TABLE OF CONTENTS

- Description p.1
- Impact Factor p.1
- Abstracting and Indexing p.2
- Editorial Board p.2
- Guide for Authors p.4

DESCRIPTION

Journal of Sport and Health Science (JSHS), launched in May 2012, is a peer-reviewed scholarly journal dedicated to the advancement of sport/exercise/health sciences. By publishing original research, scholarly reviews, opinion papers, and research highlights/commentaries, JSHS aims to build a communication platform for international researchers to effectively share scholarly achievements.

With a distinguished editorial board, JSHS is dedicated to maintaining high academic standards, integrity, and excellence by publishing scholarly work of the highest quality in the sub-disciplines of sport/exercise/health sciences.

Fields of particular interest to the journal include (but not limited to):
- Sport medicine
- Sport and exercise physiology
- Public health promotion
- Biomechanics
- Sport and exercise biochemistry and nutrition
- Sport and exercise psychology
- Motor behavior
- Coaching
- Physical education
- Traditional Chinese sports and wellbeing
- Growth and maturation

Please contact us if you have questions about subscriptions:
Editorial Office
E-mail: jshs@sus.edu.cn
Tel: +86-21-51253133, 51253135
Fax: +86-21-51253133
Address: 650 Qingyuanhuan Road, Shanghai 200438, China

IMPACT FACTOR

2017: 2.591 © Clarivate Analytics Journal Citation Reports 2018
ABSTRACTING AND INDEXING

Science Citation Index  
Social Sciences Citation Index  
Scopus  
EMBASE  
Cambridge Scientific Abstracts  
Directory of Open Access Journals (DOAJ)

EDITORIAL BOARD

Editors-in-Chief
Peijie Chen, Dept. of Sport Rehabilitation, Shanghai University of Sport, Shanghai, China  
Walter Herzog, Dept. of Kinesiology, University of Calgary, Calgary, Alberta, Canada

Deputy-Editors-in-Chief
Lijuan Mao, Shanghai University of Sport, China  
Neil Armstrong, Dept. of Paediatric Physiology, University of Exeter, Devon, Exeter, England, UK  
Qianghui Ran, Shanghai University of Sport, China  
Yu Liu, Shanghai University of Sport, China

Editorial Board
Barbara Ainsworth, School of Nutrition and Health Promotion, Arizona State University, Arizona, USA  
Ralph Beneke, Philipps-Universität Marburg  
Chetwyn Chan, Department of Rehabilitation Sciences, The Hong Kong Polytechnic University, Kowloon, Hong Kong, China  
Yu-Kai Chang, Department of Physical Education, National Taiwan Normal University, Taiwan, China  
Ang Chen, Dept. of Exercise and Sport Science, University of North Carolina at Greensboro, Greensboro, North Carolina, USA  
Sulin Cheng, Dept. of Health Science and Technology, University of Jyväskylä, Jyväskylä, Finland  
J. Larry Durstine, Dept. of Exercise Science, University of South Carolina, Columbia, South Carolina, USA  
Veronique Feipel, Inst. for Motor Sciences, Université Libre de Bruxelles (ULB), Brussels, Belgium  
Zan Gao, Physical Activity Epidemiology Laboratory, School of Kinesiology, University of Minnesota, USA  
Albert Gollhofer, Dept. of Sport and Sport Science, Albert-Ludwigs-Universität Freiburg, Freiburg im Breisgau, Germany  
Li Li Ji, Laboratory of Physiological Hygiene and Exercise Science, School of Kinesiology, University of Minnesota, Minneapolis, Minnesota, USA  
David M. Koceja, School of Public Health, Indiana University, Bloomington, Indiana, USA  
Fuzhong Li, Dept. of Exercise Science, Oregon Research Institute, Eugene, Oregon, USA  
Guoping Li, National Institute of Sports Medicine of China, China  
Li Li, Jiann-Ping Hsu College of Public Health, Georgia Southern University, Statesboro, Georgia, USA  
Rena Li, Ctr. for Hormone Advanced Science and Education (CHASE), Roskamp Institute (Better science. Real discovery), Sarasota, Florida, USA  
Seppo Meri, Haartman Inst., University of Helsinki, Helsinki, Finland  
Erich Müller, Universität Salzburg, Austria  
Arnold G. Nelson, Dept. of Kinesiology, Louisiana State University, Baton Rouge, Louisiana, USA  
David C. Nieman, Dept. of Health and Exercise Science, Appalachian State University, Boone, North Carolina, USA  
Hidetsugu Nishizono, Kyushu Sangyo University, Japan  
Scott K. Powers, American College of Sports Medicine, USA  
Zsolt Radák, University of Physical Education, Hungary  
Stefan Schneider, German Sport University Cologne, Cologne, Germany  
Tzyy-Yuang Shiang, Inst. of Exercise & Sports Science, National Taiwan Normal University, Taipei City, Daan District, Taiwan, China  
Mark S. Tremblay, Children's Hospital of Eastern Ontario Research Institute, University of Ottawa, Ontario, Canada  
Ying Wu, Shanghai University of Sport, China  
Ping Xiang, Texas A&M University, College Station, Texas, USA  
Minhao Xie, President of China Institute of Sports Medicine; Vice Chairman, Committee of the Council of Sports Medicine of China Sport Society, China  
Bing Yu, Dept. of Allied Health Sciences, University of North Carolina at Chapel Hill School of Medicine, Chapel Hill, North Carolina, USA  
Dinghai Yu, Dept. of Martial Arts, Shanghai University of Sport, Shanghai, China  
Jiancheng Zhang, Dept. of Sport Science, Shanghai University of Sport, Shanghai, China
Songning Zhang, Dept. of Kinesiology, Recreation and Sport Studies, University of Tennessee - Knoxville, Knoxville, Tennessee, USA
Weimo Zhu, Dept. of Kinesiology and Community Health, University of Illinois at Urbana-Champaign, Champaign, Illinois, USA
GUIDE FOR AUTHORS

INTRODUCTION

Aims and Scope
Journal of Sport and Health Science (JSHS) is a peer-reviewed scholarly journal dedicated to the advancement of sport/exercise/health sciences. JSHS publishes original research, scholarly reviews, opinion papers, and research highlights / commentaries in exercise/sport science, physical education and sport coaching, health promotion, and traditional Chinese medicine. Through these features, JSHS aims to build a communication platform for international researchers to share scholarly achievements effectively. With the distinguished editorial board, JSHS will dedicate to high academic standards, integrity, and excellence by publishing scholarly work with highest quality in the following sub-disciplines of sport/exercise/health science

Types of Paper
Contributions falling into the following categories will be considered for publication: Research Highlight, Commentary, Opinion, Review, Original article, Letter to the Editor

Please ensure that you select the appropriate article type from the list of options when making your submission. Authors contributing to special issues should ensure that they select the special issue article type from this list.

Research Highlights
Research Highlights are by invitation only and present short updates on new progress in the field of sport and health. They should be no more than 900 words.

Commentary
Commentary articles comment on articles that have been published in JSHS. They should contain no more than 1000 words of text, one display item (figure or table) and a maximum of 20 references. Commentary articles do not contain an abstract.

Opinion
Opinion pieces cover a wide variety of topics that are of current interest in sport and health and highlight their interaction with society. They may discuss policy, ethics, science or society and should be written in an accessible, non-technical style. They can be written with authority, color, vivacity and personal voice. Opinion pieces should be 1500 to 2500 words and should contain no more than 25 references. They do not contain primary research data, although they may present "sociological" data (funding trends, demographics, bibliographic data, scientific and social development, etc.). Opinion pieces do not contain an abstract, and apart from keywords there is no obligation to divide the text into sections. In all other respects, the directions for full papers should be followed.

Review
Review Articles survey recent developments in a topical area of sport and health. Reviews have a word limit of 6000 words including abstract but excluding references, tables and figures. In JSHS, review articles are usually invited by the Editor or Associate Editor. Self-invited manuscripts should be considered only if the authors are highly reputable demonstrated by a track record of productivity in the relevant field being reviewed.

Original Article
Studies that are of high scientific quality and that are of interest to the diverse readership of the journal. Manuscripts should include an abstract and appropriate experimental details to support the conclusions. Original Articles should be no more than 5000 words and should not normally include more than six display items (tables and/or figures).

Case Studies
A Case Study should report on specific cases that are unique, exciting, and current to exercise and sport science, sports medicine, health, and other relevant fields of study. Case studies should make a distinct contribution to the scientific field and/or question existing paradigms. A case could be an individual or a community depending on the nature of the study. We expect most case studies to include an abstract, an introduction, a brief case report and a discussion.

**Letter to the Editor**

Letters to the Editor present preliminary reports of unusual urgency, significance and interest, whose subjects may be republished in expanded form. They should contain no more than 900 words of text, one display item (figure or table) and a maximum of 10 references. Letters to the Editor do not contain an abstract, and apart from keywords there is no obligation to divide the text into sections. In all other respects, the directions for full papers should be followed.

**Submission**

Submission to this journal proceeds totally online. Use the following guidelines to prepare your article. Via the homepage of this journal (https://mc03.manuscriptcentral.com/jshs) you will be guided stepwise through the creation and uploading of the various files. The system automatically converts source files to a single Adobe Acrobat PDF version of the article, which is used in the peer-review process. Please note that even though manuscript source files are converted to PDF at submission for the review process, these source files are needed for further processing after acceptance. All correspondence, including notification of the Editor's decision and requests for revision, takes place by e-mail and via the author's homepage, removing the need for a hard-copy paper trail. If you are unable to provide an electronic version, please contact the editorial office prior to submission (e-mail: jshs@sus.edu.cn; Tel: +86-21-51253133; Fax: +86-21-51253133).

**Submission checklist**

You can use this list to carry out a final check of your submission before you send it to the journal for review. Please check the relevant section in this Guide for Authors for more details.

**Ensure that the following items are present:**

One author has been designated as the corresponding author with contact details:
- E-mail address
- Full postal address

All necessary files have been uploaded:

**Manuscript:**
- Include keywords
- All figures (include relevant captions)
- All tables (including titles, description, footnotes)
- Ensure all figure and table citations in the text match the files provided
- Indicate clearly if color should be used for any figures in print

**Graphical Abstracts / Highlights files** (where applicable)

**Supplemental files** (where applicable)

Further considerations
- Manuscript has been 'spell checked' and 'grammar checked'
- All references mentioned in the Reference List are cited in the text, and vice versa
- Permission has been obtained for use of copyrighted material from other sources (including the Internet)
- A competing interests statement is provided, even if the authors have no competing interests to declare
- Journal policies detailed in this guide have been reviewed
- Referee suggestions and contact details provided, based on journal requirements

For further information, visit our [Support Center](#).

**BEFORE YOU BEGIN**
**Ethical requirement**

All materials must adhere to high ethical and animal welfare standards. Any use of animals must be based on ethological knowledge and respect for species-specific requirements for health and well-being. For investigations of human subjects, an appropriate institutional review board approved the project and the informed consent was obtained from the study participants. For detailed information on Ethics in Publishing and Ethical guidelines for journal publication see http://www.elsevier.com/publishingethics and http://www.elsevier.com/ethicalguidelines.

**Declaration of interest**

All authors must disclose any financial and personal relationships with other people or organizations that could inappropriately influence (bias) their work. Examples of potential competing interests include employment, consultancies, stock ownership, honoraria, paid expert testimony, patent applications/registrations, and grants or other funding. Authors must disclose any interests in two places: 1. A summary declaration of interest statement in the title page file (if double-blind) or the manuscript file (if single-blind). If there are no interests to declare then please state this: 'Declarations of interest: none'. This summary statement will be ultimately published if the article is accepted. 2. Detailed disclosures as part of a separate Declaration of Interest form, which forms part of the journal's official records. It is important for potential interests to be declared in both places and that the information matches. More information.

**Submission declaration**

Submission of an article implies that the work described has not been published previously (except in the form of an abstract, a published lecture or academic thesis, see 'Multiple, redundant or concurrent publication' for more information), that it is not under consideration for publication elsewhere, that its publication is approved by all authors and tacitly or explicitly by the responsible authorities where the work was carried out, and that, if accepted, it will not be published elsewhere in the same form, in English or in any other language, including electronically without the written consent of the copyright-holder.

**Use of inclusive language**

Inclusive language acknowledges diversity, conveys respect to all people, is sensitive to differences, and promotes equal opportunities. Articles should make no assumptions about the beliefs or commitments of any reader, should contain nothing which might imply that one individual is superior to another on the grounds of race, sex, culture or any other characteristic, and should use inclusive language throughout. Authors should ensure that writing is free from bias, for instance by using 'he or she', 'his/her' instead of 'he' or 'his', and by making use of job titles that are free of stereotyping (e.g. 'chairperson' instead of 'chairman' and 'flight attendant' instead of 'stewardess').

**Changes to authorship**

Authors are expected to consider carefully the list and order of authors before submitting their manuscript and provide the definitive list of authors at the time of the original submission. Any addition, deletion or rearrangement of author names in the authorship list should be made only before the manuscript has been accepted and only if approved by the journal Editor. To request such a change, the Editor must receive the following from the corresponding author: (a) the reason for the change in author list and (b) written confirmation (e-mail, letter) from all authors that they agree with the addition, removal or rearrangement. In the case of addition or removal of authors, this includes confirmation from the author being added or removed.

Only in exceptional circumstances will the Editor consider the addition, deletion or rearrangement of authors after the manuscript has been accepted. While the Editor considers the request, publication of the manuscript will be suspended. If the manuscript has already been published in an online issue, any requests approved by the Editor will result in a corrigendum.

Elsevier supports responsible sharing

Find out how you can share your research published in Elsevier journals.

**Role of the funding source**

You are requested to identify who provided financial support for the conduct of the research and/or preparation of the article and to briefly describe the role of the sponsor(s), if any, in study design; in the collection, analysis and interpretation of data; in the writing of the report; and in the decision to submit the article for publication. If the funding source(s) had no such involvement then this should be stated.
**Funding body agreements and policies**
Elsevier has established a number of agreements with funding bodies which allow authors to comply with their funder's open access policies. Some funding bodies will reimburse the author for the gold open access publication fee. Details of existing agreements are available online.

**Open access**
Every peer-reviewed research article appearing in this journal will be published open access. This means that the article is universally and freely accessible via the internet in perpetuity, in an easily readable format immediately after publication. The author does not have any publication charges for open access. The Xi'an Jiao tong University will pay to make the article open access.

A CC user license manages the reuse of the article (see http://www.elsevier.com/openaccesslicenses). All articles will be published under the following license:

*Creative Commons Attribution-NonCommercial-NoDerivs (CC BY-NC-ND)*
For non-commercial purposes, lets others distribute and copy the article, and to include in a collective work (such as an anthology), as long as they credit the author(s) and provided they do not alter or modify the article.

The open access publication fee for this journal is $, excluding taxes. Learn more about Elsevier's pricing policy: http://www.elsevier.com/openaccesspricing.

**Elsevier Researcher Academy**
Researcher Academy is a free e-learning platform designed to support early and mid-career researchers throughout their research journey. The "Learn" environment at Researcher Academy offers several interactive modules, webinars, downloadable guides and resources to guide you through the process of writing for research and going through peer review. Feel free to use these free resources to improve your submission and navigate the publication process with ease.

**Language (usage and editing services)**
Please write your text in good English (American or British usage is accepted, but not a mixture of these). Authors who feel their English language manuscript may require editing to eliminate possible grammatical or spelling errors and to conform to correct scientific English may wish to use the English Language Editing service available from Elsevier's WebShop.

**Submission**
Submission to this journal proceeds totally online. Use the following guidelines to prepare your article. Via the homepage of this journal (https://mc03.manuscriptcentral.com/jshs) you will be guided stepwise through the creation and uploading of the various files. The system automatically converts source files to a single Adobe Acrobat PDF version of the article, which is used in the peer-review process. Please note that even though manuscript source files are converted to PDF at submission for the review process, these source files are needed for further processing after acceptance. All correspondence, including notification of the Editor's decision and requests for revision, takes place by e-mail and via the author's homepage, removing the need for a hard-copy paper trail. If you are unable to provide an electronic version, please contact the editorial office prior to submission (e-mail: jshs@sus.edu.cn; Tel: +86-21-51253133; Fax: +86-21-51253133).

**Submit your article**
Please submit your article via https://mc03.manuscriptcentral.com/jshs.

**Referees**
Please submit the names and institutional e-mail addresses of several potential referees. For more details, visit our Support site. Note that the editor retains the sole right to decide whether or not the suggested reviewers are used.

**Additional information**
Tables and figures may be presented with captions within the main body of the manuscript; if so, figures should additionally be uploaded as high resolution files

**PREPARATION**

**Peer review**
This journal operates a single blind review process. All contributions are typically sent to a minimum of two independent expert reviewers to assess the scientific quality of the paper. The Editor is responsible for the final decision regarding acceptance or rejection of articles. The Editor's decision is final. More information on types of peer review.
Use of word processing software
It is important that the file be saved in the native format of the word processor used. The text should be in single-column format. Keep the layout of the text as simple as possible. Most formatting codes will be removed and replaced on processing the article. In particular, do not use the word processor's options to justify text or to hyphenate words. However, do use bold face, italics, subscripts, superscripts etc. When preparing tables, if you are using a table grid, use only one grid for each individual table and not a grid for each row. If no grid is used, use tabs, not spaces, to align columns. The electronic text should be prepared in a way very similar to that of conventional manuscripts (see also the Guide to Publishing with Elsevier). Note that source files of figures, tables and text graphics will be required whether or not you embed your figures in the text. See also the section on Electronic artwork.
To avoid unnecessary errors you are strongly advised to use the 'spell-check' and 'grammar-check' functions of your word processor.

Article structure
Subdivision - numbered sections
Divide your article into clearly defined and numbered sections. Subsections should be numbered 1.1 (then 1.1.1, 1.1.2, ...), 1.2, etc. (the abstract is not included in section numbering). Use this numbering also for internal cross-referencing: do not just refer to 'the text'. Any subsection may be given a brief heading. Each heading should appear on its own separate line.

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

Material and methods
Provide sufficient details to allow the work to be reproduced by an independent researcher. Methods that are already published should be summarized, and indicated by a reference. If quoting directly from a previously published method, use quotation marks and also cite the source. Any modifications to existing methods should also be described.

Results
Results should be clear and concise.

Discussion
This should explore the significance of the results of the work, not repeat them. A combined Results and Discussion section is often appropriate. Avoid extensive citations and discussion of published literature.

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

Appendices
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.

Essential title page information
• Title. Concise and informative. Titles are often used in information-retrieval systems. Avoid abbreviations and formulae where possible.
• Author names and affiliations. Please clearly indicate the given name(s) and family name(s) of each author and check that all names are accurately spelled. You can add your name between parentheses in your own script behind the English transliteration. 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 address. Provide the full postal address of each affiliation, including the country name and, if available, the e-mail address of each author.
• Corresponding author. Clearly indicate who will handle correspondence at all stages of refereeing and publication, also post-publication. This responsibility includes answering any future queries about Methodology and Materials. Ensure that the e-mail address is given and that contact details are 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.

**Abstract**
A concise and factual abstract is required. The abstract should state briefly the purpose of the research, the principal results and major conclusions. An abstract is often presented separately from the article, so it must be able to stand alone. For this reason, References should be avoided, but if essential, then cite the author(s) and year(s). Also, non-standard or uncommon abbreviations should be avoided, but if essential they must be defined at their first mention in the abstract itself.

**Keywords**
Authors are invited to submit 6-8 keywords associated with their paper.

**Abbreviations**
Define abbreviations that are not standard in this field in a footnote to be placed on the first page of the article. Such abbreviations that are unavoidable in the abstract must be defined at their first mention there, as well as in the footnote. Ensure consistency of abbreviations throughout the article.

**Acknowledgements**
Collate acknowledgements 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.).

**Authors' Contributions**
Authors are required to state their contributions to the manuscript. The statement can be of several sentences, describing the tasks of individual authors referred to by their initials. Use the following format: **JDE carried out the genetic studies, participated in the proteomic analysis and drafted the manuscript; JSR carried out the immunoassays and performed the statistical analysis; JMP conceived of the study, and participated in its design and coordination and helped to draft the manuscript.** Add a statement that all authors have read and approved the final version of the manuscript, and agree with the order of presentation of the authors.

**Competing Interests**
State if there is any competing interest of any sort. If there is no financial interest, use the following format: None of the authors declare competing financial interests.

**Formatting of funding sources**
List funding sources in this standard way to facilitate compliance to funder's requirements:

**Funding:** This work was supported by the National Institutes of Health [grant numbers xxxx, yyyy]; the Bill & Melinda Gates Foundation, Seattle, WA [grant number zzzz]; and the United States Institutes of Peace [grant number aaaa].

It is not necessary to include detailed descriptions on the program or type of grants and awards. When funding is from a block grant or other resources available to a university, college, or other research institution, submit the name of the institute or organization that provided the funding.

If no funding has been provided for the research, please include the following sentence:

This research did not receive any specific grant from funding agencies in the public, commercial, or not-for-profit sectors.

**Math formulae**
Please submit math equations as editable text and not as images. Present simple formulae in line with normal text where possible and use the solidus (/) instead of a horizontal line for small fractional terms, e.g., X/Y. In principle, variables are to be presented in italics. Powers of e are often more conveniently denoted by exp. Number consecutively any equations that have to be displayed separately from the text (if referred to explicitly in the text).
Footnotes
Footnotes should be used sparingly. Number them consecutively throughout the article. Many word
processors can build footnotes into the text, and this feature may be used. Otherwise, please indicate
the position of footnotes in the text and list the footnotes themselves separately at the end of the
article. Do not include footnotes in the Reference list.

Artwork
Electronic artwork
General points
• Make sure you use uniform lettering and sizing of your original artwork.
• Embed the used fonts if the application provides that option.
• Aim to use the following fonts in your illustrations: Arial, Courier, Times New Roman, Symbol, or
use fonts that look similar.
• Number the illustrations according to their sequence in the text.
• Use a logical naming convention for your artwork files.
• Provide captions to illustrations separately.
• Size the illustrations close to the desired dimensions of the published version.
• Submit each illustration as a separate file.
A detailed guide on electronic artwork is available.
You are urged to visit this site; some excerpts from the detailed information are given here.
Formats
If your electronic artwork is created in a Microsoft Office application (Word, PowerPoint, Excel) then
please supply 'as is' in the native document format.
Regardless of the application used other than Microsoft Office, when your electronic artwork is
finalized, please 'Save as' or convert the images to one of the following formats (note the resolution
requirements for line drawings, halftones, and line/halftone combinations given below):
EPS (or PDF): Vector drawings, embed all used fonts.
TIFF (or JPEG): Color or grayscale photographs (halftones), keep to a minimum of 300 dpi.
TIFF (or JPEG): Bitmapped (pure black & white pixels) line drawings, keep to a minimum of 1000 dpi.
TIFF (or JPEG): Combinations bitmapped line/half-tone (color or grayscale), keep to a minimum of
500 dpi.
Please do not:
• Supply files that are optimized for screen use (e.g., GIF, BMP, PICT, WPG); these typically have a
low number of pixels and limited set of colors;
• Supply files that are too low in resolution;
• Submit graphics that are disproportionately large for the content.
Color artwork
Please make sure that artwork files are in an acceptable format (TIFF, EPS or MS Office files) and
with the correct resolution. If, together with your accepted article, you submit usable color figures
then Elsevier will ensure, at no additional charge, that these figures will appear in color on the Web
(e.g., ScienceDirect and other sites) regardless of whether or not these illustrations are reproduced
in color in the printed version
Tables
Please submit tables as editable text and not as images. Tables can be placed either next to the
relevant text in the article, or on separate page(s) at the end. Number tables consecutively in
accordance with their appearance in the text and place any table notes below the table body. Be
sparing in the use of tables and ensure that the data presented in them do not duplicate results
described elsewhere in the article. Please avoid using vertical rules and shading in table cells.

References
Citation in text
Please ensure that every reference cited in the text is also present in the reference list (and vice
versa). Any references cited in the abstract must be given in full. Unpublished results and personal
communications are not recommended in the reference list, but may be mentioned in the text. If these
references are included in the reference list they should follow the standard reference style of the
journal and should include a substitution of the publication date with either 'Unpublished results' or
'Personal communication'. Citation of a reference as 'in press' implies that the item has been accepted
for publication.
Reference links
Increased discoverability of research and high quality peer review are ensured by online links to the sources cited. In order to allow us to create links to abstracting and indexing services, such as Scopus, CrossRef and PubMed, please ensure that data provided in the references are correct. Please note that incorrect surnames, journal/book titles, publication year and pagination may prevent link creation. When copying references, please be careful as they may already contain errors. Use of the DOI is highly encouraged.

A DOI is guaranteed never to change, so you can use it as a permanent link to any electronic article. An example of a citation using DOI for an article not yet in an issue is: VanDecar J.C., Russo R.M., James D.E., Ambeh W.B., Franke M. (2003). Aseismic continuation of the Lesser Antilles slab beneath northeastern Venezuela. Journal of Geophysical Research, https://doi.org/10.1029/2001JB000884. Please note the format of such citations should be in the same style as all other references in the paper.

Web references
As a minimum, the full URL should be given and the date when the reference was last accessed. Any further information, if known (DOI, author names, dates, reference to a source publication, etc.), should also be given. Web references can be listed separately (e.g., after the reference list) under a different heading if desired, or can be included in the reference list.

References in a special issue
Please ensure that the words ‘this issue’ are added to any references in the list (and any citations in the text) to other articles in the same Special Issue.

Journal abbreviations source
Journal names should be abbreviated according to the List of Title Word Abbreviations.

Additional information
Tables and figures may be presented with captions within the main body of the manuscript; if so, figures should additionally be uploaded as high resolution files

AFTER ACCEPTANCE

Proofs
One set of page proofs (as PDF files) will be sent by e-mail to the corresponding author (if we do not have an e-mail address then paper proofs will be sent by post) or, a link will be provided in the e-mail so that authors can download the files themselves. Elsevier now provides authors with PDF proofs which can be annotated; for this you will need to download the free Adobe Reader, version 9 (or higher). Instructions on how to annotate PDF files will accompany the proofs (also given online). The exact system requirements are given at the Adobe site.

If you do not wish to use the PDF annotations function, you may list the corrections (including replies to the Query Form) and return them to Elsevier in an e-mail. Please list your corrections quoting line number. If, for any reason, this is not possible, then mark the corrections and any other comments (including replies to the Query Form) on a printout of your proof and scan the pages and return via e-mail. 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. We will do everything possible to get your article published quickly and accurately. It is important to ensure that all corrections are sent back to us in one communication: please check carefully before replying, as inclusion of any subsequent corrections cannot be guaranteed. Proofreading is solely your responsibility.

Offprints
The corresponding author, at no cost, will be provided with a PDF file of the article via e-mail. For an extra charge, paper offprints can be ordered via the offprint order form which is sent once the article is accepted for publication. The PDF file is a watermarked version of the published article and includes a cover sheet with the journal cover image and a disclaimer outlining the terms and conditions of use

AUTHOR INQUIRIES
For inquiries relating to the submission of articles (including electronic submission) please visit this journal's homepage(https://mc03.manuscriptcentral.com/jshs). Contact details for questions arising after acceptance of an article, especially those relating to proofs, will be provided by the Editorial Office. You can track accepted articles at http://www.elsevier.com/trackarticle. You can also check our Author FAQs (http://www.elsevier.com/authorFAQ) and/or contact Customer Support via http://support.elsevier.com.
Nomenclature and units
Follow internationally accepted rules and conventions: use the international system of units (SI). If other quantities are mentioned, give their equivalent in SI. Authors wishing to present a table of nomenclature should do so on the second page of their manuscript.

Reference management software
This journal has standard templates available in key reference management packages EndNote (http://www.endnote.com/support/enstyles.asp) and Reference Manager (http://refman.com/support/rmstyles.asp). Using plug-ins to wordprocessing packages, authors only need to select the appropriate journal template when preparing their article and the list of references and citations to these will be formatted according to the journal style which is described below.

© Copyright 2018 Elsevier | https://www.elsevier.com