

Instructions for Authors

 journalofsep.com/index.php/josep/en/authors



JOURNAL OF SPORTS, EXERCISE, AND PERFORMANCE

▼ Quick Submission Guide

To help authors prepare their submissions efficiently, JOSEP provides the following concise overview of the main manuscript requirements. Authors may use this section as a rapid pre-submission guide before consulting the detailed instructions below.

At a glance: JOSEP publishes original, methodologically sound, ethically conducted, and clearly reported research in sports science, exercise physiology, human performance, biomechanics, training science, sport technology, and related interdisciplinary areas.

Key Area	Main Expectation
Scope	The manuscript must clearly fit the aims and scope of JOSEP.
Originality	The submission must be original and must not be under review elsewhere.
Language	The manuscript must be written in clear academic English.
Structure	Most original studies should follow a standard structure: Abstract, Introduction, Methods, Results, Discussion, Conclusions, and References.
Ethics	Studies involving humans or animals must include ethics approval and informed consent where applicable.
References	References should be accurate and formatted consistently in APA 7th edition style.
Figures and Tables	Figures and tables must be clearly labeled, cited in the text, and uploaded in suitable quality.
Transparency	Funding, conflicts of interest, authorship contributions, and data availability statements must be included.
Submission	All files and metadata must be uploaded completely through the journal submission system.

Minimum documents authors should prepare before submission

- Main manuscript file

- Title page with author details
- Abstract and keywords
- Tables and figures
- Ethics approval and consent information (if applicable)
- Funding statement
- Conflict of interest statement
- Author contribution statement
- Data availability statement
- Cover letter (recommended)

Authors who only need the essential submission framework may use this summary as a checklist. Authors who need article-type-specific guidance should consult the detailed sections below.

[Back to top_↑](#)

The Journal of Sports, Exercise, and Performance (JOSEP) is an international, peer-reviewed, open-access scholarly journal dedicated to high-quality research in sports science, exercise physiology, human performance, training science, biomechanics, data-driven performance analysis, sport technology, and related interdisciplinary fields. These instructions provide detailed guidance for authors preparing and submitting manuscripts to JOSEP.

1. General Principles

JOSEP welcomes original and methodologically sound research that advances scientific understanding in sport, exercise, health, training, recovery, cognition, technology-enhanced performance, and related performance sciences. Manuscripts should present novel, rigorous, transparent, and reproducible work with clear relevance to the journal's scope.

Authors are expected to submit work that is original, ethically conducted, accurately reported, and not under consideration elsewhere. All submissions must be prepared in clear academic English and must comply with the formatting and reporting standards described below.

Important: Submission of a manuscript to JOSEP implies that all authors have read and approved the manuscript, agree with its submission, and accept responsibility for the integrity of the work.

[Back to top_↑](#)

2. Article Types

Article Type	Description	Typical Structure
Original Research Article	Full-length empirical studies reporting novel findings.	Abstract, Introduction, Methods, Results, Discussion, Conclusions, References
Review Article	Narrative, scoping, or critical reviews synthesizing current evidence.	Structured according to review type
Systematic Review / Meta-analysis	Evidence syntheses using systematic methods and, where applicable, quantitative pooling.	PRISMA-aligned structure recommended
Short Communication	Brief reports of important findings, pilot studies, or method-focused observations.	Condensed IMRaD format
Methodological Paper	Studies introducing, validating, or comparing methods, protocols, instruments, algorithms, or analytical workflows.	Flexible, but method transparency is essential
Case Study / Case Series	Detailed analyses of individual or small-group observations with scientific relevance.	Abstract, Background, Case Description, Discussion, Conclusions
Letter to the Editor	Scholarly commentary, critique, or discussion related to previously published work or current topics.	Unstructured body, concise references
Perspectives	Perspectives provide a forum for authors to discuss evidence-based opinions, models, and ideas. They are more forward-looking and/or speculative than Review articles and may take a narrower field of view.	Title page, Abstract, Main Text, References (max. 70)
Spark Article	Short educational article for students works (e.g., to clarify terms and concepts or project research)	Max. 4 pages, (around 1200 words), max. 40 references, Max. 2 display items)

JOSEP reserves the right to reclassify a submission to the most appropriate article type during editorial assessment.

[Back to top](#) ↑

3. Before You Submit

▼ 3.1 Scope and relevance

Authors should ensure that the manuscript clearly fits the aims and scope of JOSEP.

Submissions should make an identifiable contribution to one or more of the following broad areas:

- Exercise physiology and metabolism
 - Sports performance and training adaptation
 - Biomechanics and movement analysis
 - Motor control, cognition, and neurophysiology in sport
 - Recovery, fatigue, and monitoring
 - Data analytics, wearable technology, and sport informatics
 - Applied sport science and coaching science
 - Physical activity, health, and exercise interventions
 - Esports performance science where grounded in scientific methodology
- ▶ 3.2 Originality and prior publication
- ▶ 3.3 Ethical approval and participant protection
- ▶ 3.4 Authorship agreement
- ▶ 3.5 Language quality

[Back to top ↑](#)

4. Submission Checklist

- The submission fits the aims and scope of JOSEP.
- The manuscript is original and not under review elsewhere.
- All authors approve submission and authorship order.
- The manuscript file is anonymized if a blinded review version is required.
- A separate title page has been prepared.
- Abstract and keywords are included.
- Ethics approval and consent statements are included where relevant.
- Funding, conflicts of interest, and author contribution statements are provided.
- References are complete, accurate, and formatted consistently.
- Tables and figures are cited in the text and uploaded in suitable quality.
- Supplementary files are clearly labeled.
- Data/code/materials availability information is included.
- Permissions have been obtained for any third-party copyrighted material.

[Back to top ↑](#)

5. File Preparation and Format

- ▼ 5.1 Accepted file formats
- Main manuscript: **.doc** or **.docx** preferred
 - Tables: may be included in the manuscript file and, if needed, uploaded separately
 - Figures: TIFF, JPEG, PNG, EPS, or high-quality PDF
 - Supplementary files: XLSX, CSV, DOCX, PDF, ZIP, MP4, or other standard scholarly formats as appropriate

Please also review the references provided here. "<https://si-digital-framework.org/>" & "<https://www.bipm.org/en/publications/si-brochure>"

- ▶ 5.2 General formatting requirements
- ▶ 5.3 Language, abbreviations, units, and nomenclature

[Back to top_↑](#)

6. Manuscript Organization

The preferred order of sections for most original research manuscripts is as follows:

1. Title page (uploaded separately if blinded review is used)
2. Abstract
3. Keywords
4. Introduction
5. Materials and Methods / Methods
6. Results
7. Discussion
8. Conclusions
9. Acknowledgments
10. Author Contributions
11. Funding
12. Institutional Review Board / Ethics Statement
13. Informed Consent Statement
14. Data Availability Statement
15. Conflicts of Interest
16. References
17. Figure legends
18. Tables
19. Supplementary material captions, if applicable

Section headings may be adapted for review articles, methodological papers, case reports, and other article types, provided the manuscript remains logically organized and transparent.

[Back to top_↑](#)

7. Title Page

▼ 7.1 What to include on the title page

- Full manuscript title
- Short running title (recommended)
- Full names of all authors
- Institutional affiliations for all authors
- ORCID iDs where available
- Name, affiliation, and email address of the corresponding author
- Word count for the main text (optional but recommended)
- Number of tables, figures, and supplementary files
- Article type

▶ 7.2 Title guidance

- ▶ 7.3 Blinded review version

[Back to top ↑](#)

8. Abstract and Keywords

▼ 8.1 Abstract requirements

Original Research Articles should include a structured abstract of approximately 200-300 words. Recommended subheadings are:

- Background or Purpose
- Methods
- Results
- Conclusions

Review Articles, Short Communications, and Case Studies may use either structured or unstructured abstracts, depending on article type and editorial preference.

- ▶ 8.2 Abstract content rules

- ▶ 8.3 Keywords

[Back to top ↑](#)

9. Main Text Requirements

▼ 9.1 Introduction

The Introduction should present the scientific context, summarize the most relevant literature, identify the knowledge gap, and clearly state the aims, objectives, research questions, and/or hypotheses.

- ▶ 9.2 Methods
- ▶ 9.3 Results
- ▶ 9.4 Discussion
- ▶ 9.5 Conclusions

[Back to top ↑](#)

10. Statistical Reporting and Quantitative Transparency

▼ 10.1 Minimum expectations

- Describe all statistical methods clearly and completely.
- State the software used, including version number.
- Report assumptions checks where relevant.
- Provide exact p values unless extremely small.
- Report effect sizes alongside significance testing wherever appropriate.
- Include confidence intervals where relevant.
- Clarify how missing data were handled.
- Distinguish confirmatory from exploratory analyses.

- ▶ 10.2 Recommended good practice

[Back to top ↑](#)

11. Tables, Figures, and Supplementary Material

▼ 11.1 Tables

- Tables must be editable, not embedded as images.
- Number tables consecutively in the order cited in the text.
- Provide a concise title for each table.
- Explain all abbreviations and symbols in table footnotes.
- Do not duplicate information already fully shown in figures.

▶ 11.2 Figures

▶ 11.3 Image integrity

▶ 11.4 Supplementary material

[Back to top ↑](#)

12. References

▼ 12.1 Reference style

JOSEP recommends the use of **APA 7th edition** reference style unless a different format is specified by the editorial office for a special issue or article type. Authors must ensure consistency, completeness, and accuracy in all references.

▶ 12.2 General reference rules

▶ 12.3 In-text citation examples

▶ 12.4 Reference list examples

[Back to top ↑](#)

13. Reporting Standards by Study Type

▼ 13.1 Randomized and non-randomized intervention studies

Authors should describe allocation, intervention details, timing, adherence, blinding where applicable, outcome measures, adverse events, and statistical handling of repeated or clustered observations. Use recognized reporting guidance appropriate to the design.

Authors publishing in this section are strongly encouraged to adhere to the “[Equator Network Guidelines](#).”

▶ 13.2 Observational studies

▶ 13.3 Systematic reviews and meta-analyses

▶ 13.4 Qualitative studies

▶ 13.5 Case studies / case series

▶ 13.6 Technology, software, wearables, and data science papers

[Back to top ↑](#)

14. Ethics, Consent, and Research Integrity

▼ 14.1 Human participant research

Manuscripts involving human participants must state that the study was approved by an appropriate ethics committee or institutional review board and conducted in accordance with the Declaration of Helsinki or equivalent relevant standards. Authors must indicate whether informed consent was obtained from participants or their legal guardians.

- ▶ 14.2 Research involving minors, athletes, patients, or vulnerable groups
- ▶ 14.3 Animal studies
- ▶ 14.4 AI-assisted tools and generative systems
- ▶ 14.5 Plagiarism, duplication, and fabrication

[Back to top ↑](#)

15. Data Availability, Code Availability, and Materials Transparency

▼ 15.1 Data availability statement

All submissions must include a Data Availability Statement. Authors should indicate whether data are:

- publicly available in a repository, with accession number, DOI, or URL;
- available from the corresponding author on reasonable request;
- restricted due to privacy, ethics, legal, or contractual reasons, with a clear explanation.

Please also review the “FAIR principles.” <https://www.go-fair.org/fair-principles/> & <https://www.nature.com/articles/sdata201618>

- ▶ 15.2 Code and software
- ▶ 15.3 Materials, instruments, and protocols

[Back to top ↑](#)

16. Authorship, Contributor Roles, and Acknowledgments

▼ 16.1 Authorship criteria

Authorship should be limited to individuals who made substantial scholarly contributions to the conception or design of the work; acquisition, analysis, or interpretation of data; drafting or critically revising the manuscript; approving the final version; and agreeing to be accountable for the work.

- ▶ 16.2 Author contribution statement
- ▶ 16.3 Changes in authorship
- ▶ 16.4 Acknowledgments

[Back to top ↑](#)

17. Funding, Conflicts of Interest, and Disclosure Statements

▼ 17.1 Funding statement

Authors must disclose all sources of financial support for the study and manuscript preparation. Include grant numbers where applicable and identify the role of the funder in study design, data collection, analysis, interpretation, manuscript drafting, and publication decisions.

▶ 17.2 Competing interests / conflicts of interest

▶ 17.3 Sponsor involvement

[Back to top ↑](#)

18. Copyright, Permissions, and Open Access

▼ 18.1 Copyright and licensing

JOSEP is an open-access journal. Upon acceptance, articles are published under the journal's applicable open-access terms and license. Authors should ensure that they have the right to publish all included content.

▶ 18.2 Third-party material

▶ 18.3 Participant privacy and identifiable images

[Back to top ↑](#)

19. Submission Process

▼ 19.1 Online submission

Manuscripts must be submitted through the journal's online submission system. Authors should upload all required files and metadata carefully, including title, abstract, keywords, author information, manuscript file, figures, supplementary material, and required declarations.

▶ 19.2 Cover letter

▶ 19.3 Suggested and opposed reviewers

[Back to top ↑](#)

20. Editorial Assessment and Peer Review

▼ 20.1 Initial editorial screening

Submissions undergo an initial editorial assessment for scope, scientific quality, ethical compliance, completeness, language clarity, formatting, and adherence to journal policy. Manuscripts may be returned for technical revision or declined before peer review if they are clearly unsuitable.

▶ 20.2 Peer review process

▶ 20.3 Editorial decisions

[Back to top ↑](#)

21. Revisions

▼ 21.1 Preparing a revised submission

When submitting a revision, authors should provide:

- a clean revised manuscript;
- a marked or tracked-changes version where requested;
- a detailed point-by-point response letter explaining how each reviewer and editor comment was addressed.

► 21.2 Response to reviewers

[Back to top_↑](#)

22. After Acceptance

▼ 22.1 Production and proofing

Accepted manuscripts enter production. The corresponding author may receive page proofs for final checking. Proof corrections should be limited to typographical and factual errors unless otherwise authorized by the editorial office.

► 22.2 Final responsibility

[Back to top_↑](#)

23. Language Editing and Readability

JOSEP encourages clear, precise, and direct scientific writing. Authors should avoid unnecessary jargon, unsupported claims, and overly promotional phrasing. Where the manuscript reports applied findings relevant to coaches, practitioners, or performance staff, authors are encouraged to explain practical significance without compromising scientific rigor.

[Back to top_↑](#)

24. Recommended Statements Templates

▼ 24.1 Ethics statement template

This study was approved by the [full name of ethics committee/institutional review board] (approval no. [number]). All procedures were conducted in accordance with the relevant ethical standards and the Declaration of Helsinki. Written informed consent was obtained from all participants [or participants' legal guardians where applicable].

► 24.2 Funding statement template

► 24.3 Data availability statement templates

► 24.4 Conflict of interest statement template

► 24.5 Author contributions template

[Back to top_↑](#)

25. Editorial Discretion

The editorial office may request additional documentation, revised formatting, raw data, ethics approvals, reporting checklists, trial registration details, image/source files, or author clarifications at any stage of the editorial and publication process. Failure to provide requested materials may delay review or publication and may lead to rejection.

[Back to top](#) ↑