The Journal of Australian Strength and Conditioning
Author Guidelines

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 highly applied and seeks articles that are clearly directed to these purposes."

INSTRUCTIONS TO AUTHORS
Effective February 2017

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.

Ethical Considerations: When reporting information from Experimental Research Studies, Case Studies or From the Field contributions involving subjects (e.g. Videos of exercises etc) it is important that such research and/or observations are conducted using sound ethical principles. In particular all such information should be obtained from subjects who are clearly informed of the nature of the study, the risks and benefits of participation, and should be freely permitted to withdraw their consent from participation in the study at any time if they desire. The study should be performed in a way that minimizes any risk to the subject and the researcher should conduct themselves in a professional and ethical manner throughout, respecting the rights and human dignity of the subject(s). JASC will only publish contributions from authors that obtain their research information in accordance with these ethical principles. Further information on this topic can be obtained from the ‘National Statement on Ethical Conduct in Human Research’ produced by the National Health and Medical Research Council and available for free on their website www.nhmrc.gov.au

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 accept hard copies of manuscripts.
2. Please ensure the submission is in accordance with the guidelines outlined below for all different categories of submissions. All authors are required to clearly state the specific submission category for their paper ie Review of the Literature or From the Field: Directed Topic etc. on page 1 of their paper.
3. Referencing must conform to the guidelines, irrespective of the manuscript or article. From the field articles do not necessarily require referencing, though it is encouraged.
4. All video files that are emailed to the ASCA are required to be 5MB or less. Please do not send flash files. All video footage should be professional in appearance with athletes wearing tidy clothes, shoes etc.
5. It is the author(s) responsibility to gain permission from other publishers if they are going to include copyrighted information in their articles and to include appropriate acknowledgement of the material(s) in the article. Authors must provide proof to JASC of such permission otherwise the reviewers will return the article to the author.
6. Many people working and studying in the area of strength and conditioning have very firm views on what they believe are the best training and testing methods etc. Such strong views can often result in one sided articles which merely reflect the strong views of the author(s) and in effect become self-fulfilling prophecies. For example people who just love Olympic weightlifting may do a review of the literature on effective training techniques and tend to only include those papers in their review which conform to their world view. Such myopic thinking does not really progress our discipline. The JASC encourages all authors to write papers with an open independent mind and allow all points of view to be presented and considered and include papers and points of view that are challenging to their own or the prevailing view. Reviewers will be stringent on this point in order to ensure well-balanced evidence based best practice is presented.

Effective March 2016
NOTE TO ASCA Level 2 S&C Coach Accreditation Course Participants

The ASCA Level 2 assessment requires participants to submit a 'publication standard' article for the JASC. The following guidelines outline the specifications articles need to meet in order to be published.

All submissions should include a brief description of the author and their current interest in the field. The ASCA will accept multi-authored submissions however, it is a requirement that the Level 2 candidate is the lead author. While the specific structure of the article will depend on the type of contribution i.e. research article, review, etc. the articles must be applied. The author should make an attempt to allow potential readers to take something away with them that they may be able to implement in their training. Consequently a **Practical Application** section to all articles is seen as essential. Further, where possible, authors should be very specific regarding the type of training and/or testing that was conducted, such that readers are able to duplicate the methods exactly. If you wish to include video footage of the practical application please do so.

Articles should be reader friendly and hence the use of abbreviations and the use of unfamiliar scientific jargon should be minimised, and the author should assume minimal knowledge from the reader when writing the article so that all exercises and techniques need to be thoroughly described.

ASCA Level 2 participants can only submit:

- Original Scientific Research Study
- Review of the Literature
- From the Field – Directed Topic
- From the Field - Program Outline
- From the Field – Case Study

Please see below examples of papers that meet the requirements for submission to assist you.

All authors are required to clearly state the specific submission category for their paper i.e. Review of the Literature or From the Field: Directed Topic etc. on page 1 of their paper.

**ORIGINAL SCIENTIFIC RESEARCH STUDY - OSRS**

Each OSRS 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.

Please avoid using the words I, me, we, us etc. and write the paper from the 3rd person narrative point of view, written in past tense.

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. **BLUF**
   On a separate sheet of paper, the manuscript must begin with a ‘BLUF’ (Bottom Line Up Front) statement. This statement should be a single sentence of no more than 40 words. The intent of this statement is to provide the reader with the key message of the paper (the main conclusion). This BLUF differs from an abstract in that it does not summarise the background, methods, evidence or arguments. No acronyms or references are to be used.

3. **Abstract and Key Words**
   Following the BLUF is the abstract. The abstract is limited to 275 words and 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.

4. **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. At the end of the introduction please include one sentence that clearly outlines the purpose of the study.

   **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. Please outline the specific statistical tests used (if any) and also the level of statistical significance applied. As most of the JASC readership are strength and conditioning coaches please try not to use overly complicated statistical procedures where possible.

   NB – JASC will publish manuscripts of note that do not have control groups or that have low subject numbers and limited statistical comparisons: 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. Where possible place the Figures and Tables in the text in the location they should appear in the final published document. If this is not possible then indicate in the text where each Figure and Table should be placed.

Effective February 2017
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 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.

REVIEW OF THE LITERATURE - ROTL
Each ROTL submission will be reviewed by the Editor and when deemed appropriate, 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.

Please avoid using the words I, me, we, us etc. and write the paper from the 3rd person narrative point of view, written in past tense.

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. BLUF
On a separate sheet of paper, the manuscript must begin with a ‘BLUF’ (Bottom Line Up Front) statement. This statement should be a single sentence of no more than 40 words. The intent of this statement is to provide the reader with the key message of the paper (the main conclusion). This BLUF differs from an abstract in that it does not summarise the background, methods, evidence or arguments. No acronyms or references are to be used.

3. Abstract and Key Words
Following the BLUF is the abstract. The abstract is limited to 275 words and 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.

4. 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. At the end of the introduction please include one sentence that clearly outlines the purpose of the study.

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.
Outline the search engines that were used and the years that the search was conducted over (i.e. papers from 1980 to 2015 etc.).

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 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 not to the exercise or sport scientist.
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. Please include a Title Page, as previously outlined. Where the submission is greater than 1000 words please also include an abstract and BLUF statement, as outlined in the above section.

From the Field submissions are accepted in the following categories:

1. **Directed Topic (FTF-DT)**: 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 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 (FTF-PO)**: (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.). Tables, videos and figures are encouraged.

3. **Exercise Highlight (FTF-EH)** (Not applicable for ASCA L2 submission): (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 Figures and/or Video are considered essential.

4. **Roundtable Discussion (FTF-RT)** (Not applicable for ASCA L2 submission): 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 (FTF-PCP)** (Not applicable for ASCA L2 submission): Members are encouraged to submit a focused question or statement of interest to the strength and conditioning community, for the purposes of debate.

6. **Case Study (FTF-CS)**: Members are encouraged to submit a detailed analysis of a single subject or small group of subjects. This paper should have the same overall structure as the ‘Original Research Manuscripts’ which have been outlined above, but not include any statistical analysis. The basic idea is to describe a specific case and hence the article will include the background of the subject(s), the exercise intervention(s) or techniques applied, the results achieved and practical applications with an emphasis on what would be done differently if a similar case was presented in the future.

**REFERENCING**

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

All references must be outlined at the end of the document 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**

**Book**

**Chapter in an edited book**
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 from 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

Popular media or Commercial Website

‘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.

JASC will accept papers formatted with the Endnote referencing system. The applicable output style for the JASC is available here.

Authors are also encouraged to set up an account as an individual on Google Scholar. This will allow you to document the citations of your particular paper once accepted and published.

**TABLES, ILLUSTRATIONS, PHOTOGRAPHS, AND VIDEO CLIPS**

The JASC encourages authors to submit tables, colour photographs, charts, video clips, and figures that help to illustrate aspects of the article.

**Figures, Photographs and Video Clips**
All figures should be professional in appearance. Electronic photographs are encouraged. Please use a digital camera with high resolution. Ensure images are clear and taken in a well-lit environment. The figure number and description should be placed below the figure on the same page. Please place your figures in the results section where possible.

All photographs and videos are required to demonstrate health and safety procedures in the training environment (i.e. wearing appropriate clothing and shoes, removing hats, using safety equipment such as collars on bars, spotters as required etc.). The focus of the photograph or video should not be on a commercial product or the identity of a school or business. The JASC reserves the right to remove or request new, revised photos if the original photos or video clips do not follow these guidelines or if the photo or video is not of acceptable quality.

**Tables**
Tables must be numbered, professional in appearance and include a brief title above the table. Do NOT submit tables as photographs. Please place your tables in the results section where possible.

**Model Consent**
Authors should have consent for use by all models appearing in figures, video clips, audio clips, and possibly other formats. It is the policy of the JASC to make every effort not to block out the faces of individuals in figures, etc. If a model is under 18 years of age, parental consent is required along with the consent of the model.

It is understood that all papers are somewhat unique and sensible deviations to the above guidelines will be tolerated where reasonable.

For further information or to submit articles to the ASCA for publication in the JASC please email - [info@strengthandconditioning.org](mailto:info@strengthandconditioning.org)