

TOPICS IN EXERCISE SCIENCE AND KINESIOLOGY

Guidelines for Reviewers: Topics in Exercise Science and Kinesiology

Process of Science

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Abstract

- The purpose of this document is to serve as a guide for evaluators who agree to review work submitted to *Topics in Exercise Science and Kinesiology*.
- To assist evaluators, a Reviewer Rubric has been created with the following sections: Title Page and Abstract, Introduction and Methods Page, Point of Application Page(s), Other Considerations, and Reviewer Decisions.
- **Point of application: Reviewing the Title and Abstract page** – rubric shared for title, author list, affiliations, the abstract, and key words.
- **Point of application: Reviewing the Introduction and Methods page** – evaluation of introductory paragraph, paragraph for methodology and/or results.
- **Point of application: Reviewing the Point of Application pages** – rubric for Each Point of Application, which should consist of a title, written text, and a figure or table.
- **Point of application: Reviewing the Figures and Tables, and Making a Decision** – rubric for the evaluation of figures or tables, others comments, and decisions that can be made.
- Key Words: Manuscript evaluation, journal instructions, operating procedures

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Introduction

Topics in Exercise Science and Kinesiology (TESK) was created to provide a publication outlet for practical application of evidence-based methodologies in the field. As a sister publication of the *International Journal of Exercise Science* (IJES), which focuses on providing students with the opportunity to actively participate in the peer-review process and publication process, TESK was designed to fill a different need. Specifically, this journal targets work focused on practical applications in Kinesiology, specifically related to the process of science and/or implementation strategies for physical activity-related programming. IJES created and published reviewer guidelines for individuals charged with evaluating its submissions (1, 2). Because TESK is very different in nature compared to IJES, it is prudent to provide guidance to individuals reviewing work in this scope. The purpose of this document, then, is to serve as a guide for evaluators who agree to review work submitted to *Topics in Exercise Science and Kinesiology*.

Methods and Results

The concentrations of TESK focus on two main practical areas: 1) the “**Process of Science**”, and 2) “**Implementation Strategies**.” The process of science refers to aspects surrounding scientific discovery and practice. The process of science could include findings from investigations, novel scientific applications, knowledge gained from the investigative process, or experiences obtained through completing research (please note that this is not an all-inclusive list). Implementation strategies refer to the processes or learned experiences that can be applied to the performance, prescription, or practice of exercise/physical activity. These may include pre-exercise routines, novel training applications, methods for improving performance, or practices applied in the post-exercise period that allow for enhanced recovery (again, note that this is not an all-encompassing list). The breadth of requested work requires the editors to assist evaluators by creating a Reviewer Rubric. The Rubric includes the following sections (further explained in the Points of Applications below): Title Page and Abstract, Introduction and Methods Page, Point of Application Page(s), Other Considerations, and Reviewer Decisions. The reviewer rubric can be downloaded from this link: [TESK Reviewer Rubric](https://digitalscholarship.unlv.edu/scholarship_kin/vol1/iss2/1)

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1. Reviewing the Title and Abstract Page

TESK requires that a [template](#) be utilized for all submissions. This allows authors to conform to set page limitations and style. The initial page should include the following: title, author list, affiliations, the abstract, and key words. The title should be informative and represent the overarching content of the submitted work. Authors should be listed in the order of their contribution, and should be agreed upon prior to submission. This journal follows the World Association of Medical Editors convention for authorship, with inclusion based on making a substantial intellectual contribution to the work (3). Author affiliations should be provided and denoted differently for each institution. The abstract has a one sentence limitation for each item, allowing readers to easily identify the main ideas within the submission. Thus, the introductory text should be encapsulated in a single sentence within the abstract (and the same with the methods, and each point of application presented). Key words or phrases (3-5) that do not repeat the title should be included. Not repeating words is important, as it allows the work to be searched by a wider audience. Finally, all information should fit onto a single page on the template.

Table 1. TESK reviewer rubric – first page items.

Page 1	
The Topics in Exercise Science and Kinesiology template has been used	
The title adequately reflects the content of the paper	
Author and affiliation information is sufficiently supplied	
The abstract adheres to the sentence limitations	
The abstract contains appropriate point of application(s)	
Key words/phrases are included that do not repeat text from the title	
All first page information fits onto one page on the template	

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2. Reviewing the Introduction and Methods Page

The second page should include the following: a paragraph for introductory material and a paragraph for methodology and/or results. The introduction should succinctly lead to a justification for the rationale behind the work. Relevant references should be cited throughout the paper. The methods paragraph must concisely describe how the points of application were conducted. If the work is experimental in nature, it should conform to a high standard of ethics (4). This includes obtaining appropriate institutional review board approval for human subject work, or institutional animal care approval for work with animals. This information should fit onto a single page.

Table 2. TESK reviewer rubric – Introduction and Methods page. Comments can be provided in the space or at the end of the document.

Page 2	
Introductory text is displayed in a single paragraph	
The justification for the work in the paper is clearly conveyed within the Introduction -If not, please provide comments that will aid the authors in this regard:	
The methodology is displayed in a single paragraph	
The Methods appropriately describe how the points of application were carried out -If not, please provide comments that will aid the authors in this regard:	
All second page information (Introduction and Methods) fit onto one page on the template	

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3. Reviewing the Point of Application Pages

Each Point of Application should consist of a title, written text, and a figure or table. Each Point of Application page should begin with a title that represents the content being described. The accompanying text should feature the application presented. If anything is lacking in the text description (either omitted or should be explained in greater detail), please note this for the authors. If anything is included in the written text that is extraneous to the point of application (or that detracts from the message) please draw attention to this for the authors. Evaluating figures/tables will be discussed below.

Table 3. TESK reviewer rubric – top portion of Point of Application evaluation. Comments can be provided in the space, or at the end of the document.

Page 3+ (use for each Point of Application)	
The bolded Point of Application title is provided and appropriate	
The accompanying text serves to highlight the Point of Application	
Is anything lacking in the description that could highlight the practical nature to a greater extent?	
-If so, please provide comments that will aid the authors in this regard:	
Has anything been included in the description that is extraneous or detracts from the Point of Application?	
-If so, please provide comments that will aid the authors in this regard:	
All third page information (Point of Application) fit onto one page on the template	

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4. Reviewing the Figures and Tables, and Making a Decision

Continued from Point of Application 3 (above). In addition to written text, each Point of Application should have an accompanying figure or table to highlight the practical nature of the content. Similar to your evaluation of the text, please identify if anything is lacking on the figure/table. Additionally, if anything is included on the figure or table that detracts from the Point of Application, please note this for the authors. All information (title, text, figure/table) should be contained on a single page. There may be multiple Points of Application. If there are comments you would like to make that are not covered in the rubric, please include the in the "Other" category. If all boxes are appropriately completed, the manuscript can be accepted. If some items need clarification or re-working according to your suggestions, a major revisions decision can be rendered. Note: The authors will have one opportunity to make revisions or address your comments. If you believe the authors would be unable to incorporate revisions to highlight practical applications of the work, a rejection decision can be rendered. Note: This decision should be made with generous feedback to the authors.

Table 4. TESK reviewer rubric – continuation of Point of Application evaluation. Comments can be provided in the space, or at the end of the document.

Page 3+ (use for each Point of Application)	
Is anything lacking in the accompanying figure/table that could highlight the practical nature to a greater extent?	
-If so, please provide comments that will aid the authors in this regard:	
Has anything been included in the figure/table that is extraneous or detracts from the Point of Application?	
-If so, please provide comments that will aid the authors in this regard:	
Other	
Are there any other comments not included in this rubric that would help readers understand the practical or applied content in this work? If so, please provide to the authors:	

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References

- 1. Simpson KJ. Reviewing and original research manuscript for the International Journal of Exercise Science: A guide for students and professionals. Int J Exerc Sci 1(2): 43-49, 2008.
- 2. Stone WJ, Navalta JW, Lyons TS, Schafer MA. From the editors: A guide for peer review in the field of exercise science. Int J Exer Sci 11(1): 1112-1119, 2018.
- 3. <http://wame.org/authorship>
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Equipment Utilized

- None

