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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 (SCSEPFF), 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.

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

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Article title: Concise and informative. Titles are often used in information-retrieval systems. Avoid abbreviations and formulae where possible.

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