INTRODUCTION

*Apunts. Sports Medicine*, a publication by Consell Català de l'Esport (Catalan Sports Council), is a scientific journal dedicated to sports medicine. *Apunts* is focused, on the one hand, on the impact of high sports performance on men and women and, especially, in the study of team sports and muscle, tendon, and ligament injuries. On the other hand, on the behavior to follow while practicing sport or physical activity during illnesses or in certain situations. The journal regularly includes original articles on Applied Research, Clinical Cases, Editorial articles or Comments, Consensus Articles, Reviews and Letters to the Editor. All of which undergo an anonymous external peer review process.

**Types of article**

**Editorials**

With some exceptions, these will be commissioned by the Editorial Committee on a current topic, which may or may not refer to an article published in the same issue of *Apunts. Sports Medicine*. They usually consist of 800-1000 words with a maximum of 15 literature references. A single author is preferred.

**Originals**

Original articles must follow the format of, Introduction, Material and methods, Results, and Discussion. The maximum length of the text will be approximately 3,500 words, and up to 6 figures or tables will be accepted. It is essential to include a structured abstract, only in English, with not more than 250 words in length. Three to 6 keywords will be included after the abstract. If the original article is a clinical trial, *Apunts. Sports Medicine* recommends that all the authors register it in a public access electronic register, in accordance with the recommendations of the International Committee of Medical Journal Editors (ICMJE, [http://www.icmje.org/faq.pdf](http://www.icmje.org/faq.pdf)). In this respect, all clinical trials are defined as those research projects that prospectively assign human subjects to a determined intervention or group to study the cause-effect relationship between the intervention and the clinical result. The researchers who conduct a randomised prospective study should consult the latest version of the CONSORT (Consolidated Standards of Reporting Trials) ([http://www.consort-statement.org/](http://www.consort-statement.org/)) criteria and include a flow-chart of the type recommended by CONSORT, detailing the distribution of the subjects under study during the running of the same. Randomised, prospective studies should be clearly identified in the title and in the abstract of the article. Likewise, it must include the register number and the register name in the last line of the abstract. Trials may be registered in any of the following registers (or in others that comply with the ICMJE regulations):

c) Netherlands Trial Register: [http://www.trialregister.nl/trialreg/index.asp](http://www.trialregister.nl/trialreg/index.asp)
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*Apunts. Sports Medicine* accepts articles only in English. However, the article can be sent in Spanish or Catalan while the article is being reviewed, but, once accepted, the author must send it in English, and the article in the original language (Spanish or Catalan) will be included at the end of the article as “Additional Material” in pdf with Word format.

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It will be brief and must only provide the necessary explanation in order that the reader can understand the text that follows. It must not contain figures or tables. It must clearly express the aim(s) of the work in the last paragraph.

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The first paragraph of the material and methods section must mention the design type (experimental, clinical, retrospective, prospective, observational, clinical trial, controlled or not, etc.) and the study setting (multicentre or not, type of centre, etc.). The methods and procedures used must be set out with sufficient detail in order to allow other researchers to reproduce the research. In clinical trials, details will be given of the randomisation method. Furthermore, the method used to calculate sample size must be specified, as well as the main variable of the study and an explanation of its calculation. The methodology used in the statistical analysis must be explained. Whenever it is intended to publish a very uncommon observation, the literature search method, the keywords used, years covered, and the date of updating must be specified in the text. When experiments on humans are presented, it must
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