

## FOR THE ATTENTION OF CONTRIBUTORS

### The subject of the journal

The journal has a multidisciplinary nature oriented toward biomedical, health, exercise, social sciences fields, applicable in activities of physical training and sport, so that the dealt subjects and the authors belong to several disciplines in these fields. The main sections are: “Original studies” and “Reviews”.

Regarding “Reviews”, the main subjects that are presented are: oxidative stress in physical effort; mental training; psychoneuroendocrinology of sport effort; physical culture in the practice of family doctors; extreme sports and risks; emotional determinants of performance; recovery of patients with spinal column disorders; stress syndromes and psychosomatics; Olympic education, legal aspects of sport; physical effort in the elderly; psychomotricity disorders; high altitude sports training; fitness; biomechanics of movements; EUROFIT tests and other evaluation methods of physical effort; adverse reactions of physical effort; sport endocrinology; depression in sportsmen/women; classical and genetic drug usage; Olympic Games, etc.

Among articles devoted to original studies and research, we are particularly interested in the following: methodology in physical education and sport; influence of some ions on effort capacity; psychological profiles of students regarding physical education; methodology in sport gymnastics; selection of performance sportsmen.

Other articles approach particular subjects regarding different sports: swimming, rhythmic and artistic gymnastics, handball, volleyball, basketball, athletics, ski, football, field and table tennis, wrestling, sumo.

The authors of the two sections are doctors, professors and educators from university and pre-university education, trainers, scientific researchers etc.

Other sections of the journal are: the editorial, editorial news, reviews of the latest books in the field and others that are rarely presented (inventions and innovations, university and pre-university programs, forum, memories, competition calendar, portraits, scientific events).

We highlight the section “The memory of the photographic eye”, where photos, some of which extremely rare, of sportsmen in the past and present are presented.

Articles signed by authors from the Republic of Moldova regarding the organization of sport education, the variability of cardiac rhythm, the stages of effort adaptability, and articles by some authors from France, Portugal, Canada must also be mentioned.

The main objective of the journal is highlighting the results of research activities, as well as the permanent and actual dissemination of information for specialists in the field. The journal assumes an important role in the achievement of necessary scores by the teaching staff in university and pre-university education, as well as by doctors in the medical network (through recognition of the journal by the Romanian College of Physicians), regarding didactic and professional promotion.

Another merit of the journal is the obligatory publication of the table of contents and a summary in English for all articles. Frequently, articles are published in extenso in a language of international circulation (English, French).

The journal is published quarterly and papers are accepted for publication in Romanian and English. The journal is sent by e-mail or on a floppy disk (or CD-ROM) and printed, by mail to the address of the editorial staff. The works of contributors that are resident abroad and of Romanian authors must be mailed to the editorial staff to the following address:

### **Health, Sports & Rehabilitation Medicine**

Chief Editor: Prof. Dr. Traian Bocu

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### Objectives

Our intention is that the journal continues to be a route to highlight the research results of its contributors, especially by stimulating their participation in project competitions. Articles that are published in this journal are considered as part of the process of promotion in one's university career (accreditation that is obtained after consultation with the National Council for Attestation of University Titles and Diplomas).

We also intend to encourage the publication of studies and research that include relevant original elements, especially by young people. All articles must bring a minimum of personal contribution (theoretical or practical), that will be highlighted in the article.

In the future, we propose to fulfill criteria that would allow the promotion of the journal to superior levels according international recognition.

## THE STRUCTURE AND SUBMISSION OF ARTICLES

The manuscript must be prepared according to the stipulations of the International Committee of Medical Journal Editors (<http://www.icmjee.org>).

The number of words for the electronic format:

– 4000 words for original articles;

- 2000 words for case studies;
- 5000-6000 words for review articles.

**Format of the page:** edited in WORD format, A4. Printed pages of the article will be numbered successively from 1 to the final page.

**Font:** Times New Roman, size 11 pt.; it should be edited on a full page, with diacritical marks, double spaced, with equal margins of 2 cm.

**Illustrations:**

**The images** (graphics, photos, etc.) should be numbered consecutively in the text, with Arabic numerals. They should be edited with EXCEL or SPSS programs, and sent as distinct files: “figure 1.tif”, “figure 2. jpg”, to the editors. Every graphic should have a legend, written under the image.

**The tables** should be numbered consecutively in the text, with Roman numerals, and sent as distinct files, accompanied by a legend that will be placed above the table.

## PREPARATION OF THE ARTICLES

**1. Title page:** Includes the title of the article (maximum 45 characters), the first name of the authors followed by their surname, workplace, postal address of the institute and postal address and e-mail of the first author. It will follow the name of the article in English.

**2. Abstract:** Original articles require a summary structured in: (Background, Aims, Methods, Results, Conclusions), of maximum 250 words, followed by 3-8 key words (if possible from the list of established terms). All articles will have a summary in English. Within the summary (abstract), abbreviations, footnotes or bibliographic references should not be used.

*Background.* Description of the importance of the study and explanation of premises and research objectives.

*Methods.* Include the following aspects of the study:

Description of the basic category of the study: of orientation and applicative.

Localization and the period of study. Description and size of groups, sex (gender), age and other socio-demographic variables should be given.

Methods and instruments of investigation that are used.

*Results.* Descriptive and inferential statistical data (with specification of the statistical tests used): the differences between the initial and the final measurement for the investigated parameters, the significance of correlation coefficients are necessary. The level of significance (the value *p* or the dimension of effect *d*) and the type of the statistical test used, etc. should be mentioned.

*Conclusions.* Conclusions that have a direct link with the presented study should be provided.

Orientation articles and case studies should have an unstructured summary (without respecting the structure of experimental articles) up to a limit of 150 words.

### 3. Text

Original articles should include the following chapters which will not be identical with the summary titles: Introduction (General considerations), Hypothesis, Materials and methods (including ethical and statistical information), Results, Discussing results, Conclusions and suggestions. Other types of articles, such as orientation articles, case studies, editorials, do not have an obligatory format. Excessive abbreviations are not recommended. The first time an abbreviation is used in the text, it should follow the term *in extenso*, being placed in parentheses, and thereafter the short form should be used.

Authors must take responsibility for the correctness of the published materials.

### 4. References

The bibliography should include the following data:

For articles from journals or other periodical publications, the international Vancouver Reference Style should be used: the first name of all authors as initials and their surname, the year of publication, the title of the article in its original language, the title of the journal in its international abbreviated form (italic characters), number of volume, pages.

*Articles:* Carlos S, de Irala J, Hanley M, Martínez-González MÁ. The use of expensive technologies instead of simple, sound and effective lifestyle interventions: a perpetual delusion. See comment in PubMed Commons below 2014;68(9):897-904. doi:10.1136/jech-2014-203884.

*Books:* Fox SI. Human Physiology. Twelfth Ed. Publ MCGraw Hill. New York, 2011,403-470.

*Chapters from books:* Sternfeld B, Lee IM. Physical activity and cancer: the evidence, the issues and the challenges. In: Lee IM, Eds. Physical Activity and Health Epidemiologic Methods and Studies. New York: Oxford University Press, 2009.

Starting with issue 4/2010, every article should include a minimum of 15 and a maximum of 100 bibliographic references, mostly journal articles published in the last 10 years. Only a limited number of references (1-3) older than 10 years will be allowed. At least 20% of the cited resources should be from the recent international literature (not older than 10 years).

### Conflict of interest

The authors must mention all possible conflicts of interest including financial and other types. If you are sure that there is no conflict of interest, we ask you to mention this. The financing sources should also be mentioned in your work.

### Acknowledgements

The specifications must concern only people outside the study who have had a substantial contribution, such as statistical processing or review of the text in English. The authors have the responsibility to obtain the written permission from

the persons mentioned within the respective chapter, in case readers refer to the interpretation of results and conclusions of these persons. Also it should be mentioned if the article uses partial results from certain projects or if these are based on master or doctoral theses defended by the author.

#### **Peer-review process**

In the final stage, all materials will be closely reviewed by at least two competent referees in the field (professors and docent doctors) so as to correspond in content and form to the requirements of an international journal. After this stage, the materials will be sent to the journal's referees, according to their profiles. After receiving the observations from the referees, the editorial staff shall inform the authors of the necessary corrections and publishing requirements of the journal. This process (from receiving the article to transmitting the observations) should last about 4 weeks. The author will be informed if the article has been accepted for publication or not. If it is accepted, a period of correction by the author will follow, in order to meet the publishing requirements.

#### **Ethical criteria**

The Editors will notify the authors in due time whether their article is accepted or not or if there is a need for modifying the text. Also, the Editors reserve the right to edit articles accordingly. Papers that have been printed or sent for publication to other journals will not be accepted. All authors should send a separate letter containing a written statement proposing the article for submission, pledging to observe the ethics of citation of the sources used (bibliographic references, figures, tables, questionnaires).

For original papers, according to the requirements of the Helsinki Declaration, the Amsterdam Protocol, Directive 86/609/EEC, and the regulations of the Bioethical Committees from the locations where the studies were performed, the authors must provide the following:

- the informed consent of the family, for studies in children and juniors;
- the informed consent of adult subjects, patients and athletes, for their participation;
- malpractice insurance certificate for doctors, for studies in human subjects;
- certificate from the Bioethical Committees, for human study protocols;
- certificate from the Bioethical Committees, for animal study protocols.

This information will be mentioned in the paper, in the section Materials and Methods. The documents will be obtained before the beginning of the study. The registration number of the certificate from the Bioethical Committees will also be mentioned.

Editorial submissions will not be returned to the authors, whether published or not.

#### **FOR THE ATTENTION OF SPONSORS**

Requests for advertising space should be sent to the Editors of the *Health, Sports & Rehabilitation Medicine* journal, 1, Clinicilor St., 400006, Cluj-Napoca, Romania. The price of an A4 full color page of advertising, will be EUR 250 and EUR 800 for an advert in all 4 issues. The costs of publication of a logo on the cover will be determined according to its size. Payment should be made to the Romanian Medical Society of Physical Education and Sports, CIF 26198743. Banca Transilvania, Cluj branch, IBAN: RO32 BTRL 0130 1205 S623 12XX (RON).

#### **SUBSCRIPTION COSTS**

The *Health, Sports & Rehabilitation Medicine* journal is printed quarterly. The subscription price is 100 EUR for institutions abroad and 50 EUR for individual subscribers outside Romania. For Romanian institutions, the subscription price is 150 RON, and for individual subscribers the price is 120 RON. Note that distribution fees are included in postal costs.

Payment of subscriptions should be made by bank transfer to the Romanian Medical Society of Physical Education and Sports, CIF 26198743. Banca Transilvania, Cluj branch, IBAN: RO32 BTRL 0130 1205 S623 12XX (RON), RO07 BTRL 01,304,205 S623 12XX (EUR), RO56 BTRL 01,302,205 S623 12XX (USD). SWIFT: BTRLRO 22

#### **INDEXING**

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Editor: "Iuliu Hațieganu" University of Medicine and Pharmacy of Cluj-Napoca and The Romanian Medical Society of Physical Education and Sports in collaboration with the Cluj County School Inspectorate

The level and attestation of the journal: a journal rated B+ by CNCS (Romanian National Research Council) since 2007, certified by CMR (Romanian College of Physicians) since 2003, CFR (Romanian College of Pharmacists) since 2015 and CMDR since 2018

Journal indexed in International Databases (IDB): EBSCO, Academic Search Complete, USA and Index Copernicus, Journals Master List, Poland; DOAJ (Directory of Open Access Journals), Sweden, CiteFactor, Canada/USA, CrossRef, Lynnfield, MA (US)/Oxford (UK)

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The table of contents, the summaries and the instructions for authors can be found on the internet page: <http://www.jhsrm.org>. Access to the table of contents and full text articles (in pdf format) is free.