Guide for Author

Introduction

Aims and Scope
Journal of Sport and Health Science (JSHS) is a peer-reviewed scholarly journal dedicated to the advancement of sport/exercise/health sciences. *JSHS* publishes original research, scholarly reviews, opinion papers, and research highlights / commentaries in exercise/sport science, physical education and sport coaching, health promotion, and traditional Chinese medicine. Through these features, *JSHS* aims to build a communication platform for international researchers to share scholarly achievements effectively. With the distinguished editorial board, *JSHS* will dedicate to high academic standards, integrity, and excellence by publishing scholarly work with highest quality in the following sub-disciplines of sport/exercise/health science.

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Contributions falling into the following categories will be considered for publication: Research Highlight, Commentary, Opinion, Review, Original article, Case Study, Letter to the Editor.
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Research Highlights are by invitation only and present short updates on new progress in the field of sport and health. They should be no more than 900 words.

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Commentary articles comment on articles that have been published in JSHS. They should contain no more than 1000 words of text, one display item (figure or table) and a maximum of 20 references. Commentary articles do not contain an abstract.

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Opinion pieces cover a wide variety of topics that are of current interest in sport and health and highlight their interaction with society. They may discuss policy, ethics, science or society and should be written in an accessible, non-technical style. They can be written with authority, color, vivacity and personal voice. Opinion pieces should be

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