

## OPEN PEER REVIEW

## Open Peer Review (OPR)

As a new feature for progressing towards transparency, we decided to open a new window for all of our editors as well as authors titled "**Open Peer Review**". We hope by this new facility, our reviewers will be more motivated and authors will be more satisfied with the review process. We believe that publishing our peer review reports could make a transparent and clear environment for all our efforts within a journal, but not all reviewers tend to publish their comments.

## What is "Open Peer Review" process?

An "Open Peer Review" process is making the details of all review process (including reviewers, associate editors, and EICs comments) as "Public" as it is agreed by EIC, Authors, and reviewers.

## Advantages of "Open Peer Review" process

- More transparency, constructiveness and tactful comments of the peer review process: leads to an increase in the quality of reviews
- More motivations for all involved roles in the review process
- Authors' satisfactions from the review process: Increases honesty between authors and reviewers
- Education of both authors and new students
- Prevents reviewers from following their individual agendas and leading to the detection of reviewers' conflicts of interests

You can find out more at:

<https://brieflands.com/briefland/knowledgebase/category/tree.html#opr.html>



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## Peer Review Report for "Effects of Plyometric Training on Lower Limb Strength and Power in Young Postpubertal High Level Basketball Players"

**Author(s):** Hector Gadea Uribarri, Elena Mainer Pardos, Oscar Villanueva Guerrero, Alvaro Caro Serrano, Oliver Gonzalo Skok, Alberto Roso-Moliner, Demetrio Lozano

### Review Timeline:

▶ Submit Date:	27 Jun 2023
▶ Revised Date:	23 Aug 2023
▶ Accepted Date:	27 Aug 2023

Revision (0)

Here, you can see the **Reviewers, Associate Editors** and **EICs'** comments from the beginning to the end of the revision process.

**Leila Youzbashi:** Reviewer | **Revision (0)**

12 Jul 2023

First of all, I would like to thank the authors for their efforts in preparing the following manuscript. However, some corrections and modifications should be made to improve its quality.

Title:

The title could be more specific. It should mention which factors of the lower limb are being studied.

Abstract:

The abstract should start with the background and objective of the study, followed by the methods and results. The limitations of the study should be mentioned at the end of the abstract.

Introduction:

The introduction is too long. It should be shortened and only include the information that is relevant to the research subject.

**Methods:**

Please indicate whether the participants were male or female.

In line 91, please clarify what is meant by "a body weight of  $68.05 \pm 9.8$  kg."

In line 93, please clarify whether "physical preparation" means physical conditioning.

In line 113, the section title should be "Preparation of Subjects for Assessments" instead of "Functional Assessments."

In line 115, the word "records" is more appropriate than "marks."

In lines 138-151, please provide the references for the procedures of the Horizontal Jump Test.

In line 153, please provide the reference for the 5+5 with 180° Change of Direction Test.

**Results:**

In lines 209-210, please note that right-handed people are not necessarily right-footed.

Please report the p-values for all of the results.

Please avoid providing additional explanations in the results section. Save these explanations for the discussion section. Also, please present the results in tables appropriately.

**Discussion:**

In line 241, please note that significant improvements were observed in practically all of the variables, but not in the V-Cut Test.

In lines 289-291, please provide the references for the studies that you cited.

Given the number of studies that have been conducted in this field, the discussion section could be improved by referring to more recent articles.

**References:**

Most of the references are old and not from studies of the last 5 years. Please update the references to include more recent articles.

**Figures and Tables:**

The captions of the figures should be written in English.

In Fig. 4.8, please clarify whether "weak 1-weak 4" is the same as "weak 5."

 **abolfazl ziraki:** Reviewer | **Revision (0)**

13 Jul 2023

I would like to thank the authors for their excellent work on the manuscript. However, there are some comments and suggestions that could be made to improve the quality of the paper.

Considering the excellent work done by the authors, the reviewer has some comments and suggestions for the authors to consider, as follows:

-This journal requires a structured abstract. Please refer to the authors' guide and rewrite the abstract to include background, objective, methods, results, and conclusion.

-Please check the verb tense of the abstract and change it to the simple past tense.

-Please change the in-text citation format to Vancouver style, instead of the numbered format.

- In lines 25-27, please provide an example of a situation that occurred. This will help readers understand the matter.
- In line 34, the two factors of strength and power are mentioned. It is suggested to include these factors in the article title, such as "Effects of Plyometric Training on Lower Limb Strength and Power..."
- In line 52, the sentence needs to be grammatically checked ("is will take").
- The objective section in lines 72-76 and 78-82 is repeated. Please rewrite this section.
- In line 90, please explain how biological age is measured.
- When reporting demographic information of participants (lines 90 and 91), please indicate their gender and check the sentences for grammatical errors.
- In line 113, the functional assessment section does not include any assessments. Please add relevant assessments.
- Please provide references for the procedures and methods of testing, and include abbreviations for each test at the first encounter of their full wording.
- In line 174, it is suggested to change the title "training plan" to "research procedure." Also, in this section, please briefly explain the intervention protocol and exercises performed in each session, and refer readers to Figure 4 for more information.
- In line 188, in the statistical analysis section, please explain why ANCOVA was not used for data analysis.
- In line 227, the authors report the results of a repeated measure ANOVA, but this was not mentioned in the statistical analysis section.
- In the results section, please report the output of the statistical analysis and provide numerical results of each test, p-value, or effect size (such as in line 228). Please check the APA style for reporting each statistical test. Do not explain or describe the findings in the results section.
- In line 236, the aim of this study was to... (Please check the whole document for verb tense usage).
- In lines 303-305, please provide some references as examples

 **Alireza Aminae**: Associate Editor | **Revision (0)**

13 Jul 2023

Dear authors

I am writing to follow up on the comments from our reviewers. Please carefully review your manuscript and ensure that all suggestions and comments have been addressed. I have highlighted some key points below:


-according to the comment of our reviewers please check your manuscript and ensure that all suggestions and comments are applied. however, i highlight some points here.

-Citation style: Please use the Brieflands citation style here:

<https://brieflands.com/journals/international-journal-of-sport-studies-for-health/knowledgebase/category/tree.html#references.html>.

-Please check if the recommended changes have been made to the objective, participants (demographic information and inclusion/exclusion criteria), statistical analysis, research protocol, and reporting of results.

best wishes

 **Morteza Taheri:** EIC | Revision (0)

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13 Jul 2023

Dear Researchers,

Based on the feedback from the associate editor and reviewers, it appears that minor revisions are needed for your manuscript. Please review the feedback provided and make the necessary revisions. Once you have made the revisions, please resubmit the manuscript for further review.

Thank you for your efforts in addressing the feedback and improving the quality of your manuscript.

Best regards,  
Editor in Cheif

## OPEN PEER REVIEW

## Revision (1)

**Reply to Reviewers**

Ideally, the reviewing process can significantly improve the submitted manuscripts by allowing the authors to take into account the advice of reviewers. Author(s) must reply to all reviewers' comments in a separate Word file, point by point. A "**Reply to Reviewers**" document is submitted along with revised manuscript during submission of revised files, summarizing the changes that the authors made in response to the reviewers' comments. The responses to reviewers' comments specifies how the authors addressed each comment the reviewers made.

You can read the authors' responses to the reviewers' comments in the next page.

**Reviewers' Comments:****Reviewer 1:**

First of all, the reviewer would like to thank the authors for their efforts in preparing the following manuscript. However, some corrections and modifications should be made to improve its quality:

**Title:**

The title needs to be more specific. Which factors of the lower limb are being studied?

**Response to the reviewer:** Thank you for your comment. We have specified the title by adding the physical performance factors.

**Abstract:**

The subjects' characteristics, such as gender, age, and weight, are not mentioned.

**Response to the reviewer:** Thank you for your comment. We have added information in the abstract about the characteristics of the subjects.

The abstract should start with background and objective, not research method.

**Response to the reviewer:** Thank you for your comment. We have changed the beginning of the abstract by contextualizing the topic and adding the objective.

No results are reported in the abstract.

**Response to the reviewer:** Thank you for your comment. We have added the results in the abstract.

The sentence "Limitation of scientific evidence on this topic" should be written at the beginning of the abstract.

**Response to the reviewer:** Thank you for your comment. We have written this sentence at the beginning of the abstract

Without reporting the results, suggestions cannot be presented.

**Response to the reviewer:** Thank you for your comment. We have added the results in the abstract to justify the added suggestions.

It is recommended to change the entire abstract according to the journal guidelines.

**Response to the reviewer:** Thank you for your comment. We have structured the abstract into the main sections of the manuscript.

Introduction:

The introduction is too lengthy. Please include only the information that is relevant to the research subject.

**Response to the reviewer:** Thank you for your comment. We have reduced the background information.

Method:

Please indicate whether the participants are male or female.

**Response to the reviewer:** Thank you for your comment. We have clarified that the participants were male.

In line 91, what is meant by "a body weight of  $68.05 \pm 9.8$  kg"?

**Response to the reviewer:** Thank you for your comment. The mean body weight of the subjects with its standard deviation.

This sentence needs to be grammatically checked.

In line 93, does "physical preparation" mean physical conditioning?

**Response to the reviewer:** Thank you for your comment. We have changed the term because it is more appropriate for physical conditioning.

In line 113, section 3.3 should be "preparation of subjects for assessments," not "Functional assessments."

**Response to the reviewer:** Thank you for your comment. We have changed this section.

In line 115, "records" is better than "marks."

**Response to the reviewer:** Thank you for your comment. We have changed this word.

In lines 138-151, what are the references for the procedure of the Horizontal jump test?

**Response to the reviewer:** Thank you for your comment. We have added references in this section

In line 153, no reference is mentioned for the 5+5 with 180° change of direction Test.

**Response to the reviewer:** Thank you for your comment. We have added references in this section



**Results:**

In lines 209-210, right-handed people are not necessarily right-footed.

**Response to the reviewer:** Thank you for your comment. We have eliminated this section.

P-values are not reported in any of the cases.

**Response to the reviewer:** Thank you for your comment. We have completed the results section by including the p-values and effect sizes.

Many additional explanations are written in the results section. Please report only the results and save the explanations for the discussion. Also, present the results in tables appropriately.

**Response to the reviewer:** Thank you for your comment. We have improved the results section by providing only information on the values of each test.

**Discussion:**

In line 241, significant improvements were observed in practically all the variables, but not in the V-cut test.

**Response to the reviewer:** Thank you for your comment. We have added the comment in the document that no improvements were found in the v cut test.

In lines 289-291, no references are mentioned.

**Response to the reviewer:** Thank you for your comment. We have added references in this section.

Considering that many studies have been done in this field, a better discussion should be written by referring to the articles of the last 5 years.

**Response to the reviewer:** Thank you for your comment. We have updated some references according to the current scientific literature.

**References:**

Most of the references are old and not from studies of the last 5 years.

**Response to the reviewer:** Thank you for your comment. We have updated some references according to the current scientific literature.

**Figures and Tables:**

The captions of the figures are in Spanish and must be written in English.

**Response to the reviewer:** Thank you for your comment. We have updated the figures in English.

In Fig. 4.8, is "weak 1-weak 4" the same as "weak 5"?

**Response to the reviewer:** Thank you for your comment. We have completed this section by adding all training weeks.

#### **Reviewer 2:**

Considering the excellent work done by the authors, the reviewer has some comments and suggestions for the authors to consider, as follows:

-This journal requires a structured abstract. Please refer to the authors' guide and rewrite the abstract to include background, objective, methods, results, and conclusion.

**Response to the reviewer:** Thank you for your comment. We have structured the abstract into the main sections of the manuscript.

-Please check the verb tense of the abstract and change it to the simple past tense.

**Response to the reviewer:** Thank you for your comment. We have corrected the verb tense throughout the abstract to be in the simple past tense

-Please change the in-text citation format to Vancouver style, instead of the numbered format.

**Response to the reviewer:** Thank you for your comment. We have changed the citation throughout the text to "Brieflands Vancouver style".

-In lines 25-27, please provide an example of a situation that occurred. This will help readers understand the matter.

**Response to the reviewer:** Thank you for your comment. We have added examples of these situations

-In line 34, the two factors of strength and power are mentioned. It is suggested to include these factors in the article title, such as "Effects of Plyometric Training on Lower Limb Strength and Power..."

**Response to the reviewer:** Thank you for your comment. We have added these terms to the title of the manuscript.

-In line 52, the sentence needs to be grammatically checked ("is will take").

**Response to the reviewer:** Thank you for your comment. We have checked this sentence.

-The objective section in lines 72-76 and 78-82 is repeated. Please rewrite this section.

**Response to the reviewer:** Thank you for your comment. We have corrected that section leaving the objectives in their own section

-In line 90, please explain how biological age is measured.

**Response to the reviewer:** Thank you for your comment. We have explained what the biological age is.

-When reporting demographic information of participants (lines 90 and 91), please indicate their gender and check the sentences for grammatical errors.

**Response to the reviewer:** Thank you for your comment. We have checked this section.

-In line 113, the functional assessment section does not include any assessments. Please add relevant assessments.

**Response to the reviewer:** Thank you for your comment. The evaluations are the specific tests added below. We have changed the format to make it easier for the reader to understand.

-Please provide references for the procedures and methods of testing, and include abbreviations for each test at the first encounter of their full wording.

**Response to the reviewer:** Thank you for your comment. We have added the references for each test and modified their abbreviations.

-In line 174, it is suggested to change the title "training plan" to "research procedure." Also, in this section, please briefly explain the intervention protocol and exercises performed in each session, and refer readers to Figure 4 for more information.

**Response to the reviewer:** Thank you for your comment. We have changed the title to "research procedure". In addition, we have referenced "Figure 4" for readers.

-In line 188, in the statistical analysis section, please explain why ANCOVA was not used for data analysis.

**Response to the reviewer:** Thank you for your comment. We used Student's T test to perform the intragroup analysis, comparing the variables at pre and post time.

-In line 227, the authors report the results of a repeated measure ANOVA, but this was not mentioned in the statistical analysis section.

**Response to the reviewer:** Thank you for your comment. We have eliminated this section because it did not correspond to the results obtained in the study.

-In the results section, please report the output of the statistical analysis and provide numerical results of each test, p-value, or effect size (such as in line 228). Please check the APA style for reporting each statistical test. Do not explain or describe the findings in the results section.

**Response to the reviewer:** Thank you for your comment. Response to the reviewer: Thank you for your comment. We have completed the results section by including the p-values and effect sizes.

-In line 236, the aim of this study was to... (Please check the whole document for verb tense usage).

**Response to the reviewer:** Thank you for your comment. We have reviewed the verb tenses in that section and throughout the manuscript.

-In lines 303-305, please provide some references as examples

**Response to the reviewer:** Thank you for your comment. We have added references of different sports that use plyometric training to improve the performance of young athletes.

> Associate Editor's Comments:

Associate Editor 1:

dear authors

according to the comment of our reviewers please check your manuscript and ensure that all suggestions and comments are applied. however, i highlight some points here.

according to the comments reviewer for applying changes to abstract, Please see the journal template here:

[https://brieflands.com/journals/archives-of-neuroscience/knowledgebase/category/tree.html#research\\_articles.html](https://brieflands.com/journals/archives-of-neuroscience/knowledgebase/category/tree.html#research_articles.html)

also, Please see the brieflands citation style here:

<https://brieflands.com/journals/international-journal-of-sport-studies-for-health/knowledgebase/category/tree.html#references.html>

please check if the recommended changes for objective, participants (demographic info and inclusion/exclusion criteria), statistical analysis, research protocol, and reporting the results are applied

best wishes

Dear Researchers,

Based on the feedback from the associate editor and reviewers, it appears that minor revisions are needed for your manuscript. Please review the feedback provided and make the necessary revisions. Once you have made the revisions, please resubmit the manuscript for further review.

Thank you for your efforts in addressing the feedback and improving the quality of your manuscript.

Best regards,  
Editor in Cheif.

## OPEN PEER REVIEW

## Revision (1)

Here, you can see the **Reviewers, Associate Editors** and **EICs'** comments from the beginning to the end of the revision process.

 **Alireza Aminae**: Associate Editor | **Revision (1)**

26 Aug 2023

Dear Authors,

We appreciate your time and effort in revising your manuscript. We have carefully considered all of your corrections and suggestions, and we believe that the manuscript is now in its best possible form. We wish you all the best in your publishing journey.

Good Luck

 **Morteza Taheri**: EIC | **Revision (1)**

27 Aug 2023

Dear Researchers,

The revisions are accepted.