

Authors are encouraged to submit high quality, original works which have not appeared, nor are under consideration in other journals.

Contributors are invited to submit their manuscripts electronically to Piotr Gronek, Editor-in-Chief at [tss@awf.poznan.pl](mailto:tss@awf.poznan.pl)

TRENDS in Sport Sciences considers for publication manuscripts in the categories of Original Research, Review Article and Short Reports.

The manuscripts should be in one of the following sub-disciplines: exercise physiology and biology, sports nutrition, sports science, biomechanics, coaching and training, sports medicine, sports injury and rehabilitation, physical activity and health, public health, physical education and health promotion as well as methodology of sport and history of physical culture and sport.

Manuscripts with an interdisciplinary perspective with specific applications to sport and exercise and its interaction with health will also be considered.

Papers are published only in English.

## **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 (in review articles 45) should be provided.

Short reports and Short Reviews should be up to 10 pages long. Maximum 3 tables, 3 figures and 3 photographs can be enclosed. No more than 15 references (in review articles 30) should be provided.

### **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.).

### **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.