

The Official Journal of the Australian Strength and Conditioning Association

"The Journal of Australian Strength and Conditioning (JASC) is an educational publication designed to provide the strength and conditioning coach with useful information to aid the development of their athletes and to further the strength and conditioning profession in general. To this end the journal is necessarily highly applied and seeks articles that are clearly directed to these purposes."

## INSTRUCTIONS TO AUTHORS

Effective January, 2010

**Affiliation Disclosure:** If an author has a financial interest or relationship with any product or product supplier, and the topic of their article is directed at that product or product supplier (even if it does not specifically mention the product or supplier) then that relationship must be declared at the end of the article prior to the reference list.

Please ensure that your manuscript follows the below criteria;

1. Manuscript should be sent in Microsoft word (double spaced) to facilitate emailing to reviewers and a faster reviewing process. The ASCA will not deal with hard copies of manuscripts.
2. Please note the guidelines for Peer-reviewed Original Research and Peer-review of the literature manuscripts.
3. Referencing must conform to the guidelines, irrespective of the manuscript or article. Please check the new electronic referencing guidelines.
4. From the field articles do not necessarily require referencing, though it is encouraged.
5. All video files that are email to the ASCA are required to be 5MB or less. If files are larger please place on disc and post to the ASCA National office. Please do not send flash files. All video footage should be professional in appearance.

*It is the author(s) responsibility to gain permission from other publishers if they are going to include copyrighted information in their articles and that they must provide proof to JASC of such permission otherwise the reviewers will return the article to the author.*

### PEER REVIEW MANUSCRIPTS

Each peer review submission will be reviewed by 2 independent reviewers (The editor and 1 Associate Editor). Once reviewed the author will be required to respond to each reviewers comments in a point-by-point fashion to each comment made and submit the responses together with the revised paper.

### PEER-REVIEWED ORIGINAL RESEARCH MANUSCRIPTS

#### 1. Title Page

The title page should include the manuscript title, brief running head, setting(s) where the research was conducted, authors' full name(s) spelled out with middle initials, department(s), institution(s), full mailing address of corresponding author including telephone and email address. Please ensure no abbreviations are used in this information.

#### 2. Abstract and Key Words

On a separate sheet of paper, the manuscript must have an abstract with a limit of 275 words followed by 3 – 6 key words. The abstract should have sentences (no headings) related to the purpose of the study, brief methods, results, conclusions and practical applications:

#### 3. Text

The text must contain the following sections with titles in ALL CAPS in this exact order:

## **A - INTRODUCTION**

This section should demonstrate the need for the study or the underlying reason for the study. Focus on the studies lending support to your hypothesis(es) and giving the proper context to the problem being studied. In most cases use no subheadings in this section and try to limit it to 4 – 6 concisely written paragraphs.

## **B - METHODS**

Within the METHODS section, the following subheadings are required in the following order:

**Approach to the Problem:** where the author(s) show how their study design will be able to test the hypotheses developed in the introduction and give some basic rationales for the choices made for the independent and dependent variables used in the study;

**Subjects:** All subject characteristics that are not dependent variables of the study (e.g subject height, weight, age etc).should be included in this section and not in the RESULTS.

**Procedures:** After reading this section another investigator should be able to replicate your study or totally understand how it was carried out. Under this subheading you can add others but please limit their use to that which makes the methods clear and in order of the investigation (e.g., 1RM bench press test procedures or Agility testing procedures etc) The ASCA encourages authors to submit photos or short videos of their procedures and methods where such contributions aid the reader's understanding of the methods and procedures used.

**Statistical Analyses:** Here is where you clearly state your statistical approach to the analysis of the data and also whether it be statistical or practical significance and so on.

NB – JASC will publish manuscripts of note that do not have control groups or that have low subject numbers: JASC understands that this is the typical case when training elite athletes and JASC seeks to embrace studies done upon elite athletes.

## **C - RESULTS**

Present the results of your study in this section. Put the most important findings in Figure or Table format and less important findings in the text. Make sure that you cite each Figure and Table and that each Figure and Table is numbered and has a title.

## **D - DISCUSSION**

Discuss the meaning of the results of your study in this section. Relate them to the literature that currently exists and make sure that you bring the paper to completion with each of your hypotheses.

## **E - PRACTICAL APPLICATIONS**

This is an important section for the average JASC reader. In this section, tell the “coach” or practitioner how your data can be applied and used. This section of the paper should speak directly to this audience and not to the exercise or sport scientist.

## **PEER-REVIEWED REVIEW OF THE LITERATURE MANUSCRIPTS**

### **1. Title Page**

The title page should include the manuscript title, brief running head, setting(s) where the research was conducted, authors' full name(s) spelled out with middle initials, department(s), institution(s), full mailing address of corresponding author including telephone and email address.

### **2. Abstract and Key Words**

On a separate sheet of paper, the manuscript must have an abstract with a limit of 275 words followed by 3 – 6 key words. The abstract should have sentences (no headings) related to the purpose of the study, brief methods, results, conclusions and practical applications:

### **3. The main body of your manuscript should contain the following sections:**

The text must contain the following sections with titles in ALL CAPS in this exact order:

## INTRODUCTION

This section should demonstrate the need for the review of the literature. Focus on what the review will bring to the field. In most cases use no subheadings in this section and try to limit it to 4 – 6 concisely written paragraphs.

## METHODS

Within this section, detail which papers and/ or why papers were chosen for review (i.e. a brief of recent literature versus an extensive review of literature from high-impact journals). Outline the specific inclusion criteria identified for inclusion of the paper in the review and the total number of studies that met the inclusion criteria. For example,

*Specific inclusion criteria included (1) nutritional supplementation, (2) carbohydrates, (3) Protein and/ or amino acid, (4) detailed explanation of procedures and methods, and (5) research studies with human participants.*

## DISCUSSION

Due to the unique nature of these types of manuscripts, authors may then choose to review papers in specialized headings in this section. For example, if reviewing jump training studies, authors may include headings upon the basic mechanics of jumping, physiology of jumping, bodyweight jump training studies, barbell training studies, depth jump training studies.

## CONCLUSIONS AND PRACTICAL APPLICATIONS

This is an important section for the average JASC reader. In this section, tell the ‘coach’ or practitioner how the findings can be applied and used. This section of the paper should speak directly to this audience and less to the exercise or sport scientist.

## REFERENCING

***Referencing must conform to the guidelines, irrespective of the manuscript or article. Please check the new electronic referencing guidelines.***

All references must be placed in alphabetical order by surname of first author and numbered. References are cited in the text by numbers [e.g.,(4,9)]. All references listed must be cited in the manuscript and be referred to by number therein. For original investigations, please limit the number of references to fewer than 40 or explain why more are necessary. Please follow the examples below.

### Journal Article

Hakkinen, K. & Komi, P.V. Effect of different combined concentric and eccentric muscle work regimens on maximal strength development. **Journal of Human Movement Studies**. 7: 33-44. 1981.

### Book

Lohman, T.G. **Advances in Body Composition Assessment**. Champaign, IL: Human Kinetics, 1992.

### Chapter in an edited book

Yahara, M.L. The shoulder. In: Clinical Orthopedic **Physical Therapy**. J.K. Richardson and Z.A. Iglarsh, eds. Philadelphia: Saunders, 1994. pp. 159 – 199.

### References from Electronic Sources

Referencing electronic sources poses problems due to the changing nature of websites. Please limit electronic references in peer-reviewed manuscripts to on-line refereed journals where possible. However, it is recognized that popular media websites (i.e. non-refereed) may also need to be referenced for time to time for some points in peer-reviewed manuscripts and will often be used in “From the Field” and other Applied Training manuscripts in JASC. In either case, please use the format below when referencing web based sources.

## Example

### Refereed Online Journal

Simon JA, Hudes, ES. Relationship of ascorbic acid to blood lead levels. **Journal of the American Medical Association** [online]. 281:2289–2293, 1999. Available at [www.jama.amaassn.org/cgi/reprint/281/24/2289](http://www.jama.amaassn.org/cgi/reprint/281/24/2289) . Accessed November 19, 2007.

### Popular media or Commercial Website

Baker, D. How to choose and set up your bands. Available at: [www.danbakerstrength.com](http://www.danbakerstrength.com) . Accessed February 25, 2009.

### Figures

Place each of the figures on separate pages. All figures should be professional in appearance. Electronic photographs are encouraged. Please use a digital camera with high resolution. The figure number and description should be below the figure on the same page. Please indicate in your main paper where your figures are to be placed.

### Tables

Tables must be double-spaced on separate sheets, numbered and include a brief title above the table. Please indicate in your main paper where your tables are to be placed

### FOR REVIEWED ARTICLES ‘FROM THE FIELD’

Please ensure that your manuscript follows the below criteria.

Submissions to ‘From the Field’ categories of JASC will be editorially reviewed by the editor. If the editor deems that the submission is within the scope of the journal, once reviewed will be returned and the author will be required to respond to each comment in a point-by-point fashion and submit the response together with the revised paper.

### From the Field submissions are accepted in the following categories:

- 1. Directed Topic:** A directed article with very specific recommendations (e.g. *Practical applications for the use of jump squats in the development of lower body power* or *coaching considerations for the Olympic lifts with very tall athletes*). Specific recommendations are required. Some review of previous work permitted (scientific study), but focus is to provide a basis of rationale for opinion on a relevant topic. *Sections:* Introduction, Main-body category sections, Practical Applications. Tables, figures, and videos permitted. Label and refer to video files as “Video Figure”.
- 2. Program Outline:** (e.g. *A pre-season program for hamstring injury reduction in elite soccer players*). Background of Athlete(s), Needs Analysis, Program (can be a table), Results (observational, scientific, qualitative, all permitted), Discussion Points (what you learned, what you think should be done next, etc.) – approx. 800 words. Tables permitted, 1 figure permitted. In the journal these submissions should be approximately 2-3 pages total (including tables, text and figures).
- 3. Exercise Highlight:** (e.g. *using sled towing exercise to strengthen the posterior chain*). This submission type should include figures or video files, as well as commentary and text to outline the methods used in a particular exercise or group of exercises, the rationale involved, and key areas of focus and progression. There is no specific limit for this submission type but they are generally quite brief, and figures and/ or video are considered essential.
- 4. Roundtable Discussion:** Commentary (<1000 words) on a relevant topic by 3-5 professionals (relevant to topic). Invitation by editorial board, based on topic selected for each issue.
- 5. Point-Counterpoint:** Members are encouraged to submit a focused question of interest to the strength and conditioning community, for the purposes of debate

**‘From the field’ articles do not necessarily require referencing, though it is encouraged. If referencing is used, please ensure it conforms to the guidelines above.**

For further information or to submit articles to the ASCA for publication in the JASC please email -

[info@strengthandconditioning.org](mailto:info@strengthandconditioning.org)