

## ETHICAL GUIDELINES FOR JOURNAL PUBLICATION

*Advances in Health and Exercise* is committed to ensuring ethics in publication and quality of articles.

Especially, *Adv Health Exerc* is following the Code of Conduct as defined by the [Committee of Publication Ethics \(COPE\)](#).

The ethics include the editor following certain rules on relations with readers, authors, and reviewers as well as procedures for handling complaints.

Conformance to standards of ethical behavior is expected of all parties involved: Authors, Editors, Reviewers, and the Publisher.

In particular,

**Authors:** Authors should present an objective discussion of the significance of the research work as well as sufficient detail and references to permit others to replicate the experiments. Fraudulent or knowingly inaccurate statements constitute unethical behavior and are unacceptable. Review articles should also be objective, comprehensive, and accurate accounts of the state of the art. The authors should ensure that their work is entirely original works, and if the work and/or words of others have been used, this has been appropriately acknowledged. Plagiarism in all its forms constitutes unethical publishing behavior and is unacceptable. Submitting the same manuscript to more than one journal concurrently constitutes unethical publishing behavior and is unacceptable. Authors should not submit articles describing essentially the same research to more than one journal. The corresponding author should ensure that there is a full consensus of all co-authors in approving the final version of the paper and its submission for publication.

**Editors:** Editors should evaluate manuscripts exclusively on the basis of their academic merit. They should encourage debate and academic integrity and also protect individual data. They also have a duty to act if any misconduct is suspected and to ensure the integrity of the academic record. The editors must not use unpublished information in the editor's own research without the express written consent of the author. They should take reasonable responsive measures when ethical complaints have been presented concerning a submitted manuscript or published paper.

**Reviewers:** Any manuscripts received for review must be treated as confidential documents. Privileged information or ideas obtained through peer review must be kept confidential and not used for personal advantage. Reviews should be conducted objectively, and observations should be formulated clearly with supporting arguments, so that authors can use them for improving the paper. Any selected referee who feels unqualified to review the research reported in a manuscript or knows that its prompt review will be impossible should notify the editor and excuse himself from the review process. Reviewers should not consider manuscripts in which they have conflicts of interest resulting from competitive, collaborative, or other relationships or connections with any of the authors, companies, or institutions connected to the papers.

### Research Ethics (ETHICAL CONSENT FORM)

In the scope of the protection of human and animal rights, *Adv Health Exerc* adopts the exact convenience principle of national and international ethical rules

and principles. In the articles evaluated in *Adv Health Exerc*, Research Ethics Committee Approval is needed for the following items:

- Research conducted in qualitative or quantitative approaches which require data collection from the participants using survey, interview, focus group study, observation, and/or experiment techniques,
- Using humans or animals (including material/data) with experimental or other scientific aims,
- Clinical research on humans,
- Research on animals,
- Retrospective studies in accordance with the law on the protection of personal data.