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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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2018: 0.786 © Clarivate Analytics Journal Citation Reports 2019

ABSTRACTING AND INDEXING

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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, New Territories, Shatin, Shatin, Hong Kong SAR
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.

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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The Discussion section should be used to emphasize the new and important aspects of the study, placing the results in context with published literature, the implications of the findings, and the conclusions that follow from the study results.

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**Case reports**
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.

**Contact details for submission**
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Divide your article into clearly defined sections. Each subsection is given a brief heading. Each heading should appear on its own separate line. Subsections should be used as much as possible when cross-referencing text: refer to the subsection by heading as opposed to simply 'the text'.

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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.

Methods
Provide sufficient detail to allow the work to be reproduced. Methods already published should be indicated by a reference: only relevant modifications should be described.
Results
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.

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

Abstracts for Full Length Articles must also be structured using the subheadings 'Background/Objective', 'Methods', 'Results', and 'Conclusion'. The abstract should include the rationale for the study, its purpose, basic procedures (selection of study participants, observational and analytical methods), main findings (giving specific effect sizes and their statistical significance, if possible), and principal conclusions. It should emphasize new and important aspects of the study.

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.

Abstracts for Short Communications should also be unstructured, and include information on the background/purpose of the report, methods, results, and concluding remarks.
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**Keywords**
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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**Acknowledgments**
Collate acknowledgments in a separate section at the end of the article before the references and do not, therefore, include them on the title page, as a footnote to the title or otherwise. List here those individuals who provided help during the research (e.g., providing language help, writing assistance or proof reading the article, etc.).

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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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