



# TOPICS IN EXERCISE SCIENCE AND KINESIOLOGY

*Invited Editorial*

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## **Important Updates to Submission Types in Topics in Exercise Science and Kinesiology**

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### ABSTRACT

*Topics in Exercise Science and Kinesiology Volume 2: Issue 1, Article 1, 2021.* While Topics in Exercise Science and Kinesiology (TESK) was originally designed to fill a void in publishing applied information for practitioners in physical activity and sport, the TESK editors have determined a need to update the submission categories. The categories of Process of Science and Implementation Strategies have been retained, and three new types of submissions now will be accepted: Expedited Articles, Review Articles, and Case Studies. Process of Science submissions should seek to answer the question, "What was learned from the experience of performing the investigation?", while Implementation Strategies should address, "How can what was carried out be explained?" Required elements for both submission types are outlined along with guidelines for conducting peer-reviews. Expedited Articles can be submitted to TESK and undergo an accelerated review by the editors. Required elements and the peer review processes are also outlined for Review Articles and Case Studies.

**KEY WORDS:** Process of science, implementation strategies, expedited articles, review articles, case studies

### INTRODUCTION

The editors of Topics in Exercise Science and Kinesiology (TESK) acknowledge the rapidly changing landscape of academic and practitioner publishing. TESK was initially created to fill a void in easily read work that could be disseminated to a wide array of individuals in the field of exercise and movement science. Two areas of focus in the first volume were the "Process of Science" and 2) "Implementation Strategies". In line with the fluid nature of contemporary peer-reviewed publishing, we have deemed it necessary to update our submission types, toward the goal of disseminating applied findings which may be used by practitioners working in physical activity and sport.

While we still intend to accept submissions in the above-named legacy areas, we have decided to expand our offerings and guidelines for the peer-review process. A description of each new submission category will be discussed below, and includes expedited articles, review articles, and case studies.

## PROCESS OF SCIENCE

One of our legacy submission types, the "Process of Science" includes aspects surrounding scientific discovery and practice, which may include findings from investigations, novel scientific applications, or experience gained through completing research (see Figure 1). While this submission type may include scientific findings, it is not an absolute necessity for publication in this journal. Authors may think of submissions to this category by considering the question "What did I learn from the experience of conducting the research project?" Not everything that is learned through the investigative process accompanies statistical techniques and reported outcomes. One of the original intents of this submission type was to get at the nuggets of wisdom that are gleaned from the scientific process, but which do not usually make it onto the written page of most academic journals. We feel it is just as important to pass along these moments of enlightenment, so others may have a smoother path in designing studies, implementing them, and disseminating findings.

### Process of Science

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-  [Early-Morning and Late-Night Maximal Runs: Metabolic and Perceived Exertion Outcomes](#)  
 Jenna L. Carducci, Matthew J. Garver, Whitley J. Stone, Meera Penumetcha, Dustin W. Davis, Nicolas M. Philipp, and Josie N. Hair
  
-  [Elevator Or Stairs? A Dive Into Patron Decision Making](#)  
 Lucas D. Elliott, Oliver W.A. Wilson, and Melissa Bopp
  
-  [Rowing Ergometer Kinematics of Collegiate Female Rowers](#)  
 Christina LeMunyon and Kevin Carlson
  
-  [Effects of Caffeinated and Non-Caffeinated Gum on Premotor, Motor, and Overall Reaction Time](#)  
 Ashton E. Holliday, Maelee A. Wells, Rebecca R. Rogers, Joseph A. Pederson, Tyler Williams, and Christopher G. Ballmann

**Figure 1.** Titles that have been published in TESK under the category of Process of Science.

In attempt to help the Process of Science submission types be more easily interpreted by readers, we utilized a submission template that was, perhaps, difficult to work with from the author and uploader end. Thus, we will be discontinuing the previous template in favor of an updated and cleaner version, one that closely follows our parent publication, the [International Journal of Exercise Science](#).

#### *Required Elements*

We will, however, continue to require the following elements for Process of Science submissions:

- The Introduction and Methods sections should be limited to a single paragraph each.

- The main focus of the paper should be directed toward explaining “Points of Application”.
- Each point of application should be introduced by a bolded title describing what a reader can expect to follow (\*Note: Do not label them Point of Application #1, etc.)
- Each point of application should be described in one paragraph.
- Each point of application should be accompanied by a figure or table that enhances for readers the understanding of the point.
- Inclusion of continuous line numbers (assists in the ease of reviewing).

#### *Peer Review*

As the focus of Process of Science submissions are on the points of applications, peer review will likewise focus on these elements:

- Does the bolded title provide an appropriate summary of the point of application?
- Does the accompanying text serve to highlight the point of application?
- Is anything lacking in the description that could highlight the practical nature to a greater extent?
- Has anything been included in the description that is extraneous or detracts from the Point of Application?
- Is anything lacking in the accompanying figure/table that could highlight the practical nature to a greater extent?
- Has anything been included in the figure/table that is extraneous or detracts from the Point of Application?

## **IMPLEMENTATION STRATEGIES**

The second of our legacy submission types, "Implementation Strategies", include processes by which aspects can be applied to the performance or practice of physical activity or sport, including but not limited to pre-exercise routines, novel training applications, or methods for improving performance (see Figure 2). Additionally, authors may choose to explain an approach that was utilized while performing research experimentation. In this sense, authors may approach submission to this category by asking the question “How can I best describe what we did?”

Similar to the Process of Science submission type, we will be discontinuing the previous template in favor of an updated and cleaner version that follows our parent publication, the [International Journal of Exercise Science](http://www.teskjournal.com). Implementation Strategies submission should include the elements noted below and will be evaluated according to the process provided.

#### *Required Elements*

We will, however, continue to require the following elements for Implementation Strategy submissions:

- The Introduction and Methods sections should be limited to a single paragraph each.

- The main focus of the paper should be directed toward explaining “Points of Application”.
- Each point of application should be introduced by a bolded title describing what a reader can expect to follow (\*Note: Do not label them Point of Application #1, etc.)
- Each point of application should be described in one paragraph.
- Each point of application should be accompanied by a figure or table that enhances the understanding of the point.
- Inclusion of continuous line numbers (assists in the ease of reviewing).

## Implementation Strategies

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-  PDF [Integrating the Functional Movement Screen © into Strength and Conditioning Programs](#)  
*Quincy Johnson, Chantel C. Coleman, and Timothy Baghurst*
-  PDF [Efficient Method of Delivery for Powdered Supplement or Placebo for an Outdoor Exercise Investigation](#)  
*R W. Salatto, Dustin W. Davis, Bryson Carrier, Brenna Barrios, Jacquelyn Sertic, Peyton Cater, and James W. Navalta*
-  PDF [Establishing a Methodology for Conducting a Rapid Review on Wearable Technology Reliability and Validity in Applied Settings](#)  
*Brenna Barrios, Bryson Carrier, Brayden Jolley, Dustin W. Davis, Jacquelyn Sertic, and James W. Navalta*
-  PDF [Comparison of Physical Fitness between Sport and Non-Sport Groups among Elementary School Children](#)  
*Junjiro Kubo, Saburo Nishimura, and Takayuki Ogiwara*
-  PDF [Understanding Orthostatic Intolerance and Exercise Programming for the Health and Fitness Practitioner](#)  
*Deni Roller, Carley A. Shannon, and Andrew T. Del Pozzi*

**Figure 2.** Titles that have been published in TESH under the category of Implementation Strategies.

### *Peer Review*

As the focus of Process of Science submissions are on the points of applications, peer review will likewise focus on these elements:

- Does the bolded title provide an appropriate summary of the point of application?
- Does the accompanying text serve to highlight the point of application?
- Is anything lacking in the description that could highlight the practical nature to a greater extent?
- Has anything been included in the description that is extraneous or detracts from the Point of Application?
- Is anything lacking in the accompanying figure/table that could highlight the practical nature to a greater extent?
- Has anything been included in the figure/table that is extraneous or detracts from the Point of Application?

## EXPEDITED ARTICLES

Based upon a perceived need for such a peer-reviewed outlet in the areas of exercise and movement science, we are introducing a new submission category for this journal, “Expedited Articles”. Targets for this submission category are manuscripts that have been previously considered by other journals but have not been accepted for one reason or another. Many times, there is nothing at issue with a manuscript, but an editor renders a ‘reject’ decision because not all submissions can be published by a journal (in effect reducing the acceptance rate percentage and presumably increasing the impact of those articles that are published) (see Figure 3 below). Other times manuscripts may be rejected due to reviewers who misunderstood the aim of the work. Whatever the reason for a rejection, this new submission category aims to serve as an outlet for authors working in the areas of exercise and movement science who want to disseminate their work.

Thank you for your submission.

Your work has been carefully assessed and we regret to inform you that the Editorial Board has elected not to send the work for external review.

The journal receives many more manuscripts than it can publish and must make decisions based both on the quality of the manuscript and also the significance of the work.

Thank you for considering [REDACTED] for the publication of your research. We hope the outcome of this specific submission will not discourage you from the submission of future manuscripts to the journal.

**Figure 3.** Example rejection letter. Such a manuscript can now be submitted as a Previously Considered Article to TESK.

### *Required Elements*

When finalizing a submission to this category, authors should include the following items (combined into a single document):

- The actual reviews provided by the journal the manuscript was previously submitted to.
- A revised manuscript with appropriate revisions. Such revisions should be either highlighted or bolded so that TESK reviewers can easily note modifications that were included. If the authors did not address a particular issue noted with the previous review, please note this and the rationale in the response document outlined below.
- A response document detailing how revisions were incorporated, and in some cases a justification for why items may not have been addressed.
- A not more than one-page summary of the major findings conveyed in lay terms with accompanying figures or tables that allow the findings to be clearly interpreted. The idea behind this page is that it can be given to a practitioner or client and easily understood or implemented by them.
- Inclusion of continuous line numbers (assists in the ease of reviewing).

### *Peer Review*

As the manuscript submitted to this category has previously undergone peer review, the TESK editors will carry out a streamlined peer-review process, increasingly a hallmark of contemporary open access academic and professional publishing:

- The editors will determine if all previously identified issues have been adequately addressed within the submitted draft.
- If adequately addressed, the manuscript will be accepted for publication in TESK.
- If not adequately addressed, the authors will be notified of specific items and provided an opportunity to make revisions.

## REVIEW ARTICLES

TESK also will begin considering and accepting all types of review articles. Reviews that have been conducted in a systematic way and where methodology can be appropriately described will be considered. Sutton et al. have categorized and defined seven families of review articles, which include: traditional reviews, systematic reviews, review of reviews, rapid reviews, qualitative reviews, mixed method reviews and purpose specific reviews (2019). Each of these types of reviews may be submitted to TESK.

### *Required Elements*

When finalizing a submission to this category, authors should include the following items:

- The manuscript, which clearly details within the Introduction, which of the above review methodologies the work employed.
- A summary of not more than one page detailing the major findings, expressed in lay terms so as to facilitate easy interpretation by practitioners working in physical activity and sport. Authors are also highly encouraged to include accompanying figures or tables that allow practitioners to more easily interpret the findings. The primary idea behind this page is to share information that a practitioner or client can easily understand or implement.
- Inclusion of continuous line numbers (assists in the ease of reviewing).

### *Peer Review*

Review of this submission type will occur through traditional means. Toward this end, we will utilize the established Preferred Reporting Items for Systematic reviews and Meta-Analyses (PRISMA) checklist:

- [PRISMA Checklist](#)

## CASE STUDIES

Finally, TESK will begin considering and accepting case studies. According to Rowley (2002), case studies are appropriate when an investigation into a phenomenon is better understood when undertaken in its context, as opposed to an experimental or laboratory setting. Research design of case studies should include clear descriptions of the study questions, propositions, units of analysis, logic linking data to propositions, and criteria for interpreting findings (Rowley 2002).

### *Required Elements*

When finalizing a submission to this category, authors should include the following items:

- The manuscript, detailing the need for the case study and appropriate findings.
- A summary of not more than one page detailing the major findings, expressed in lay terms so as to facilitate easy interpretation by practitioners working in physical activity and sport. Authors are also highly encouraged to include accompanying figures or tables that allow practitioners to more easily interpret the findings. The primary idea behind this page is to share information that a practitioner or client can easily understand or implement.
- Inclusion of continuous line numbers (assists in the ease of reviewing).

#### *Peer Review*

Review of this submission type will occur through traditional means. While neither TESK nor our parent publication, the International Journal of Exercise Science, have established review guidelines for case studies, the link below can be utilized with some modification (Chiu, 2017).

- [Using a Rubric to Evaluate Quality in Case Study Writing](#)

\* Please Note: References for all submission types can be in any format, provided they include all pertinent information (authors, article title, journal, year published, page numbers).

#### **REFERENCES**

Sutton A., Clowes M., Preston L., Booth A. Meeting the review family: exploring review types and associated information retrieval requirements. *Health Promotion & Libraries Journal* 36: 202-222, 2019.

Rowley J. Using case studies in research. *Management Research News* 25(1): 16-27, 2002.

Chiu E. Using a rubric to evaluate quality in case study writing. *Meridians: The Journal of Acupuncture and Oriental Medicine* 4(4): 31-40, 2017.

