TABLE OF CONTENTS

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

DESCRIPTION

Psychology of Sport and Exercise is an international forum for scholarly reports in the psychology of sport and exercise, broadly defined. The journal is open to the use of diverse methodological approaches. Manuscripts that will be considered for publication will present results from high quality empirical research, systematic reviews, meta-analyses, commentaries concerning already published PSE papers or topics of general interest for PSE readers, protocol papers for trials, and reports of professional practice (which will need to demonstrate academic rigour and go beyond mere description). The CONSORT guidelines consort-statement need to be followed for protocol papers for trials; authors should present a flow diagramme and attach with their cover letter the CONSORT checklist. For meta-analysis, the PRISMA prisma-statement guidelines should be followed; authors should present a flow diagramme and attach with their cover letter the PRISMA checklist. For systematic reviews it is recommended that the PRISMA guidelines are followed, although it is not compulsory. Authors interested in submitting replications of published studies need to contact the Editors-in-Chief before they start their replication. We are not interested in manuscripts that aim to test the psychometric properties of an existing scale from English to another language, unless new validation methods are used which address previously unanswered research questions.

Benefits to authors
We also provide many author benefits, such as free PDFs, a liberal copyright policy, special discounts on Elsevier publications and much more. Please click here for more information on our author services.

Please see our Guide for Authors for information on article submission. If you require any further information or help, please visit our Support Center

Additional information
If you wish to contact one of the Editors-in-Chief for any reason, (e.g. becoming a reviewer, interest in joining editorial board, issue about journal policy) please email Nikos Ntoumanis or Bernd Strauss (please go to "View full editorial board list" to send an email). All manuscripts should be presented as concisely as possible, and our preference is to receive manuscripts that are 30 pages in length or less including references, tables and figures. Longer submissions are allowed (mainly for multi-study papers or other relevant reasons which have to be explained in the letter to the editors; the final decision is to the editors' discretion). For most papers, authors should consider making available some of their material as supplementary electronic material to keep the overall page limit within 30 pages. All submissions are screened by one of the two editors before they are sent out for review to assess their suitability for the journal. Hence, there is no need to contact the editors prior to submission. The editors will also consider brief reports and research notes for publication and such submissions
should be a maximum of 15 pages including abstract (150 words max), main text, references, tables and figures. Commentaries should be a maximum of 5 pages, including abstract, references, tables and figures.

AUDIENCE

Academics carrying out research or teaching in universities with a sport and exercise psychology or health psychology programme and professionally accredited sport and exercise psychologists and national sports councils; exercise and health promotion specialists; health educators; those working in behavioural medicine and public health.

IMPACT FACTOR

2016: 2.809 © Thomson Reuters Journal Citation Reports 2017

ABSTRACTING AND INDEXING

Google Scholar
Current Contents/Social & Behavioral Sciences
Focus On: Sports Science and Medicine
SPORTDiscus
PsycINFO
Scopus
Science Citation Index Expanded

EDITORIAL BOARD

Editors-in-Chief
N. Ntoumanis, School of Psychology & Speech Pathology, Health Psychology & Behavioural Medicine Research Group, Curtin University, GPO Box U1987, Perth, Western Australia, 6845, Australia
B. Strauss, Institute of Sport and Exercise Sciences, Westfälische Wilhelms-Universität Münster, Horstmarer Landweg 62b, Muenster, 48149, Germany

Founding Editor
S.J.H. Biddle, Inst. of Sport, Exercise and Active Living, Victoria University of Melbourne, PO Box 14428, Melbourne, Victoria, VIC 8001, Australia

Former Editors in Chief
D. Alfermann, Universität Leipzig, Leipzig, Germany
M. Hagger, Curtin University, Perth, Western Australia, Australia
A. Taylor, Plymouth University, Plymouth, UK

Associate Editors
Brandon L. Alderman, Rutgers University, Highland Park, New Jersey, USA
F. Hulya Asci, Marmara University, İstanbul, Turkey
Kathleen Martin Ginis, University of British Columbia, Kelowna, British Columbia, Canada
Kerry R. McGannon, Laurentian University, Sudbury, Ontario, Canada
Henning Plessner, University of Heidelberg, Heidelberg, Germany
Markus Raab, Deutsche Sporthochschule, Köln, Germany
Claudio Robazza, Università degli Studi “G. d’Annunzio” - Chieti-Pescara, Chieti, Italy
Brett Smith, University of Birmingham, Birmingham, UK
Chris Spray, Loughborough University, Leicestershire, UK
Natalia Stambulova, Halmstad University College, Halmstad, Sweden
Ian Taylor, Loughborough University, Loughborough, UK

Editorial Board
P. R. Appleton, University of Birmingham, Birmingham, UK
D. Araújo, Universidade de Lisboa, Lisbon, Portugal
C. Armitage, University of Manchester, Manchester, UK
J. Baker, York University, Toronto, Ontario, Canada
M. Bertolo, University G.D’Annunzio, Chieti, Italy
S. R. Bray, McMaster University, Hamilton, Ontario, Canada
S. Burke, University of Leeds, Leeds, UK
D. E. Conroy, Pennsylvania State University, University Park, Pennsylvania, USA
A.-M. Elbe, University of Copenhagen, Copenhagen, Denmark
D. Fletcher, Loughborough University, Loughborough, UK
F. Gillison, University of Bath, Bath, UK
C. Greenleaf, University of Wisconsin at Milwaukee, Milwaukee, Wisconsin, USA
D. Gucciardi, Curtin University, Perth, Western Australia, Australia
K. Gunnell, Carleton University, Ottawa, Ontario, Canada
E. E. Hall, Elon University, Elon, North Carolina, USA
C. Harwood, Loughborough University, Loughborough, UK
B. Hatfield, University of Maryland, College Park, Maryland, USA
A. Hatzigeorgiadis, University of Thessaly, Trikala, Greece
M. Herring, University of Limerick, Castletroy, Co. Limerick, Ireland
B. Jackson, University of Western Australia, Crawley, Western Australia, Australia
V. Krane, Bowling Green State University, Bowling Green, Ohio, USA
D. Mack, Brock University, St. Catherine, Ontario, Canada
L. Martin, Queens University, Canada, Kingston, Ontario, Canada
D. Memmert, German Sport University Cologne, Cologne, Germany
A. Morin, Australian Catholic University, Melbourne, Victoria, Australia
S. P. Mullen, University of Illinois at Urbana-Champaign, Champaign, Illinois, USA
R. R. D. Oudejans, VU University, Amsterdam, Netherlands
A. Papathomas, Loughborough University, Loughborough, UK
A. Petroczi, Kingston University, Surrey, UK
J. J. Petruzzello, University of Illinois at Urbana-Champaign, Champaign, Illinois, USA
H. Prapavessis, University of Western Ontario, London, Ontario, Canada
A. Prestwich, University of Leeds, Leeds, UK
A. Rebar, Central Queensland University, Rockhampton, Queensland, Australia
R. Rhodes, Victoria University, Victoria, British Columbia, Canada
C. Sabiston, University of Toronto, Toronto, Ontario, Canada
M. Sarkar, Nottingham Trent University, Nottingham, England, UK
S. J. Sebire, University of Bristol, Bristol, UK
K. Shea, Texas A & M University, College Station, Texas, USA
M. Vansteenkiste, Universiteit Gent, Gent, Belgium
J. N. Vickers, University of Calgary, Calgary, Alberta, Canada
D.M. Williams, Brown University, Providence, Rhode Island, USA
K. S. Wilson, California State University, Fullerton, Fullerton, California, USA
T. Woodman, Bangor University, Bangor, UK
P. Wylleman, Vrije Universiteit Brussel (VUB), Brussels, Belgium
K. Zentgraf, Westfälische Wilhelms-Universität Münster, Muenster, Germany
GUIDE FOR AUTHORS

Your Paper Your Way
We now differentiate between the requirements for new and revised submissions. You may choose to submit your manuscript as a single Word or PDF file to be used in the refereeing process. Only when your paper is at the revision stage, will you be requested to put your paper in to a 'correct format' for acceptance and provide the items required for the publication of your article.
To find out more, please visit the Preparation section below.

INTRODUCTION
Psychology of Sport and Exercise is an international forum for scholarly reports in the psychology of sport and exercise, broadly defined. The journal is open to the use of diverse methodological approaches. Manuscripts that will be considered for publication will present results from high quality empirical research, systematic reviews, meta-analyses, commentaries concerning already published PSE papers or topics of general interest for PSE readers, protocol papers for trials, and reports of professional practice (which will need to demonstrate academic rigour and go beyond mere description.

The CONSORT guidelines (http://www.consort-statement.org/) need to be followed for protocol papers for trials; authors should present a flow diagramme and attach with their cover letter the CONSORT checklist. For meta-analysis, the PRISMA (http://www.prisma-statement.org/) guidelines should be followed; authors should present a flow diagramme and attach with their cover letter the PRISMA checklist. For systematic reviews it is recommended that the PRISMA guidelines are followed, although it is not compulsory. Authors interested in submitting replications of published studies need to contact the Editors-in-Chief before they start their replication.

When submitting manuscripts with quantitative data, authors should report a priori power analysis (with all inputted estimates), and fully justify their decisions (e.g., by referring to previous literature or by explaining how their planned statistical analysis or other issues, such as anticipated participant attrition, can affect the power of their design). Where manuscripts report small sample sizes and large effect sizes, the authors should consider the recommendations by Schweizer and Furley (2016; http://dx.doi.org/10.1016/j.psychsport.2015.11.005) and others (e.g., Button et al., 2013; http://dx.doi.org/10.1038/nrn3475.), and show in the manuscript how they have addressed those.

We are not interested in manuscripts that aim to test the psychometric properties of an existing scale from English to another language, unless new validation methods are used which address previously unanswered research questions.

Types of article
NEW! Registered reports (click here for more details). These submissions undergo a two-phase review process in which study rationale and methodology are considered prior to the research being undertaken.

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)
**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**

**Ethics in publishing**

Please see our information pages on Ethics in publishing and Ethical guidelines for journal publication.

**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 conflicts of interest include employment, consultancies, stock ownership, honoraria, paid expert testimony, patent applications/registrations, and grants or other funding. If there are no conflicts of interest then please state this: 'Conflicts of interest: none'. More information.

Submission also implies that the work described meets all ethical publication standards and follows the latest guidelines of the APA manual, edition VI (for a short version see http://www.apa.org/pubs/authors/openletter.pdf). The authors must declare that the submission fully follows these ethical guidelines, and where appropriate, has received the approval of an ethics committee. Authors also must declare that their work is original, it has not been published previously, and that is not under consideration for publication elsewhere. This declaration covers the submission itself or the data used or samples (or relevant parts of them).

As an exception, there are circumstances in which already published data (or parts of them) or samples (or parts of them) can be used again in a submission to PSE (e.g., re-analysis with a new method that provides new interpretations of the original data). In such cases, this has to be declared within the letter to the editor and has to be mentioned within the submission (with a sufficient discussion of how the new submission differs/advances knowledge compared to the published paper). The editors will then decide whether this submission represents sufficiently original work before it is sent out for peer review. Failing to declare the published paper will result in an automatic rejection of the submitted manuscript.

**Submission declaration and verification**

Submission of an article implies that the work described has not been published previously (except in the form of an abstract or as part of a published lecture or academic thesis or as an electronic preprint, see 'Multiple, redundant or concurrent publication' section of our ethics policy 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. To verify originality, your article may be checked by the originality detection service CrossCheck.

**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.

**Article transfer service**
This journal is part of our Article Transfer Service. This means that if the Editor feels your article is more suitable in one of our other participating journals, then you may be asked to consider transferring the article to one of those. If you agree, your article will be transferred automatically on your behalf with no need to reformat. Please note that your article will be reviewed again by the new journal.

**Copyright**
Upon acceptance of an article, authors will be asked to complete a 'Journal Publishing Agreement' (see more information on this). An e-mail will be sent to the corresponding author confirming receipt of the manuscript together with a 'Journal Publishing Agreement' form or a link to the online version of this agreement.

Subscribers may reproduce tables of contents or prepare lists of articles including abstracts for internal circulation within their institutions. Permission of the Publisher is required for resale or distribution outside the institution and for all other derivative works, including compilations and translations. If excerpts from other copyrighted works are included, the author(s) must obtain written permission from the copyright owners and credit the source(s) in the article. Elsevier has preprinted forms for use by authors in these cases.

For open access articles: Upon acceptance of an article, authors will be asked to complete an 'Exclusive License Agreement' (more information). Permitted third party reuse of open access articles is determined by the author's choice of user license.

**Author rights**
As an author you (or your employer or institution) have certain rights to reuse your work. More information.

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 Open Access Publication Fee. Details of existing agreements are available online.

**Open access**
This journal offers authors a choice in publishing their research:

- **Open access**
  - Articles are freely available to both subscribers and the wider public with permitted reuse.
  - An open access publication fee is payable by authors or on their behalf, e.g. by their research funder or institution.

- **Subscription**
  - Articles are made available to subscribers as well as developing countries and patient groups through our universal access programs.
  - No open access publication fee payable by authors.

Regardless of how you choose to publish your article, the journal will apply the same peer review criteria and acceptance standards.
For open access articles, permitted third party (re)use is defined by the following Creative Commons user licenses:

**Creative Commons Attribution (CC BY)**
Lets others distribute and copy the article, create extracts, abstracts, and other revised versions, adaptations or derivative works of or from an article (such as a translation), include in a collective work (such as an anthology), text or data mine the article, even for commercial purposes, as long as they credit the author(s), do not represent the author as endorsing their adaptation of the article, and do not modify the article in such a way as to damage the author's honor or reputation.

**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 **USD 1800**, excluding taxes. Learn more about Elsevier's pricing policy: [http://www.elsevier.com/openaccesspricing](http://www.elsevier.com/openaccesspricing).

**Green open access**
Authors can share their research in a variety of different ways and Elsevier has a number of green open access options available. We recommend authors see our green open access page for further information. Authors can also self-archive their manuscripts immediately and enable public access from their institution's repository after an embargo period. This is the version that has been accepted for publication and which typically includes author-incorporated changes suggested during submission, peer review and in editor-author communications. Embargo period: For subscription articles, an appropriate amount of time is needed for journals to deliver value to subscribing customers before an article becomes freely available to the public. This is the embargo period and it begins from the date the article is formally published online in its final and fully citable form. Find out more.

This journal has an embargo period of 24 months.

**Elsevier Publishing Campus**
The Elsevier Publishing Campus ([www.publishingcampus.com](http://www.publishingcampus.com)) is an online platform offering free lectures, interactive training and professional advice to support you in publishing your research. The College of Skills training offers modules on how to prepare, write and structure your article and explains how editors will look at your paper when it is submitted for publication. Use these resources, and more, to ensure that your submission will be the best that you can make it.

**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**
Our online submission system guides you stepwise through the process of entering your article details and uploading your files. The system converts your article files to a single PDF file used in the peer-review process. Editable files (e.g., Word, LaTeX) are required to typeset your article for final publication. All correspondence, including notification of the Editor's decision and requests for revision, is sent by e-mail.

**Additional Information**
If you wish to contact one of the Editors-in-Chief for any reason, (e.g. becoming a reviewer, interest in joining editorial board, issue about journal policy) please email Nikos Ntoumanis at nikos.ntoumanis@curtin.edu.au or Bernd Strauss at bstrauss@uni-muenster.de

All manuscripts should be presented as concisely as possible, and our preference is to receive manuscripts that are 30 pages in length or less including references, tables and figures. Longer submissions are allowed (mainly for multi-study papers or other relevant reasons which have to be explained in the letter to the editors; the final decision is to the editors' discretion). For most papers, authors should consider making available some of their material as supplementary electronic material to keep the overall page limit within 30 pages. All submissions are screened by one of the two editors before they are sent out for review to assess their suitability for the journal. Hence, there is no need to contact the editors prior to submission. The editors will also consider brief reports and research
notes for publication and such submissions should be a maximum of 15 pages including abstract (150 words max), main text, references, tables and figures. Commentaries should be a maximum of 5 pages, including abstract, references, tables and figures.

PREPARATION
Manuscripts should be prepared following the general style guidelines set forth in the Publication Manual of the American Psychological Association (6th Edition, July 2009). All manuscripts should be presented as concisely as possible, and our preference is to receive manuscripts that are 30 pages in length or less including references, tables and figures. For longer manuscripts, authors should contact the Editor-in-Chief prior to submission with a clear justification for the need for a longer manuscript. The editors will also consider brief reports and research notes for publication and such submissions should be a maximum of 14 pages including abstract (150 words max for brief reports and short notes), main text, references, tables and figures.

NEW SUBMISSIONS
Submission to this journal proceeds totally online and you will be guided stepwise through the creation and uploading of your files. The system automatically converts your files to a single PDF file, which is used in the peer-review process. As part of the Your Paper Your Way service, you may choose to submit your manuscript as a single file to be used in the refereeing process. This can be a PDF file or a Word document, in any format or layout that can be used by referees to evaluate your manuscript. It should contain high enough quality figures for refereeing. If you prefer to do so, you may still provide all or some of the source files at the initial submission. Please note that individual figure files larger than 10 MB must be uploaded separately.

References
There are no strict requirements on reference formatting at submission. References can be in any style or format as long as the style is consistent. Where applicable, author(s) name(s), journal title/book title, chapter title/article title, year of publication, volume number/book chapter and the pagination must be present. Use of DOI is highly encouraged. The reference style used by the journal will be applied to the accepted article by Elsevier at the proof stage. Note that missing data will be highlighted at proof stage for the author to correct.

Formatting requirements
There are no strict formatting requirements but all manuscripts must contain the essential elements needed to convey your manuscript, for example Abstract, Keywords, Introduction, Materials and Methods, Results, Conclusions, Artwork and Tables with Captions. If your article includes any Videos and/or other Supplementary material, this should be included in your initial submission for peer review purposes. Divide the article into clearly defined sections.

Please ensure the text of your paper is double-spaced and includes line numbers—this is an essential peer review requirement.

Peer review
This journal operates a double blind review process. All contributions will be initially assessed by the editor for suitability for the journal. Papers deemed suitable are then 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.

Double-blind review
This journal uses double-blind review, which means the identities of the authors are concealed from the reviewers, and vice versa. More information is available on our website. To facilitate this, please include the following separately:
Title page (with author details): This should include the title, authors' names, affiliations, acknowledgements and any Declaration of Interest statement, and a complete address for the corresponding author including an e-mail address.
Blinded manuscript (no author details): The main body of the paper (including the references, figures, tables and any acknowledgements) should not include any identifying information, such as the authors' names or affiliations.

REVISED SUBMISSIONS
**Language**
Authors who require information about language editing and copyediting services pre- and post-submission please visit [http://www.elsevier.com/languagepolishing](http://www.elsevier.com/languagepolishing) or visit our Support Center for more information. Please note Elsevier neither endorses nor takes responsibility for any products, goods or services offered by outside vendors through our services or in any advertising. For more information please refer to our Terms & Conditions: [http://www.elsevier.com/termsandconditions](http://www.elsevier.com/termsandconditions).

**Use of word processing software**
Regardless of the file format of the original submission, at revision you must provide us with an editable file of the entire article. Keep the layout of the text as simple as possible. Most formatting codes will be removed and replaced on processing the article. The electronic text should be prepared in a way very similar to that of conventional manuscripts (see also the Guide to Publishing with Elsevier). 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**
Divide your article into clearly defined sections. Each subsection is given a brief heading as follows: Abstract, Introduction, Method, Results, and Discussion for empirical articles and Abstract, Introduction, Approach, Findings, and Discussion for theoretical/review articles. 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".

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

**Theory/calculation**
A Theory section should extend, not repeat, the background to the article already dealt with in the Introduction and lay the foundation for further work. In contrast, a Calculation section represents a practical development from a theoretical basis.

**Results**
Please include effect sizes and confidence intervals.

**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. Present the authors' affiliation addresses (where the actual work was done) below the names. Indicate all affiliations with a lowercase 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. **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**
The journal uses a structured abstract with the following subheadings: Objectives, Design, Method, Results, and Conclusions. Abstracts should not exceed 250 words (150 words for brief reports and short notes).

**Graphical abstract**
Although a graphical abstract is optional, its use is encouraged as it draws more attention to the online article. The graphical abstract should summarize the contents of the article in a concise, pictorial form designed to capture the attention of a wide readership. Graphical abstracts should be submitted as a separate file in the online submission system. Image size: Please provide an image with a minimum of 531 × 1328 pixels (h × w) or proportionally more. The image should be readable at a size of 5 × 13 cm using a regular screen resolution of 96 dpi. Preferred file types: TIFF, EPS, PDF or MS Office files. You can view Example Graphical Abstracts on our information site.

Authors can make use of Elsevier's Illustration Services to ensure the best presentation of their images and in accordance with all technical requirements.

**Highlights**
Highlights are mandatory for this journal. They consist of a short collection of bullet points that convey the core findings of the article and should be submitted in a separate editable file in the online submission system. Please use 'Highlights' in the file name and include 3 to 5 bullet points (maximum 85 characters, including spaces, per bullet point). You can view example Highlights on our information site.

**Keywords**
Immediately after the abstract, provide a maximum of 6 keywords, using American spelling and avoiding general and plural terms and multiple concepts (avoid, for example, 'and', 'of'). Be sparing with abbreviations: only abbreviations firmly established in the field may be eligible. These keywords will be used for indexing purposes.

**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.).

**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 build footnotes into the text, and this feature may be used. Should this not be the case, indicate the position of footnotes in the text and present the footnotes themselves separately at the end of the article.

Artwork
Electronic artwork
General points
• Make sure you use uniform lettering and sizing of your original artwork.
• Preferred fonts: Arial (or Helvetica), Times New Roman (or Times), Symbol, Courier.
• Number the illustrations according to their sequence in the text.
• Use a logical naming convention for your artwork files.
• Indicate per figure if it is a single, 1.5 or 2-column fitting image.
• For Word submissions only, you may still provide figures and their captions, and tables within a single file at the revision stage.
• Please note that individual figure files larger than 10 MB must be provided in separate source files.

You are urged to visit this site; some excerpts from the detailed information are given here.

Formats
Regardless of the application used, 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 the font or save the text as 'graphics'.
TIFF (or JPG): Color or grayscale photographs (halftones): always use a minimum of 300 dpi.
TIFF (or JPG): Bitmaped line drawings: use a minimum of 1000 dpi.
TIFF (or JPG): Combinations bitmapped line/half-tone (color or grayscale): a minimum of 500 dpi is required.

Please do not:
• Supply files that are optimized for screen use (e.g., GIF, BMP, PICT, WPG); the resolution is too low.
• 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 (or JPEG), EPS (or PDF), 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 online (e.g., ScienceDirect and other sites) regardless of whether or not these illustrations are reproduced in color in the printed version. For color reproduction in print, you will receive information regarding the costs from Elsevier after receipt of your accepted article. Please indicate your preference for color: in print or online only. Further information on the preparation of electronic artwork.

Figure captions
Ensure that each illustration has a caption. A caption should comprise a brief title (not on the figure itself) and a description of the illustration. Keep text in the illustrations themselves to a minimum but explain all symbols and abbreviations used.

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.

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.

Data references
This journal encourages you to cite underlying or relevant datasets in your manuscript by citing them in your text and including a data reference in your Reference List. Data references should include the following elements: author name(s), dataset title, data repository, version (where available), year, and global persistent identifier. Add [dataset] immediately before the reference so we can properly identify it as a data reference. The [dataset] identifier will not appear in your published article.

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.

Reference management software
Most Elsevier journals have their reference template available in many of the most popular reference management software products. These include all products that support Citation Style Language styles, such as Mendeley and Zotero, as well as EndNote. Using the word processor plug-ins from these products, authors only need to select the appropriate journal template when preparing their article, after which citations and bibliographies will be automatically formatted in the journal's style. If no template is yet available for this journal, please follow the format of the sample references and citations as shown in this Guide.

Users of Mendeley Desktop can easily install the reference style for this journal by clicking the following link:
http://open.mendeley.com/use-citation-style/psychology-of-sport-and-exercise
When preparing your manuscript, you will then be able to select this style using the Mendeley plug-ins for Microsoft Word or LibreOffice.

Reference formatting
There are no strict requirements on reference formatting at submission. References can be in any style or format as long as the style is consistent. Where applicable, author(s) name(s), journal title/book title, chapter title/article title, year of publication, volume number/book chapter and the pagination must be present. Use of DOI is highly encouraged. The reference style used by the journal will be applied to the accepted article by Elsevier at the proof stage. Note that missing data will be highlighted at proof stage for the author to correct. If you do wish to format the references yourself they should be arranged according to the following examples:

Reference style
Text: Citations in the text should follow the referencing style used by the American Psychological Association. You are referred to the Publication Manual of the American Psychological Association, Sixth Edition, ISBN 978-1-4338-0561-5, copies of which may be ordered online or APA Order Dept., P.O.B. 2710, Hyattsville, MD 20784, USA or APA, 3 Henrietta Street, London, WC3E 8LU, UK.
List: references should be arranged first alphabetically and then further sorted chronologically if necessary. More than one reference from the same author(s) in the same year must be identified by the letters 'a', 'b', 'c', etc., placed after the year of publication.
Examples:
Reference to a journal publication:
Reference to a book:

Reference to a chapter in an edited book:

Reference to a website:

Reference to a dataset:

Reference style

List: references should be arranged first alphabetically and then further sorted chronologically if necessary. More than one reference from the same author(s) in the same year must be identified by the letters 'a', 'b', 'c', etc., placed after the year of publication.

Examples:

Reference to a journal publication:


Reference to a book:

Reference to a chapter in an edited book:

Video
Elsevier accepts video material and animation sequences to support and enhance your scientific research. Authors who have video or animation files that they wish to submit with their article are strongly encouraged to include links to these within the body of the article. This can be done in the same way as a figure or table by referring to the video or animation content and noting in the body text where it should be placed. All submitted files should be properly labeled so that they directly relate to the video file's content. In order to ensure that your video or animation material is directly usable, please provide the files in one of our recommended file formats with a preferred maximum size of 150 MB. Video and animation files supplied will be published online in the electronic version of your article in Elsevier Web products, including ScienceDirect. Please supply 'stills' with your files: you can choose any frame from the video or animation or make a separate image. These will be used instead of standard icons and will personalize the link to your video data. For more detailed instructions please visit our video instruction pages. Note: since video and animation cannot be embedded in the print version of the journal, please provide text for both the electronic and the print version for the portions of the article that refer to this content.
Supplementary material

Supplementary material such as applications, images and sound clips, can be published with your article to enhance it. Submitted supplementary items are published exactly as they are received (Excel or PowerPoint files will appear as such online). Please submit your material together with the article and supply a concise, descriptive caption for each supplementary file. If you wish to make changes to supplementary material during any stage of the process, please make sure to provide an updated file. Do not annotate any corrections on a previous version. Please switch off the 'Track Changes' option in Microsoft Office files as these will appear in the published version.

As of 1st January 2012, authors will be required to provide supplementary material, as described below, when submitting a manuscript via EES. If the manuscript is accepted for publication the supplementary material will be available online only and will be listed alongside the article in ScienceDirect. The supplementary material will be peer-reviewed.

Types of supplementary material

All authors need to provide, if not already reported in the manuscript, a correlation matrix with all variables described in the study as well as internal reliability coefficients and other relevant item statistics that could be useful for a future meta-analysis. This information should be provided for the overall sample reported within a study, but at the authors' discretion, it could also be provided separately for specific sub-samples.

Additional supplementary material can be submitted at the authors' discretion or if requested by the handling editor. Such supplementary material can be for example additional tables or figures or more detailed information regarding a methodology.

Data in Brief

You have the option of converting any or all parts of your supplementary or additional raw data into one or multiple data articles, a new kind of article that houses and describes your data. Data articles ensure that your data is actively reviewed, curated, formatted, indexed, given a DOI and publicly available to all upon publication. You are encouraged to submit your article for Data in Brief as an additional item directly alongside the revised version of your manuscript. If your research article is accepted, your data article will automatically be transferred over to Data in Brief where it will be editorially reviewed and published in the open access data journal, Data in Brief. Please note an open access fee of 500 USD is payable for publication in Data in Brief. Full details can be found on the Data in Brief website. Please use this template to write your Data in Brief.

AudioSlides

The journal encourages authors to create an AudioSlides presentation with their published article. AudioSlides are brief, webinar-style presentations that are shown next to the online article on ScienceDirect. This gives authors the opportunity to summarize their research in their own words and to help readers understand what the paper is about. More information and examples are available. Authors of this journal will automatically receive an invitation e-mail to create an AudioSlides presentation after acceptance of their paper.

Interactive plots

This journal enables you to show an Interactive Plot with your article by simply submitting a data file. Full instructions.

AFTER ACCEPTANCE

Online proof correction

Corresponding authors will receive an e-mail with a link to our online proofing system, allowing annotation and correction of proofs online. The environment is similar to MS Word: in addition to editing text, you can also comment on figures/tables and answer questions from the Copy Editor. Web-based proofing provides a faster and less error-prone process by allowing you to directly type your corrections, eliminating the potential introduction of errors. If preferred, you can still choose to annotate and upload your edits on the PDF version. All instructions for proofing will be given in the e-mail we send to authors, including alternative methods to the online version and PDF.

We will do everything possible to get your article published quickly and accurately. 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. 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 will, at no cost, receive a customized Share Link providing 50 days free access to the final published version of the article on ScienceDirect. The Share Link can be used for sharing the article via any communication channel, including email and social media. For an extra charge, paper offprints can be ordered via the offprint order form which is sent once the article is accepted for publication. Both corresponding and co-authors may order offprints at any time via Elsevier's Webshop. Corresponding authors who have published their article open access do not receive a Share Link as their final published version of the article is available open access on ScienceDirect and can be shared through the article DOI link.

**AUTHOR INQUIRIES**
Visit the Elsevier Support Center to find the answers you need. Here you will find everything from Frequently Asked Questions to ways to get in touch. You can also check the status of your submitted article or find out when your accepted article will be published.

© Copyright 2014 Elsevier | http://www.elsevier.com