

Editor's Page



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Editor-in-Chief: Prof. Dr. S.K. Verma

It is my great pleasure in bringing to you the first issue of **Journal of Exercise Science and Physiotherapy (JESP)**. *JESP* is the official journal of the **Exercise Fitness and Health Alliance (EFHA)**. A necessity of starting this journal was realised by the researchers/professionals who are working in the area of exercise sciences for the last many years. *JESP* is an international peer review journal aimed to cover the latest advances in clinical practice and research. Topics include all aspects of exercise sciences, such as the management of sports injury, exercise physiology, sports psychology, physical education, physiotherapy and the epidemiology of exercise and health. By virtue of open exposure of the journal to almost all aspects of exercise and sports related research, *JESP* is destined to serve the interest of readers that includes sports physicians, primary care physicians, exercise scientists, physical educationists, physiotherapists, trainers, medical advisors to sporting organisations, kinesiologists, orthopaedic consultants/surgeons, osteopaths, consultants in emergency medicine, paediatricians, growth development specialists, cardiologists, occupational therapists, chiropodists and podiatrists, pain specialists, behavioural psychologists, dieticians and obesity specialists, exercise immunologists, rheumatologists, rehabilitation specialists and public health specialists.

Each issue includes original research papers, short communications, case studies, book reviews and review articles. The present issue of *JESP* contains original research contributions from leading researchers working in the area of exercise physiology, health related fitness, training, physiotherapists, obesity and nutrition. In addition to this, the recent issue of *JESP* also includes short communications and case reports from eminent health professionals. Need of the application of Information technology in sports management is a fine idea brought forward by young researchers in their paper included in this issue. Over and above the research reports, the journal also presents the review reports on the two wide selling books (A Manual of Biological Anthropology and Exercise Prescription for Diabetics) written by eminent Indian colleagues.

In the end I hope my fellow colleagues who are actively serving the arena of exercise science, physical education, medical sciences and physiotherapy would like to contribute their research findings/case reports for publication in the *JESP* for the benefit of readers. Suggestions for further improvement are welcome. I convey my thanks to all the members of EFHA and editorial team for their help in bringing out this issue of *JESP*.

S.K. Verma