

Instructions for authors

Scope of journal

Swiss Sports & Exercise Medicine (SSEM) is the official journal of the Swiss Society for Sports Medicine (SGSM) and publishes articles in English, German, Italian or French from the very varied fields linked to sports medicine: clinical information, original investigations in sports science, exercise medicine, physical activity promotion or sports orthopedics and traumatology. It is published quarterly, freely available online at www.sgsm.ch/publikationen/zeitschrift-sgsm/ and contains a mix of original, review and opinion articles, in addition to shorter sections like case reports or clinical practice examples, short communication or letters to the editor. Its main goal is to inform medical practitioners in the field of sports & exercise medicine on current trends and evolution, as well as established best practices.

Editorial Board

Editor-in-chief:

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Formatting

Manuscript : It should be in Word format (.doc, or .docx) A4 with 2cm margins, 1.5 line spacing, Arial size 12 police, page numbering at the bottom right corner. Length should not be more than 15'000 characters (spaces included, abstract and references and practical implications not included).

Tables: are to be submitted in document format.

Figures: should be submitted as high quality .jpeg or .tiff files (minimum resolution 300 dpi), or alternatively as high-resolution .pdf file. It should be signaled in the text where the tables and figures are best to appear (insert: "**** *Table 1*

here****" or "**** *Figure 2 here*****"). Please provide a separate .doc file with table and figure captions (captions should not be present on figure files).

Photos: are welcomed and appreciated. Please provide authorization for publication if an identifiable person appears, mention source of image and copyright for publication. There should be a **minimum** of two figures or photos per manuscript submitted.

Papers can be submitted in English, German or French

Submission of manuscripts

Manuscripts are to be submitted to the editor in charge via email (editor@sgsm.ch), or another pre-specified address in case the author has had contact with a specific editor. A cover letter should be attached, in which the authors should state that the manuscript has not been accepted for publication (or published) elsewhere. The homepage of the Swiss Sports Medicine Society (www.sgsm.ch) allows authors to download freely previously published manuscripts as examples.

Original articles submitted to SSEM undergo first an evaluation by the editor in charge, and provided the manuscript is adequate in scope, format and of sufficient quality, a **standard peer-review** process is initiated. The author receives the comments of the reviewer(s) usually within 4 weeks.

- **Title page**: names of authors (first name, middle name or initials, last name), affiliation, email, phone number, function and/or academic title. Title: maximum 100 characters (spaces included), bold, size 14 Arial, if there is subtitle, then italic.
- **Author photo**: the 1st author is to submit a high quality portrait photography (colour or greyscale), which will appear on the 1st page.
- **Abstract**: in same language as text, English in addition if text in German, Italian or French. 300 words maximum. Three to six keywords not used in the title should also be provided.
- **Introduction**: Should be comprehensible to the general reader, state the purpose of the

paper and provide relevant context to support it. Do not exhaustively review the literature.

- **Methods:** sufficient information in the text or by reference to permit work replication without the need to communicate with the authors. Information on subjects (inclusion & exclusion criteria, consent), measurement tools and methods (manufacturer, location, country), protocols (detailed training or chronological description of intervention), along with type of statistical tests used and their interpretation criteria.
- **Results:** only the objective results should be presented, in order of importance, without comments or discussion elements. Only the data relevant to the study question should be presented. A set of data is only presented once, either in the text or in tables. Each table (Tab.1) or figure (Fig.1) is referred to in the text.
- **Discussion:** it should include the following:
 - o Detailed answer to the research question.
 - o Interpretation and comments on all findings presented in the “results” section (on these only).
 - o Limitations section.
 - o Relevance of the study in the clinical/sporting setting, and importance of further research in this field.
 - o Short conclusion answering the research question and main finding.
- **Acknowledgments, conflict of interest and funding:** authors must state all possible conflicts of interest in the manuscript, including financial, institutional and other relationships that might lead to a conflict of interest. If there is no conflict of interest, this should be stated as *none declared*. All sources of funding must be acknowledged at the end of the manuscript.
- **Practical implications:**
 - o 2 to 4 short points the reader can take home, and that are practically relevant in sports and clinics.

Example of references

- References must cover all relevant sources, which must also appear in the text.
- References should follow the *Vancouver* format and be numbered per order of appearance in the text.
- If more than 6 authors present, the first 6 must be listed, followed by “, et al.”

Journal article:

1. Gojanovic B, Welker J, Iglesias K, Daucourt C, Gremion G. Electric bicycles as a new active transportation modality to promote health. *Med Sci Sports Exe.* 2011;43(11):2204-10.

Book chapter:

1. Boutellier U, Spengler CM. Sport- und Arbeitsphysiologie (Kapitel C-13). In: *Lehrbuch Vorklinik*, R.F. Schmidt und K. Unsicker (Hrs.), Deutscher Ärzte-Verlag, Köln;2003, p437-451.

Book:

1. Stein SK. *Calculus and analytic geometry*. McGraw-Hill, Book Company, New York, 3rd edition;1982.

Website:

(Author. *Title*. url. (accessed..))

1. Karolinska Institutet, Sweden. *International Physical Activity Questionnaire*. <http://www.ipaq.ki.se/ipaq.htm> (accessed 6 June 2010).

Abbreviations

Authors should limit use of unusual abbreviations. Each one must be defined when first introduced and then used with consistence. The abstract, tables, figures and text are considered as separate entities, which each require definition of any abbreviation used.