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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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Journal of Exercise Science & Fitness, Exercise Physiology Laboratory, Department of Sports Science and P.E., The Chinese University of Hong Kong, Shatin, New Territories, Hong Kong SAR
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 (HKASMS). 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.

Full length articles/Research papers

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.

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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 should be clear and concise.

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

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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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The first title page should contain the information below (from the top to bottom of the page).

*Category of paper:* (i) Review article, (ii) Full length article/Research paper, (iii) Case report, or (iv) Short communication. *Article title:* Concise and informative. Titles are often used in information-retrieval systems. Avoid abbreviations and formulae where possible. *Author names and affiliations:* Where the family name may be ambiguous (e.g., a double name), please indicate this clearly. Present the authors’ affiliation addresses (where the actual work was done) below the names. Indicate all affiliations with a lower-case superscript letter immediately after the author’s name and in front of the appropriate affiliation. Provide the e-mail address, if available, of each author. *Corresponding author:* Clearly indicate who will handle correspondence at all stages of refereeing and publication, also post-publication. Ensure that phone numbers (with country and area code) are provided in addition to the e-mail address and the complete postal address. Contact details must be kept up to date by the corresponding author. *Present/permanent address:* If an author has moved since the work described in the article was done, or was visiting at the time, a 'Present address' (or 'Permanent address') may be indicated as a footnote to that author’s name. The address at which the author actually did the work must be retained as the main, affiliation address. Superscript Arabic numerals are used for such footnotes.

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The second title page should contain the article title only.

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A concise and factual abstract of no more than 250 words is required for the following article categories: Review Articles, Full Length Articles/ Research Papers, Case Reports, and Short Communications.

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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Abstracts for Case Reports should be unstructured (i.e., in one single paragraph with no subheadings), and include the significance and purpose of the case presentation, the diagnostic methods of the case, the key data, and brief comments and suggestions with regard to the case.
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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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Statistical analysis is essential for all research papers except case reports. Use correct nomenclature for statistical methods (e.g., two sample t test, not unpaired t test). Descriptive statistics should follow the scales used in data description. Inferential statistics are important for interpreting results and should be described in detail. All p values should be presented to the third decimal place for accuracy. The smallest p value that should be expressed is p<0.001 since additional zeros do not convey useful information; the largest p value that should be expressed is p>0.99.

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