

# GERMAN JOURNAL OF SPORTSMEDICINE

*Deutsche Zeitschrift für Sportmedizin*

OFFIZIELLES ORGAN DER DEUTSCHEN GESELLSCHAFT FÜR SPORTMEDIZIN UND PRÄVENTION  
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## Guidelines for Authors

### Preamble

The *German Journal of Sports Medicine – Deutsche Zeitschrift für Sportmedizin* is dedicated to the science and practice of Sports Medicine and its border fields which investigate the influence of exercise, training and sports as well as lack of exercise to healthy and sick people of all age-groups providing these findings for prevention, therapy, rehabilitation and sports in general.

The German Journal of Sports Medicine recognizes the principles of scientific practice and the anti-doping in sports as confessed in the journal's policies and editorial-guidelines. It is presumed that the Authors are in knowledge and acceptance of these policies. In the German Journal of Sports Medicine, all papers have to pass a review-process and will be edited by the editorial office.

### Submission of Manuscripts

For submission and administration of the manuscript an electronic system (editorial manager, <http://dzsm.edmgr.com>) is established. Submission of manuscripts has to be accomplished only by using the electronic system.

To utilise the editorial manager system, a registration is required. The systems guides throughout all necessary steps in the processes of registration and submission of manuscripts. To submit a manuscript at editorial manager system, the required submission form needs to be accepted only online at the end of submission. The acceptance applies to all authors. There is no longer a need for filling the written submission form. The submission form declares that all authors are in complete knowledge and responsibility of the manuscript's content. Further, they confess to the policies of scientific practice. They accept passing the rights for publication for the printed version as well as for the online version to The German Journal of Sports Medicine.

### Standard Terms and Conditions

With acceptance for publication, all manuscripts become property of The German Journal of Sports Medicine. Publication of papers or their extracts is only possible with written authorization of the authors and The German Journal of Sports Medicine. An authorization has to be obtained from the Journal's editorial board.

Further information concerning manuscripts is provided on the Journal's guidelines and in the editorial policies (<http://dzsm.edmgr.com> and [www.zeitschrift-sportmedizin.de](http://www.zeitschrift-sportmedizin.de))

Financial grants and support relating to the manuscript have to be declared. If not, following sentence can be included: Conflict of Interest: The authors have no conflict of interest.

Following the review-process, the decision on acceptance, revision or rejection of the manuscript is carried out by the editorship (see "Editorial guidelines").

A revision or resubmission has to be submitted together with a comment on all of the reviewer's annotations via <http://dzsm.edmgr.com>. If necessary, the review-process has to be carried out several times.

## The Manuscript

It is possible to submit: original papers, reviews, short-contributions, clinical case reports, reports from literature, letters to the editor, reports from congresses and personal communications. Reviewers and members of the scientific advisory committee may submit scientific reports.

Published manuscripts and even their excerpts may not be published or submitted elsewhere in the original paper's language. Cross postings of German author's papers are welcome if the reference to the original publication is clearly indicated and copyrights are clarified.

The language of **all scientific articles is American English.**

Extent: An Original article should not exceed a content of 2500 words (10-12 pages including tables, literature and figures. For reviews, a content of 3000 words, 5 figures/tables is accepted.

Original Article:	2500 Words (max. 40 References)
Review:	3000 Words (max. 50 References)
Short Report/Case Report:	1800 Words (ca. 15-20 References)
Editorial:	750 Words (one page), 1.500 Words (two pages), (incl. max. 10-15 References)
Literature Overview:	400 Words (half page), 750 Words (one page)

Scientific short-reports and case reports should not exceed a content of more than 1800 words and 2 figures/tables. Scientific editorials comprise 1200 words including literature and 1 figure or table. The permitted extent for all submissions should be adhered to. Exceptions are possible and exceedances are charged with a due of 150 Euro per page.

**The manuscript's pages have to be numbered consecutively in a left-aligned manner.**

**Lines should be numbered in a left-aligned shape.** A word count including the bibliography is expected. Please use gender-neutral language.

In the running text, figures and tables have to be referred to with consecutively numbering.

Submitting the manuscript, the abstract, the manuscript (word.doc) itself without figures and tables, the literature, tables and figures have to be uploaded separately in a discrete order.

The system provides corresponding indications and instructions.

Only reprintable figures and tables will be accepted (see rules of configuration).

Every quoted literature has to be indicated as reference.

### **Accepted Manuscripts**

In case of publishing, the manuscript will be sent to the author as a pdf-file via e-mail (page proof). The proof has to be sent back to the editorial office together with a print approval within three days after receiving. Lacking a page proof, publication may be carried out without print approval.

#### Configuration of manuscripts

-Front page – summary (German and English version) –problems and objectives/aims – material and methods- results- discussion- acknowledgement, references, appendix (figures, tables)

#### Special details for manuscripts

- Front page: author/s, institution or division, German subtitle, English title and short title.
- Author's address (Phone number, fax, academic degree, function and an institutional e-mail address)
- Word count of manuscript
- Word count of summary (German and English)

#### Summary

It has to be clipped and precise and should deal with the objective of investigation and give all of the important information as well. Further it should describe the most important results (if possible quantitatively, as numerical value) and contain new information and important conclusions. It should comprise 200 words. A maximum of 230 words is allowed.

The summary has to be presented in a structured manner according to the following order: Problem, methods, results, discussion. Unsubstantial phrases like „the results will be discussed“ are not allowed.

The summary has to be submitted in English and German language, 3 to 5 keywords should be attached. If you are unable to submit a German summary, please contact the editor Mrs. Simone Duebel ([simone.duebel@uniklinik-ulm.de](mailto:simone.duebel@uniklinik-ulm.de)).

Introduction and objectives are supposed to describe the publication's intention, to present the current scientific knowledge and to declare the publications' aims.

#### Material and methods

In case of a clinical or an experimental examination the examined probands or patients, applied methods and statistical operations are supposed to be presented completely and comprehensible.

## Results

Results should be presented as text, graphically or in tables. A redundant documentation of data (text, tables etc) should be avoided. Units should be presented according to UIC-classifications. (Except: mmHg) and with fraction stroke (1/min, mmol/L, mg/L).

## Discussion

The results should be discussed and not be recapitulated. Unclear or antithetic aspects and references from literature should be exposed and discussed. Besides the valuation of the results, conclusions for continuative studies and for praxis are of particular importance. They should be given separately.

## Acknowledgement and Indications of Support and Cooperation

Acknowledgement and indications of support and cooperation are supposed to be indicated at the end of the text together with directions to third party grants. This applies particularly to supporting business and of co-workers that did not contribute substantially to all parts of the study or the manuscript. Financial, other forms of support or co-operation with institutions, companies or manufacturers have to be fully declared. The ethics number of the study needs to be provided.

If this is not the case, the manuscripts will be provided with the appropriate postscript by the editorial staff: Conflict of interest: The authors have no conflict of interest..

## Literature

Only literature that appears in the text should be listed in the list of references. Unpublished data and papers should not be cited. Diploma and final exams are not accepted for citation.

The list of references has to be arranged with the main author's names (or if no author is available, with organization/institution) in alphabetical order and should be numbered consecutively. In the text, bibliographical references should be indicated with Arabic numerals.

In case of several papers written by the same author co-authors citations should be cited first. Apart from that, the order should address to the paper's date of publication.

With articles in scientific journals, the author's surname is listed first, followed by the abbreviated forename. The paper's full title is indicated first, followed by the international journals international abbreviation, the journal's volume, the year of publication (in gaps) and the number of pages:

- Hiatt WR, Regensteiner JG, Wolfel EE, Carry MR, Brass EP. Effect of exercise training on skeletal muscle histology and metabolism in peripheral arterial disease. J Appl Physiol 1996; 81: 780-788.

In Journals, the issue number and the pages follow starting from page 1, the year of publication (from...to...).

Listing a book, the author's name (see journals) is followed by the paper's original title, the names of the editors and the book's title. Separated by a point, the publishing company and its location should be quoted followed by the year of publication and the pagination.

Commas separate the indications.

- Poortsmans JR. Effects of long lasting exercise and training on protein metabolism, in: Howald H, Poortsmans JR (Hrsg): Metabolic adaptations to prolonged physical exercise. Birkhäuser Verlag, Basel, 1975, 212-226.

The Citavi software for citation ([www.citavi.com](http://www.citavi.com)) provides the style used for citation.

## Figures

Figures are supposed to be numbered in a consecutively manner and should be abbreviated in the running text as Fig.

A list quoting the captions has to be provided. A consistent graphical design for all figures cited in a paper is essential. Usually, figures should be drawn in black and white. Coloured pictures will be charged to the authors.

Displaying data backgrounds with gridlines, lines and shades of grey have to be avoided. X- and Y- axis should be tagged with external marks. They should be labelled with fonts of a sufficient size.

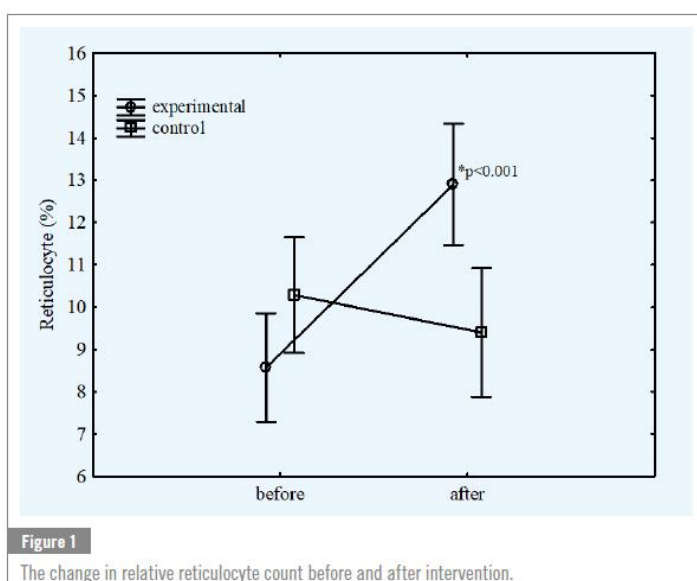
A font like Arial is favoured. The axis legends should be orientated to the axis. Further they should describe the displayed parameters and the unity in brackets ( ). Supertitles are undesired; rather should they be integrated in the caption. Lines should be explained in the caption. They have to be of sufficient size as well. Presenting median or mean value, measures of variation should be provided. Differences have to be marked with asterisks e.g.\*  $p < 0.05$ . The meaning of all symbols has to be elucidated.

All figures should be delivered seperately in a resolution of at least 300 dpi (this corresponds to 100% of the output size). Two examples: A.) a picture of 10 x 10 cm, with a resolution of 300 dpi = representation in 10 x 10 cm, B.) a picture of 10 x 10 cm, with a resolution of 72 dpi = representation in the magazine in 2.5 x 2.5 cm).

The image material should always be submitted to the editorial department as JPG, TIFF or EPS with the corresponding high resolution, or as vectorized data.

In bar diagrams with filled areas, simple lines or shading are preferred. Otherwise, they have to be contrasted with white, light grey and dark grey.

Example of a figure with legend:



## Tables

Tables get numbered and attached to the manuscript **on separate sheets**. In the running text the Name Table followed by the table's number is to be used. Table's captions stand above the table with the word "table" in full and a left-aligned text. In the columns the parameter and the unit used in the measurements are to be indicated clearly. Abbreviations have to be declared in the table's captions. Differences have to be declared according to the level of significance and specified in the caption. The table need to be uploaded **in excel format and seperately**.

Example of a table with caption:

**Table 1**  
Overview of the cost-effectiveness of programs enhancing physical activity of children at school. BMI=body mass index, CEA=cost-effectiveness analysis, CUA=cost-utility analysis, DALY=disability-adjusted life year, MVPA=moderate to vigorous physical activity, NRS=non-randomized study, QALY=quality-adjusted life year, PE=physical education, RCT=randomized controlled trial.

PROGRAM AUTHOR	INTERVENTION COMPONENTS	COUNTRY STUDY-POPULATION	TARGET GROUP NUMBER OF PARTICIPANTS DURATION OF INTERVENTION	TIME-HORIZON FOR ANALYSIS	OUTCOME MEASURE	METHOD	RESULT YEAR OF ASSESSMENT
Fit for Pisa Krauth et al. 2013	Daily PE lessons	Germany	6-10 years old not specified 4 years	4 years	BMI	NRS CEA	€ 236-619/student year not specified
Assessing Cost-Effectiveness in Obesity (ACE-Obesity) Walking Bus Moodie et al. 2009	Active transport to school	Australia not specified	5-7 years old 7,840 children reached 8 weeks/academic year	lifetime	BMI DALY	Simulation modelling CUA	AUD\$ 760,000/DALY 2001
A Pilot Program for Lifestyle and Exercise (Apple) McAuley et al. 2010	Encouraging physical activity, nutrition, lessons	New Zealand White, Maori, Pacific-Indians	5-12 years old n=151 intervention n=136 control 2 years	4 years	kg weight-gain QALY	NRS CEA	NZ\$ 1,281/child NZ\$ 664-1,708/kg weight-gain prevented 2006
Medical College of Georgia FitKid Project Wang et al. 2008	After school MVPA physical activity, nutrition, lessons	USA Afro-Americans, White, Hispanics, Asians	8-11 years old n=312 intervention n=289 control 3 years	1 year	% body-fat-reduction	RCT CEA	US\$ 558-956/student year US\$ 417/% body fat reduction 2003
Coordinated Approach to Child Health (CATCH) Brown et al. 2007	PE program, nutrition, lessons, family	USA Hispanics, Mexiko-Americans	8-11 years old n=423 intervention n=473 control 3 years	lifetime	overweight QALY	RCT modelling CUA	US\$900-903/QALY 2004

## English Articles and Extended Abstracts

An Extended Abstract in German language will support all English articles. The Editorial Office will claim the Extended Abstract after acceptance of the article. See: Guidelines for Extended Abstracts

## Publication of Congress Articles

Scientific Congresses of the German Society for Sports Medicine and Prevention (DGSP e.V.), e.g. the German Sports Medicine Congress, will be published in the German Journal of Sports Medicine. The Scientific Committee of DGSP will review all abstracts. All expenses will be covered by advertising or by arrangement with publisher and editor.

Organizers of scientific congresses with high scientific interest and high standards that are indicated by a scientific committee and a defined abstract selection quality control and reviewing process, are invited to publish their abstracts in the German Journal of Sports Medicine. The editors need to be informed of the purpose 6 month ahead of the suggested date of publishing. Written arrangements regarding extent and supplemental material need to be made. The publication involves agreement with editor and publisher on the reimbursement of editorial cost for online-publications and of publication costs for printed issues. Sponsoring and advertisings will be compensated.