

Instructions to Authors

Journal of Applied Sport
and Exercise Psychology

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1. Aims and Scope

The *Journal of Applied Sport and Exercise Psychology* (JASEP) aims to advance thought, theory, and research on applied and basic aspects of sport and exercise psychology. JASEP invites all types of scientifically sound research (e.g., experiments, qualitative research) addressing scientific issues and/or theory development related to sport and exercise in ecologically valid settings (instead of context-free basic research; cf. <https://dictionary.apa.org/applied-research>). JASEP is open to diverse methodological approaches and to a variety of publication formats that aim at presenting results from high-quality empirical research (quantitative and qualitative) and well-grounded reports and studies from practitioners as well. Through a thorough peer-review process, JASEP ensures the publication of research that has considerable impact on the field of sport and exercise psychology. The journal promotes the development of psychological theory, research, questionnaire validation, intervention strategies, and implications for bridging the gap between theory and practice in the context of sport and exercise psychology, incorporating information and expertise from exercise and sport sciences as well as from psychology. The settings of conducted research may include (but are not limited to) the areas of competitive sports (elite and amateur level), education, and health (e.g., rehabilitation). JASEP emphasizes original research reports that advance our understanding of psychological and cognitive mechanisms related to sport and exercise. Also, review papers, position papers, replication studies, and registered reports are welcome.

The target audience of JASEP includes researchers, scholars, and practitioners in the field of sport and exercise psychology, as well as professionals involved in sports activities such as coaches, trainers, therapists, organizations, and officials. JASEP aims to provide a platform for the publication of contemporary scientific issues, knowledge, and experiences for these target groups and to promote the practical application of research findings in the field of sport and exercise.

2. Manuscript Submission

All manuscripts and electronic supplementary material (ESM) should be submitted electronically at <http://www.editorialmanager.com/spo>. Please follow the online instructions for submission.

3. Manuscripts

The *Journal of Applied Sport and Exercise Psychology* (JASEP) publishes the following types of articles:

- **Research Reports** and **Review Articles** (36 000 total characters including spaces, tables, figures and literature).
- **Research Note**, focusing on reports of research results (18 000 total characters including spaces, tables, figures and literature)
- **Position papers**, which represent an own theoretical position (36 000 total characters incl. spaces, tables, figures and literature)
- **Contributions from applied sport psychology** (36,000 total characters including spaces, tables, figures and literature). The contributions from applied sport psychology are intended to promote the exchange of scientifically reflected and well-founded practice between people who are active in the fields of action of applied sport psychology. Further information on this section can also be found on the journal homepage at hgf.io/jasep.

Tables and figures reduce the maximum available total number of characters per item as follows:

Pages	Characters
1/1	4,400
3/4	3,300
1/2	2,200
1/4	1,100

The **Electronic Supplementary Material (ESM)** will not be printed and is not included in the word count.

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