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## Journal of Science and Medicine in Sport

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Journal of Science and Medicine in Sport

## Editorial

## Improving athlete sleep?



In the first of the month's feature articles Miles and colleagues suggest including looking at sleep behaviours of coaches and support staff as a mechanism for enhancing athlete sleep. In the second feature article Warren, Dale, McCaig and Ranson describe injury profiles in women's T20 cricket and in the third feature article McIlvenna's group report a study suggesting lower limb ischaemic preconditioning plus nitrate supplementation has no performance impact in a group of well trained cyclists.

In the first of the sports medicine articles this month Lulinska-Kuklik and team suggest preliminary evidence to support genetic variation in MMP3 may be associated with ACL injury susceptibility. In a concerning case series, Hopkins and co-workers describe patients presenting at one site with CrossFit related rhabdomyolysis. Howe and colleagues report a link between a measure of emotional intelligence and physiologic stress response in an experimental ultramarathon model.

Duhig's group describe the impact of concentric and eccentric hamstring training on recovery, strength and muscle architecture in the first article in the sports injury section. Gardner, Howell and Iverson describe the relationship between the Australian National Rugby League match scheduling and rates of concussion. Continuing in the concussion realm, McIntosh and colleagues report an assessment of the functionality of wearable head impact sensors in Australian Football.

In the first of the physical activity focussed articles this month, Altenburg, Rotteveel, Serné and Chinapaw suggest that standing is not enough to ameliorate the effects of sitting in healthy young men. Carson and co-workers report associations between meeting

the Canadian 24-Hour Movement Guidelines for the Early Years and behavioural and emotional problems in 3-year-olds. Northey's team question the measurement of intensity of physical activity in older persons using questionnaires. Paing's group provide early work on developing a dose-response between frequency of breaks in sedentary time and glucose control in type 2 diabetes. In the final article in the section, Boddy and colleagues describe the comparability of wrist worn and waist worn accelerometer step count measures in children.

This month's sport and exercise science section is led off by Horwath's team reporting a study suggesting that isokinetic resistance training combined with eccentric overload improves muscle development and athletic performance in young ice hockey players. Chambers' group report a method for detecting one-on-one tackles and rucks in rugby union using microtechnology. Fuchs and co-workers describe a biomechanical study of the movement characteristics of female volley ball spike jumps. In a systematic review and meta-analysis, Bauer and colleagues describe the impact of higher load and lower load resistance training exercises. In the final article this month, Diffendaffer and co-workers report the impact of mound height on baseball movement and pitching biomechanics.

The July 2019 issue of the Journal of Science and Medicine in Sport continues to provide a high quality mix of articles across the full spectrum of science and medicine in sport.

Gordon S. Waddington  
*Editor-in-Chief*