



## Editorial

## An online intervention for promoting physical activity in rural Australian adults



Gescheit's group lead off with this month's first feature article, a report of a multi-year injury epidemiology analysis of an Australian elite junior tennis program. Mitchell and colleagues, in the second featured article, describe the results of using an online intervention to improve physical activity levels in a rural environment. In the third featured article this month, Pryor and co-workers, outline a study that indicates using exercise with heat exposures every 5th day after acclimation reduces perceptual and physiologic strain indicators up to a month later.

In this month's sports medicine section, Kunstler's group outline the behaviour change techniques used by Australian physiotherapists to increase levels of non-treatment physical activity. Lord, Blazeovich, Drinkwater and Ma'ayah describe a relationship between changes in aspects of running kinematics and hamstring injury history in footballers. Abrahams and colleagues report a possible association of TAU gene polymorphisms and concussion history in a sample of rugby players.

In the first of the reports in this month's sports injury section, Malone and co-workers describe factors associated with tolerance to both higher workloads and reduced injury risk in team sport athletes. Continuing the load tolerance theme, Frank and colleagues suggest that individuals who display better movement profiles experience less mechanical stress with movement. Whalan, Lovell, McCunn and Sampson describe the incidence and burden of time loss injury in sub-elite football (soccer). Hughes, Dickin and Wang report a study examining the protective effect of mutiaxial loading on tibial strains during load carriage. In the final article in this month's sports injury section, Sewry's group describe the injury rates and injury burden in South African under-16s rugby.

This month's physical activity section is lead off by de la Motte and colleagues who compare objective fitness measures with self-reported physical activity and sedentary time in a military cohort. Williams and co-workers report a study to determine the rela-

tionship between biomechanical factors and exercise performance. Garcia-Hermoso, Ramirez-Velez and Saavedra in a systematic review of meta-analyses, provide recommendations for the dose levels of exercise needed to reduce health issues in a young obese population. In the final article in this section, Jaakkola's group describe longitudinal associations of fundamental movement skills and physical activity levels and degree of sedentary behaviour across late primary and early high school students.

In the first article in the sport and exercise science section this month, Tirosh, Orland, Eliakim, Nemet and Steinberg report the repeatability of tibial acceleration measurements in children. Ludyga and co-workers describe the effect of exercise sessions on inhibitory control and task related heart rate variability in adolescents. Giboin, Gruber, and Kramer outline the impact of prior practice of similar tasks on rate of learning of a new balance task. Fokkema and colleagues, in a prospective study of 774 participants in a novice running program, describe the reasons and predictors for discontinuing running. Corrigan, Dwyer, Harvey and Gastin report on the impact of match characteristics and level of experience of AFL umpires decision making performance. In the final article in this month, Brophy-Williams' team outline the positive impact on subsequent performance of a 5 km run one hour after a 5 km run while wearing compression socks.

The January 2019 issue of the Journal of Science and Medicine in Sport provides an excellent start to a new year of high quality information for researchers and clinicians in sport science and exercise medicine.

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