

## Instructions to Authors

### Aims and Scope

Exercise Medicine is an open access, peer-reviewed journal that aims to bridge the gap between research and practice in exercise and health promotion and in the disease prevention and treatment, and understanding of human performance and health. Exercise Medicine has a special focus on definitive articles that interpret and evaluate the current literature to provide the rationale for, and application of, research findings for exercise specialists and physiologists, physicians, physical therapists, trainers, and the like. The journal publishes research articles, clinical studies, case studies, and brief reports on current topics in sports and exercise medicine. Exercise Medicine also welcomes the submission of high-quality review articles and meta-analyses in the above fields.

Full text is freely available from <http://www.exercmed.org/>

Regular features of the journal include the following: disease prevention and treatment by exercise; exercise for health promotion; and recommendations for exercise training and nutrition.

Fields of particular interest to the journal include (but are not limited to):

- Sports and Exercise Medicine
- Rehabilitation
- Exercise Physiology
- Biochemistry
- Health Promotion
- Epidemiology
- Disease Management
- Human Performance and Health

### Author Checklist

#### Checklist before Submission

- All listed authors have read and approved of the manuscript.
- Format of the manuscript conforms to the guidelines in “Instructions to Authors”.
- Journal policies detailed in the “Research and Publication Ethics” have been reviewed.
- Manuscript is in double-spaced form and in 12-point

Times New Roman font.

- The title page is a separate file including the title, full name of all authors and their affiliations, and the corresponding author’s name and e-mail address.
- Abstract is within the 300-word limit (Case Report and Brief Report: 250 words).
- Three to five keywords are included after the abstract.
- Files for submission are in acceptable format (Main text and tables: MS Word, Figures: JPG, TIFF, or PPT).
- IRB no. is provided in the Methods section.
- Number of references is 35 or less (Case Reports and Brief Reports: 15 references, Review: 60 references).
- Tables are in separate pages each with their headings, and all tables are cited in the text.
- Figures are provided as separate file with a minimum of 600 dpi (1000 dpi for bitmapped line drawings).
- DOI is added to references if present.

### General Information

Manuscripts should be submitted to Exercise Medicine in English. They must be written in good English (US or British English usage is accepted, but not a mixture of these). Text should be double-spaced. Footnotes are not recommended in the text. Manuscripts should be written and numbered in the following sequence: cover letter, title page, abstract, keywords, manuscript body, acknowledgments, references, tables, and figures.

### Cover letter

The cover letter should be submitted as a separated file including the following: (1) a concise summary of why the article is a valuable addition to scientific literature, (2) a brief mention relating the study to previously published work, (3) specifying the article type (research article, review, brief report, or case report etc.), and (4) details of any previous interactions with Exercise Medicine regarding the submitted manuscript.

### Title page

The title page should include the following: the article type and title, author’s full name and affiliations, ORCID,

the corresponding author's name and e-mail address. Abbreviations should not be used in the title. Including specifics of the study design in the title is recommended. Open Researcher and Contributor ID (ORCID) of all authors are recommended to be provided. To have ORCID, authors should register in the ORCID web site available from <http://orcid.org/>. Registration is free for researchers across the world.

## Abstract

The abstract should be no more than 300 words and should consist of four sections labeled Objectives, Methods, Results, and Conclusions. Abstracts should include sample sizes and the design of the study. Unstructured abstracts are allowed for other types of papers (editorials and letters to editors). References should not be included in the abstract.

## Keywords

Authors should provide a list of three to five keywords below the abstract.

## Main Text

The main manuscript should be submitted as an editable MS word document. Papers should not normally exceed 3,500 words for Research Articles and Clinical Study; 2,000 words for Brief Reports and Case Reports; and 4,500 words for Review articles. All pages should be numbered consecutively.

**Introduction:** The specific objectives of the research must be stated and an adequate background provided, avoiding a detailed literature review or a summary of the results.

**Methods:** Study participants should be precisely described with parameters such as age, sex, region, country, date of intervention period, or follow-up duration, etc. The reason for selection or exclusion of participants should be explained. The study-design type should be provided: descriptive analysis, randomized controlled trial (RCT), observational study (cross-sectional, case-control, or cohort study), or meta-analysis. The materials used in the research should be clearly stated to allow further follow-up research. If the study in the article is on human subjects or human-origin material, informed consent for the study and the IRB approval number needs to be provided. If there is no IRB number, the matter should be discussed with the editor during the review process.

**Statistics:** It should be described meticulously. If the reviewers or editors need to analyze the data to confirm the results, raw data may be provided to the Editorial Office. Computer programs used for the statistical analysis should be stated with the name, manufacturer, and the software version. Statistical results are encouraged to provide measurement error or uncertainty such as confidence intervals (CI) besides providing P-value.

**Results:** The results should be described clearly and

concisely, based on the analysis.

**Discussion:** Discussion should describe the significance of the results. Do not repeat the results section. In the discussion section, the study limitations and strengths are strongly encouraged.

**Conclusion:** The main conclusions of the study may be presented in a separate short conclusions section.

## Acknowledgements

Acknowledgments can be collated in a separate section at the end of the main text before the references. They should not be included on the title page, as a footnote to the title or otherwise. Individuals who provided help during the research and the funding source are listed in this section.

## Conflict of Interest

All authors must disclose any financial and personal relationships with other people or organizations that could inappropriately influence their work. Examples of potential conflicts of interest include employment, consultancies, stock ownership, honoraria, paid expert testimony, patent applications, and grants or other funding. If there are no conflicts of interest, this statement can be added: "Conflicts of interest: the authors declare no conflicts of interest." The corresponding author must complete the Corresponding Author declaration form on behalf of all authors of the manuscript.

## Reference

In-text references should be numbered sequentially in the order of their citation in the text, e.g., [1,2], and appear in the list at the end of the main text. In the reference list, for six or fewer authors, the surnames and initials of all authors can be listed. For seven or more authors, the abbreviation "et al." should be added to the list of the first three authors, along with the title of article, the abbreviated name of the journal, year, volume, and the first and last page numbers. DOI number should be added to the references if present. Style references are as follows:

### Journal Articles

1. Pate RR, Pratt M, Blair SN, et al. Physical activity and public health. A recommendation from the Centers for Disease Control and Prevention and the American College of Sports Medicine. *JAMA*. 1995; 273(5):402-407. <https://doi.org/10.1001/jama.1995.03520290054029>
2. An KO, Kim J. Association of sarcopenia and obesity with multimorbidity in Korean adults: a nationwide cross-sectional study. *J Am Med Dir Assoc*. 2016; 17(10):960.e961-967. <https://doi.org/10.1016/j.jamda.2016.07.005>

### Books

3. American College of Sports Medicine. ACSM's guidelines for exercise testing and prescription. Lippincott Williams & Wilkins, 2013, p 35-43

4. Jeukendrup A, Gleeson M. Sport Nutrition: an Introduction to Energy Production and Performance. Illinois, USA. Human Kinetics. 2004, p 96-105.

**Web data**

5. CDC. National Health and Nutrition Examination Survey: Technical Documentation for the 1999-2004, Dual Energy X-Ray Absorptiometry (DXA) Multiple Imputation Data files. 2008; <http://wwwn.cdc.gov/Nchs/Nhanes/1999-2000/MSX.htm>. (Accessed Apr 11, 2016)

**Tables and Figures**

Tables have to be submitted as editable text on separate page(s) placed next to the main text in the manuscript. Number the tables consecutively in accordance with their appearance in the text. Place footnotes to tables below the table body and indicate them with superscript lowercase letters. The corresponding description should be placed directly below the table.

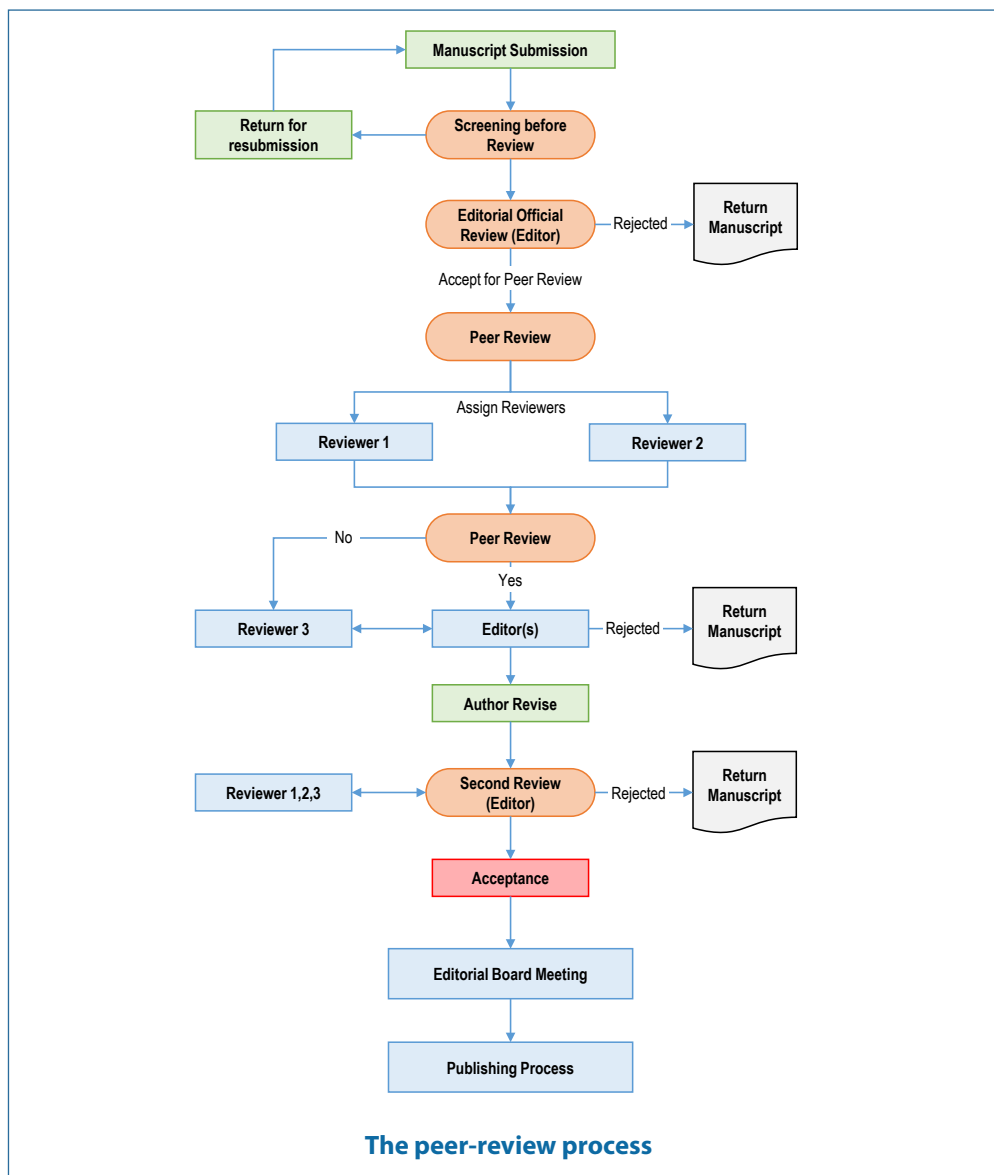
Ensure that figure files are in an acceptable format (TIFF, JPEG, Excel, or PPT) with the correct resolution. Figures should be provided as separate file with a minimum of 600 dpi (1000 dpi for bitmapped line drawings). If usable color figures are submitted along with your accepted article, no additional charges would ensue.

**Supplementary Materials**

Supplementary material, such as text and images, can be published along with your article to enhance it. The supplementary items have to be supplied as MS word files, which will appear as such online.

**Peer-Review**

All manuscripts are treated as confidential. They are peerreviewed by at least two anonymous reviewers selected by the editor and associate editors. Letters to the Editor are



reviewed and published based on the decision of the editor. The corresponding author is notified as soon as possible of the editor's decision to accept, reject, or request revision of manuscripts. When the final revised manuscript is completely acceptable and compatible to the Exercise Medicine format and criteria, it is scheduled for publication in the online. Rejected manuscript will not be peerreviewed again.

**Revision of Manuscripts**

When manuscripts are returned to authors for revision, a cover letter from the editor will provide directions that should be followed carefully. A cover letter should be accompanied, when submitting the revised manuscript, by point-to-point replies to the comments made by the editor (s) and reviewers including the manner in which revisions have been made.

**Article Processing Charge (APC)**

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Review	\$1,200
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Mini Review	\$600
Case Report	\$600
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Editorial	Free
Invited Special Article	Free