

# NOTES TO AUTHORS

## AIMS AND SCOPE

**TRENDS in Sport Sciences** (TSS) is an international quarterly journal devoted to all aspects of sport sciences. TSS publishes peer-reviewed original papers, reviews (only invited articles) and short reports.

**Research themes covered by the scope of TSS include:** exercise physiology, biomechanics, genetics of physical fitness, biochemistry, nutrition, physiotherapy, health rejuvenation, health and fitness, adaptive sports, psychology of sport, ethnic sports as well as sports training. Occasionally TSS publishes interdisciplinary papers on anthropology, sociology, philosophy in connection with sport.

## ORGANIZATION OF THE MANUSCRIPT

The instructions for authors are based on "Uniform Requirements for Manuscripts Submitted to Biomedical Journals: Writing and Editing for Biomedical Publication, Updated April 2010" published by the International Committee of Medical Journals Editors, available at <http://www.icmje.org>.

### Article content

The size of original and review articles should not exceed 20 pages, including references, tables, figures and abstract (standard page – 1800 characters). No more than 30 references should be provided. Short reports should be 10 pages long. Maximum 3 tables, 3 figures and 3 photographs can be enclosed.

### General information

- Manuscripts should be sent to TSS in a Word file
- 1.5 line spacing and Times New Roman 12 points (16 points for the title) should be used throughout
- All margins should be 2.5 cm and the text should be justified
- Pages should be numbered
- Automatic word hyphenation should be turned off
- Type only one space following the end of a sentence
- Manuscripts should follow a standard division into paragraphs
- Highlighted parts of the text should be in bold print.
- Do not use italics in the titles of section and subsections

### Title page

The title page should include the following information:

- the title of the article (16 points, only the first word of the title should be capitalized, text should be justified, no period should be used following a title or a heading),

- full names of Authors and institutional affiliations. Do not provide academic degrees, positions or ranks,
- address of the corresponding author, full name, phone number and e-mail address. This signifies Author's consent for the publication of presented personal data (on request of the author the phone number may not be published).

At the bottom of the page additional information may be given regarding possible conflicts of interests, source(s) of support (grants, sponsorship etc.), acknowledgements, and the name of the conference at which the study was presented.

### Abstract

The manuscript should be preceded by a uniform abstract. The text of the abstract should be justified and contain no more than 300 words. It should be divided into five one-paragraph sections with the bolded italic headings: ***Introduction, Aim of Study, Material and Methods, Results, Conclusions.***

### Key words

(no more than 10).

### Text structure

The text of the manuscript should be divided into the following sections (a different arrangement and style of papers may be applied only to invited review articles):

**What is already known on this topic?** – 2-3 sentences in a shaded quote box

An example:

#### **What is already known on this topic?**

The ACE gene might be the "speed/endurance gene". Alu Insertion polymorphism is associated with endurance (cycling, long distance running), unlike Deletion polymorphism which is associated with sprint/power events (sprints, velodrome cycling, short distance swimming, etc.). There are no data available on field hockey players.

**Introduction:** should be comprehensible to the reader, give a clear statement of the article and provide relevant context to support the basis for the paper and the significance of the work; please do not exhaustively review the literature. All abbreviations used in the text should be explained at their first use.

**Aim of Study:** clear, as short as possible

**Material and Methods:** is to explain in detail all the applied investigation methods mentioned in Results. The names of statistical methods and computer software used in the study should be given.

**Results:** the results of biochemical assays and other measurements should be given in SI units. Length, height, weight and volume measurements should be reported in metric units (meter, kilogram, litre) or their decimal multiples. Temperatures should be expressed in degrees Celsius. Enclose maximum 3 tables, 3 figures and 3 photographs to illustrate your data. All tables, figures and photographs must be referred to in the text of the manuscript.

**Discussion:** Please emphasize the new and important aspects of the research and conclusions derived from the study

**Conclusions:** clear and only pertaining to the discussed research.

**What this study adds?** 3-7 sentences in a shaded quote box

An example:

**What this study adds?**

This is the first study to examine the effect of an athlete's ACE genotype on actual field hockey players' motor skills and aerobic endurance. We did not detect significant genotype effects of ACE on the analyzed traits; however, a tendency for decreased performance of individuals with DD genotype was noticeable for vertical jump, power peak and power average.

**References:** maximum 30 references should be numbered consecutively in the order in which they are first mentioned in the text (references cited only in tables or figure legends should be numbered in accordance with the sequence established by the first identification in the text of the particular table or figure). The number of cited references in original and review articles should not exceed 30. References should be provided in ICMJE/Vancouver style (consistent with MEDLINE format (<http://www.lib.monash.edu.au/tutorials/ci-ting/vancouver.html>) and should only include published papers.

A citation of a journal article should include authors' names and initials without periods (if there are more than four authors, only the first three should be listed and after the third name et al. should be given), title of the paper, abbreviation of the journal name according to the list of journals indexed in Index Medicus (to be obtained from <ftp://nlmpubs.nlm.nih.gov/online/journals/ljiweb.pdf>), year of publication, volume number and page numbers (first and last page of the article).

**Journal citation**

Names, title, journal name and year of publication should be separated with periods, e.g.

1. Gorassini M, Eken T, Bennett DJ, et al. Activity of hindlimb motor units during locomotion in the conscious rat. *J Neurophysiol.* 2000; 83: 2002-2011.

**Book citation**

References to books should include surname(s) of the author(s) with first name initials (if there are more than four authors, only the first three should be listed and after the third name et al. should be given), title, number of edition (not required for the first edition), city and name of the Publishing House and year of publication. Co-authored publications are cited starting from the name of responsible editor(s) (followed by ed(s)), e.g.

2. Gardiner PF. *Advanced neuromuscular exercise physiology.* Champaign: Human Kinetics; 2011.

**Book chapter**

References to book chapters should include surname(s) of the author(s) of the chapter with first name initials without periods (if there are more than four authors, only the first three should be listed and after the third name et al. should be given), chapter title, and after indicating In: surname(s) of the author(s)/editor(s) with first name initials, title of the book, number of edition (not required for the first edition), city and name of the Publishing House and year of publication followed by p. and page numbers of chapter, e.g.

3. Renson R., Sport Historiography in Belgium. Status and Perspectives. In: Renson R, Lämmer M, Riordan J, eds., *Practising Sport History*, Sankt Augustin: Akademia Verlag Richarz; 1987. pp. 1-18.

**All titles and institutional names in languages other than English (including Greek, Polish, German, French, etc.) should be provided with their English equivalents, e.g.:**

4. Drees L, *Der Ursprung der Olympischen Spiele (Origins of the Olympic Games)*, Verlag Karl Hofmann, Schorndorf 1974.

Punctuation used in references must strictly follow the above examples.

References to Internet publications are allowed (with complete web page addresses), only if no corresponding data is available in print literature.

**Citations**

When cited in the text, only the respective number of a reference should be used. No other system of references will be accepted.

**Tables**

Each table should be on a separate A4 sheet, with a brief descriptive title at the top using the full word Table. All abbreviations should be explained in a footnote to the table where they appear. The tables should be numbered using Arabic numerals (1, 2, 3, 4, etc.).

An example:

**Table 1.** Descriptive statistics and comparative analysis of maximal oxygen uptake ( $\text{VO}_{2\text{max}}$  in  $\text{ml}/\text{kg}\cdot\text{min}^{-1}$ ) between genotypes of the I/D *UCP2* gene polymorphism

<i>UCP2</i>	DD					ID					II				
	<i>N</i>	$\bar{X}$	<i>SD</i>	<i>Min</i>	<i>Max</i>	<i>N</i>	$\bar{X}$	<i>SD</i>	<i>Min</i>	<i>Max</i>	<i>N</i>	$\bar{X}$	<i>SD</i>	<i>Min</i>	<i>Max</i>
Sex															
F	42	45.65	6.14	32.30	59.00	36	45.66	7.18	30.60	59.80	7	45.07	7.60	35.00	54.80
M	72	54.01 <sup>a</sup>	6.20	40.30	79.00	70	55.60	7.32	42.30	76.80	12	59.07 <sup>a</sup>	9.04	49.70	74.90

Analysis of variance did not show statistically significant differences between mean values of recorded maximal oxygen uptake in groups represented by DD, ID, II genotypes. a - difference observed between DD and II genotypes at  $p$  value 0.052 in males.

### Figures

Figures should be sent on separate A4 sheets as well as on separate files. Legends for the figures should be explained in full and appear on a separate page. All abbreviations should be explained in footnotes.

All photographs, graphs, diagrams should be referred to as figures and should be numbered consecutively in the text using Roman numerals (I, II, III, etc.).

Figures should be accompanied by data from which they were made. The Editor has the right to create figures based on the enclosed data.

Figures and legends to Figures should be provided in a single text file.

### Abbreviations and symbols

Use only standard abbreviations and symbols. The expansion of an abbreviation should precede its first use in the text and be repeated in the legend under a figure or a table in which the abbreviation is used.

**Papers which do not adhere to these guidelines will be returned to the author for corrections and improvements.**

For Notes to Authors see also [http://www.awf.poznan.pl/index.php?option=com\\_content&view=article&id=91&catid=119](http://www.awf.poznan.pl/index.php?option=com_content&view=article&id=91&catid=119)

### EDITORIAL POLICY

#### Authorship

Authorship credit is to be based on:

- 1) substantial contributions to the conception and design, data acquisition, analysis and interpretation;
- 2) drafting an article or revising it critically for important intellectual content;
- 3) final approval of the version to be published.

Authors should meet all three requirements. If research has been carried out by multiple authors, individuals who accept

direct responsibility for the manuscript should be identified. When submitting a co-authored manuscript, the corresponding author should clearly indicate the preferred citation order of authors and clearly identify all individual authors as well as the name of any authoring team(s). The authorship order on the byline should be a joint decision of the co-authors. All persons designated as authors should qualify for authorship, and all those who qualify should be listed. Each author should contribute sufficiently to the work and take public responsibility for respective fragments of the study, the content and any conflict of interests. All contributors who do not meet the authorship criteria should be listed in the acknowledgments section. All persons must give their written consent to be acknowledged.

### REVIEWING PROCESS

The authors who submit manuscripts for publication agree to undergo a reviewing process. All submitted manuscripts are first subjected to editorial review, and, subsequently, peer review by experts. The submitted manuscripts will not be sent to reviewers representing the authors' institutions, or to persons who can be in conflict of interest with the authors. All reviews are confidential and anonymous. The reviewers may not use the content of the manuscript before its publication.

The manuscript is given an editorial number for identification at all stages of the editorial process. The author is notified about the reviews and corresponds with the Editor of the journal concerning remarks or qualification of the study for printing. The final decision about publishing the manuscript is made by Editor-in-Chief.

### CONFLICT OF INTERESTS

The authors must disclose all conflicts of interest to the Editor and describe them on a separate page enclosed with the manuscript:

- financial relationships (employment, consultation, stock ownership, remuneration, paid expertise),

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- personal relationships,
- academic competition and others which could affect, according to the Editor or Readers, the content of the study,
- sponsorship of the whole or part of the study – draft, collection, analysis and interpretation of data, report writing and decision on submitting for publication.

The reviewers and editors are also obliged to disclose in a letter to Editor-in-Chief all connections which could be suspected as conflict of interests with the Author. The letter should contain all links with commercial companies dealing with products described in the manuscript.

### **ETHICAL REQUIREMENTS**

When reporting experiments on human subjects, the Authors should indicate whether the procedures were in accordance with the Helsinki Declaration principles, which should be noted in the description of Methods. For such investigations the Authors must obtain permission from a respective Regional Supervising Committee for Research on Human Subjects (Ethical Committee). Studies on animals must also be approved by an appropriate committee and the approval indicated in a letter to the Editor.

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Authors are obliged to state their contribution to the article in a short cover letter. Ghost authorship exists when someone has made substantial contributions to writing a manuscript and this role is not mentioned in the manuscript itself. Ghost authorship is not permitted in any form and under any circumstances. All persons involved in the preparation of the manuscript submitted to TSS must be declared as authors or identified in an acknowledgments section. No persons whose contribution to the submitted work was insignificant may be included among the authors.

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Editors may occasionally choose to publish material that has already been published in other journals, if it needs to reach the widest possible audience.

Each manuscript should be sent to the Editor in a duplicate printout and in an electronic version on PC-compatible discs (which will not be returned to the Authors). A covering letter to the Editor must state that the data has not been published elsewhere in whole or in part (except for the abstract) and that all Authors agree for publication of their manuscript in the journal. Declaration of conflict of interest should be also submitted. The Authors should submit a disk only with the latest version of the manuscript. It should be labeled with the Author's name, title of manuscript, name(s) of files, names and numbers of software. Texts, figures or photographs should be placed in separate files.

### **Electronic format of manuscripts**

We recommend manuscript submission via e-mail to [gronek@awf.poznan.pl](mailto:gronek@awf.poznan.pl). The Editor recommends using Word for Windows. Figures may be drawn using widely available software. The recommended formats include \*.PNG, \*.GIF, \*.TIF, \*.JPG. Titles and contents of tables and figures should be given in Polish and English. Graphs and diagrams should be made using Microsoft Excel.

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