

# Health & Fitness Journal of Canada

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## The Editor's Welcome

**DR. SHANNON S. D. BREDIN**

Dear Readers,

I appreciate greatly your interest and support of our journal. The *Health & Fitness Journal of Canada* is a publication representing a major step forward in the recognition of the role of physical activity and exercise in effective health promotion..

The *Health & Fitness Journal of Canada* moves beyond the confines of traditional journals in the field. We seek to provide an effective medium for health and fitness practitioners, researchers, instructors, and the general population to provide insight into unique and innovative practice in health and fitness. Our journal covers topics that are timely and innovative. It is our goal to make a journal that can be applied directly to improve the health and well-being of Canadian society.

As a first step in the process of creating an authoritative journal, we have compiled an editorial board consisting of leading researchers, teachers, and practitioners with diverse areas of expertise. We are indebted to their ongoing contributions to our journal and look forward to working with them for years to come.

We would like to welcome you to our journal and look forward to hearing from you. This journal is designed with you in mind.

Sincerely,

Dr. Shannon S. D. Bredin, Editor-in-Chief

Address correspondence to: Dr. Shannon Bredin, Unit I Osborne Centre, 6108 Thunderbird Blvd, University of British Columbia, Vancouver, BC V6T1Z3

**Canada's Leading Source for Health and Fitness Information**

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### **SCOPE OF OUR JOURNAL**

The *Health & Fitness Journal of Canada* is designed to allow for the dissemination of information from diverse areas within the health and fitness field. To achieve this goal we have created a series of manuscript options for authors including: expert opinion papers, historical papers, systematic and narrative reviews of the literature, original research, case studies, personal communications, and book reviews. Important to our journal is also a student corner and a section dedicated to topics specific to the patient or high performance athlete. For those interested in submitting articles to our journal please refer to the various article style options available. All submissions are peer-reviewed. We aim for a four week turn around from submission to final decision. Potential contributors to the journal can find instructions to authors, as well as submit manuscripts for consideration at:

[www.healthandfitnessjournalofcanada.com](http://www.healthandfitnessjournalofcanada.com).

### **EXPERT OPINION PAPERS**

Our editorial board requests brief expert opinion papers from leading researchers. This includes 1500-2000 word reports from a variety of areas. All requests are made by the editorial board; however, suggestions for topics and authors are always welcomed.

### **HISTORICAL PERSPECTIVES**

We actively seek papers that provide historical insight into a topic that is well known in the health and fitness field. There is no word count limit on these articles; however, authors should aim for manuscripts of 1500-2000 words (excluding references).

### **SYSTEMATIC OR NARRATIVE REVIEWS**

We encourage the dissemination of reviews of the literature. Both systematic and narrative reviews are welcomed. These articles generally range from 2000-3000 words (excluding references), and must be well cited and current.

### **ORIGINAL ARTICLES**

We support the submission of original research findings. These should be no longer than 6000 words (including title page, abstract, text, references, tables and figure legends). The maximum number of references is 30, and the maximum number of figures is 5.

### **THE PRACTITIONER'S CORNER**

We recognize the need to create leaders of tomorrow in the health and fitness field. Therefore, we actively encourage practitioners to submit original or review articles for consideration. For this specific section, the lead author must be a health and fitness practitioner. The word limit of these papers is consistent with the style of article submitted: Original articles (up to 6000 words), Review Articles (2000-3000 words), and Commentaries (500-1000 words).

### **OUR PERSPECTIVE**

Commentaries from patients, high performance athletes, or certified health and fitness professionals that have benefited from or implemented specific physical activity/exercise interventions are welcomed. Topics are as diverse as the client. These commentaries should be restricted to 500-1000 words (including references).

### **CLINICAL OR HIGH PERFORMANCE CASE STUDIES**

Brief reports regarding clinical or high performance case studies are welcomed. These reports should cover timely and innovative findings. These articles range from 2000-3000 words (excluding references).

### **BOOK REVIEWS**

Reviews of selected innovative books in the health and fitness industry are welcomed. These reviews should consist of a concise synopsis of the book (up to 500 words) with a particular emphasis on knowledge translation for the practitioner and client.