

## **The NSCA's Performance Training Journal Author's Guidelines**

The NSCA's *Performance Training Journal* (PTJ) publishes basic educational information for Associate and Professional Members of the NSCA. This group includes the novice personal trainer, novice strength coach, and training enthusiast. The journal's mission is to publish articles that provide basic, practical information that is research-based.

All author submissions must be original work and not published elsewhere. All authors will be required to sign an Author's Agreement assigning copyright of the work to the NSCA prior to publishing. Each submission will undergo peer-review and a plagiarism check, and the Editor reserves the right to reject any submission. Authors will also be held responsible for acquiring the necessary permission to republish any material (e.g., tables, graphs, images, etc.) prior to publishing.

The style for the PTJ is informative and conversational. References can be minimal; however, statements or claims 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 slightly 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*).

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 should contain information that the Associate or Professional Member can use in a practical training format.

The NSCA asks 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). The NSCA requests 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 approximately 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 or other similar elements, but these are not required. Article extensions are available upon request. Contact the NSCA Publications Department for consideration.

### **Short Articles/Columns**

Short articles/columns run approximately 750 – 1,000 words in length and may or may not include an additional sample program.

## Production Schedule

Cover Date	Number	Editorial Theme	Article Deadline	Internal Review Completed	Due Back from Editor and Sent to Author	Author Revisions Due Back (if necessary)	Publication Date
12-Feb	11.1	Personal Training	12/12/2011	1/3/2012	1/9/2012	1/12/2012	2/6/2012
12-Apr	11.2	Conditioning Fundamentals	2/13/2012	2/28/2012	3/8/2012	3/13/2012	4/2/2012
12-Jun	11.3	Summer Games	4/9/2012	4/26/2012	5/7/2012	5/10/2012	6/4/2012
12-Aug	11.4	Football	6/11/2012	6/26/2012	7/5/2012	7/9/2012	8/6/2012
12-Oct	11.5	Core	8/13/2012	8/28/2012	9/6/2012	9/11/2012	10/2/2012
12-Dec	11.6	Nutrition	10/8/2012	10/24/2012	11/2/2012	11/8/2012	12/3/2012

### Format

There is a preferred page layout for PTJ submissions. All submissions should be “Word” documents. The font should be Garamond and size 12 throughout the entire document. Authors should eliminate all tabs and separate each paragraph with a blank line. The following layout values may be found in the “paragraph” section of Word documents: aligned left, no values for indentations, spacing values of 0 pt 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 are approximately 75 – 125 words in length and provide readers with any professional background or experience pertinent to the publication. The bio line should not be used to promote sales or business.

### References

Each article should contain a reference list at the end of the document to cite any outside sources used to develop the article, or used as the foundation/evidence for a claim made within 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 set 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, L, White, K, and Smith, R. Leg injuries in sports. *Journal of Sports Medicine* 11(3): 14–25, 2009.

When referencing a published book:

2. Johnson, L, 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:

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

When referencing a position statement published online:

4. 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.

When referencing a singular research source published regularly (e.g., Hot Topics):

5. Faigenbaum, A. Youth resistance training. *Hot Topic Series*, National Strength and Conditioning Association. 2007.

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 20 g 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 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. Please note that any physical images or photographs must be submitted as early as possible to allow for processing and layout time. Shipping time must be taken into account when submitting any physical images and be postmarked prior to the article deadline. If orientation is unclear, please indicate which side is the top of the image/photograph on the back of the piece. 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	

### **Article Submission**

Submit articles for consideration for the *NSCA's Performance Training Journal* by email to [ptj@nsca.com](mailto:ptj@nsca.com), or email the NSCA Senior Communications Coordinator, Matthew Sandstead, at [matthew.sandstead@nsca.com](mailto:matthew.sandstead@nsca.com).

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