



Journal Information

D.A.A. is a professional health, sport and education association. “*Journal of Sport and Health Research*” is a journal which is associated to this institution. It is a multidisciplinary journal that features research, studies, and reviews. The journal aim is to serve as a tool for scientific spreading and scientific research in the field of physical activity and health. On that score, the journal includes issues that are related to physical activity, sports, health and education.

Instructions for the authors:

Spanish and English are the languages of “*Journal of Sport and Health Research*”. This journal will include original articles (research on several fields), review articles, clinic cases, and editor letters. Furthermore, the journal may include specific articles, which will be carried out by prestigious researchers (invited paper). These papers will be always commissioned by the editors.

Paper Format:

Papers sent to the journal for review and possible publication must have the following **format**:

In the whole document, except for the first page, the font will be Times New Roman, size 11 pt., and paragraphs will have single line spacing. There will be two columns. Upstream will be 0 and understream will be 12, except for the title in each section, in which upstream will be 0. The top and bottom margins will be 4 cm and 3 cm, respectively. Lateral margins will be 1.5 cm. Tabulations and spaces in between paragraphs must not be included.

In the **first page** there are certain exceptions such as: font size, 1.5 line spacing, and there will be only one column.

Papers will have a specific format which can be seen in the papers [template](#). Authors can download it from the “*Journal of Sport and Health Research*” website. In this template, authors must insert their work, and then send it in Word format to the Editor, who will revise it.

First page:

All articles must include the paper’s reference and the kind of research in their first page. In addition, the title – both in Spanish and in English –, the name

of all the authors, and their institution must also appear. At the end of this page, the name of the main author must be included together with their institution, as well as their address, their phone number (if they consider it relevant), and an e-mail address in case contact is needed.

Second page:

The second page must contain a detailed abstract, which must include the aims pursued, the material and methods used, the results, a brief discussion, as well as a conclusion.

The keywords (between 3 and 10) must appear at the end of it. These keywords **should be different from those in the title**. Both the abstract and the keywords must be written in Spanish and in English.

Paper structure:

Paper structure is different in relation with the kind of paper or section. In one hand, papers direct to **original** section must include: Introduction, Material and Methods, Results, Discussion, Conclusion, Acknowledgements (if they consider it relevant) and References. In the other hand, papers directs to **review and clinics cases** section will show the structure and the parts that the authors consider necessary, at the end of the papers must be appear the Acknowledgements (if they consider it relevant) and Reference. Respect to the **editor letters** section, only can be published those reference to some published papers in the last three number. This letters will always have the intention to contribute to the scientist development, by news knowledge, opinions or relevant experience.

References:

All references must appear at the end of the paper. These will follow the APA style (International Rules for Periodical Publication). Below, you can see some examples:

-BOOKS: Author 1, A.A.; Author 2, B.B.; Author 3, C.C. (Year of publication). *Book title* (edition). Place of publication: publisher.

-CHAPTERS IN BOOKS: Author, A.A.; Author, B.B.; Author, C.C. (Year of publication). Title of chapter. In Author, D.D. *Title of the book* (edition). Place of publication: publisher.



-PERIODICAL PUBLICATION: Author, A.A.; Author, B.B.; Author, C.C. (Year of publication). Title of the paper. *Title of the journal*. Volume (number): initial page-end page.

-ELECTRONIC PERIODICAL PUBLICATION: In a similar way as Periodical Publication although you will have to include: Available in: <http://URL> [Access Date: month year]

All references must be numbered, in alphabetical order, and without any spacing between them. Besides, all references must be inserted in the body of the article. These will be indicated between brackets, the name of the author(s) followed by a comma, and the year of publication. If there is one or two authors, all of them will appear. However, if there are more authors, only the first one will be included, followed by the phrase "et al.", and the year of publication.

Tables and figures

Tables, illustrations, photographs and graphics must be inserted into the text in the appropriate place. Furthermore, they must be sent in their original format (the Spreadsheets in Excel and the Figures in .JPG) and in separated files. All of them must be accompanied by a text that will be placed below (Figures) or above (Tables), which will indicate the number of the table or figure, and an explanatory text. The line spacing must be single, and the font size must be 9 pt. "*Journal of Sport and Health Research*" has its own Excel spreadsheet with the required format. Authors will be able to download it from our website.

Evaluation of the papers:

Papers will be sent anonymously to two external evaluators, professionals of acknowledged people within the areas of health, education or physical activity and sport, so that they can be evaluated.

The reviewers, unaware of who the authors are, will send the Editor a report – positive or negative – about its possible publication in "*Journal of Sport and Health Research*". They may also include some amendments and clarifications they deem appropriate regarding the sent paper, for possible future publication. These clarifications, together with the

report of acceptance, acceptance with minor corrections, with modifications acceptance, no acceptance until reception of the modifications or rejection, developed by evaluators, will be sent to the authors of the paper for their attention.

Pathways of sending the papers:

Papers will be sent to the Journal Editor to this e-mail address: editor@journalshr.com, the subject will be "Paper submission". The author must name the file as follows: "**Surname_Initial of name_day_month_year of sent**" (E.G. Pérez_J_16_10_2014). Besides, authors must name all additional files followed by the code T1, T2... for Tables or F1, F2... for Figures (E.G. Pérez_J_16_10_2014_F1).

When an article is sent to the Journal, a reference number will be assigned (E.G. **Ref. 2014_0001**). Every time the author needs to refer to their own paper or they send it with the necessary modifications to the Editor this number will be necessary, for the purpose of identifying it more easily and quickly.

Publication ethics and publication malpractice statement

For submitted papers that show experiments conducted in humans, authors should check and indicate that experiments have been conducted by Helsinki Declaration Ethical Rules (1975) and the funding institution (if there were). In addition, it's recommended to follow the ICMJE's [*Recommendations for the Conduct, Reporting, Editing and Publication of Scholarly Work in Medical Journals*](#).

Journal of Sport and Health Research follows the COPE [*Code of Conduct and Best Practice Guidelines for Journal Editors*](#) and [*Code of Conduct for Journal Publishers*](#). It is expected of authors, reviewers and editors that they follow the best-practice guidelines on ethical behaviour contained therein.

Additional Information:

As additional information, it is recommended for the authors to revise those papers that have appeared in past issues in the journal and which are related to the topic of their paper. In order to avoid publishing similar articles and encourage further research which is based on existing research, evaluators will



appreciate this positively for the evaluation of each of the Papers sent.

In order that authors can spread their work, Journal SHR allows authors to include their papers in repositories with the only condition that quote the paper in references. To quote de paper use the reference appearing on the first page of your paper.

These rules have been updated on 23th April of 2017.

ISSN: 1989-6239

Frecuency: 3 issues per year

Editor-in-Chief

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Email: editor@journalshr.com

Associated Journal to *D.A.A.*