



Exercise Fitness and Health Alliance

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Journal of Exercise Science and Physiotherapy

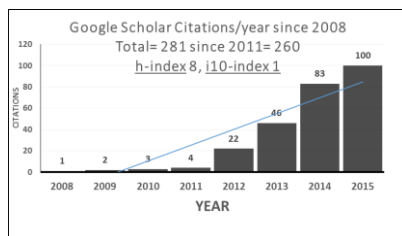
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(India's first peer reviewed biannual Journal of Exercise Science),

Impact Factor for Journal of Exercise Science & Physiotherapy, JESP
I₂OR impact factor(2015) 5.23

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

I am glad that the **Volume 12, No. 1, 2016 issue** of **Journal of Exercise Science and Physiotherapy (JESP)** is ready for circulation. An important milestone has been achieved during the year 2014 with the indexing of the JESP in the I Scholar, cross ref, Eurasian Scientific Science Library Index, Turkish Education Index, Scientific Object Identifier (SOI), Journal Index, , <http://www.sherpa.ac.uk/romeo/> as Romeo blue journal. Evaluation by the International Institute of Organized Research I₂OR has awarded publication impact factor (PIF) of 5.23 to the JESP for the year 2015 against 4.925 awarded in 2014, a significant improvement this year over the previous year. Another achievement is the finalization of digital archiving with Portico where the digital preservation of all the issues of the JESP have been started. More and more commonly used rating of quality of the journal is the criteria of citation which has also a great impact on gaining the Impact Factor rating. Building citation rating is long-lasting processes which require strict policy which is consistently inculcated. All the contributors, reviewers and editorial board members deserve felicitations for their efforts in maintaining the quality of there publications and rigorous review procedures and dealing with all this efficiently and in a timebound manner for maintaining the timely release of the journal. The improvement in the impact factor will help to gain better scores in different kinds of evaluations and especially in gaining better citation results. The editorial committee members are busy with their effort to get the journal indexed in more and more databases to further improve the citation of the research published in the JESP. The **h-index** is an author-level metric that attempts to measure both the productivity and citation impact of the publications of a scientist or scholar. The h-index for the journal is 8 with i10-index of



1. The definition of the index is that a scholar/journal with an index of h has published h papers each of which has been cited in other papers at least h times while i10-index is the number of publications with at least 10 citations. It is heartening to note that articles published in the journal are attracting increasing number of citations that are consistently growing year by year as is evidenced by google scholar citation report depicted in adjoining graph as on Jan 25, 2016. Citation count increased from 22 recorded in the year 2012, 46 in the year 2013, 83 in the year 2014 to 100 in the year 2015. This is indicative of increasing scientific productivity and impact of the journal. We hope the journal has great potential to further increase its impact in the coming years.

This issue of JESP contains ten original research articles including a review. Three research articles are from Nigeria and rest from India. I am sure you will enjoy the same and strengthen our hands to futher improve the position of the journal in the international market by contributing your research to JESP.

S.K. Verma