

Instructions for Authors

Scope of the Journal

The *Sports Medicine International Open* (SMIO) 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. As a quarterly open access publication, all content is freely available online to all readers.

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 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. The journal combats plagiarism, double publication, and scientific misconduct with the software CrossCheck powered by iThenticate. Your manuscript may be subject to an investigation and retraction if plagiarism is suspected. This journal follows recommendations as laid out in the ICMJE related to retractions. 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.

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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 as described for the *International Journal of Sports Medicine* in Harriss DJ, Macsween A, Atkinson, G. **Ethical Standards in Sport and Exercise Science Research: 2020 Update**. *Int J Sports Med* 2019; 40: 813–817 (<https://www.thieme-connect.com/products/ejournals/pdf/10.1055/a-1015-3123.pdf>).

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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, excluding references.

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Letters to the editor are welcome and will be published if appropriate. Letters (maximum length 700 words) relating to material previously published in SMIO 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 smio.editorialoffice@thieme.de

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Acknowledgements: Financial support should be stated.

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Examples of references

Journal article:

¹ 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:

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

Chapter of a book:

¹ 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

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