

## Instructions for Authors

### Scope of the Journal

The *International Journal of Sports Medicine* (IJSM) provides a forum for the publication of papers dealing with basic or applied information that will advance the field of sports medicine and exercise science and offer a better understanding of biomedicine. The following sections define the scope of the journal: Training & Testing; Orthopedics & Biomechanics; Clinical Sciences; Nutrition; Behavioural Sciences; Physiology & Biochemistry; Genetics & Molecular Biology.

### General Policy

The journal publishes original papers, reviews, and letters to the editor. Manuscripts submitted to the journal must contain novel data on theoretical or experimental research or on practical applications in the field of sports medicine and exercise science. Purely descriptive studies that lack generalizability to the wider world of sports medicine will be assigned a low priority and may not be entered by a corresponding editor into the peer-review process. Intervention studies which lack a comparator group and/or are very inconsistent with the CONSORT guidelines may also be assigned a low priority and not entered for peer review. Studies that employ data analysis approaches that are obviously inappropriate will also be assigned a low priority and not entered for peer-review, as will studies in which the clinical/practical significance of the findings has not been quantified and/or communicated. The paper must also be written in grammatically correct English, otherwise it may be refused for review. No substantial part of the submission should have been published elsewhere. If a part of the submission has been published or presented at a congress, symposium, national meeting proceeding or master's or doctoral theses, the reference for that publication and/or presentation should be given in the manuscript acknowledgement section.

IJSM encourages the submission of manuscripts that have been deposited in an initial draft version in preprint repositories (e.g. Research Square, arXiv, medRxiv etc.). Drafts of short conference abstracts, degree theses posted on the website of the degree-granting institution, and draft manuscripts deposited on authors' or institutional websites are also welcome. All other prior publication is forbidden. During submission, authors should (1) note use of the preprint repository in the cover letter, (2) state what adjustments and/or updates the draft has undergone between deposition and submission and (3) cite the preprint, including the DOI, as a reference in the manuscript. After submission to the journal, and until a final decision has been made, authors are discouraged from depositing versions of their manuscript as preprints. Upon publication authors should add a link from the preprint to the published article. Twelve months after publication, authors can update the preprint with the accepted manuscript.

All submissions undergo a double-blind peer-review according to international standards. Because of the double-blind peer review process, the manuscript must be **anonymous** in all parts, i.e. names, addresses and any information indicating the identity of the author must not be included in the manuscript.

During the online submission process, authors are encouraged to suggest names of two reviewers (incl. email addresses) but not from their own institution.

Authors are required to conduct their research ethically according to international standards and as required by the journal as described in Harriss DJ, Jones C, MacSween A. Ethical Standards in Sport and Exercise Science Research: 2022 Update. *Int J Sports Med* 2022; 43: 1065-1070 <https://www.thieme-connect.de/products/ejournals/abstract/10.1055/a-1957-2356>.

### Categories of articles accepted for review

**Original articles:** Theoretical or experimental (basic or applied) research or practical applications. Either original work or the replication of work that better establishes basic principles will be considered. Original articles should not exceed a total of 15 000 characters including spaces, excluding references.

**Review articles:** Review articles are welcome and the IJSM explicitly encourages submission of reviews. The main purpose of reviews is to provide a concise, accurate introduction to the subject matter and inform the reader critically of the latest developments in this area. Review articles should not exceed 30 000 characters including spaces, excluding references.

**Letters to the editor** are welcome and will be published if appropriate. Letters (maximum length 700 words) relating to material previously published in IJSM should be submitted within 6 months after publication of the material the letter is referring to. Such letters will be sent to the corresponding author for comment within six weeks. The original letter and any reply will be published concurrently. Letters to the editor are excluded from online submission and should be sent to the editorial office at [ijsm.editorialoffice@thieme.de](mailto:ijsm.editorialoffice@thieme.de)

### Submission of manuscripts

**Manuscripts can be submitted exclusively via online submission** at <http://mc.manuscriptcentral.com/IJSM> or via link at [www.thieme.de/sportsmed](http://www.thieme.de/sportsmed). **Hard copy submission and electronic submission via email are not accepted.** See below under "Uploading files on submission" for further information on the online submission process.

**Style:** Manuscripts may be rejected without review on the basis of poor English or lack of conformity to stated standards of style.

**Title:** The title should be concise but informative.

**First page:** Names, addresses and institutions of the authors should not appear on the first page or elsewhere in the main document. These data are entered separately in the online submission system.

**Abstract:** The abstract should be informative. It should be self-explanatory without reference to the text of the manuscript. It should include essential significant results that support the conclusion of the work. Three to six key words not used in the title should also be provided (these can be entered during the online submission). Abbreviations should not be used in the abstract.

**Introduction:** Should be comprehensible to the general reader. Give a clear statement of the purpose of the paper and provide relevant context to support the basis for the paper and the significance of the work. Do not exhaustively review the literature.

**Materials & Methods:** Provide sufficient information in the text or by reference to other work to permit the submitted work to be repeated without the need to communicate with the authors. Relevant validity and reliability data should be provided for critical methods.

State the type of statistical tests used. Include the number of observations and the statistical findings when appropriate. Parametric and non-parametric statistics must be used as appropriate.

**Results:** Should be presented precisely and should not contain material that is appropriate in the discussion. Units, quantities, and formulas should be expressed according to the *Système Internationale* (SI units). All measurements should be given in metric units.

**Discussion:** Emphasize the new and important aspects of the study and conclusions from the study.

**Acknowledgements:** Financial support should be stated.

**References:** References should be cited in the text by number and listed in order of their citation in the paper. Authors bear complete responsibility for the accuracy of the references.

Endnote Style: <https://www.thieme.de/de/international-journal-sports-medicine/authors-id9884.htm>

Only published or “in press” papers or books may be cited in the reference list. Information from manuscripts submitted but not yet accepted should be cited in the text as “unpublished observations” in parentheses. Personal communications should be listed in the text in parentheses. Published abstracts must not be used as references. Use of a large number of abstracts or non peer-reviewed articles in the reference section will be grounds for rejection of the submission without review.

## Examples of references

### Journal article:

<sup>1</sup> Palmer GS, Dennis SC, Noakes TD et al. Assessment of the reproducibility of performance testing on an air-braked cycle ergometer. *Int J Sports Med* 1996; 17: 293–298

### Complete book:

<sup>1</sup> Dingle JT (ed). *Lysosomes*. New York: American Elsevier, 1972: 65

### Chapter of a book:

<sup>1</sup> Zancetti A, Baccelli G, Guazzi M et al. The effect of sleep on experimental hypertension. In: Onesti G, Kim KE, Moyer JH (eds). *Hypertension: Mechanisms and Management*. New York: Grune & Stratton, 1973: 133–140

## Basic principle of quoting online sources:

<institution / author(s)><dot><title (where possible, release date)><dot><“On the internet:”><URL><semicolon><„status:”><date of online access><doi (if available)>

**Figures:** We cannot accept or store illustrations in which personal data of third parties are included. Please submit images in completely anonymous form, free of personal data only! Such data may not only be directly visible in the image (e.g., a patient name or a date of birth in an X-ray image); they can also be included in the metadata of the image, which is accessible with the appropriate software. They may also be obscured by a cropping feature (such as Powerpoint or Word), but can be made visible underneath. If you have questions about data protection regulations, please contact us before submitting your manuscript. Figures, illustrations, or half-tones should be used when findings are best visually communicated. The use of photographs or equipment and experimental subjects should be avoided; good line drawings are more informative. Abbreviations used in the figure must be explained in the legend. Reference to the figure should be made in the text.

Figures, illustrations or half-tones must be sharp and high-contrast. Uniform typographical setup (font style and size, line thickness) of all figures in a paper is highly desirable. Images should be provided as .tif or .jpg files in a resolution of 300 dpi.

**Tables:** Tables should be used to communicate information that is hard to present visually. Results whose interpretation is more easily comprehended by knowing the means and SEM (or SD) may be presented in a table(s). Tables should be self-explanatory and bear a short title. Table legends should be typed on the same sheet as the table as a header. A footnote to the table should explain all abbreviations used in the table. Tables should be provided either as word or excel files.

## Uploading files on submission

For submission of all manuscripts, follow the instructions of the online submission system at <http://mc.manuscriptcentral.com/IJSM>. Before submission, keep ready full metadata of the manuscript (title, full names referenced by Arabic superscripts with affiliation and addresses of all authors, and also, the complete list of references, footnotes, figure legends, and tables). **The author submitting the manuscript will be corresponding author.**

Upload as many files as needed for your manuscript. **If you have updated a file, please delete the previous version and upload the revised file.** If you are submitting a revision, please include only the latest set of files. All files will be combined into a single PDF document for the peer review process.

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**Main document.** The main document should be in Word format. It should not include any figures or tables.

**Figures and tables.** Each one should be uploaded separately. Images should be uploaded as .tif or .jpg files in a resolution of 300 dpi. Tables should be uploaded either as Word or Excel files. When uploading, a form appears requesting the following information:

– **File tags:** Please enter the figure/table number e. g. Figure 1a, Table 1

– **Caption/legend:** Please enter the figure/table number plus legend. Figure legends should be brief, but must contain all the information to make the illustration comprehensible without taking recourse to the text.

Please do not upload PDFs! To designate the order in which your files appear, use the dropdowns in the “order” column.

## Publication of manuscripts immediately upon acceptance:

IJSM offers its authors the option to have their manuscripts published immediately upon acceptance (if the publication preference Open Access is chosen, the manuscript gets published only after receipt of the APC). This means that the unedited, unformatted version of the manuscript as it stands after peer review is published online, with a DOI. Authors wishing to make use of this service will be asked to upload a “clean” (i.e., without any highlighted track changes or comments) and not anonymized version of their manuscripts after every revision; this is a precondition for this service, as is the confirmation that the Copyright Transfer Agreement (CTA) will be signed upon receipt. This service is offered for original articles and review articles.

**Implications of “accepted manuscript” publication:**

Once the paper has been accepted, the last clean version of the manuscript, including all metadata entered during submission (title, abstract, author affiliations etc.), becomes the first version of the article to be published online. This means that no changes can be made to the submitted clean version as this version will be published as the “Accepted Manuscript”, should it be accepted. Changes by the authors will only be possible subsequently in the proofs from the typesetters for correction. This means in detail:

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- The conflict of interest and funding information will be published as entered at the step “Details & Comments”.
- Clinical trial information will be published as entered at the step “Details & Comments”.
- Instructions and further information are available during the submission process and upon request to the Editorial Office.

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