

Tactical Strength and Conditioning Report Author's Guidelines

The purpose of the *Tactical Strength and Conditioning (TSAC) Report* is to further public perception of the NSCA as the leader in its field. The target demographics are tactical operators and military personnel who could make use of the types of services offered by certified NSCA Members. We reach many diverse populations with the journals published by the NSCA. Our readers want serious, in-depth strength and conditioning information specific to the tactical strength and conditioning athlete, accompanied by sample programs and tips on how to apply the information.

The style for the *TSAC Report* is informative and conversational. References can be minimal; however statements that require a reference should be referenced. Complete bibliographical information for any publications cited should be provided in the reference list. Technical terms should be explained in ordinary language. The subject matter is more technical than that found in most newsstand publications, but less technical than the NSCA's professional and research publications (the *Strength and Conditioning Journal* and the *Journal of Strength and Conditioning Research*).

All articles must be original and not be published elsewhere. Articles and columns are checked for plagiarism, and will be rejected with a high "matching score." Articles and columns will be peer-reviewed and revised as appropriate to the reviewer comments.

Primary sources such as published studies and interviews with experts are recommended as the basis of research for all articles. Any information gleaned from secondary sources should be fact-checked by the author prior to submission of the article. Each article must contain information that the tactical athlete can use in a practical training format.

We ask that authors include bibliographical information on any publications cited and contact information for the people they interview for each article (including a phone number and address, and whenever possible, a fax number and/or email address). We request that all interviews be taped, and that authors keep those tapes for at least one year after the date of publication.

Long Feature Articles

Long feature articles run about 1,500 – 2,000 words in addition to a sample program showing readers how to apply the concepts discussed in the article. Authors should add value for readers by using charts, sidebars, case studies, illustrations, self-quizzes and other similar elements. Article extensions will be available upon request. Contact NSCA publications for consideration.

Short Articles/Columns

Short articles/columns run approximately 750 words in length and may or may not include an additional sample program.

Production Schedule

Cover Date	Number	Article Deadline	Internal Review Completed	Due Back from Editor and Sent to Author	Author Revisions Due Back (if necessary)	Due to Art Dept.	Publication Date
12-Jan	20	11/18/2011	11/30/2011	12/12/2011	12/19/2011	12/22/2011	1/2/2012
12-Mar	21	1/16/2012	2/3/2012	2/15/2012	2/20/2012	2/27/2012	3/5/2012
12-May	22	3/19/2012	3/30/2012	4/6/2012	4/11/2012	4/23/2012	5/1/2012
12-Jul	23	5/23/2012	6/6/2012	6/15/2012	6/20/2012	6/26/2012	7/2/2012
12-Sep	24	7/26/2012	8/8/2012	8/16/2012	8/20/2012	8/27/2012	9/4/2012
12-Nov	25	9/27/2012	10/10/2012	10/18/2012	10/22/2012	10/29/2012	11/5/2012

Format

All submissions would be “Word” documents. The font should be Garamond and size 12 through the entire document. Authors should eliminate all tabs and separate each paragraph with a blank line. There is a preferred page layout for TSAC Report submissions. The following layout values may be found in the “paragraph” section of Word documents: aligned left, no values for indentations, spacing values of 0pt for before and after, a line spacing value of “multiple” at “1.15.”

Complete names and credentials of all authors should be listed at the top of the document below the title line. An author’s bio should be provided at the time of article submission. Bios should range 75 – 125 words and provide readers with any professional background pertinent to the publication.

References

Each article should contain a reference list at the end of the document to cite any outside sources used to develop the article. It is important that references be sorted alphabetically by the first letter of the lead author’s last name and that any in-text references correctly correspond to the numbered references. Reference lists should be typeset parenthetically and numbers should be indented as shown below (numbers et at 0.25” and text set at 0.5”). Below are examples of common reference formats for certain types of reference sources.

When referencing a scientific/research journal:

1. Johnson, LS, White, K, and Smith, R. Leg injuries in sports. *Journal of Sports Medicine* 11(3): 14–25, 2009.

When referencing a published book:

- Johnson, LS, and White, K. *Strength and power training for young athletes*. New York, NY: Broadway Books; 23–45, 2009.

When referencing author(s) of a chapter in a published book:

- Holcomb, WR. *Essentials of Strength Training and Conditioning* (2nd ed.) Champaign, IL: Human Kinetics; 321–342, 2000.

When referencing a position statement published online:

- Triplett, T, Williams, C, and McHenry, P. Strength and conditioning professional standards and guidelines. National Strength and Conditioning Association’s Position Paper. Retrieved January 1, 2011, from, <http://www.nscf-lift.org/Publications/SCStandards.pdf>. 2009.

Below is the basic format for referencing a journal:

Author, AA, Author, BB, and Author, CC. Title of article. *Title of Periodical* xx(x):xxx–xxx, year.

Below is the basic format for in-text referencing:

The study claimed that when 20g of protein was consumed, strength gains improved (2).

Illustrations and photographs

Authors are encouraged to submit photographs, charts, and figures that help to illustrate the article. All such material should be placed on separate sheets and sent as separate documents/images; images should never be embedded in manuscripts or word documents. Charts and illustrations must be of good technical quality and be prepared and submitted electronically. Photographs are encouraged, whether color or black and white. The art should be labeled with the article title, author’s name, figure or table number, and photo credit (for photographs and artwork only) on a gummed label attached to the back of the artwork, if it is necessary to submit a physical copy. If orientation is unclear, please indicate which side is the top of the artwork on the back of the artwork. All photographs should demonstrate adequate health and safety procedures in the weight room or training environment (i.e., wearing shirts and shoes, removing hats, using safety collars on the bar). The focus of the photograph should not be on commercial products or the identity of the school or business. All images/tables must be labeled properly and any in-text references must reflect those labels as well.

Electronic Figures

Do not send figures (photographs, charts, tables, graphics) embedded in the text. Figures must come as separate files with one of the following format extensions:

<u>Windows</u>	<u>Macintosh</u>
.bmp bitmap	.eps encapsulated postscript with a .pict thumbnail
.wmf windows metafile	.gif graphics interchange format
.tif tagged image file format	.jpeg joint photographic expert group
.jpg joint photographic expert group	.tiff tagged image file format
.gif graphics interchange format	
.eps encapsulated postscript with a .tif	

thumbnail	
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Article Submission

Submit articles for consideration for the *TSAC Report* by email to msandstead@nsca-lift.org.

The decision of the editor is final regarding acceptance/rejection of all manuscripts and the final formatting of all manuscripts.