

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.

Figures

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.

Provide the figures after the references at the end of the manuscript. Provide the figure legends on a separate page after the figures. Authors should indicate clearly in the text where the figures should be inserted.

Tables

All tables should be logically sequenced with a representative title. Submit the tables after the figures legend page at the end of the manuscript. Indicate clearly in the text where the tables should be inserted. All tables should be submitted as editable text and not as an image. Tables should be used judiciously and the text should be repetitive of the content in the table.

Video data

The journal can accept video material and animations to add-value to the research and data. The authors can provide links to the video or animation files within the text by clearly indicating the placement of the link in the text. Authors should be careful in labelling the files in order to directly relate it to the content of the video file. It is also recommended that the size of the video file should not exceed 200 MB.

Citations and references

Authors should ensure that each reference is cited in the text is included in the reference list and vice versa. Citation of a reference in press is allowed given a doi no. has been allocated to the article. Unpublished results, personal communications and newspaper articles should not be used as references. Web references are allowed but link or the source should be preferably from a governmental, organizational or accredited body (e.g. WHO, CDC, ACSM).

The formatting of the reference list at the end of the manuscript should be consistent in style and numbered. Where applicable, author(s) name(s), journal/book title, chapter/article title, year of publication volume number, book chapter, and page numbers should be provided. Authors are encouraged to provide the DOI where applicable.

Reference style in text

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

The reference list should be after the acknowledgement and should match exactly with the reference numbers stated in the in-text citations. Authors should follow the below stated dummy examples to prepare the reference list-

Journal article

Donald T, Thompson RKS, Uptown SS. The rise of technology in sports performance. *Eur J Sports Sci Med* 2007; 17: 79-83.

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

Jemec JJ, Strongman WD Jr, Simunic BD. Muscle function technologies: Past, present and future. 2nd ed. London: Willy Stromwell; 2010.

Chapter in an edited scholarly textbook

Bryan DD, Adams KJ. Skeletal muscle function and athletic training. In: Jemec JJ, Strongman WD Jr, Simunic BD, editors. Muscle function technologies: Past, present and future. 2nd ed. London: Willy Stromwell; 2010, p. 302-328.

Web links

Official website of the European database of Strength coaches,
<https://www.eurosport.org/strength/coaches> Date accessed: 24 July, 2016.

Submission checklist

- Author details provided with the corresponding author clearly identified
- Title is brief and representative
- Structured abstract within the word limit depending on the type of submission

- 4-6 keywords that are not a part of the title
- Manuscript with the following sections:
- Introduction
- Methods
- Results
- Discussion
- Conclusion
- Acknowledgements
- Conflict of Interest statement
- Reference list
- Figures
- Figure legends
- Tables
- Table legends
- Manuscript with good English and checked for spelling and grammar
- All references and citations should be matching
- If a copyrighted material is used, the authors should seek permission for the concerned party and a copy of the permission should be provided during manuscript submission
- Author consent form

Post-submission process

All submitted manuscripts that are cleared for peer review following the initial screening will be assigned a unique manuscript number.

Every attempt will be made to complete the first review with decision within four weeks of the submission date.

Authors can enquire the status of their submission by emailing at editorasmfa@gmail.com.