Writing for Publication

What is a great title?

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

Need for Specific Titles

Use words that highlight content of article

Most important DVs

Population subgroup in study

Type of research

÷ Relationship

÷ Effect

÷ Influence

Energy Balance and Physique in 5- to 6-year-old Japanese Children
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
<table>
<thead>
<tr>
<th>Importance of Syntax</th>
<th>Importance of Syntax</th>
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<tbody>
<tr>
<td>The Inverse Association Between Cardiorespiratory Fitness and Gall Bladder Disease in Women and Men</td>
<td>X Determinants of Physical Activity in Young Track Athletes and a National Sample of Youth</td>
</tr>
<tr>
<td>Effects of Acute Treadmill Exercise of Varying Intensities on State Anxiety in a Sedentary Group of Individuals</td>
<td>Physical and Psychological Correlates of Self-Presentational Exercise Behavior with Young Women Aerobic Class Participants</td>
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<td>To What Extent Gymnast Could Show a Status of Malnutrition Similar to Anorexia Nervosa</td>
<td>Differences in Physiological and Anthropometric Variables in Brazilian Soccer Players by Field Position</td>
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Titles are Labels

- Can the title be a sentence?
- Faster O2 delivery speeds VO2 kinetics in muscle contractions at peak VO2
- 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

• 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

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