

# DEUTSCHE ZEITSCHRIFT FÜR SPORTMEDIZIN

## GERMAN JOURNAL OF SPORTS MEDICINE

[www.zeitschrift-sportmedizin.de](http://www.zeitschrift-sportmedizin.de)

OFFIZIELLES ORGAN DER DEUTSCHEN GESELLSCHAFT FÜR SPORTMEDIZIN UND PRÄVENTION  
DEUTSCHER SPORTÄRZTEBUND e.V.

**Geleitet in:**  
Science Citation Index Expanded  
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## Guidelines for authors

### Preamble

The Deutsche Zeitschrift fuer Sportmedizin - German Journal of Sports Medicine 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 manuscripts 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.

### 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))

Submitting the manuscript, all of the authors have to sign a form in which they confirm that they are in complete knowledge and responsibility of the manuscript's content. Further they confess to the policies of scientifically 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.

The form can be obtained from the Editorial Manger System <http://dzsm.edmgr.com> and has to be attached and uploaded during the process of submission.

It is also possible to download and store the form from the Journal's homepage (<http://www.zeitschrift-sportmedizin.de>) and to send it to the editorial office via e-mail ([ines.goering@uniklinik-ulm.de](mailto:ines.goering@uniklinik-ulm.de))

Financial grants and support relating to the manuscript have to be declared.

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. Scientifical reports may be submitted by reviewers and members of the scientifical advisory committee.

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.

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. Scientifical short-reports and case reports should not exceed a content of more than 1800 words and two figures/tables. Scientifical 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.

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 publishment, 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

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.

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 co-operation 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.

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 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 publishment.

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 81 (1996) 780-788.

In Journals starting from page 1, the year of publication is followed by the issue number and the pages (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. The indications are separated by commas.

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.

A module for creating a bibliography (Reference-Manager 11) can be obtained from the Journal's homepage ([www.zeitschrift-sportmedizin.de](http://www.zeitschrift-sportmedizin.de)). The style used for citation is also provided by the Citavi –software for citation ([www.citavi.com](http://www.citavi.com)).

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.

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:

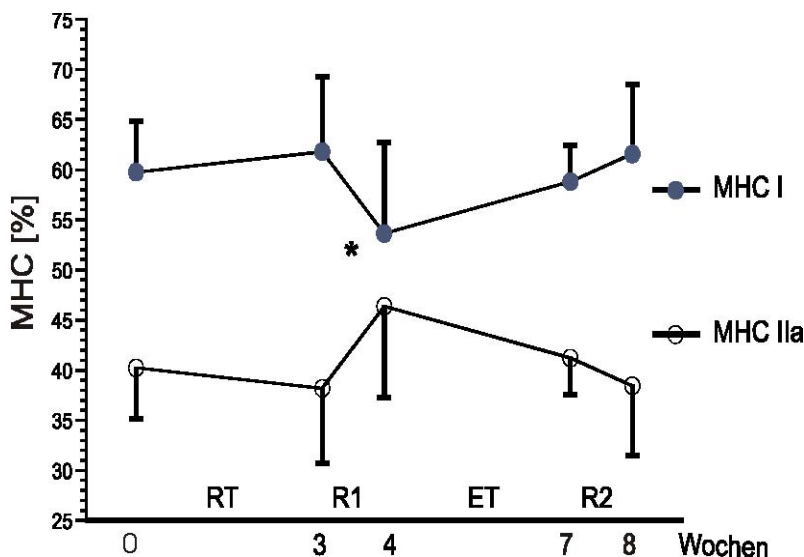


Figure 1: properties of Myosin-Heavy-Chains (MHC) in skeletal muscle during a experimental training over 8 weeks. RT: resistance training, R1: regeneration week 1, ET: endurance training, R2: regeneration week 2. Mean and standard value are indicated; n=6; \*: significant difference,  $p < 0,05$ ).

Tables:

Tables get numbered and attached to the manuscript on separate sheets. In the running text the abbreviation Tab. 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.

Example of a table with caption:

**Tabelle 1:** Zahl der Patienten, die die Ziel-Herzfrequenz im Belastungstest für Fahrradergometer (FE), Ruderergometer (RE) und Laufbandergometer (LE) erreichten. Angeben sind zwei verschiedene Zielherzfrequenzformeln, Standardfaustformel (200 - Alter) und Regressionsgerade nach Løllgen (184,5 - 0,37 · Alter).

Ziel-Herzfrequenz (1/min)	FE	RE	LE
200 - Alter	5	8	9
184,5 - 0,37 · Alter	0	6	3

$\chi^2$ -Test: \*:  $p > 0,05$