Guide for Authors

Open Access Policy

This journal provides immediate open access to its content on the principle that making research freely available to the public supports a greater global exchange of knowledge.

Journal Contents

Please follow guidelines for article length carefully. If accepted articles exceed recommended length, authors will be required to shorten their articles before publication. In addition, the total number of illustrations (sum of tables and figures) may not exceed half of the number of typed text pages minus one. For example, an article with 15 text pages is limited to a total of 7 illustrations and/or tables.

Original Articles: Original articles describing new findings of major importance are invited for submission. Articles should contain no more than 4,000 words of text.

Reviews: Although most reviews are solicited by the Editors, unsolicited reviews will be considered. Reviews should contain no more than 6,000 words of text.

Commentaries: Editorial commentaries are usually solicited by the Editors, but unsolicited editorial commentaries will be considered for publication. Commentaries can discuss any feature of the Journal, including original articles, illustration features, and review articles. Editorials should contain no more than 1,500 words of text.

Letters to the Editors: Letters may comment on work previously published in the journal scope. A letter should contain fewer than 500 words of text.

Preparation of Manuscript

General guidelines: Manuscripts must be written in English. UK English spellings and words should be used in preference to other versions of English. The authors are encouraged to have their paper checked by a native English speaker and cannot consider papers that are seriously deficient in presentation or that depart substantially from these submission guidelines. Text should be supplied in a format compatible with Microsoft Word for Windows (PC). Charts and tables are considered textual and should also be supplied in a format compatible with Word. All figures (illustrations, diagrams, photographs) should be supplied in jpg format but must be included in the manuscript file. Manuscripts that do not adhere to the following instructions will be returned to the corresponding author for technical revision before undergoing peer review. All manuscripts must be typed in 12pt font and in double space with margins of at least 2.5 cm.

Title page: The title page must be include: 1) complete manuscript title; 2) running title; 3) authors' full names, highest academic degree(s), position/title, and institutional affiliations, and 4) name and address for correspondence, including fax number, telephone number, and e-mail address.

Structured abstract and key words: Abstract must be provided on a separate page. Limit the abstract to 300 words for reports of original data. A four-part structured abstract is required: 1) Introduction; 2) Material & Methods; 3) Results, and 4) Discussion. For other manuscripts, include a conventional abstract of no more than 150 words. Do not use footnotes and references in the abstract.

Key Words: 3 to 5 key words or short phrases that accurately describing the contents of the manuscript should be added to the abstract page.

Text: This should be divided into sections with the headings: 1) Introduction; 2) Material & Methods; 3) Results, 4) Discussion, and 5) Conclusion. These headings should match those in the structured abstract.

Informed Consent: The "Material & Methods" section should state that an appropriate institutional review board approved the project. For investigators who do not have formal ethics review committees, the Declaration of Helsinki should be followed. For investigations of human subjects, state in the "Material & Methods" section how informed consent was obtained.

Acknowledgements (if any):All sources of support in the form of grants or other significant assistance should be acknowledged. Any potential conflicts of interest that may appear to exist should be disclosed, particularly the presence or absence of any financial interest in any of the products mentioned in the manuscript.

Conflicts of interest: Authors must state all possible conflicts of interest in the manuscript, including financial, consultant, institutional and other relationships that might lead to bias or a conflict of interest. If there is no conflict of interest, this should also be explicitly stated as none declared.

References: References should be numbered consecutively in the order they are mentioned in the text. Identify references in the text by numbers in parentheses. Journal names should be abbreviated as in Index Medicus. Include the names of all authors when six or fewer; if more than six, list the first six and "et al."

Journal articles: Sturgeon K, Digiovanni L, Good J, Salvatore D, Fenderson D, Domchek S, et al. Exercise-induced dose-response alterations in adiponectin and leptin levels are dependent on body fat changes in women at risk for breast cancer. Cancer Epidemiol Biomarkers Prev 2016; 25:1195-1200.

Chapters in edited books: Marcus R, Couston AM. Water-soluble vitamins: the vitamin B complex and ascorbic acid. In: Gilman AG, Rall TW, Nies AS et al, eds. Goodman and Gilman's The Pharmacological Basis of Therapeutics (8th ed). New York: Pergamon Press 1990; 1530–1552.

Books: Taliesnik J. The Wrist. New York: Churchill Livingstone 1985; 79–82.

Online document: Cartwright J. Big stars have weather too. Available online at: http://physicsweb.org/articles/news/11/6/16/1. Accessed 26 June 2007

*Figures:*All images should be created/scanned, saved, and submitted as either a TIFF (tagged image file format) or JPEG file. Electronic photographs (radiographs, CT scans, etc) and scanned images must have a resolution of at least 300 dpi. If fonts are used in the artwork, they must be converted to paths or outlines or they must be embedded in the files.

Tables: Create tables using the table creating and editing feature of your word processing software (eg, Word, WordPerfect). Do not use Excel or comparable spreadsheet programs. Cite tables consecutively in the text, and number them in order of their citation. Each table should appear on a separate sheet and should include the table title, appropriate column heads, and explanatory legends (including definitions of any abbreviations used). Do not embed tables within the body of the manuscript.

Copyright

All manuscripts must be accompanied by the following written statement, signed by the authors and sent by regular mail:

"The undersigned author(s) warrant(s) that the article is original, does not infringe upon any copyright or other proprietary right of any third party, is not under consideration by another journal, and has not been previously published. The author(s) confirm that they have reviewed and approved the final version of the manuscript."

Payment Information

This journal does not charge publication/processing fees from Author(s). We also provide many author benefits, such as free PDFs and a liberal copyright policy.

User Licence

Upon submitting an article, authors are asked to indicate their agreement to abide by an open access Creative Commons license (CC-BY). Under the terms of this license, authors retain ownership of the copyright of their articles. However, the license permits any user to download, print out, extract, reuse, archive, and distribute the article, so long as appropriate credit is given to the authors and the source of the work. The license ensures that the article will be available as widely as possible and that the article can be included in any scientific archive provided that users

- Cite the article using an appropriate bibliographic citation (i.e. author(s), journal, article title, volume, issue, page numbers and the link to the definitive published version on this website)
- Maintain the integrity of the article
- Retain copyright notices and links to these terms and conditions so it is clear to other users what can and cannot be done with the article
- Ensure that, for any content in the article that is identified as belonging to a third party, any re-use complies with the copyright policies of that third party
- Any translations, for which a prior translation agreement with this journal has not been established, must prominently display the statement: "This is an unofficial translation of an article that appeared in Journal of Physical Activity and Hormones. This Journal has not endorsed this translation."