

Journal of Science and Medicine in Sport
Volume 22 (9) (2019)
Official Journal of Sports Medicine Australia



Editor-in-Chief

Gordon Waddington, PhD, University of Canberra

Consulting Editor

Gregory Kolt, PhD, Western Sydney University

Deputy Editors

Sport Injury
Evert Verhagen, PhD
VU Amsterdam

Sport and Exercise Medicine
Toomas Timpka, MD, PhD
Linköping University

Sport Science
Ollie Jay, PhD
The University of Sydney

Associate Editors

Teatske Altenburg, PhD, Vrije Universiteit Medisch Centrum
Lisa Barnett, PhD, Deakin University
David Bentley, PhD, Flinders University
Julien V. Brugniaux, PhD, Université Grenoble Alpes
Michael Callaghan, PhD, University of Manchester
Cristina Caperchione, PhD, University of British Columbia
Douglas Casa, PhD, University of Connecticut
Steve Copley, PhD, University of Sydney
Sean Docking, PhD, La Trobe University
Christina Ekegren, PhD, Monash University
Lauren Fortington, PhD, Edith Cowan University
Andrew Kilding, PhD, Auckland University of Technology
Anthony Leicht, PhD, James Cook University

Carly McKay, PhD, University of Bath
Andrew McKune, PhD, University of Canberra
Lars McNaughton, PhD, Edge Hill University
Tim Meyer, MD, PhD, Saarland University
Bradley C. Nindl, PhD, University of Pittsburgh
Nirmala Panagodage Perera, PhD, University of Oxford
Stephan Praet, MD, PhD, Australian Sports Commission
Kate Pumpa, PhD, University of Canberra
Amanda Rebar, PhD, CQUniversity
Jason Siegler, PhD, Western Sydney University
Gisela Sole, PhD, University of Otago
Marijke Welvaert, PhD, University of Canberra
Jeremy Witchalls, PhD, University of Canberra

Editorial Board

Gary Brickley, PhD, University of Brighton
Wendy Brown, PhD, University of Queensland
Ray Browning, PhD, University of Colorado Health Sciences Centre
Timothy Cable, PhD, Liverpool John Moores University
Jill Cook, PhD, La Trobe University
Aaron Coutts, PhD, University of Technology Sydney
Andrew Cresswell, PhD, University of Queensland
Annet J. Dallmeijer, PhD, Vrije Universiteit Medisch Centrum
Patrik Danielson, PhD, Umea University
Eamonn Delahunt, PhD, University College Dublin
Peter Eastwood, PhD, University of Western Australia
Carolyn Emery, PhD, University of Calgary
Kieran Fallon, PhD, Australian Institute of Sport
Damian Farrow, PhD, Victoria University
Paul Fournier, PhD, University of Western Australia
Andrew Garnham, MBBS, Deakin University
Emma George, PhD, Western Sydney University
Conor Gissane, PhD, St Marys University College
Marc Hamilton, PhD, University of Missouri-Columbia
Spencer Hayes, PhD, Liverpool John Moores University
Erik Hohmann, PhD, Valiant/Houston Methodist Group, UAE
Franco M. Impellizzeri, PhD, Neuromuscular Research Laboratory
Costas Karageorghis, PhD, Brunel University
Michael Kennedy, PhD, University of Alberta

Michael Kinchington, PhD, Centre for Podiatric Medicine
Katriina Kukkonen-Harjula, PhD, University of Eastern Finland
Paul Laursen, PhD, New Zealand Academy of Sport and AUT University
David Lloyd, PhD, Griffith University
Mary Magarey, PhD, University of South Australia
Michael Makdissi, PhD, University of Melbourne
Peter Malliaras, PhD, Monash University
Frank Marino, PhD, Charles Sturt University
Alberto Méndez-Villanueva, PhD, ASPIRE, Academy for Sports Excellence
Geraldine Naughton, PhD, Australian Catholic University
Leslie Nicholson, PhD, University of Sydney
Ken Nosaka, PhD, Edith Cowan University
Les Podlog, PhD, University of Utah
Stephan Riek, PhD, University of Queensland
Jo Salmon, PhD, Deakin University
Grant Schofield, PhD, Auckland University of Technology
Joanna Scurr, PhD, University of Portsmouth
Ian Shrier, PhD, McGill University
Dennis Taaffe, PhD, Edith Cowan University
Stuart Warden, PhD, Indiana University
Anita Wluka, PhD, Monash University
Ella Yeung, PhD, Hong Kong Polytechnic University

The Editorial Office E-mail: jsams@elsevier.com

