any manuscript not prepared according to these instructions will be returned immediately to the author(s) without review.

Types of article

Review articles

These should aim to provide the reader with a balanced overview of an important and topical subject in sport and exercise sciences and fitness, and should be systematic and critical assessments of literature and data sources. They should cover aspects of a topic in which scientific consensus exists as well as aspects that remain controversial and are the subject of ongoing scientific research. All articles and data sources reviewed should include information about the specific type of study or analysis, population, intervention, exposure, and tests or outcomes. All articles or data sources should be selected systematically for inclusion in the review and critically evaluated. For reporting of systematic reviews and meta-analyses, they must conform to the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA)-P 2015 statement (For detail, please refer to <http://www.prisma-statement.org/>). Ensure that a Conflicts of Interest Statement and Funding/Support Statement are included at the end of the main text.

Typical length: abstract no more than 250 words, main text no more than 3000 words, 50–80 references.

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These may be randomized trials, intervention studies, studies of screening and diagnostic tests, laboratory and animal studies, cohort studies, cost-effectiveness analyses, case-control studies, and surveys with high response rates, which represent new and significant contributions to exercise science, physical fitness and physical education. Section headings should be: Abstract, Introduction, Methods, Results, Discussion, Conflicts of Interest Statement, Funding/Support Statement, Acknowledgments (if any), and References.

The Introduction should provide a brief background to the subject of the paper, explain the importance of the study, and state the objective/hypothesis.

The Methods section should describe the study design and methods (including the study setting and dates, patients/participants with inclusion and exclusion criteria, or data sources and how these were selected for the study, patient samples or animal specimens used, explain the laboratory methods followed), and state the statistical procedures employed in the research.

The Results section should comprise the study results presented in a logical sequence, supplemented by tables and/or figures. Take care that the text does not repeat data that are presented in tables and/or figures. Only emphasize and summarize the essential features of any interventions, the main outcome measures, and the main results.

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These are short discussions of a case or case series with unique features not previously described that make an important teaching point or scientific observation. They may describe novel techniques, novel use of equipment, or new information on conditions of importance. Section headings should be: Abstract, Introduction, Case report, Discussion, Conflicts of Interest Statement, Funding/Support Statement, Acknowledgments (if any), and References.

The Introduction should describe the purpose of the report, the significance of the condition, and briefly review the relevant literature. The Case report should include the general data of the case, history, chief complaint, present illness, clinical manifestation, methods of diagnosis and treatment, and outcome. The Discussion should compare, analyze and discuss the similarities and differences between the reported case and similar previously reported cases. The importance or specificity of the case should be restated when discussing the differential diagnoses. Suggest the prognosis and possibility of prevention. Typical length: abstract no more than 250 words, main text no more than 1300 words, 10–30 references.

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The Editors reserve the right to decide what constitutes a Short Communication.

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State the objectives of the work and provide an adequate background, avoiding a detailed literature survey or a summary of the results.

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Results

Results should be clear and concise.

Discussion

This should explore the significance of the results of the work, not repeat them. Avoid extensive citations and discussion of published literature.

Conclusion

The main conclusions of the study may be presented in a short Conclusions section, which may stand alone or form a subsection of the Discussion section.

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If there is more than one appendix, they should be identified as A, B, etc. Formulae and equations in appendices should be given separate numbering: Eq. (A.1), Eq. (A.2), etc.; in a subsequent appendix, Eq. (B.1) and so on. Similarly for tables and figures: Table A.1; Fig. A.1, etc.

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Abstracts for systematic reviews and meta-analyses must be structured using the subheadings 'Background/Objective', 'Methods', 'Results', and 'Conclusion', while abstracts for all other types of review are unstructured (i.e., no subheadings).

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Immediately after the abstract, provide a maximum of 6 keywords in alphabetical order, using American spelling and avoiding general and plural terms and multiple concepts (avoid, for example, 'and', 'of'). Keywords should not simply be taken from the manuscript title but should be representative of the content of the article and be characteristic of the terminology used within the particular field of the study. They should be taken from Index Medicus (Medical Subject Headings, MeSH) or be composed by analogy on the same principle. Be sparing with abbreviations: only abbreviations firmly established in the field may be eligible. These keywords will be used for indexing purposes.

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2. Ebben WP, Wurm B, VanderZanden TL, et al. Kinetic analysis of several variations of push-ups. *J Strength Cond Res.* 2011;25:2891–2894.

Reference to a journal supplement:

3. Kaplan NM. The endothelium as prognostic factor and therapeutic target: what criteria should we apply? *J Cardiovasc Pharmacol.* 1998;32 (suppl 3):S78–80.

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4. Kawai H, Ishikawa T, Moroi J, et al. Elderly patient with cerebellar malignant astrocytoma. *No Shinkei Geka.* 2008;36:799–805. [In Japanese, English abstract]

Reference to a book:

5. Bradley EL. *Medical and Surgical Management.* Philadelphia: Saunders; 1982:72–95.

Reference to a book chapter in a book with editor and edition:

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7. World Health Organization. *World Health Report 2002: Reducing Risk, Promoting Healthy Life.* Geneva, Switzerland: World Health Organization; 2002.

Reference to electronic publications:

8. Duchin JS. Can preparedness for biological terrorism save us from pertussis? *Arch Pediatr Adolesc Med.* 2004;158:106–107. Available from: <http://archpedi.amaassn.org/cgi/content/full/158/2/106>. Accessed June 5, 2004.
9. Smeeth L, Iliffe S. Community screening for visual impairment in the elderly. *Cochrane Database Syst Rev.* 2002(2):CD001054. doi:10.1002/14651858.CD1001054.

Reference to items presented at a meeting but not yet published:

10. Durbin D, Kallan M, Elliott M, et al. Risk of injury to restrained children from passenger air bags. Paper presented at: 46th Annual Meeting of the Association for the Advancement for Automotive Medicine; September 2002; Tempe, AZ.
11. Greenspan A, Eerdekens M, Mahmoud R. Is there an increased rate of cerebrovascular events among dementia patients? Poster presented at: 24th Congress of the Collegium Internationale Neuro-Psychopharmacologicum (CINP); June 20–24, 2004; Paris, France.
12. Khuri FR, Lee JJ, Lippman SM. Isotretinoin effects on head and neck cancer recurrence and second primary tumors. In: Proceedings from the American Society of Clinical Oncology; May 31–June 3, 2003; Chicago, IL. Abstract 359.

Reference to an item presented at a meeting and published:

13. Cionni RJ. Color perception in patients with UV- or bluelight-filtering IOLs. In: *Symposium on Cataract, IOL, and Refractive Surgery*. San Diego, CA: American Society of Cataract and Refractive Surgery; 2004. Abstract 337.

Reference to material accepted for publication but not yet published:

14. Carrau RL, Khidr A, Crawley JA, et al. The impact of laryngopharyngeal reflux on patient-reported quality of life. *Laryngoscope*. In press.
15. Ofri D. *Incidental Findings: Lessons from my Patients in the Art of Medicine*. Boston, MA: Beacon Press. In press.

Reference to theses and dissertations:

16. Undeman C. *Fully Automatic Segmentation of MRI Brain Images Using Probabilistic Diffusion and a Watershed Scale-Space Approach* [master's thesis]. Stockholm, Sweden: NADA, Royal Institute of Technology; 2001.
17. Ayers AJ. *Retention of Resin Restorations by Means of Enamel Etching and by Pins* [MSD thesis]. Indianapolis: Indiana University; 1971.

Reference to a website:

18. American Association of Oral and Maxillofacial Surgeons. *Wisdom Teeth*. AAOMS Web site. http://www.aaoms.org/wisdom_teeth.php. Accessed November 15, 2009.

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