ADVANCES IN SKELETAL MUSCLE FUNCTION ASSESSMENT - AN ISOT PUBLICATION

Preparing a Manuscript for Submission

All manuscripts should be in editable word document format, font type Times New Roman, and font size 12. All manuscripts should be submitted via email to editorasmfa@gmail.com. The submitted manuscripts should be written in either good British or American English language. All original research manuscripts should contain the following sections:

**Author details**
This should be provided on the first page of the manuscript as a separate page so as to facilitate anonymous review of the manuscript. The list of authors should be carefully considered and will be considered definitive at the point of manuscript submission. The corresponding author should be clearly identified with institutional affiliation, contact details including email address, postal address, and telephone and fax numbers should be provided. For all other authors, the institutional affiliation and email address should be provided. Any change in the submitted author list, or any addition or deletion of authors after manuscript submission will be subjected to approval by the journal Editor. The corresponding author should provide a reasonable justification for the requested change in the author list.

**Title**
Keep the title short, representative and easy for others to search online once the manuscript has been published.

**Structured abstract**
An abstract limited to 350 words for research and review articles and 150 words for short communication and technical report should accompany the manuscript. The abstract should include the key premise, the main methodology, key findings and conclusion.

**Key words**
The abstract should be followed by 4-6 key words. These should be different from the words used in the manuscript title. The key words are intended to be used for indexing purpose.
Introduction
This section should clearly state the objectives of the research work and provide an adequate background and a clear premise as a rationale for the study. Detailed presentation of literature and findings of previous studies should be avoided.

Methods
All methods and protocols should be presented in sufficient detail so as to enable others to replicate the work and verify the findings. Already published methods, instrumentation and protocols can be indicated by a reference and only the relevant modifications should be described.

Results
Results should be clear, concise and aligned to the premise or hypothesis of the study.

Discussion
This section should elucidate the significance of the results and not repeat them. Excessive citation and description of the existing literature should be avoided.

Conclusion
This section should summarise the key aspects and highlights of the study. Future directions can also be included in this section.

Acknowledgements
The contributors to the research who may not meet the criteria for authorship should be listed in an acknowledgements section. These can be persons that may have helped with some technical help, formatting, English and grammar, data entry and other support of general and non-scholarly nature.

Conflict of interest
To avoid any inappropriate or unethical bias to the research, the authors should declare if there is a potential conflict of interest. In case of a potential conflict of interest the authors should provide a clear disclosure statement declaring the conflict as a separate document titled ‘Declaration of Conflict of Interest’. If there is no conflict of interest, the authors should simply mention it after the acknowledgements.
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All figures (data and photographs) should be grayscale and converted to and submitted in JPEG or TIFF format with a minimum resolution of 300 dpi.
Use the same font type and size in figures and photographs as in the text. The figures should be numbered according to their sequence in the text. Authors should use logical and representative figure titles. Excessively long figure titles should be avoided.
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The references cited in the text should be indicated by numbers in square brackets in line with the text. The references in text should be numbered in the same order as in the reference list. Where appropriate, the author names can be mentioned but the reference number must be provided.

Dummy example:
Technology can be used in different ways to understand muscle functions [1]. Donald and Jemec suggest using blue tooth and other wireless feature-quipped technologies for assessing real-time muscle performance parameters [2].

Reference list
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Journal article
Provide names of up to six authors. For more than six authors provide the names of the first six followed by ‘et al.’

Scholarly textbook

Chapter in an edited scholarly textbook

Web links
Official website of the European database of Strength coaches,

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• Manuscript with the following sections:
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  • Methods
  • Results
  • Discussion
  • Conclusion
  • Acknowledgements
  • Conflict of Interest statement
  • Reference list
  • Figures
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