

Guidelines for Contributors to *The Sport and Exercise Scientist*

Please read this checklist before writing your article and again before submitting. Thanks.

- Article is **appropriate for *The Sport and Exercise Scientist*** – ie it contributes to the CPD of sport and exercise scientists by promoting evidence-based practice. [*Note from the Editorial Advisory Board: It would typically be a reflective article highlighting what has been learnt from the process and providing practical knowledge that readers can take away and apply. It should have obvious take-home messages and be able to answer the “So what?” “Why does this matter to sport and/or exercise scientists?” questions. The Sport and Exercise Scientist is not a peer-review journal.*]
- **Filename** – helpful if you can name the article with your surname and topic (eg Harridgemuscles)
- Article has been **proof-read**
- Article has **word count** to fit the allocated space and has not exceeded the word count
- Has a **title** (eg What makes muscles grow?)
- Has a brief (1-2 sentence) **standfirst** (or **introduction**) including the author(s)' name(s) (eg Dr Stephen Harridge explains the role of IGF-I in the adaptation to strength training) (no period after)
- Has **sub-headings** (to break up text). These should be bolded. Only first letter of first word is capitalised
- Has a **summary** laying out the significant parts and take-home messages for the readers
- **Author(s) photo** – a head shot of all authors (attached and good quality (file size is >200 KB))
- **Relevant photos** – Most articles require at least 1-2 good quality photos (file size is >1 MB) that relate to the article. Please attach these when you submit your article and label them so that they are easy to link with your article (eg HarridgemusclesPhoto1). Please do not imbed photos within the article. At the end of the article please include photo captions and photo courtesies (see points below)
- **Photo caption** (eg Photo1 caption. The Physical Activity for Health Working Party)
- **Photo courtesy** (eg Photo1 caption courtesy PPROF ANDY LANE (if he took photo) or COURTESY OF PROF ANDY LANE (if he provided it but didn't take it and we don't know who did))
- **Author(s) profile**. (30-word count and relevant to the article). If stating BASES accredited, this should be: BASES Accredited Sport and Exercise Scientist. If you are a Fellow or Honorary Fellow of BASES, please include this. The profile should read:

Prof Andy Lane

Andy is...(30 words)

- **References** (to a minimum, no more than 5 and fully referenced in correct format)

Books:

Zatsiorsky, V.M. (1995). Science and Practice of Strength Training. Champaign, IL: Human Kinetics.

Journals (papers or abstracts):

Elliott, B., Marshall, R. & Noffal, G. (1996). The role of upper limb segment rotations in the development of racket-head speed in squash forehand. *Journal of Sports Sciences*, 14, 159-165.

If more than 3 authors write **Elliott, B. et al. (1996).**