

IMPACT FACTOR JOURNAL OF STRENGTH AND CONDITIONING RESEARCH

IMPACT FACTOR JOURNAL OF STRENGTH AND CONDITIONING RESEARCH IS A CRITICAL METRIC USED BY RESEARCHERS, ACADEMICS, AND PROFESSIONALS IN THE FIELD OF SPORTS SCIENCE TO EVALUATE THE INFLUENCE AND PRESTIGE OF THE JOURNAL OF STRENGTH AND CONDITIONING RESEARCH (JSCR). THIS JOURNAL, PUBLISHED BY THE NATIONAL STRENGTH AND CONDITIONING ASSOCIATION (NSCA), IS WIDELY RESPECTED FOR DISSEMINATING CUTTING-EDGE RESEARCH RELATED TO STRENGTH TRAINING, CONDITIONING, AND ATHLETIC PERFORMANCE. UNDERSTANDING THE IMPACT FACTOR OF THIS JOURNAL PROVIDES VALUABLE INSIGHT INTO ITS ROLE IN ADVANCING KNOWLEDGE AND SHAPING BEST PRACTICES WITHIN THE STRENGTH AND CONDITIONING COMMUNITY. THIS ARTICLE EXPLORES THE SIGNIFICANCE OF THE IMPACT FACTOR, HOW IT IS CALCULATED, ITS CURRENT STATUS, AND THE BROADER IMPLICATIONS FOR RESEARCHERS AND PRACTITIONERS WHO RELY ON JSCR FOR AUTHORITATIVE INFORMATION. THE FOLLOWING SECTIONS WILL PROVIDE A DETAILED EXAMINATION OF THESE ASPECTS, OFFERING A COMPREHENSIVE VIEW OF THE JOURNAL'S STANDING IN THE SCIENTIFIC LANDSCAPE.

- UNDERSTANDING THE IMPACT FACTOR
- OVERVIEW OF THE JOURNAL OF STRENGTH AND CONDITIONING RESEARCH
- CURRENT IMPACT FACTOR AND TRENDS
- SIGNIFICANCE OF THE IMPACT FACTOR FOR RESEARCHERS
- FACTORS INFLUENCING THE IMPACT FACTOR OF JSCR
- COMPARISON WITH OTHER JOURNALS IN SPORTS SCIENCE
- FUTURE PERSPECTIVES ON JSCR'S IMPACT FACTOR

UNDERSTANDING THE IMPACT FACTOR

THE IMPACT FACTOR IS A QUANTITATIVE MEASURE REFLECTING THE AVERAGE NUMBER OF CITATIONS TO RECENT ARTICLES PUBLISHED IN A SPECIFIC JOURNAL. IT SERVES AS AN INDICATOR OF THE JOURNAL'S INFLUENCE AND RELEVANCE WITHIN ITS ACADEMIC DISCIPLINE. FOR THE STRENGTH AND CONDITIONING RESEARCH COMMUNITY, THIS METRIC IS ESSENTIAL TO IDENTIFY LEADING SOURCES OF SCIENTIFIC KNOWLEDGE. THE IMPACT FACTOR IS CALCULATED ANNUALLY BY INDEXING SERVICES SUCH AS CLARIVATE ANALYTICS THROUGH THEIR JOURNAL CITATION REPORTS (JCR).

CALCULATION METHODOLOGY

THE IMPACT FACTOR IS DETERMINED BY DIVIDING THE NUMBER OF CITATIONS IN A GIVEN YEAR TO ARTICLES PUBLISHED IN THE JOURNAL DURING THE TWO PRECEDING YEARS BY THE TOTAL NUMBER OF ARTICLES PUBLISHED DURING THOSE YEARS. FOR EXAMPLE, THE 2023 IMPACT FACTOR CONSIDERS CITATIONS IN 2023 TO ARTICLES PUBLISHED IN 2021 AND 2022. THIS METHOD PROVIDES A SNAPSHOT OF HOW FREQUENTLY RECENT ARTICLES ARE CITED, REFLECTING THEIR IMMEDIATE ACADEMIC INFLUENCE.

LIMITATIONS AND CONSIDERATIONS

WHILE WIDELY USED, THE IMPACT FACTOR HAS NOTABLE LIMITATIONS. IT DOES NOT ACCOUNT FOR THE QUALITY OF CITATIONS OR THE CONTEXT IN WHICH ARTICLES ARE CITED. FURTHERMORE, THE TWO-YEAR CITATION WINDOW MAY NOT CAPTURE THE LONG-TERM IMPACT OF CERTAIN RESEARCH ARTICLES. DESPITE THESE DRAWBACKS, THE IMPACT FACTOR REMAINS A

OVERVIEW OF THE JOURNAL OF STRENGTH AND CONDITIONING RESEARCH

THE JOURNAL OF STRENGTH AND CONDITIONING RESEARCH IS THE OFFICIAL PUBLICATION OF THE NATIONAL STRENGTH AND CONDITIONING ASSOCIATION. IT PUBLISHES PEER-REVIEWED RESEARCH FOCUSED ON THE PRACTICAL AND SCIENTIFIC ASPECTS OF STRENGTH TRAINING, CONDITIONING, AND ATHLETIC PERFORMANCE ENHANCEMENT. THE JOURNAL COVERS A WIDE RANGE OF TOPICS INCLUDING BIOMECHANICS, PHYSIOLOGY, NUTRITION, AND INJURY PREVENTION RELATED TO STRENGTH AND CONDITIONING.

SCOPE AND AUDIENCE

JSCR TARGETS RESEARCHERS, STRENGTH AND CONDITIONING COACHES, SPORTS SCIENTISTS, ATHLETIC TRAINERS, AND OTHER PROFESSIONALS DEDICATED TO IMPROVING ATHLETIC PERFORMANCE AND HEALTH OUTCOMES. THE JOURNAL EMPHASIZES EVIDENCE-BASED PRACTICES AND ENCOURAGES SUBMISSIONS THAT CONTRIBUTE TO THE UNDERSTANDING OF TRAINING METHODS AND PROTOCOLS.

PUBLICATION FREQUENCY AND CONTENT TYPES

THE JOURNAL IS PUBLISHED MONTHLY AND INCLUDES ORIGINAL RESEARCH ARTICLES, REVIEWS, CASE STUDIES, AND CLINICAL PERSPECTIVES. THIS DIVERSE CONTENT CATERES TO BOTH ACADEMIC AND APPLIED AUDIENCES, FOSTERING A BRIDGE BETWEEN SCIENTIFIC RESEARCH AND PRACTICAL APPLICATION IN SPORTS SETTINGS.

CURRENT IMPACT FACTOR AND TRENDS

THE IMPACT FACTOR JOURNAL OF STRENGTH AND CONDITIONING RESEARCH REFLECTS THE JOURNAL'S GROWING PROMINENCE IN THE FIELD. AS OF THE LATEST JOURNAL CITATION REPORTS, JSCR'S IMPACT FACTOR HAS SHOWN STEADY GROWTH, UNDERSCORING THE INCREASING CITATION AND RECOGNITION OF ITS PUBLISHED WORK. THIS TREND INDICATES THE JOURNAL'S STRENGTHENING ROLE AS A KEY SOURCE OF SCIENTIFIC KNOWLEDGE IN STRENGTH AND CONDITIONING.

HISTORICAL IMPACT FACTOR DATA

OVER THE PAST DECADE, THE IMPACT FACTOR OF JSCR HAS EXPERIENCED INCREMENTAL INCREASES, ALIGNING WITH THE EXPANSION OF RESEARCH IN SPORTS SCIENCE AND THE BROADER ACCEPTANCE OF EVIDENCE-BASED STRENGTH AND CONDITIONING PRACTICES. THIS UPWARD TREND HIGHLIGHTS THE JOURNAL'S ABILITY TO ATTRACT HIGH-QUALITY RESEARCH AND MAINTAIN RELEVANCE.

FACTORS BEHIND THE IMPACT FACTOR GROWTH

SEVERAL FACTORS CONTRIBUTE TO THE RISING IMPACT FACTOR OF JSCR:

- INCREASED VOLUME OF HIGH-QUALITY SUBMISSIONS FROM INTERNATIONAL RESEARCHERS.
- ENHANCED VISIBILITY THROUGH INDEXING IN MAJOR SCIENTIFIC DATABASES.
- GREATER EMPHASIS ON INTERDISCIPLINARY RESEARCH LINKING PHYSIOLOGY, BIOMECHANICS, AND NUTRITION.
- ACTIVE PROMOTION OF THE JOURNAL WITHIN THE STRENGTH AND CONDITIONING COMMUNITY.

SIGNIFICANCE OF THE IMPACT FACTOR FOR RESEARCHERS

THE IMPACT FACTOR JOURNAL OF STRENGTH AND CONDITIONING RESEARCH HOLDS CONSIDERABLE SIGNIFICANCE FOR RESEARCHERS AIMING TO PUBLISH THEIR WORK. IT SERVES AS A BENCHMARK FOR ASSESSING THE JOURNAL'S PRESTIGE AND THE POTENTIAL REACH OF THEIR RESEARCH FINDINGS. PUBLISHING IN A HIGH-IMPACT JOURNAL LIKE JSCR CAN ENHANCE A RESEARCHER'S ACADEMIC PROFILE AND FACILITATE CAREER ADVANCEMENT.

IMPLICATIONS FOR ACADEMIC AND PROFESSIONAL ADVANCEMENT

ACADEMIC INSTITUTIONS AND FUNDING BODIES OFTEN CONSIDER THE IMPACT FACTOR WHEN EVALUATING RESEARCH OUTPUT. ARTICLES PUBLISHED IN JOURNALS WITH HIGHER IMPACT FACTORS ARE GENERALLY REGARDED AS MORE INFLUENTIAL. CONSEQUENTLY, RESEARCHERS TARGETING JSCR BENEFIT FROM THE JOURNAL'S ESTABLISHED REPUTATION AND ITS IMPACT FACTOR STATUS.

GUIDANCE FOR AUTHORS

AUTHORS AIMING TO PUBLISH IN JSCR SHOULD FOCUS ON PRODUCING RIGOROUS, INNOVATIVE RESEARCH THAT CONTRIBUTES SUBSTANTIALLY TO THE FIELD. EMPHASIZING METHODOLOGICAL SOUNDNESS AND RELEVANCE TO STRENGTH AND CONDITIONING PRACTICE INCREASES THE LIKELIHOOD OF CITATION AND, BY EXTENSION, SUPPORTS THE JOURNAL'S IMPACT FACTOR.

FACTORS INFLUENCING THE IMPACT FACTOR OF JSCR

MULTIPLE FACTORS INFLUENCE THE IMPACT FACTOR OF THE JOURNAL OF STRENGTH AND CONDITIONING RESEARCH. THESE FACTORS INTERPLAY TO DETERMINE HOW OFTEN THE JOURNAL'S ARTICLES ARE CITED AND ITS OVERALL ACADEMIC INFLUENCE.

QUALITY AND RELEVANCE OF PUBLISHED ARTICLES

THE EDITORIAL STANDARDS AND PEER-REVIEW PROCESS ENSURE THAT ONLY HIGH-QUALITY AND RELEVANT RESEARCH IS PUBLISHED. ARTICLES THAT ADDRESS CURRENT CHALLENGES AND EMERGING TRENDS IN STRENGTH AND CONDITIONING TEND TO ATTRACT MORE CITATIONS.

JOURNAL ACCESSIBILITY AND INDEXING

JSCR'S INCLUSION IN MAJOR DATABASES SUCH AS PUBMED, SCOPUS, AND WEB OF SCIENCE INCREASES ARTICLE DISCOVERABILITY. OPEN ACCESS OPTIONS AND DIGITAL DISSEMINATION ALSO CONTRIBUTE TO HIGHER CITATION RATES.

RESEARCH COMMUNITY ENGAGEMENT

THE JOURNAL'S ACTIVE ENGAGEMENT WITH THE STRENGTH AND CONDITIONING COMMUNITY THROUGH CONFERENCES, WORKSHOPS, AND SOCIAL MEDIA PROMOTES ARTICLE VISIBILITY AND ENCOURAGES CITATION AMONG PRACTITIONERS AND ACADEMICS ALIKE.

COMPARISON WITH OTHER JOURNALS IN SPORTS SCIENCE

IN THE BROADER SPORTS SCIENCE DOMAIN, THE IMPACT FACTOR JOURNAL OF STRENGTH AND CONDITIONING RESEARCH POSITIONS JSCR AS A LEADING PUBLICATION SPECIFICALLY FOCUSED ON STRENGTH AND CONDITIONING. WHEN COMPARED WITH OTHER MULTIDISCIPLINARY SPORTS SCIENCE JOURNALS, JSCR MAINTAINS A COMPETITIVE IMPACT FACTOR, REFLECTING ITS SPECIALIZED NICHE AND DEDICATED READERSHIP.

Key Competitors

Other notable journals in the field include Sports Medicine, Journal of Applied Physiology, and European Journal of Sport Science. While some of these have higher impact factors due to broader scopes, JSCR's focused content makes it a preferred outlet for specialized research.

Unique Strengths of JSCR

JSCR's strengths lie in its targeted subject matter, strong ties to the NSCA, and practical application of research findings. These elements ensure that the journal remains a top choice for authors and readers interested specifically in strength training and conditioning.

Future Perspectives on JSCR's Impact Factor

The future trajectory of the Impact Factor Journal of Strength and Conditioning Research is promising, given ongoing developments in sports science and increasing demand for evidence-based training protocols. Continued commitment to publishing high-quality research will likely sustain or improve the journal's impact factor.

Emerging Research Trends

Innovations in areas such as sports technology, individualized training approaches, and recovery strategies offer new avenues for impactful research. JSCR's adaptability to these trends will influence its citation metrics and academic standing.

Strategies for Enhancing Impact

Potential strategies to further enhance JSCR's impact factor include:

1. Encouraging interdisciplinary collaborations to broaden research appeal.
2. Increasing open access publications to improve article reach.
3. Implementing special issues on cutting-edge topics in strength and conditioning.
4. Strengthening international partnerships to diversify research contributions.

Frequently Asked Questions

What is the current impact factor of the Journal of Strength and Conditioning Research?

As of the latest 2023 Journal Citation Reports, the Journal of Strength and Conditioning Research has an impact factor of approximately 2.0, reflecting its influence in the field of sports science and strength training.

How does the impact factor of the Journal of Strength and Conditioning

RESEARCH COMPARE TO OTHER SPORTS SCIENCE JOURNALS?

THE JOURNAL OF STRENGTH AND CONDITIONING RESEARCH HAS A MODERATE IMPACT FACTOR COMPARED TO OTHER SPORTS SCIENCE JOURNALS, INDICATING A SOLID REPUTATION WITHIN ITS NICHE BUT GENERALLY LOWER THAN BROADER SPORTS MEDICINE JOURNALS.

WHY IS THE IMPACT FACTOR IMPORTANT FOR THE JOURNAL OF STRENGTH AND CONDITIONING RESEARCH?

THE IMPACT FACTOR IS IMPORTANT BECAUSE IT MEASURES THE AVERAGE NUMBER OF CITATIONS TO RECENT ARTICLES PUBLISHED IN THE JOURNAL, SERVING AS AN INDICATOR OF THE JOURNAL'S INFLUENCE AND PRESTIGE IN THE ACADEMIC COMMUNITY.

HOW CAN AN AUTHOR IMPROVE THEIR CHANCES OF GETTING PUBLISHED IN THE JOURNAL OF STRENGTH AND CONDITIONING RESEARCH?

TO IMPROVE PUBLICATION CHANCES, AUTHORS SHOULD SUBMIT HIGH-QUALITY, ORIGINAL RESEARCH RELEVANT TO STRENGTH AND CONDITIONING, FOLLOW THE JOURNAL'S SUBMISSION GUIDELINES CAREFULLY, AND CITE RECENT ARTICLES FROM THE JOURNAL TO DEMONSTRATE RELEVANCE.

WHERE CAN I FIND THE OFFICIAL IMPACT FACTOR FOR THE JOURNAL OF STRENGTH AND CONDITIONING RESEARCH?

THE OFFICIAL IMPACT FACTOR CAN BE FOUND IN THE JOURNAL CITATION REPORTS RELEASED ANNUALLY BY CLARIVATE ANALYTICS, OR ON THE JOURNAL'S OFFICIAL WEBSITE AND PUBLISHER'S PAGE, USUALLY UPDATED EACH YEAR.

ADDITIONAL RESOURCES

1. *STRENGTH AND CONDITIONING RESEARCH: FOUNDATIONS AND APPLICATIONS*

THIS BOOK OFFERS A COMPREHENSIVE OVERVIEW OF THE SCIENTIFIC PRINCIPLES UNDERLYING STRENGTH AND CONDITIONING. IT COVERS TOPICS SUCH AS MUSCLE PHYSIOLOGY, TRAINING ADAPTATIONS, AND PROGRAM DESIGN. IDEAL FOR RESEARCHERS AND PRACTITIONERS, IT BRIDGES THE GAP BETWEEN THEORY AND PRACTICAL APPLICATION IN ATHLETIC PERFORMANCE ENHANCEMENT.

2. *ADVANCED STRENGTH TRAINING: SCIENTIFIC APPROACHES FOR ATHLETES*

FOCUSING ON EVIDENCE-BASED PRACTICES, THIS BOOK DELVES INTO ADVANCED METHODOLOGIES IN STRENGTH TRAINING. IT INCLUDES CHAPTERS ON PERIODIZATION, RECOVERY STRATEGIES, AND NEUROMUSCULAR ADAPTATIONS. THE TEXT IS SUPPORTED BY RECENT STUDIES PUBLISHED IN HIGH-IMPACT JOURNALS, MAKING IT A VALUABLE RESOURCE FOR COACHES AND SPORTS SCIENTISTS.

3. *PERIODIZATION AND PROGRAMMING FOR STRENGTH ATHLETES*

THIS TEXT EXPLORES THE SCIENCE OF PERIODIZATION AND ITS ROLE IN OPTIMIZING STRENGTH AND CONDITIONING PROGRAMS. IT DISCUSSES VARIOUS MODELS AND THEIR EFFECTIVENESS, BACKED BY RESEARCH FINDINGS FROM TOP-TIER JOURNALS. READERS WILL GAIN INSIGHTS INTO CUSTOMIZING TRAINING CYCLES TO MAXIMIZE ATHLETIC PERFORMANCE.

4. *NUTRITION AND SUPPLEMENTATION IN STRENGTH AND CONDITIONING*

EXAMINING THE CRITICAL ROLE OF NUTRITION, THIS BOOK HIGHLIGHTS EVIDENCE-BASED DIETARY STRATEGIES TO SUPPORT STRENGTH TRAINING AND RECOVERY. IT REVIEWS THE IMPACT OF MACRONUTRIENTS, SUPPLEMENTS, AND HYDRATION ON MUSCULAR PERFORMANCE. THE CONTENT IS GROUNDED IN STUDIES FREQUENTLY CITED IN THE JOURNAL OF STRENGTH AND CONDITIONING RESEARCH.

5. *BIOMECHANICS IN STRENGTH AND CONDITIONING*

THIS BOOK INVESTIGATES THE MECHANICAL PRINCIPLES THAT INFLUENCE STRENGTH TRAINING TECHNIQUES AND INJURY PREVENTION. IT PROVIDES DETAILED ANALYSIS OF MOVEMENT PATTERNS, FORCE PRODUCTION, AND EQUIPMENT DESIGN. SUITABLE FOR RESEARCHERS AND COACHES, IT INTEGRATES BIOMECHANICAL RESEARCH RELEVANT TO IMPROVING ATHLETIC OUTCOMES.

6. *INJURY PREVENTION AND REHABILITATION IN STRENGTH SPORTS*

ADDRESSING COMMON INJURIES IN STRENGTH ATHLETES, THIS TEXT OFFERS RESEARCH-BASED STRATEGIES FOR PREVENTION, ASSESSMENT, AND REHABILITATION. IT EMPHASIZES THE IMPORTANCE OF EVIDENCE FROM CLINICAL TRIALS AND PERFORMANCE STUDIES PUBLISHED IN PROMINENT JOURNALS. THE BOOK IS A PRACTICAL GUIDE FOR SPORTS MEDICINE PROFESSIONALS AND STRENGTH COACHES.

7. PSYCHOLOGY OF STRENGTH AND CONDITIONING: ENHANCING PERFORMANCE

THIS BOOK EXPLORES THE PSYCHOLOGICAL FACTORS THAT AFFECT STRENGTH TRAINING AND ATHLETIC PERFORMANCE. TOPICS INCLUDE MOTIVATION, FOCUS, AND MENTAL RESILIENCE, SUPPORTED BY EMPIRICAL RESEARCH FROM THE SPORTS PSYCHOLOGY FIELD. IT PROVIDES TOOLS AND TECHNIQUES TO OPTIMIZE THE MENTAL ASPECT OF CONDITIONING PROGRAMS.

8. TESTING AND EVALUATION IN STRENGTH AND CONDITIONING

FOCUSED ON ASSESSMENT PROTOCOLS, THIS BOOK DETAILS SCIENTIFICALLY VALIDATED TESTS TO MEASURE STRENGTH, POWER, AND ENDURANCE. IT DISCUSSES RELIABILITY, VALIDITY, AND APPLICATION OF VARIOUS TESTING METHODS COMMONLY REPORTED IN RESEARCH JOURNALS. PRACTITIONERS WILL FIND IT ESSENTIAL FOR MONITORING ATHLETE PROGRESS AND PROGRAM EFFECTIVENESS.

9. EMERGING TRENDS IN STRENGTH AND CONDITIONING RESEARCH

THIS FORWARD-LOOKING BOOK REVIEWS THE LATEST INNOVATIONS AND TECHNOLOGIES SHAPING THE FIELD OF STRENGTH AND CONDITIONING. IT COVERS TOPICS SUCH AS WEARABLE TECH, DATA ANALYTICS, AND NOVEL TRAINING MODALITIES. DRAWING ON RECENT HIGH-IMPACT STUDIES, IT PROVIDES A GLIMPSE INTO THE FUTURE DIRECTIONS OF RESEARCH AND PRACTICE.

Impact Factor Journal Of Strength And Conditioning Research

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impact factor journal of strength and conditioning research: Psychological and Motor Associations in Sports Performance: A Mental Approach to Sports Marinella Coco, Alessandro Quartiroli, Donatella Di Corrado, 2021-04-21

impact factor journal of strength and conditioning research: Frontiers in Sports and Active Living: Anniversary Edition Frontiers Editorial Office, 2020-05-15 As we celebrate one year since the launch of Frontiers in Sports and Active Living, in this anniversary edition we wish to showcase a collection of selected articles published across both the natural and social science specialty sections. Led by Gregoire Millet (University of Lausanne) and Richard Giulianotti (Loughborough University), Frontiers in Sports in Active Living provides a multidisciplinary platform to examine sports, physical activity, exercise training and active living from all perspectives and, as a journal, we would like to thank all our editors and authors for their contributions and support.

impact factor journal of strength and conditioning research: Current Results of Strength Training Research Jürgen Gießing, 2005

impact factor journal of strength and conditioning research: Research Methods in Physical Activity Jerry R. Thomas, Jack K. Nelson, Stephen J. Silverman, 2011 This key text offers an engaging overview of the research process and methods for students within all subdisciplines of sport and exercise sciences. New chapters have been specifically created to future models of research that employ both quantitative and qualitative methods .

impact factor journal of strength and conditioning research: Routledge Handbook of Strength and Conditioning Anthony Turner, 2018-02-01 Drawing on the latest scientific research, this handbook introduces the essentials of sport-specific strength and conditioning programme design for over 30 different sports. Enhanced by extensive illustrations and contributions from more

than 70 world-leading experts, its chapters present evidence-based best practice for sports including football, rugby, tennis, hockey, basketball, rowing, boxing, golf, swimming, cycling and weightlifting, as well as a variety of wheelchair sports. Every chapter introduces the fundamental requirements of a particular sport – such as the physiological and biomechanical demands on the athlete – and describes a sport-specific fitness testing battery and exercise programme. Additional chapters cover the adaptation of programme design for special populations, including female athletes, young athletes and athletes with a disability. Drawing on the experiences of Olympic and Paralympic coaches and trainers, it offers original insights and practical advice from practitioners working at the highest level. Innovative, comprehensive and truly international in scope, the Routledge Handbook of Strength and Conditioning is vital reading for all strength and conditioning students and an invaluable reference for strength and conditioning coaches and trainers.

impact factor journal of strength and conditioning research: Professional Writing in Kinesiology and Sports Medicine Mark Knoblauch, 2024-06-01 Publication of a research article can be a defining moment in a researcher's career. However, the steps involved in turning an initial research question into a published article can be a long and arduous journey. To aid in this process, Professional Writing in Kinesiology and Sports Medicine was developed to serve as a comprehensive writing guide for research professionals and students who are looking to improve their academic writing skills. Dr. Mark Knoblauch and his 15 contributors developed Professional Writing in Kinesiology and Sports Medicine to focus around the area of manuscript development and presentation, while also including chapters that outline the foundational concepts of professional writing, developing a research grant, and the journal selection process. Each chapter is written by content experts who bring a wealth of experience not only from their own academic writing but also from having spent countless hours helping students become better, more effective writers. Many textbooks have been written that focus on development of the research manuscript itself, but what sets Professional Writing in Kinesiology and Sports Medicine apart is that it includes so much more to aid writers in their process. What you can find inside: Examination of ancillary aspects associated with academic research such as poster and oral presentations How to choose the most effective journal How to deal with the stress of writing How to write an effective grant Professional Writing in Kinesiology and Sports Medicine covers those topics and more, with the intent of providing a thorough, practical writing guide that spans the breadth of the research manuscript development, writing, and presentation process. Throughout the textbook, sample writings and cases relevant to the fields of kinesiology and sports medicine are used to provide the reader relevant, applicable examples to help improve their own writing.

impact factor journal of strength and conditioning research: Ageless Intensity Pete McCall, Gunnar Peterson, 2022 High-intensity training has no age restriction, so why slow down? You don't have to. However, there is a better way to train ... one that reduces stress on your body, decreases risk of injury, and maximizes the results you're looking for. Ageless Intensity is a straightforward science-based guide on how to structure and implement high-intensity workouts to increase strength and power, add lean muscle mass, improve mobility, burn fat, reduce heart rate, and, ultimately, reduce the biological effects of time. Inside, you will discover not only the impact aging has on your body but also how high-intensity exercise actually slows that process. You'll learn the importance of adding challenging strength and mobility exercises to your routine as well as how to monitor and adjust recovery between workouts. You'll even find predesigned workouts that can be used as is or be customized to increase the intensity and push your body to its limits. So, if you're not ready to slow down, Ageless Intensity will show you how to keep going strong. Book jacket.

impact factor journal of strength and conditioning research: Designing Resistance Training Programs, 4E Fleck, Steven J., Kraemer, William, 2014-02-14 In this text, two of the world's leading experts on strength training explore how to design scientifically based resistance training programs, modify and adapt programs to meet the needs of special populations, and apply the elements of program design in the real world.

impact factor journal of strength and conditioning research: COVID-19 and the Soccer

World Kausik Bandyopadhyay, 2022-09-05 The spread of COVID-19 and the consequent pandemic since early 2020 have brought about unprecedented changes in all spheres of global life, creating a new sense of (in)security with social distancing, physical isolation, quarantine and lockdown becoming buzzwords to combat the disease. As in all spheres of life, the first wave of the pandemic posed serious challenges to the world of soccer, with diverse and intriguing responses across the globe. This book documents the early impressions and initial responses of various stakeholders of the soccer world to the challenges of COVID-19 in 2020. It reveals how the process of confrontation, negotiation, adjustment and overcoming against such challenges necessitated and inspired novel responses and strong improvisations from soccer bodies to players, referees to spectators, and journalists to sponsors. This process has revealed abrupt as well as radical changes in the organization, rules, spectatorship and telecast of the game, thereby affecting the game's cultural dimensions, commercial prospects and political implications. The volume points out that the way soccer has adjusted to the 'new normal' standard of the 'COVID Regime' has elicited newer meanings and nuanced representations of the game. The chapters in this book were originally published as a special issue of the journal, Soccer & Society.

impact factor journal of strength and conditioning research: The Psychology of Strength and Conditioning David Tod, David Lavalley, 2012 An effective strength and conditioning program underpins the training regime of every successful athlete or sportsperson and it is now widely recognised that psychology plays a significant role in the application of strength and conditioning principles. This is the first book to examine the importance of psychological factors in strength and conditioning and to offer a comprehensive overview of current research, theory and best practice. Written by a team of leading international researchers and practitioners, the book looks at how psychology influences training and performance and how training can influence an individual's psychological well-being. It explores a range of key topics in contemporary sport psychology and athletic training, including: mental skills training behaviour change psychology in professional practice psychological problems, including exercise dependence, eating disorders and steroid use Throughout, the book combines evidence-based research with discussion of the practical issues facing athletes, coaches and sport science professionals. By firstly developing our understanding of the latest psychological skills and techniques used by athletes and coaches to maximise strength and conditioning training and performance, and then the ways other psychological factors influence, and are influenced by, strength and conditioning training, this book represents invaluable reading for all advanced students, researchers, trainers and sport scientists with an interest in strength and conditioning or sport psychology--

impact factor journal of strength and conditioning research: Sports Nutrition Ronald J. Maughan, 2013-09-24 It is well understood that proper nutrition has a significant impact on sports performance. All of the essential nutrients must be supplied in the right amounts and at the right times for an athlete to achieve optimal health and performance. In addition, when devising eating strategies that will help athletes meet their goals, sports nutritionists must take account of personal preferences, social and cultural issues, and a whole range of other factors. This latest volume in the Encyclopaedia of Sports Medicine series, published by Wiley in partnership with the Medical Commission of the International Olympic Committee, Sports Nutrition covers this dynamic field in unparalleled depth and breadth, from the scientific underpinnings of nutritional science to the development of practical nutritional programs for athletes in a range of sports. Written and edited by the world's leading authorities on nutrition in sports, this timely new reference: Provides comprehensive coverage of nutrition for both individual and team sports Presents current knowledge of macronutrients, micronutrients, and dietary supplements for the athlete, outlining both benefits and risks Offers clear guidance on the unique nutritional needs of special populations of athletes, such as vegetarian athletes, young athletes and aging athletes Includes chapters on the clinical nutritional needs of diabetic athletes and athletes with weight management issues Carries the full endorsement of the IOC Medical Commission

impact factor journal of strength and conditioning research: Handbook of Sport

Psychology Gershon Tenenbaum, Robert C. Eklund, 2020-03-31 4. Auflage dieses Klassikers und führenden Referenzwerks aus dem Bereich Sport-, Bewegungs- und Leistungspsychologie Die vollständige neue Ausgabe des Handbook of Sports Psychology, jetzt in 2 Bänden und mit unzähligen neuen Kapitel renommierter Wissenschaftler des Fachgebiets, greift auf eine Riege von Experten und Wissenschaftlern zurück, die ihr Wissen nach dem neuesten Forschungsstand in diesem gründlichen und zugänglichen Referenzwerk zusammenfassen. Die Publikation wird auch von der International Society of Sport Psychology unterstützt und ist eine unschätzbare Quelle für theoretische und praktische Informationen, mit denen sich die Rolle der Psychologie im Zusammenhang mit Sport, Bewegung und Leistung besser verstehen lässt und die zeigen, wie dieses Verständnis für die Ergebnisverbesserung in der Praxis Anwendung findet. Die 4. Auflage des Handbook of Sports Psychology präsentiert in acht Abschnitten neue Informationen zu neuen Gebieten, wie Achtsamkeit, Hirnkartierung, Selbstbewusstsein, mentale Stärke, und behandelt Spezialthemen wie Geschlecht, kulturelle Diversität, Sportler mit Behinderungen, Alkohol und Drogen im Sport. Darüber hinaus werden klassische Themen erörtert, z. B. Motivationsauslöser für sportliche Leistungen, Druck als Ansporn, Topathleten und ihr Umgang mit Führungsrollen, Bedeutung von mentalem Training, Umgang mit Verletzungen u.v.m. - 4. Auflage diese einflussreichen Referenzwerks der Sportpsychologie. - Neue Inhalte, u. a. Achtsamkeit in der Sport- und Bewegungspsychologie, Ethik, mentale Stärke, Sportsozialisierung, Einsatz von Brain-Technologien in der Praxis. - Unterstützt von der International Society of Sport Psychology (ISSP). Die 4. Auflage des Handbook of Sports Psychology ist ein Muss für Studenten und Praktiker, die sich für Sportpsychologie interessieren.

impact factor journal of strength and conditioning research: Materials in Sports Equipment Aleksandar Subic, 2019-05-18 Materials in Sports Equipment, Second Edition, provides a detailed review on the design and performance of materials in sports apparel, equipment and surfaces in a broad range of sporting applications. Chapters cover materials modeling, non-destructive testing, design issues for sports apparel, skull and mouth protection, and new chapters on artificial sport surfaces, anthropometric design customization, and 3D printing in sports equipment. In addition, the book covers sports-specific design and material choices in a range of key sports, from baseball, rowing, and archery, to ice hockey, snowboarding, and fishing. Users will find a valuable resource that explicitly links materials, engineering and design principles directly to sports applications, thus making it an essential resource to materials scientists, engineers, sports equipment designers and sports manufacturers developing products in this evolving field. - Provides both updated and new chapters on recent developments in the design and performance of advanced materials in a number of sports applications - Discusses varying aspects, such as the modeling of materials behavior and non-destructive testing - Analyzes the aerodynamic properties of materials and the design of sports apparel and smart materials - Explores new topics on athletic equipment, such as 3D printing and anthropometric design customization and on artificial sports surfaces

impact factor journal of strength and conditioning research: Advanced Personal Training Paul Hough, Brad Schoenfeld, 2021-11-14 Effective fitness instruction and training programme design require an exercise specialist trainer to combine professional experience with strategies underpinned by scientific evidence. This book allows readers to develop their understanding of the scientific rationale behind important components of personal training, such as monitoring fitness and training programme design. Each chapter synthesizes the findings of cutting-edge scientific research to identify optimum training methods and dispel some myths that are prevalent in the fitness industry. The chapters within this new edition have been written by internationally renowned experts from several disciplines, including strength and conditioning, physiology, psychology, and nutrition. Contributions have also been made from esteemed academics who have conducted some of the scientific studies discussed within the book. The authors have interpreted and summarised the scientific evidence and produced evidence-based recommendations, allowing readers to explore the latest concepts and research findings and apply them in practice. The book includes several new chapters, such as evidenced based practice (EBP), and designing

training programmes female clients. This second edition remains the essential text for fitness instructors, personal trainers and sport and exercise students. The book provides an invaluable resource for fitness courses, exercise science degree programmes and continued professional development for exercise professionals.

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