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Journal of Science and Medicine in Sport

## Editorial

## Is BMI a misleading proxy for adiposity in longitudinal studies with adolescent males?



Telford and colleagues lead off with the first of this month's featured articles, suggesting that, in adolescent males, an increased BMI in longitudinal studies may actually be associated with a decreased percentage of body fat. In the second featured article, Levy, Lucas and Hope report a pilot study indicating that platelet rich plasma has no impact on proximal hamstring tendonopathy clinical outcomes. In the third feature article, McKean's group suggest that nutritional knowledge is limited in Australian registered exercise professionals

The second article in this month's sports medicine, by Ubago-Guisado and co-workers reports outcomes from the PRO-BONE Study, indicating significant differences between osteogenic and non-osteogenic sports in bone growth response during the peak height velocity growth period. Fokkema and colleagues in a report of a prospective study outline the prognosis and prognostic factors of running-related injuries in novice runners. In the final article in the sports medicine section, Gaudet, Begon and Tremblay describe the use of a cluster analysis of physical performance and self-report measures to identify shoulder injury in female overhead athletes

This month's sports injury section leads off with a paper by Kunstler's team describing factors that influence Australian physiotherapists choice to promote physical activity to patients with musculoskeletal injuries. Damsted and co-workers report an outcome of ProjectRun21, outlining the impact of running experience and running pace on risk of running related injury. McKeon and Wikstrom describe an RCT on the effect of sensory targeted ankle rehabilitation on single leg centre of pressure measures. In the final article in this section, Bellenger's group describe locomotor changes following heavy training periods in running athletes using a detrended fluctuation analysis methodology.

This month's physical activity section is lead off with a report by Shaw and colleagues of the calibration of activity-related energy

expenditure in the Hispanic Community Health Study/Study of Latinos. Bardid's group describe criteria for determining the most appropriate method for measuring motor competence in children. Parker and co-workers describe typologies of adolescent activity related behaviours. Coltman, Steele and McGhee report a cross-section study suggesting that women's breast size should be considered as a potential barrier to participation in physical activity.

In the first article in this month in the sport and exercise science section, Bennett and co-workers outline the utility of descriptive conversion of performance indicators in rugby union. Peinado's team, utilising a double blind cross over design describe the effect of induced alkalosis on BMX performance. Boccia and colleagues report work indicating that elite national level athletes reach peak performance later than non-elite athletes. Macadam, Simperingham and Cronin describe the impact of forearm wearable resistance devices on sprint kinematics and kinetics. Grgic and Pickering, in a meta-analysis, outline the effects of caffeine on isokinetic muscle strength measures. Grgic, Schoenfeld and Latella report a review of the impact of resistance training frequency and its effect on skeletal muscle hypertrophy. In the final article this month, Bright and colleagues examine the effects of neck cooling, menthol application and abdominal cooling on self-paced exercise in the heat.

The March 2019 issue provides a wealth of information for researchers and clinicians and researchers across the sport sciences, physical activity and exercise medicine fields.

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