

# Become an Author

Submission Guidelines



## What is Science for Sport?

Firstly, welcome to Science for Sport, and thank you for registering an interest to write for the website.

Our purpose is to supply trustworthy and understandable sports science information to coaches.

Since the website's launch in March 2016, the website has attracted on average 100,000 monthly views, approximately 1.2 million per year, and arguably has the largest social media presence of any industry-related website in the World – with an audience of over 450,000 total followers and growing, quickly (these figures were last updated on 17th Dec 19).

This provides any author with a substantial platform from which to express their competencies and instil their position within the industry.

## Our target audience

Our primary target audience includes the following (including variations of):

- Strength and conditioning coaches
- Sports scientists
- Physiotherapists

## The aims of our content

Our content has two very simple objectives:

- Must be *trustworthy*
- Must be *understandable*

So, when you're writing the content, you must consider the two following things:

- Is this information based on robust research and evidence?
- Is this readable and very easy to understand?

If the work you have produced does not tick both of these items, it will *not* be published on our website.

### **Our promise to you**

Every submission that is accepted will be edited to the highest standards and shared across all of our social media outlets and global network.

We also invest in traffic (e.g. paid social media traffic), which means that thousands - potentially even millions - of people will have the opportunity to view your article. This will create large scale exposure for yourself, your business, and your quality of work.

Using the bio and social links that you send us, we will provide ways for people who like your work to get in touch with you regarding your expertise or business opportunities.

### Article guidelines

The following is a list of guidelines which must be met before any guest-author article will be published:

- The author must hold relevant qualifications (minimum of a bachelor's degree in sports science or related subject).
- The author must submit a short introduction/bio about themselves (50 words, maximum).
- The article must be written in English (UK) and to the author's highest level of literacy.
- The author will attempt to refrain from personal opinions and biases and will attempt to provide a balanced and evidence-based review based on current research and knowledge.
- No personal promotion, and/or brand/company promotion is allowed (references to companies must be agreed by Owen Walker).
- The article must be fully-referenced where any statements are made, and be supported with an accompanying bibliography.

***\*NOTE: Submissions which contain pictures, videos or outbound links to other Science for Sport articles are more likely to get published (e.g. "especially when you are testing jump height. Read this article to learn about more about jump testing". Please highlight and insert a link over the 'article' word to the article. Please ensure that the link opens up the article in a new window.***

### Article guidelines

- All articles must be submitted on this page (<https://www.scienceforsport.com/publish-your-work/>)
- We can only accept articles submitted in Word documents.
- Please give your article a title that reflects its content. We do, however, retain the right to change your title for content and/or SEO purposes.
- Include any additional personal details (e.g. LinkedIn, website, YouTube, etc.) inside the submitted article document.
- Please include a photo of yourself, in JPG or PNG format.
- Any appropriate images, photos, or charts should be embedded into the Word document. If you choose to send them as separate attachments, please be sure to designate where in the document they should be placed. If you don't have the need for article-specific pictures, we can supply photos from our picture library.
- If your article requires videos, they must be at least 720p and shot horizontally. Videos cannot contain promotions or advertisements of any kind. Again, please insert video links in the location within the document that they should appear.

### Article guidelines

- When you submit an article, don't send a follow-up email. Trust us, we got it. Sometimes it takes up to two months for articles to get published. If we're going to use your article, you will receive an email telling you when it's scheduled. If we aren't going to use your article, we'll send an email notifying you.
- Plagiarism will NOT be accepted or tolerated under ANY circumstances. It is for the reason that the author MUST sign and return a copy of the 'Terms & Conditions' document before any article will be published.
- Should the instance arise that the author has copied the works of another, and the article has been published, the individual who has submitted the article for publication to Science for Sport will accept full responsibility for the copyright infringement and any successive penalties imposed by any parties.



### Content guidelines

- We will only publish articles from which the topic was selected from our content list
- While we have no set article length, typical articles are 500-3,000 words. Shorter and longer articles are both considered.
- You must do your very best to ensure the your work is free from all grammatical errors. We strongly advise the use of [Grammarly](#) in order to do so.
- All submissions must be new, original work. They should not have been published before, anywhere, including on other blogs. Science for Sport retains exclusive rights to articles published on the blog. Posts may not be republished, re-purposed, or replicated for other sites or platforms without receiving advance permission from Science for Sport.
- You must have rights to all images and video clips that you provide to Science for Sport to accompany your article.

### Format guidelines

- Pre-existing document formatting is stripped out during preparations for posting on the site so anything used for emphasis or decoration will be lost.
- If your article contains special characters and/or symbols they may be lost during this process. Likewise, no headers or footers.
- Science for Sport uses introductions, sub-headers, and conclusions in each of our articles. While Science for Sport reserves the right to insert our own subheading titles, please do your best to title each section of your article, and end with a viable conclusion and/or summation.
- If you use sources, quotes, statistics, etc., please be sure to source them. You may do this as a hyperlink to the original source material (if possible) or by listing any references at the end of the document.
- Be sure to include all pertinent information with references such as author(s) name, publication year, volume number, page number(s), publisher, and publisher location.
- In-text references should be left unnumbered, and only cite the lead author's name and publication year - e.g. Aerobic power is referred to as V02 max (Buchheit 2008). In the circumstance that multiple references are made, the format should look like that following - (Buchheit 2008; Newton 2010; Haff 2009). The final editing process will be completed by Science for Sport.