

# Writer's Guidelines

The purpose of the NSCA's *Performance Training Journal* and the *Tactical Strength and Conditioning (TSAC) Report* is to further public perception of the NSCA as the leader in its field. The target demographic is the serious, non-professional athlete—someone who might not be a member of NSCA but will probably make use of the types of services offered by our members—as well as tactical operators and military personnel. As you can see, we reach many diverse populations with these two publications. The readers of these publications want serious, in-depth information about strength training and conditioning, accompanied by sample programs and tips on how to apply the information.



The style is informative and conversational. References should be kept to a minimum, and technical terms should be explained in ordinary language. The subject matter is more technical than that found in most newsstand publications, but less technical than the NSCA's professional and research publications (*Journal of Strength and Conditioning Research* and the *Strength and Conditioning Journal*).



When quoting a source, provide the source's title and professional affiliation at first mention. When citing research, provide the source of the research. For example, "Researchers at the University of Colorado" or "Dr. Joe Smith, Head Physician of the Chicago Health Institute."

Articles must be original and not be published elsewhere. Each article must contain information that the athlete can use in practice.

Primary sources such as published studies and interviews with experts are recommended as the basis of research for all articles. Any information gleaned from secondary sources should be fact-checked by the writer prior to submission of the article. We ask that writers include bibliographical information on any publications cited and contact information for the people they interview for each article (including a phone number and address and whenever possible a fax number and/or email address). We request that all interviews be taped and advise that writers keep those tapes for at least one year after the date of publication.

## References

In-text reference citations should contain the number of the citation in the reference list at the end of the manuscript or article. The reference citation should be typeset parenthetically. Reference citations for multiple references are separated only by a comma. For example:

Intensity of exercise is controlled by the rate of glycolysis (1,3).

Do not use periods after author's initials in the reference list. Also, do not use an ampersand before the last author's name, instead use "and." For a periodical, use a colon to separate the volume (issue) and pages, instead of a comma. The name of a periodical should be italicized, along with the volume(issue), but not the page numbers.

Author, AA, Author, BB, Author, CC. Title of article. *Title of Periodical*, xx(x):xxx – xxx. 1994.

## Long Feature Articles

Long feature articles run about 1,000 to 2,000 words in addition to a sample program showing the reader how to apply the concepts discussed in the article. Authors should add value for the reader by using charts, sidebars, case studies, illustrations, self-quizzes and other similar elements. Article extensions available upon request. Contact the NSCA for consideration.

## Short Feature Articles

Short feature articles run approximately 750 words in length and may or may not include an additional sample program.

## Title Page

Long and short feature articles should include a title page with a short, descriptive title, author's name (indicate professional degrees and NSCA certification), institutional affiliation, street address, phone number, and email address.

## Illustrations and Photographs

Authors are encouraged to submit photographs, charts, and figures that help to illustrate the article. All such material should be placed on separate sheets. Charts and illustrations must be of good technical quality and be prepared in black ink on good bond paper or submitted electronically. Photographs are encouraged, whether color or black and white. We can accept electronic files or hard copy images. Hard copy images should be labeled with the article title, author's name, figure or table number, and photo credit (for photographs and artwork only) on a gummed label attached to the back of the artwork. If orientation is unclear, please indicate which side is the top of the artwork on the back of the artwork. All photographs should demonstrate adequate health and safety procedures in the weight room or training environment (i.e., wearing shirts and shoes, removing hats, using safety collars on the bar, using proper form). The focus of the photograph should not be on commercial products or the identity of the school or business.

## Electronic Figures

Do not send figures (photographs, charts, tables, graphics) embedded in the text. Figures must come as separate files with one of the following format extensions:

### Windows / Macintosh

- .tif tagged image file format
- .jpg joint photographic expert group
- .eps encapsulated postscript with a .tif thumbnail

## Editorial Calendars

### 2011 NSCA's Performance Training Journal Editorial Calendar

Cover Date	Number	Editorial Theme	Article Deadline	Publication Date
February 2011	10.1	Conditioning Fundamentals	01/04/11	February 2011
April 2011	10.2	Baseball	03/01/11	April 2011
June 2011	10.3	Soccer	05/02/11	June 2011
August 2011	10.4	Speed Development	07/01/11	August 2011
October 2011	10.5	Core	09/01/11	October 2011
December 2011	10.6	Nutrition	11/01/11	December 2011

### 2011 TSAC Report Editorial Calendar

Cover Date	Number	Article Deadline	Publication Date
January 2011	16	12/01/10	January 2011
April 2011	17	03/01/11	April 2011
July 2011	18	06/01/11	July 2011
October 2011	19	09/01/11	October 2011

## Article Submission

Submit articles for consideration for the NSCA's Performance Training Journal by email to [ptj@nsca-lift.org](mailto:ptj@nsca-lift.org). Articles submitted for consideration for the TSAC Report may be sent by email to [tsacreport@nsca-lift.org](mailto:tsacreport@nsca-lift.org).