

JPFSM : Instructions for Authors

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*An Official Journal of the Japanese Society of
Physical Fitness and Sports Medicine*

The Journal of Physical Fitness and Sports Medicine (J. Phys. Fitness Sports Med. : JPFSM) Instructions for Authors

The Journal of Physical Fitness and Sports Medicine (JPFSM) is a scientific journal that publishes peer-reviewed **regular articles, short communications, reviews, short reviews, letters to the editor and proceedings**, based on the principles and theories of modern physical fitness and sports medicine. All aspects of interdisciplinary sciences such as physical fitness, sports medicine, exercise physiology, biomechanics, training sciences and health sciences are covered. The Journal will publish original and innovative submissions in English from both members and non-members of the Japanese Society of Physical Fitness and Sports Medicine, on the understanding that the work is unpublished (except in abstract form) and is not being considered for publication elsewhere. The process of obtaining results must be ethically sound.

Only manuscripts that are written in clear and concise English will be accepted for review. For non-native English-speaking authors, please note that only manuscripts that have already been checked and edited by a native English-speaking person with sufficient scientific knowledge will be accepted. English editing and revision will be conducted on manuscripts whose English grammar, spelling, *etc.* is judged to be inadequate by the Editorial Board of the Japanese Society of Physical Fitness and Sports Medicine.

1. TYPES OF MANUSCRIPT(S)

The Journal publishes six types of manuscript(s):

- 1) **Regular Articles:** The manuscript being submitted must consist of original research performed by the authors and the research must include new information that is of significance. These articles should be 10 or less printed journal pages.
- 2) **Short Communications:** The manuscripts being submitted must consist of original research performed by the authors and the research must include preliminary or more limited research results, but of general or special interest. Manuscripts containing interesting findings without detailed discussion, research results of narrow scope of a predominantly negative nature may also be suitable for publication as *Short Communications*. These articles should be 4 or less printed pages.
- 3) **Reviews:** The manuscripts are submitted by invitation from the Editorial Board, and encompass recent important scientific discoveries. Volunteered reviews are also welcome after previous contact with the Editorial Board. Reviews are more broad based and these articles should be 10 or less printed pages.
- 4) **Short Reviews:** The manuscripts are submitted by invitation from the Editorial Board, and will mainly describe recent research results from the authors own laboratories. Volunteered short reviews are also welcome after previous contact with the Editorial Board and these articles should be 4 or less printed pages.
- 5) **Letter to the Editor:** Constructive comments and data on papers published in this Journal will be considered. An opportunity will be provided for rebuttal to the authors in question. A letter, data and the authors reply are limited to a printed page each.
- 6) **Proceedings:** The Proceedings on the Annual Meeting of this Society will be published in abstract form.

2. REVIEWS

- 1) With the exception of Invited Reviews and Short Reviews, manuscripts will be reviewed by two or more referees, whose opinions will form the basis of the final decision by the editor.
- 2) Please submit the revised manuscript no later than two months from the date of notation of manuscript revision by the editor. A manuscript that is not revised within two months may be rejected.

3. SUBMISSION GUIDELINES

The manuscript must be submitted from "J-STAGE online submission and review system".
<http://www.editorialmanager.com/jpfsm/>

4. CONTACT US

Editorial office of the Japanese Society of Physical Fitness and Sports Medicine
Tsuruoka Printing Co., 1-1 Doai, Oyodogawa, Tsuruoka-shi, Yamagata-ken 997-0854, Japan
E-mail: hj-tairyoku@turui.co.jp

5. MANUSCRIPT PREPARATION

1) Cover Letter

The “**Required Submission Form**” should be attached with the manuscript as a cover letter. It should include information on the corresponding author (the corresponding author’s name, affiliation and address, telephone/fax numbers, and e-mail address), and for non-native English-speaking authors, the name of the native English speaker and company that checked the manuscript for correct English usage. For contributions from Japan, the corresponding author’s name and address should be written in Japanese as well as English.

Please insert supporting documents such as a copy of the approval letter from the ethics committee, certificate of editing by a qualified native speaker, etc.

Upon acceptance of an article by the Journal, the abstract will be published on the homepage of the Japanese Society of Physical Fitness and Sports Medicine.

2) Manuscript

Please use Times New Roman 12pt font double-spaced (80 strokes×26 lines) on A4 size paper, single sided and line-numbered throughout.

(1) Title page The title page (page 1) should start with the type of manuscript (Regular Article, Short Communication, Review, *etc.*), the title, name(s) of the author(s), affiliation(s), mailing address(es), number of tables and figures, a brief running title (70 characters or less). Please indicate the corresponding author’s e-mail address in the footnote. An asterisk(*) should be added to the right of the corresponding author’s name.

(2) Abstract and Keywords Page 2 should contain a abstract no longer than 250 words, as well as 3 to 6 descriptive keywords, listed in decreasing order of importance. The keywords must be independent, as they will be used in a keyword combination in the index (within 80 characters). Page 3 should contain the title, affiliation(s), author(s) names and abstract in Japanese.

(3) Main text The text (“Introduction”, “Materials and Methods”, “Results” and “Discussion”. “Results” and “Discussion” may also be combined as “Results and Discussion”), acknowledgments, and references should be presented in this order. After a manuscript has been accepted, you will requested to formally submit your paper in electronic format.

6. MANUSCRIPT FORM

1) Affiliations When there are two or more authors and they belong to more than one affiliation, the connection between each author and his or her affiliation should be indicated by italicized superscript *1, 2, 3...* placed after each author’s name and before each affiliation.

Examples for describing affiliations and mailing addresses:

¹ *Laboratory of Physiological Sciences, Faculty of Human Sciences, Waseda University, 2-579-15 Mikajima, Tokorozawa, Saitama 359-1192, Japan*

² *Laboratory of Biomechanics, Faculty of Sport Sciences, Waseda University, 2-579-15 Mikajima, Tokorozawa, Saitama 359-1192, Japan*

³ *Waseda Institute for Advanced Study, Waseda University, 1-61-1 Nishiwaseda, Shinjuku-ku, Tokyo 169-8050, Japan*

⁴ *Laboratory of Applied Biochemistry, Faculty of Science and Engineering, Waseda University, 3-4-1 Oukubo, Shinjuku-ku, Tokyo 169-8555, Japan*

2) Abbreviations Abbreviations must be spelled out in full at their initial appearance, followed by the abbreviation in parentheses. Thereafter, only the abbreviation is necessary. Please limit to an absolute minimum the use of abbreviations in the title. However, the following need not be defined: AMP, ADP, ATP, cAMP, cDNA, CoA, DNA, RNA, mRNA, LD₅₀, FAD, FMN, GMP, P450, etc.

3) Units The following units should be used: length (m, cm, mm, μ m, nm), mass (kg, g, mg, μ g, ng, pg, mol, mmol, μ mol, nmol), volume (l, ml, μ l), time (s, min, h, d), temperature ($^{\circ}$ C, K), radiation (Bq, Ci, dpm, Gy, rad), and concentration (M, mM, mol/l, mmol/l, mg/ml, μ g/ml, ng/ml, pg/ml, %, %(v/v), %(w/v), ppm, ppb).

4) Nomenclature The nomenclature used for chemical compounds shall be in accordance with the nomenclature rules of the IUPAC.

5) Tables Using the same word-processing software as used for text, create tables on an A4 page numbered sequentially with Arabic numbers (e.g., Table 1). Give the title at the top of each table, and footnotes, legend etc. under the table.

6) Figures Use figures directly created as camera-ready copy. Place each figure on an A4 page and number sequentially with Arabic numerals (e.g., Fig. 1). Titles and footnotes, descriptions etc. should be given on a separate page, under the heading "Figure Legend".

Drawings prepared with the aid of software packages are acceptable as long as they are high-quality print-out ready. Drawings prepared for oral presentation are seldom suitable for use in printed documents. All figures should be marked with the first author's name and number in the lower right corner of each sheet.

The appropriate location of each table or table embedded in the text should be indicated in red ink in the margin of the manuscript. Duplication of data in tables and figures should be avoided. The cost of color reproduction of figures will be charged to the author(s).

7) References References should be restricted to only those that are essential, and extensive review of the literature should be avoided. References cited in the text should be numbered (in italic) in order of appearance and listed at the end of the text.

Examples of references are as follows:

- 1) Steinberg SF. 1999. The molecular basis for distinct β -adrenergic receptor subtype actions in cardiomyocytes. *Circ Res* 85: 1101-1111.
- 2) Bajotto G and Shimomura Y. 2006. Determinants of disuse-induced skeletal muscle atrophy: Exercise and nutrition countermeasures to prevent protein loss. *J Nutr Sci Vitaminol* 52: 233-247.
- 3) Sato S, Nomura S, Kawano F, Tanihata J, Tachiyashiki K and Imaizumi K. 2008. Effects of the β_2 -agonist clenbuterol on β_1 -, and β_2 -adrenoceptor mRNA expressions of rat skeletal and left ventricle muscles. *J Pharmacol Sci* 107: 393-400.
- 4) Shimomura Y, Murakami T, Nakai N and Nagosaka M. 2001. Exercise and metabolism in muscle cells: Molecular aspects of energy metabolism during exercise and adaptation to exercise training. *In: Exercise, Nutrition, and Environmental Stress* (Nose H, Gisolfi CV, Imaizumi K, eds.), 1: 89-116, Cooper Publishing Group, LLC., MI, USA.
- 5) Nagashima M. 2011. Effects of endurance exercise on oxidative stress and antioxidant vitamin levels in trained cyclist. *Tairyoku Kagaku (Jpn J Phys Fitness Sports Med)* 60: 279-286 (in Japanese).

7. ETHICS

- 1) For manuscripts dealing with scientific investigations involving human subjects and/or human tissues, the experiments should be performed in accordance with the ethical standards formulated in the Helsinki Declaration of 1964 (<http://www.wma.net/en/30publications/10policies/b3/>) and/or the ethical standards for clinical research (<http://www.mhlw.go.jp/general/seido/kousei/i-kenkyu/index.html#4>), while experiments dealing with the human genome should be conducted according to the Japanese government's "Ethical Standards for Human Genome and Genetic Analysis Research" (http://www.lifescience.mext.go.jp/bioethics/hito_genom.html). Furthermore, only studies that have been performed after receiving approval from the appropriate ethics committee of an institution will be accepted for publication. Finally, please clearly state in the manuscript that the study was performed according to these guidelines and attach to the cover letter a scanned certificate from the ethics committee.
- 2) Manuscripts describing animal experiments should be conducted in accordance with the experimental animal guidelines of the institution as well as the appropriate government guidelines, such as those published by the Japanese Ministry of Education, Culture, Sports, Science and Technology. Only manuscripts of experiments conducted in accordance with the appropriate guidelines will be eligible for publication. Finally, please state clearly within the manuscript which guidelines were followed and that the study was indeed conducted in accordance with the guidelines.

8. PROOF READING

The author will be required to proof-read the galley of an accepted manuscript. Major changes at this time will no longer be permitted.

9. PAGE CHARGE

For page charges, see the table below (not including tax). The corresponding Author will be invoiced after publication.

	Page Charge (yen/page)	Color Photo (yen/page)
Regular Article	3,000	15,000
Short Communication	3,000	15,000
Review (submitted)	3,000	15,000
Short Review (submitted)	3,000	15,000
Letter to the Editor	0	0

Invited Reviews and Short Reviews have no page charges.

10. OTHER IMPORTANT POINTS

- 1) In general, after a paper has been reviewed, no authors may be added or deleted from the paper, and the order of the names of the authors cannot be changed.
- 2) The authors are given an opportunity to proofread the galley of an accepted manuscript. No additions and revisions are allowed other than the correction of typographical errors.
- 3) The copyrights of all manuscripts published in the Journal of Physical Fitness and Sports Medicine belong to the Japanese Society of Physical Fitness and Sports Medicine.

Categories covered

1 Nervous and sensory system	2 Motor control	3 Musculoskeletal system
4 Respiratory and circulatory system	5 Hematology and immunology	6 Humor and endocrinology
7 Metabolism	8 Nutrition and digestion	9 Morphology and body composition
10 Aging and gender difference	11 Environmental physiology	12 Exercise-training
13 Lifestyle and health	14 Biomechanics	15 Genes and gene regulation
16 Sports Medicine and diseases	17 Rehabilitation and exercise therapy	18 Drug and doping
19 Sports psychology	20 Miscellaneous	