

# Writing for Publication

## **Titles**

“First impressions are strong impressions; a title ought therefore to be well studied, and to give, so far as its limits permit, a definite and concise indication of what is to come“

T. Clifford Allbutt

**What is a great title?**

*Fewest Possible Words*

**Effects of Cigarette Smoking  
and Food Intake on Resting  
Energy Expenditure in Young  
Females**

**Modest Lifestyle Interventions  
Improves Insulin and Glucose  
Tolerance in Obese African  
Americans**

**Can Gender Differences  
During Exercise-Heat Stress be  
Assessed by the Physiological  
Strain Index?**

**Can The Title Be Too Short?**

- \*Critical Power in Swimming
- \*Determination of Critical Power in Swimming
- \*Creatine Supplementation Effects Swim Power
- \*Effects of Creatine Supplementation on Swim Power

**Too Short or Just Right?**

- \*Return to Play After Cervical Spine Injury
- \*Piroformis Syndrome Revisited
- \*Effects of Powerbar on Fat Metabolism
- \*Self-Efficacy Changes in Low Active Women
- \*Resistance Exercise and Recovery Blood Pressure

**Importance of Syntax**

Determinants of Physical Activity Using  
Young Track Athletes and a National  
Sample of Youth

### **Importance of Syntax**

The Inverse Association Between  
Cardiorespiratory Fitness and Gall Bladder  
Disease in Women and Men

### **Importance of Syntax**

X Determinants of Physical Activity in  
Young Track Athletes and a National  
Sample of Youth

### **Importance of Syntax**

Effects of Acute Treadmill Exercise of  
Varying Intensities on State Anxiety in a  
Sedentary Group of Individuals

### **Importance of Syntax**

Physical and Psychological Correlates of  
Self-Presentational Exercise Behavior with  
Young Women Aerobic Class Participants

### **Importance of Syntax**

\*To What Extent Gymnast Could Show a  
Status of Malnutrition Similar to Anorexia  
Nervosa

### **Importance of Syntax**

\*Differences in Physiological and  
Anthropometric Variables in Brazilian  
Soccer Players by Field Position  
\*Association of Physiological and  
Anthropometric Variables in Brazilian  
Soccer Players by Field Position

### **Titles are Labels**

- \* Can the title be a sentence?
- \* Faster O<sub>2</sub> delivery speeds VO<sub>2</sub> kinetics in muscle contractions at peak VO<sub>2</sub>
- \* Lower Extremity Power and Functional Capacity are Related in COPD Patients
- \* Lower Extremity Power and Functional Capacity in COPD Patients

### **Abbreviations and Jargon**

- \* Avoid abbreviations in titles
  - ✦ Assessment of the Cosmed K4 b2 Portable Metabolic System
  - ✦ Assessment of ACSM Recommended Quantity and Quality of Exercise for Developing Cardiorespiratory Fitness
  - ✦ Ballistic Resistance Training(BRT) Can Improve Performance in Rowers
- \* No chemical formulas

### **Guidelines for Acute Soft-Tissue Injury Management using “PRICE” during the First 72 Hours Following Injury**

Protection, Rest, Ice, Compression, Elevation

### **Avoid Series Titles: I, II, III**

- \* Periodization Part I
- \* Periodization Part II
- \* Periodization Part III
- \* Periodization Part IV

### **Hanging Titles: Use of Colon (:)**

- \* Cycle Team Pursuit: Track Progressive Series as a Selective Test
- \* Track Progressive Protocols for Cycle Team Pursuit

### **“Bottom Line” of a Good Title**

- \* Summarize main idea simply and stylishly

### **Abstract for Data-Based Article**

- \*Not to exceed 250 word maximum
- \*State problem, principal objectives, and scope of the study
- \*Describe methodology briefly
- \*Summarize Results
- \*State principle conclusions

### **Abstract for Data-Based Article cont.**

- \*Do not cite references or include tables or figures
- \*Most written in past tense
- \*Should not give information or conclusion not stated in paper
- \*Which should you write first: abstract or article?

### **Abstract for Data-Based Article cont.**

- \*Abbreviations
  - ✦ Unless a term is used several times within Abstract, no need to abbreviate
- \*No tables, figures or citations in abstract
- \*The abstract is a very short version of the whole paper

### **Abstract Opening Sentences**

- \*The purpose of this study was to determine which of four training methods best developed upper body power in junior cross-country skiers.

### **Abstract Opening Sentences**

- \*Most of the focus in oxidative stress research has been on lipid peroxidation. The goal of the present investigation was to assess oxidative stress associated protein damage in highly trained racers during a 10-day summer training camp.

### **Abstract Opening Sentences**

- \*The aim of this study was to test the hypothesis that vagal dysfunction was responsible for a greater hypotension observed at the onset of orthostatic stress in elderly.

### **Abstract Opening Sentences**

\*There have been many approaches to treat de Quervain's tenosynovitis but there is no consensus in the literature. The purpose of this study was to define the best approach to initial presentations of de Quervain's tenosynovitis based on the available literature.

### **Abstract Opening Sentences**

\*We measured responses of healthy humans to passive head-up tilt during controlled breathing to gain insight into autonomic regulatory mechanisms.

### **Abstract Opening Sentences**

X An increasing number of children and youth are affected by asthma. Up to ninety-five percent of those suffering from chronic asthma may also be subject to exercise-induced bronchoconstriction (EIB). The symptoms range from mild discomfort and coughing to severe, even life threatening, episodes requiring hospitalization. The are social stigmas associated with both the attacks and use of prescribed medications. There are also increasing concerns regarding the effects of steroid agents on growth. The purpose of this paper was to review....

### **Abstract for Review Articles**

- \* 75 - 100 words
- \* State topic covered, purpose and scope of review
- \* Sometimes state references used
- \* State conclusions drawn

### **Keywords**

- \* Identify terms that reflect subject for indexing article
- \* Do not include words already in the title
- \* Type keywords at end of abstract

### **Authorship Etiquette**

- \* Use proper and consistent form for names, e.g. first name, middle initial, and last name (how individual uses)
- \* Usually do not list degrees
- \* Include addresses (Lab, Program, and University affiliation for all authors)
- \* Get approval to include someone's name

## **Introduction**

# Know Your Audience

## **Introduction**

- \* Brief discussion of literature
  - ✦ Not too extensive
- \* Cite only studies pertinent to the issue
- \* Avoid unnecessary details
- \* Treat controversial issues in a balanced way
- \* Define terms (variables of interest)
- \* State purpose of paper

## **Introduction cont.**

- \* State hypothesis
  - ✦ What results do you expect
- \* State rationale
  - ✦ Why you expect to get the hypothesized results
- \* Write in present tense
- \* Many journals state principal results & conclusions

## **Methods**

- \* The value of your paper is based on the reproducibility of your methods
- \* Reviewers are very strict readers of methods!
- \* This section is the "Cookbook" of your study

## **Methodology**

- \* Subjects
- \* Apparatus/equipment/tests
- \* Procedures
- \* Research design and statistics

## **Subjects**

- \* Who?
- \* How many?
- \* Age?
- \* Gender?
- \* Race?
- \* Health status?
- \* Other important descriptives

### **Subjects cont.**

- \*Total sample size?
- \*Number in each group? Pre and Post study
- \*Selection and assignment procedures
- \*Approval of human subjects review board

### **Procedures**

- \*Describe each step followed in chronological order
- \*What instructions were given to subjects?
- \*How were groups formed?
- \*What were the treatments?
- \*Describe what you did and how you did it?

### **Statistics**

- \*Do not need lengthy discussion of statistics
- \*Some journals want power of statistics used
- \*Some journals suggest be ready to state power