

## JPFSM : Instructions for Authors

November 15, 2019

*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, case reports, study protocol, 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and non-members of the Japanese Society of Physical Fitness and Sports Medicine, on the understanding that the work is unpublished (except in abstract form) and is not being considered for publication elsewhere.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. If English is not the authors' first language, the Editorial Committee recommends the manuscript receives professional editing service before submitting their manuscript to the Journal. 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 eight types of manuscript(s):

- 1) Regular Articles:** The manuscript being submitted must consist of original research carried out by the author(s) and the research must include new information that is of significance. These articles should be 10 printed pages or less.
- 2) Short Communications:** The manuscripts being submitted must consist of original research carried out by the author(s) 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 printed pages or less.
- 3) Case Reports:** A case report is for introducing a rare example or medical case without precedent, not for verifying a hypothesis. The manuscript being submitted must consist of actual examples (usually from one to two or more) of various issues or phenomena from physical activities, sports, etc. Such issues or phenomena should come from the area of physical fitness and sports medicine, or therapeutic/instructional topics, etc. These articles should be 4 printed pages or less. A case report is a brief report categorized under *Case Reports* and should be organized as follows: "Abstract", "Introduction", "Case Report", "Discussion", "References".
- 4) Study Protocol:** A study protocol is for introducing a method of verifying various issues or phenomena from physical activities, sports, etc that are from the area of physical fitness, health science, and sports medicine. The study must be in the planning stage or in progress. These articles should be 10 printed pages or less. For

reporting a protocol of a randomized controlled trial, it must conform to the SPIRIT Statement (Standard Protocol Items for Randomized Trials) ( <http://www.spirit-statement.org/> ).

- 5) **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 printed pages or less.
- 6) **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 printed pages or less.
- 7) **Letters to the Editor:** Constructive comments and questions on regular articles, reviews, and other manuscripts published in this journal will be sent to the editorial board for consideration. An opportunity will be provided for rebuttal to the authors in question. Responses from the authors, together with the names of authors and names of those submitting questions or comments, will be published. Instead of using the J-STAGE online manuscript submission system, letters to the editor should be submitted to the following email address as an attached file. ( [hj-tairyoku@turui.co.jp](mailto:hj-tairyoku@turui.co.jp) )
- 8) **Proceedings:** Proceedings provide short summaries of in-progress or completed primary studies that have been presented at the General Sessions of the Annual Meeting of the Japanese Society of Physical Fitness and Sports Medicine, but have not yet been fully peer-reviewed for publication as complete articles. Proceedings (up to 1,800 characters) will be published in Number 6 of the journal.

## 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) The manuscripts in the invited Reviews and Short Reviews will be reviewed by the Editorial Board members.
- 3) Authors should 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.
- 4) Proceedings have not yet been fully peer-reviewed for publication as other articles.

## 3. SUBMISSION GUIDELINES

- 1) The manuscript must be submitted from "J-STAGE online submission and review system".  
<http://www.editorialmanager.com/jpfsm/>  
Letters to the Editor: Instead of using the J-STAGE online manuscript submission system, letters to the editor should be submitted to the following email address as an attached file. ( [hj-tairyoku@turui.co.jp](mailto:hj-tairyoku@turui.co.jp) )
- 2) Proceedings must be submitted through the Annual Meeting website by the submission deadline. Proceedings submission guidelines will be available on the website.

## 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](mailto: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.

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

Authors should 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). The corresponding author's e-mail address should be included in the title page. 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, if a manuscript is written by Japanese authors.

**(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, authors will require to formally submit their 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:

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

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

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

<sup>4</sup> *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. Authors should 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, LD<sub>50</sub>, FAD, FMN, GMP, P450, *etc.*

**3) Units** The following units should be used: length (m, cm, mm, μm, nm), mass (kg, g, mg, μg, ng, pg, mol, mmol, μmol, nmol), volume (l, ml, μl), time (s, min, h, d), temperature (°C, K), radiation (Bq, Ci, dpm, Gy, rad), and concentration (M, mM, mol/l, mmol/l, mg/ml, μg/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. Indication of doi (digital object identifier) is encouraged.

Examples of references are as follows:

*For references with only one author:*

Steinberg SF. 1999. The molecular basis for distinct  $\beta$ -adrenergic receptor subtype actions in cardiomyocytes. *Circ Res* 85: 1101-1111. doi: 10.1161/01.RES.85.11.1101.

*Two authors:*

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. doi: 10.3177/jnsv.52.233.

*Up to twenty authors:*

Author A, Author B, Author C, Author D, Author E, Author F, Author G, Author H, Author I, Author J, Author K, Author L, Author M, Author N, Author O, Author P, Author Q, Author R, Author S and Author T. 2008. Effects of the  $\beta_2$ -agonist clenbuterol on  $\beta_1$ - and  $\beta_2$ -adrenoceptor mRNA expressions of rat skeletal and left ventricle muscles. *J Pharmacol Sci* 107: 393-400. doi:10.1254/jphs.08097FP.

*More than twenty authors, list the twenty followed by et al.:*

Author A, Author B, Author C, Author D, Author E, Author F, Author G, Author H, Author I, Author J, Author K, Author L, Author M, Author N, Author O, Author P, Author Q, Author R, Author S and Author T. et al. 2012. Some aspects of heat stress on the plasticity of skeletal muscle cells. *J Phys Fitness Sports Med* 1: 197-204. doi: 10.7600/jpfs.1.197.

*Citation from a book:*

Shimomura Y, Murakami T, Nakai N and Nagasaki 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.

*Citation from a paper in Japanese:*

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). doi: 10.7600/jspfs.60.279.

If more than two references with the same year and author(s) are cited, use lowercase letters after the year (Tanaka et al. 2015a, 2015b). Lowercase letters should be inserted in same-year references in the reference list.

## 7. ETHICS / Conflicts of Interest (COI)

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 Ethical Guidelines for Medical and

Health Research Involving Human Subjects ( <http://www.mhlw.go.jp/file/06-Seisakujouhou-10600000-Daijinkanboukouseikagakuka/0000080278.pdf> ), while experiments dealing with the human genome should be conducted according to the Japanese Government's "Ethical Guidelines for Human Genome/ Gene Analysis Research" ( [http://www.lifescience.mext.go.jp/bioethics/hito\\_genom.html](http://www.lifescience.mext.go.jp/bioethics/hito_genom.html) ). Furthermore, only studies that have been performed after receiving approval from the appropriate Institutional Ethics Committee (IEC) will be accepted for publication. "Materials and methods" sections on research using human subjects or samples must include ethics statements that specify: the study was carried out in accordance with the appropriate guidelines, and the name of the approving institutional review board or equivalent committee(s) with the approval number.

- 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. "Material and methods" sections of manuscripts reporting results of animal research must include required ethics statements that specify: the study was conducted according to the appropriate guidelines, the full name of the institutional Animal Care and Use Committee or equivalent ethics committee that approved the work, and the associated permit number(s).
- 3) When submitting reviews, original articles, and articles equivalent to these, authors should declare a conflict of interests (COI) in accordance with the Japanese Society of Physical Fitness and Sports Medicine guidelines as shown in the following link: ([http://www.jspfsm.umin.ne.jp/coi/coi\\_guideline.htm](http://www.jspfsm.umin.ne.jp/coi/coi_guideline.htm)). In the event the guidelines are partially applicable, ([http://www.jspfsm.umin.ne.jp/coi/coi\\_guideline.htm](http://www.jspfsm.umin.ne.jp/coi/coi_guideline.htm)), the relevant portion(s) should be described in the "Declaration of Conflict of Interest by Self-report" (Attached Form 1) and submitted to the Editorial Board.

Furthermore, authors should declare their COI status at the end of the article as follows,

- (1) Name(s) of the company of authors (including the position and the department)
- (2) All financial support from the business that the authors work for (if the submitted research is financially supported by a business)
- (3) Description of funder's role in the study design, collection, analysis, and interpretation of data, writing of the paper, and/or decision to submit for publication
- (4) Manpower supply from the business
- (5) Any other COI

Examples as follows:

1. The authors have read the journal's policy and have the following conflicts: AA, BB, CC, DD, and EE are employees of XXX Corporation, who supported a given study, in part. However, the sponsor had no role in the study design, data collection and analysis, decision to publish, or preparation of the manuscript. There are no patents, products in development or marketed products to declare. The authors have declared that no competing interests exist.
2. AA, BB, CC, and DD are employees of YYY Corporation. EE has not received any payments for a given study from YYY Corporation. The authors have declared that no competing interests exist. This does not alter the authors' adherence to Journal of Physical Fitness and Sports Medicine policies.
3. In the event the guidelines are not applicable to the given conflict of interests condition, this should be declared by writing "Conflict of Interests: The author(s) declare that there is no conflict of interests regarding the publication of this article" at the end of the article.

## 8. Author Contributions

The contributions of all authors must be described at submission based on the International Committee of Medical Journal of Editors (ICMJE) recommendations (<http://www.icmje.org/recommendations/browse/roles-and-responsibilities/defining-the-role-of-authors-and-contributors.html#two>) as follows:

- 1) Substantial contribution to the conception or design of the work, or the acquisition, analysis, or interpretation of data for the work.
- 2) Drafting the work or critically revising it for important intellectual content.
- 3) Final approval of the version to be published.
- 4) Agreement to be accountable for all aspects of the work in ensuring that questions related to the accuracy or integrity of any part of the work are appropriately investigated and resolved.

At the end of the article, the authors must describe their contributions concisely and use initials to indicate author identity. It is expected that all authors will have reviewed, discussed, and agreed to their individual contributions ahead of time. Contributions will be published with the final article, and they should accurately reflect contributions to the work.

The ICMJE recommends that contributors who meet fewer than all 4 of the above criteria for authorship should not be listed as authors, but they can be acknowledged.

Following are some examples.

Example 1: AA, BB and CC conceptualized the study design and protocol, and determined the study institutions. DD collected and assembled the data. EE carried out the analysis and interpretation of data. AA drafted the manuscript. All authors have critically reviewed, revised and approved the manuscript.

Example 2: Experiment conception and design: AA and BB. Experiment implementation: CC. Data analysis: DD and EE. Paper composition: AA. Analyzing and writing advisory: BB and CC. All authors approved the final version of the manuscript.

Example 3: Conceived and designed the study: AA. Performed the study: BB, CC, DD. Analyzed the data: FF and EE. Interpreted the data: AA and BB. Wrote the paper: AA. All authors approved the final version of the manuscript.

Example 4: AA analyzed and interpreted the patient data regarding hematological disease and transplants. BB performed the histological examination of the kidney, and was a major contributor in writing the manuscript. All authors read and approved the final manuscript.

## 9. 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.

## 10. 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	5,000	20,000
Short Communication	5,000	20,000
Case Report	5,000	20,000
Study Protocol	5,000	20,000
Review (submitted)	5,000	20,000
Short Review (submitted)	5,000	20,000
Letters to the Editor	0	0
Correction	10,000	20,000

Invited Reviews and Short Reviews have no page charges.

## 11. 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                       |                                   |