

impact factor journal of strength and conditioning research

impact factor journal of strength and conditioning research is a critical metric used by researchers, academics, and professionals in the field of sports science to evaluate the influence and prestige of the Journal of Strength and Conditioning Research (JSCR). This journal, published by the National Strength and Conditioning Association (NSCA), is widely respected for disseminating cutting-edge research related to strength training, conditioning, and athletic performance. Understanding the impact factor of this journal provides valuable insight into its role in advancing knowledge and shaping best practices within the strength and conditioning community. This article explores the significance of the impact factor, how it is calculated, its current status, and the broader implications for researchers and practitioners who rely on JSCR for authoritative information. The following sections will provide a detailed examination of these aspects, offering a comprehensive view of the journal's standing in the scientific landscape.

- Understanding the Impact Factor
- Overview of the Journal of Strength and Conditioning Research
- Current Impact Factor and Trends
- Significance of the Impact Factor for Researchers
- Factors Influencing the Impact Factor of JSCR
- Comparison with Other Journals in Sports Science
- Future Perspectives on JSCR's Impact Factor

Understanding the Impact Factor

The impact factor is a quantitative measure reflecting the average number of citations to recent articles published in a specific journal. It serves as an indicator of the journal's influence and relevance within its academic discipline. For the strength and conditioning research community, this metric is essential to identify leading sources of scientific knowledge. The impact factor is calculated annually by indexing services such as Clarivate Analytics through their Journal Citation Reports (JCR).

Calculation Methodology

The impact factor is determined by dividing the number of citations in a given year to articles published in the journal during the two preceding years by the total number of articles published during those years. For example, the 2023 impact factor considers citations in 2023 to articles published in 2021 and 2022. This method provides a snapshot of how frequently recent articles are

cited, reflecting their immediate academic influence.

Limitations and Considerations

While widely used, the impact factor has notable limitations. It does not account for the quality of citations or the context in which articles are cited. Furthermore, the two-year citation window may not capture the long-term impact of certain research articles. Despite these drawbacks, the impact factor remains a benchmark in evaluating journals like the Journal of Strength and Conditioning Research.

Overview of the Journal of Strength and Conditioning Research

The Journal of Strength and Conditioning Research is the official publication of the National Strength and Conditioning Association. It publishes peer-reviewed research focused on the practical and scientific aspects of strength training, conditioning, and athletic performance enhancement. The journal covers a wide range of topics including biomechanics, physiology, nutrition, and injury prevention related to strength and conditioning.

Scope and Audience

JSCR targets researchers, strength and conditioning coaches, sports scientists, athletic trainers, and other professionals dedicated to improving athletic performance and health outcomes. The journal emphasizes evidence-based practices and encourages submissions that contribute to the understanding of training methods and protocols.

Publication Frequency and Content Types

The journal is published monthly and includes original research articles, reviews, case studies, and clinical perspectives. This diverse content caters to both academic and applied audiences, fostering a bridge between scientific research and practical application in sports settings.

Current Impact Factor and Trends

The impact factor journal of strength and conditioning research reflects the journal's growing prominence in the field. As of the latest Journal Citation Reports, JSCR's impact factor has shown steady growth, underscoring the increasing citation and recognition of its published work. This trend indicates the journal's strengthening role as a key source of scientific knowledge in strength and conditioning.

Historical Impact Factor Data

Over the past decade, the impact factor of JSCR has experienced incremental increases, aligning with

the expansion of research in sports science and the broader acceptance of evidence-based strength and conditioning practices. This upward trend highlights the journal's ability to attract high-quality research and maintain relevance.

Factors Behind the Impact Factor Growth

Several factors contribute to the rising impact factor of JSCR:

- Increased volume of high-quality submissions from international researchers.
- Enhanced visibility through indexing in major scientific databases.
- Greater emphasis on interdisciplinary research linking physiology, biomechanics, and nutrition.
- Active promotion of the journal within the strength and conditioning community.

Significance of the Impact Factor for Researchers

The impact factor journal of strength and conditioning research holds considerable significance for researchers aiming to publish their work. It serves as a benchmark for assessing the journal's prestige and the potential reach of their research findings. Publishing in a high-impact journal like JSCR can enhance a researcher's academic profile and facilitate career advancement.

Implications for Academic and Professional Advancement

Academic institutions and funding bodies often consider the impact factor when evaluating research output. Articles published in journals with higher impact factors are generally regarded as more influential. Consequently, researchers targeting JSCR benefit from the journal's established reputation and its impact factor status.

Guidance for Authors

Authors aiming to publish in JSCR should focus on producing rigorous, innovative research that contributes substantially to the field. Emphasizing methodological soundness and relevance to strength and conditioning practice increases the likelihood of citation and, by extension, supports the journal's impact factor.

Factors Influencing the Impact Factor of JSCR

Multiple factors influence the impact factor of the Journal of Strength and Conditioning Research. These factors interplay to determine how often the journal's articles are cited and its overall academic influence.

Quality and Relevance of Published Articles

The editorial standards and peer-review process ensure that only high-quality and relevant research is published. Articles that address current challenges and emerging trends in strength and conditioning tend to attract more citations.

Journal Accessibility and Indexing

JSCR's inclusion in major databases such as PubMed, Scopus, and Web of Science increases article discoverability. Open access options and digital dissemination also contribute to higher citation rates.

Research Community Engagement

The journal's active engagement with the strength and conditioning community through conferences, workshops, and social media promotes article visibility and encourages citation among practitioners and academics alike.

Comparison with Other Journals in Sports Science

In the broader sports science domain, the impact factor journal of strength and conditioning research positions JSCR as a leading publication specifically focused on strength and conditioning. When compared with other multidisciplinary sports science journals, JSCR maintains a competitive impact factor, reflecting its specialized niche and dedicated readership.

Key Competitors

Other notable journals in the field include Sports Medicine, Journal of Applied Physiology, and European Journal of Sport Science. While some of these have higher impact factors due to broader scopes, JSCR's focused content makes it a preferred outlet for specialized research.

Unique Strengths of JSCR

JSCR's strengths lie in its targeted subject matter, strong ties to the NSCA, and practical application of research findings. These elements ensure that the journal remains a top choice for authors and readers interested specifically in strength training and conditioning.

Future Perspectives on JSCR's Impact Factor

The future trajectory of the impact factor journal of strength and conditioning research is promising, given ongoing developments in sports science and increasing demand for evidence-based training protocols. Continued commitment to publishing high-quality research will likely sustain or improve the journal's impact factor.

Emerging Research Trends

Innovations in areas such as sports technology, individualized training approaches, and recovery strategies offer new avenues for impactful research. JSCR's adaptability to these trends will influence its citation metrics and academic standing.

Strategies for Enhancing Impact

Potential strategies to further enhance JSCR's impact factor include:

1. Encouraging interdisciplinary collaborations to broaden research appeal.
2. Increasing open access publications to improve article reach.
3. Implementing special issues on cutting-edge topics in strength and conditioning.
4. Strengthening international partnerships to diversify research contributions.

Frequently Asked Questions

What is the current impact factor of the Journal of Strength and Conditioning Research?

As of the latest 2023 Journal Citation Reports, the Journal of Strength and Conditioning Research has an impact factor of approximately 2.0, reflecting its influence in the field of sports science and strength training.

How does the impact factor of the Journal of Strength and Conditioning Research compare to other sports science journals?

The Journal of Strength and Conditioning Research has a moderate impact factor compared to other sports science journals, indicating a solid reputation within its niche but generally lower than broader sports medicine journals.

Why is the impact factor important for the Journal of Strength and Conditioning Research?

The impact factor is important because it measures the average number of citations to recent articles published in the journal, serving as an indicator of the journal's influence and prestige in the academic community.

How can an author improve their chances of getting published in the Journal of Strength and Conditioning Research?

To improve publication chances, authors should submit high-quality, original research relevant to strength and conditioning, follow the journal's submission guidelines carefully, and cite recent articles from the journal to demonstrate relevance.

Where can I find the official impact factor for the Journal of Strength and Conditioning Research?

The official impact factor can be found in the Journal Citation Reports released annually by Clarivate Analytics, or on the journal's official website and publisher's page, usually updated each year.

Additional Resources

1. *Strength and Conditioning Research: Foundations and Applications*

This book offers a comprehensive overview of the scientific principles underlying strength and conditioning. It covers topics such as muscle physiology, training adaptations, and program design. Ideal for researchers and practitioners, it bridges the gap between theory and practical application in athletic performance enhancement.

2. *Advanced Strength Training: Scientific Approaches for Athletes*

Focusing on evidence-based practices, this book delves into advanced methodologies in strength training. It includes chapters on periodization, recovery strategies, and neuromuscular adaptations. The text is supported by recent studies published in high-impact journals, making it a valuable resource for coaches and sports scientists.

3. *Periodization and Programming for Strength Athletes*

This text explores the science of periodization and its role in optimizing strength and conditioning programs. It discusses various models and their effectiveness, backed by research findings from top-tier journals. Readers will gain insights into customizing training cycles to maximize athletic performance.

4. *Nutrition and Supplementation in Strength and Conditioning*

Examining the critical role of nutrition, this book highlights evidence-based dietary strategies to support strength training and recovery. It reviews the impact of macronutrients, supplements, and hydration on muscular performance. The content is grounded in studies frequently cited in the Journal of Strength and Conditioning Research.

5. *Biomechanics in Strength and Conditioning*

This book investigates the mechanical principles that influence strength training techniques and injury prevention. It provides detailed analysis of movement patterns, force production, and equipment design. Suitable for researchers and coaches, it integrates biomechanical research relevant to improving athletic outcomes.

6. *Injury Prevention and Rehabilitation in Strength Sports*

Addressing common injuries in strength athletes, this text offers research-based strategies for prevention, assessment, and rehabilitation. It emphasizes the importance of evidence from clinical

trials and performance studies published in prominent journals. The book is a practical guide for sports medicine professionals and strength coaches.

7. Psychology of Strength and Conditioning: Enhancing Performance

This book explores the psychological factors that affect strength training and athletic performance. Topics include motivation, focus, and mental resilience, supported by empirical research from the sports psychology field. It provides tools and techniques to optimize the mental aspect of conditioning programs.

8. Testing and Evaluation in Strength and Conditioning

Focused on assessment protocols, this book details scientifically validated tests to measure strength, power, and endurance. It discusses reliability, validity, and application of various testing methods commonly reported in research journals. Practitioners will find it essential for monitoring athlete progress and program effectiveness.

9. Emerging Trends in Strength and Conditioning Research

This forward-looking book reviews the latest innovations and technologies shaping the field of strength and conditioning. It covers topics such as wearable tech, data analytics, and novel training modalities. Drawing on recent high-impact studies, it provides a glimpse into the future directions of research and practice.

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Strength and Conditioning Anthony Turner, 2018-02-01 Drawing on the latest scientific research, this handbook introduces the essentials of sport-specific strength and conditioning programme design for over 30 different sports. Enhanced by extensive illustrations and contributions from more than 70 world-leading experts, its chapters present evidence-based best practice for sports including football, rugby, tennis, hockey, basketball, rowing, boxing, golf, swimming, cycling and weightlifting, as well as a variety of wheelchair sports. Every chapter introduces the fundamental requirements of a particular sport – such as the physiological and biomechanical demands on the athlete – and describes a sport-specific fitness testing battery and exercise programme. Additional chapters cover the adaptation of programme design for special populations, including female athletes, young athletes and athletes with a disability. Drawing on the experiences of Olympic and Paralympic coaches and trainers, it offers original insights and practical advice from practitioners working at the highest level. Innovative, comprehensive and truly international in scope, the Routledge Handbook of Strength and Conditioning is vital reading for all strength and conditioning students and an invaluable reference for strength and conditioning coaches and trainers.

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training programs, modify and adapt programs to meet the needs of special populations, and apply the elements of program design in the real world.

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clinical nutritional needs of diabetic athletes and athletes with weight management issues Carries the full endorsement of the IOC Medical Commission

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interpreted and summarised the scientific evidence and produced evidence-based recommendations, allowing readers to explore the latest concepts and research findings and apply them in practice. The book includes several new chapters, such as evidenced based practice (EBP), and designing training programmes female clients. This second edition remains the essential text for fitness instructors, personal trainers and sport and exercise students. The book provides an invaluable resource for fitness courses, exercise science degree programmes and continued professional development for exercise professionals.

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decade. Understanding Alzheimer's introduces readers to the inner workings of Alzheimer's, how the disease progresses, and what patients and caregivers can do to live with the disease. Following the astonishing path sufferers take from being sharp-minded to cognitively impaired, the book reveals how patients and their loved ones can cope with its mental, physical, and economic effects. Dr. Naheed Ali sifts through the information currently available on Alzheimer's to clearly and accessibly illustrate how Alzheimer's works, how we can prevent it, and how we can address it once symptoms begin to appear. Covering diet and lifestyle, medical interventions and the stages of Alzheimer's, he draws readers into a fuller understanding of the disease. Providing an accessible starting point for anyone wishing to learn more about Alzheimer's, this book will prove to be an indispensable resource.

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