



TSAC Report Author Guidelines

The purpose of the *Tactical Strength and Conditioning (TSAC) Report* is to disseminate peer-reviewed information specifically targeted to the training of the tactical athlete. The target demographics are tactical operators and military personnel who could make use of the types of services offered by certified NSCA Members. Many diverse populations are reached with the journals published by the NSCA. Readers want serious, in-depth strength and conditioning information specific to the tactical strength and conditioning athlete, accompanied by sample programs and tips on how to apply the information.

All author submissions must be original work and not published elsewhere. All authors will be required to sign an Author's Agreement assigning copyright of the article/column to the NSCA prior to publishing. Each submission will undergo peer-review and a plagiarism check, and the Editor reserves the right to reject any submission. Authors will also be held responsible for acquiring the necessary permission to republish any material (e.g., tables, graphs, images, etc.) prior to publishing.

The style for the *TSAC Report* is informative and conversational, utilizing scientifically based research. References can be minimal; however, statements or claims that require a reference should be cited. Complete bibliographical information for any publications cited should be provided in the reference list. 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 (the *Strength and Conditioning Journal* and the *Journal of Strength and Conditioning Research*).

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 author prior to submission of the article. Each article must contain information that the tactical athlete can use in a practical training format.

FEATURE ARTICLES

Feature articles run approximately 1,500 – 2,000 words in addition to a sample program showing readers how to apply the concepts discussed in the article, if necessary. Authors should add value for readers by using charts, tables, photos, case studies, illustrations, self-quizzes, or other similar elements, but these are not required. The length and supplemental information of featured articles can be discussed further with the Managing Editor.



COLUMNS

Columns must be a minimum of 750 – 1,000 words in length and may or may not include an additional sample program. Columns may exceed the recommended word count. Authors that agree to submit columns must agree to contribute to each issue for the agreed upon length of time, typically a year.

FORMAT

There is a preferred page layout for *TSAC Report* submissions. All submissions should be “Word” documents. The font should be Garamond and size 12 throughout the entire document. Authors should eliminate all tabs and separate each paragraph with a blank line. The following layout values may be found in the “paragraph” section of Word documents: aligned left, no values for indentations, spacing values of “0 pt” for before and after, and a line spacing value of “multiple” at “1.15.”

BIOS AND CREDENTIALS

Complete names and credentials of all authors should be listed at the top of the document below the title line. An author’s bio should be provided at the time of article submission. Bios are approximately 75 – 125 words in length and provide readers with any professional background or experience pertinent to the publication including academic degrees, licensures and certifications, and any professional accomplishments.

REFERENCES

The NSCA asks that authors 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). The NSCA requests that all interviews be taped, and that authors keep those tapes for at least one year after the date of publication.

Each article should contain a reference list at the end of the document to cite any outside sources used to develop the article, or used as the foundation/evidence for a claim made within the article.

- **It is important that references be sorted alphabetically by the first letter of the lead author’s last name and that any in-text references correctly correspond to the numbered references.**

Reference lists should be typeset parenthetically and numbers should be indented as shown below (numbers set at 0.25” and text set at 0.5”). Below are examples of common reference formats.



When referencing a scientific/research journal:

1. Johnson, L, White, K, and Smith, R. Leg injuries in sports. *Journal of Sports Medicine* 11(3): 14–25, 2009.

When referencing a published book:

2. Johnson, L, and White, K. *Strength and power training for young athletes*. New York, NY: Broadway Books; 23–45, 2009.

When referencing author(s) of a chapter in a published book:

3. Holcomb, W. *Essentials of Strength Training and Conditioning*. (2nd ed.) Champaign, IL: Human Kinetics; 321–342, 2000.

When referencing a position statement published online:

4. Triplett, T, Williams, C, and McHenry, P. Strength and conditioning professional standards and guidelines. National Strength and Conditioning Association's Position Paper. Retrieved January 1, 2011 from, <http://www.nscf-lift.org/Publications/SCStandards.pdf>. 2009.

When referencing a singular research source published regularly (e.g., Hot Topics):

5. Faigenbaum, A. Youth resistance training. *Hot Topic Series*, National Strength and Conditioning Association. 2007.

Below is the basic format for referencing a journal:

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

Below is the basic format for in-text referencing:

The study claimed that when 20 g of protein was consumed, strength gains improved (2).

FIGURES AND PHOTOS

Authors are encouraged to submit photos and/or figures that help to illustrate the article. Such material should be sent as separate files; images should never be embedded in Word documents, unless separate image files are included.

Figures and photos must be of good technical quality, and be prepared and submitted electronically.

All photos 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, etc.). The focus of a photo should not be on commercial products or the identity of the school or business. All photos/figures must be labeled properly and any in-text references must reflect those labels as well.

- **Figures and photos must be sent separately as high-resolution jpeg files.** (Please contact the Publications Manager if other accommodations need to be made for figure/photo submission.)



TABLES

Authors are encouraged to include tables with their article whenever applicable. This can include sample programs, exercise listings, etc.

- **Tables must be submitted as formatted Word tables.** (Tables in Excel format, or tables submitted as image files will be rejected and returned to the author for revision if the file is unusable. The preferred method of submission for tables is as separate Word files containing only the table.)

PRODUCTION SCHEDULE

Cover Date	Number	Article Deadline	Publication Date
January	32	11/21/2013	1/13/2014
April	33	2/24/2014	4/14/2014
July	34	5/27/2014	7/14/2014
October	35	8/25/2014	10/13/2014

ARTICLE SUBMISSION

Submit articles for consideration for the *TSAC Report* by email to the NSCA Senior Publications Coordinator and Managing Editor, Matthew Sandstead, at matthew.sandstead@nsca.com.

The decision of the Editor is final regarding acceptance/rejection of all manuscripts and the final formatting of all manuscripts.