

Instructions to Contributors

Journal of Exercise Science and Physiotherapy (JESP) is a scientific peer reviewed journal, publishing research studies and review articles in the field of sports injuries, physiotherapy, exercise physiology, sports rehabilitation, diseases and exercise, sports psychology, nutrition, physical education, sports biomechanics, kinesiology and sports education.

JESP is published annually in June but is planned to be published biannually in the near future. Articles written in English should be sent to the editor of JESP. The research paper for publication in the journal could be sent not only in typed manuscript form but also through the Internet using email attachment. Keeping in view the postal delays, authors, therefore, are encouraged to submit their research material/articles as email directly to satishsk1@rediffmail.com

Mission

JESP aims to present easy access to the scientific knowledge for health & sport conscious individuals. The purpose is to minimise the problems like the delays in publishing process of the articles by drawing advantage from electronic medium.

Instructions to Authors

The articles may be submitted to the Editor, JESP (email: satishsk1@rediffmail.com OR editor@efha-in.org). Manuscripts are considered if they are submitted only to JESP and therefore should not be under consideration for publication elsewhere, either in part or in whole. Authors are responsible for the scientific context and legal aspects of the articles. Editors may make necessary changes to articles in accordance with "Instructions to Authors". Normally the complete research paper should not exceed 15 typed pages including tables and figures; however under exceptional circumstances this limit can be relaxed. There is no page and reference limitation for the review articles. All files related to manuscripts should be submitted electronically. Internet transmission and e-mail attachments are preferred; CD-ROM is acceptable for large files. Text files should be in Microsoft Word 6.0 and later versions. Each figure, table, photograph or other image should be submitted electronically. The manuscripts should be submitted in Times New Roman font, 12-point type, double-spaced with 3 cm margins on all sides. The reference style used by the Journal is the Harvard System of referencing.

Format for Research Article

Include the following sections in research articles without page space:

Title: Capital letters.

Authors: Surname followed by initials and institution(s) where the study was conducted.

Abstract: Include an abstract of not more than 150 words that includes objectives, methods, results and conclusions.

KEY WORDS: To assist in indexing the journal, list up to 6 key words (not from title), which your article could be indexed.

INTRODUCTION

METHODS

RESULTS

DISCUSSION

CONCLUSION

ACKNOWLEDGMENTS: Provide information sufficient to identify sources of support, technical assistance, and intellectual contributions not associated with authorship.

REFERENCES: Each citation in the text must be noted by surname and year in parentheses and must appear in the reference section as an alphabetic order. Example for citation in the text; a) for single author (Gür, 1999), b) for two authors (Gür and Akova, 2001), c) more than two authors (Gür et al., 2000).

Journal Article:

Akova, B., Sürmen-Gür, E., Gür, H., Dirican, M., Sarandöl, E. and Küçükoglu, S. 2001. Exercise-induced oxidative stress and muscular performance in healthy women: role of vitamin E supplementation and endogenous estradiol. *European Journal of Applied Physiology*, **84**: 141-147.

Journal Article, Article not in English:

Seker-Aygül, Z., Akova, B. and Gür, H. 2001. The relationship of stress and stress management factors with injury in soccer players. *Turkish Journal of Sports Medicine*, **36**: 71-80. (In Turkish: English abstract).

Journal Article in press:

Gür, H., Cakin, N., Akova, B., Okay, E. and Küçükoglu, S. 2002. Concentric versus combined concentric-eccentric isokinetic training: Effects on functional capacity and symptoms in patients with osteoarthritis of the knee. *Archives of Physical Medicine and Rehabilitation*, in press.

Journal Article in electronic format:

Weigand, D.A., Carr, S., Petherick, C. and Taylor, A. 2001. Motivational climate in Sport and Physical Education: The role of significant others. *European Journal of Sports Science (serial online)* **1(4)**, (13 screens/inclusive page), October. Available from URL: <http://www.humankinetics.com/ejss>

Book:

Guyton, A.C. and Hall, J.E. 1996. *Textbook of medical physiology*. 9th edition. W. B. Saunders Company, London.

Chapter in edited book:

Wilson, C.H. 1984. Exercise for arthritis. In: *Therapeutic exercise*. Ed: Basmajian, J.V. 4th edition. Baltimore: Williams and Wilkins. 529-545.

Thesis:

Özyener, F. 2000. *Effects of work intensity on dynamics of pulmonary gas exchange during exercise in humans*. Doctoral thesis, University of London, London. 79.

Thesis not in English:

Özer, Ö. 2001. *The effect of muscle exercise to oxygen kinetics in chronic smokers*. Doctoral thesis, University of Uludag, Bursa. 1-54. (In Turkish: English abstract).

LEGENDS

AUTHOR BIOGRAPHY:Please include a brief biography, approximately 50 words per author, for each author including (1) academic title/degrees, (2) institution affiliation, (3) research focus, (4) post and e-mail addresses.

TABLES, FIGURES, etc.:The location within the article where e.g. figures and tables appear should be indicated in the text. These materials (e.g. table, figure) should be submitted separately from the text document. Each item should be produced in Microsoft Office (Word, Excel, or PowerPoint), GIF or JPEG format. Submit each item separately and number sequentially as (main author) Figure 1.jpg, (main author) Figure2.jpg, and so on, for example, GurFigure1.jpg and GurTable1.doc.

FORMAT FOR REVIEW ARTICLE

Include the following sections in research articles without page space:

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ABSTRACTInclude an abstract of not more than 300 words.

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MAIN TEXT

CONCLUSION

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LEGENDS

AUTHOR BIOGRAPHY:For detail see the author biography section of research article.

TABLES, FIGURES, etc.:For details see the tables, figures, section of research article.

REVIEW AND PUBLISHING POLICY

Upon receipt of a manuscript the editor will notify the main author that the submission has been received. The manuscript will undergo a blinded review process. Under this process the editor will forward (electronically) the manuscript to two independent reviewers. Normally the review process will take approximately 4 weeks. After the review process has been completed the main author will be notified via E-mail either of acceptance, revision or rejection of the manuscript. If the main author has not been informed of the results of the review process after 8 weeks from the date of confirmation of receipt of the manuscript (by the editor), the author should notify the editor-in-chief directly. If revision was recommended, this should be completed and returned to the editor within 4 weeks; failure to return the revised manuscript within the allotted time span will lead to rejection of the manuscript. When a manuscript has been accepted for publication it will be forwarded to the editor-in-chief for final approval. The editor-in-chief will work with the main author to make necessary revisions in order for the manuscript to appear in the Journal of Exercise Science and Physiotherapy. The final proof of the manuscript will be sent to the main author as an E-mail attachment. If the main author requires any minor changes to the finished work, these should be submitted electronically to the editor-in-chief within one week. Manuscript accepted in the first half of the year will be published not later than the second half of the year.

Checklist for Authors

- Double-space manuscript text and use 3cm margins on all sides, and Times New Roman, 12-point type, English and SI units.
- Include with text a title, abstract, key words, figure and table lists, figure and table legends.
- Submit all materials electronically.
- Include complete author names, addresses, e-mail, phone and fax numbers.
- Include a short (~50 words) author biography for each author.

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