

# GP FORUM

PRESENTS  
CURRENT TRENDS IN SPORTS  
MEDICINE, LECTURES & MEDICAL  
EXHIBITIONS

One-day seminars will be held at the  
following locations

**Thursday 27th February 1997**  
**Manchester United Football Club**

**Wednesday 12th March 1997**  
**John Cabot City Technology College**  
**Bristol**

**Thursday 10th April 1997**  
**Brunell University, West London**

**Wednesday 28th May 1997**  
**University of Surrey, Guildford**

**Wednesday 4th June 1997**  
**University of Stirling**

**Thursday 19th June 1997**  
**Birmingham University**

For full programmes and booking forms  
please telephone GP Forum on  
0114 235 1660



*G.P. Forum  
in  
conjunction  
with*



Institute of Biomedical and Life Sciences and  
Departments of Medicine

## MEDICINE AND SCIENCE IN PHYSICAL EDUCATION SPORT & EXERCISE

The University of Glasgow offers outstanding opportunities for study. The interaction of the Medical School and Institute of Biomedical and Life Sciences, coupled with excellent sport and recreation facilities, provides a first class environment for postgraduate education and research.

### TAUGHT MASTERS PROGRAMMES -

especially designed for part-time students in:

• Sport and Exercise Science • Sports Medicine (Distance Learning opportunities are being developed) • Physical Education

RESEARCH DEGREES (MSc, PhD or MD) - available in several areas of medicine and science in physical education sport and exercise.

For further information please contact: Mrs Karen Elliott,  
Postgraduate Secretary, Postgraduate  
Opportunities in Medicine & Science in  
Physical Education Sport & Exercise,  
Institute of Biomedical and Life Sciences,  
University of Glasgow, 64 Oakfield  
Avenue, Glasgow G12 8LT.  
Tel: 0141 330 6111 Fax: 0141 330 4704.  
Email: KElliott@Biomed.gla.ac.uk.



## ABC OF SPORTS MEDICINE

Edited by **G McLatchie, M Harries,  
J King and C Williams**



This concise new book covers all aspects of sports medicine, giving practical guidance on how to manage injured athletes, give advice on problems related to particular sports, and encourage people to take appropriate and beneficial exercise.

- Lavishly illustrated with colour photographs and diagrams
- Edited by four eminent sports medicine specialists, with chapters contributed by experts in their field

**Topics Covered include:** physiotherapy for sports injuries; drug misuses; sport for people with a disability; infections; the acutely injured joint; osteoporosis and exercise

ISBN 0 7279 0844 8 144 pages 1995  
UK £14.95; Overseas £16.00  
(BMA members £13.95; £15.00)

**BMJ**  
Publishing  
Group

Available from:  
BMJ Publishing Group, P.O. Box 295, London WC1H 9TE.  
Call our hotline now on 0171 383 6185/6245  
or fax your credit card details  
through on 0171 383 6662

Also available from major medical booksellers.

## **BASM education programme**

The foundation course of this programme is the **Introductory Sports Medicine Course** which is designed for chartered physiotherapists and doctors with an interest in sports medicine. It is also suitable for professionals in related of healthcare. The curriculum is multidisciplinary and has a wide focus, including sessions on health benefits, exercise training principles, children and elderly in sport, exercise physiology, sports nutrition, CPR, and resuscitation. Sporting injuries and their management are also covered. Five days PGEA approval in Health Promotion and Disease Management are given for this course.

The interdisciplinary **Intermediate Sports Injury Course** concentrates on the proper examination of normal joints with regard to the diagnosis and management of sports specific injuries. There is a strong focus on the coaching and training involved in a variety of sports. Five days PGEA approval in Health Promotion and Disease Management are given for this course.

The **Practical Sport and Medicine Course** held at Club La Santa, Lanzarote, has a curriculum that varies each year. Delegates and families are welcome. This course further develops the practical examination and sporting themes of the Intermediate Course. Physiological training principles are also reviewed and the course makes use of the coaching staff from the complex to gain practical skills and knowledge of a number of different sports. Individual GPs have gained PGEA approval for this course.

In response to many requests received, an **Advanced Sports Nutrition Course** is being run for the first time. It is suitable for everyone who has previously attended the BASM Introductory Course or an appropriate alternative. Two days PGEA approval in Health Promotion have been given for this course.

### **Forthcoming courses**

<b>Introductory Sports Medicine Course</b>	<b>22-27 September 1996</b>
£295.00 to £440.00, Lilleshall Hall National Sports Centre, Shropshire (Residential)	
<b>Practical Sport and Medicine Course</b>	<b>3-10 October 1996</b>
Price to be confirmed, Club La Santa, Lanzarote (Residential, non-delegates welcome)	
<b>BASM National Congress</b>	<b>31 October-3 November 1996</b>
Price to be confirmed, Slieve Donard Hotel, Newcastle, Co Down	
<b>Intermediate Sports Injury Course</b>	<b>17-22 November 1996</b>
£395.00 to £545.00, Lilleshall Hall National Sports Centre, Shropshire (Residential)	
<b>General Sports Medicine Course</b>	<b>13-18 April 1997</b>
Lilleshall Hall National Sports Centre	
<b>Intermediate Sports Injury Course, part two</b> (new course)	<b>13-18 July 1997</b>
<b>General Sports Medicine Course</b>	<b>21-26 September 1997</b>

For further details, application forms and membership enquiries, please contact the Education Office at British Association of Sport and Medicine, c/o The National Sports Medicine Institute, Medical College of St Bartholomew's Hospital, Charterhouse Square, London EC1M 6BQ (tel 0171 253 3244; fax 0171 251 0774).

# INSTRUCTIONS TO AUTHORS

## Scope

The *British Journal of Sports Medicine* covers all aspects of sports medicine and science - the management of sports injuries; all clinical aspects of exercise, health, and sport; exercise physiology and biophysical investigation of sports performance; sports psychology; physiotherapy and rehabilitation in sport; and medical and scientific support of the sports coach.

## Typing of paper

*Original papers* (not normally over 3000 words for full length accounts of original research); *Review articles* (up to 4000 words, providing concise in-depth reviews of both established and new areas in sports medicine); *Editorials* (these are written or commissioned by the editors, but suggestions for possible topics and authors are welcome); *Short papers* (short reports of experimental work, new methods, or a preliminary report can be accepted as 2-page papers; maximum length 1400 words including abstract, tables and legends); *Case reports* (limited to 850 words, one table or figure, a short unstructured abstract, and up to 10 references); *Correspondence* (the Editor welcomes letters, which should not exceed 300 words or contain more than three references; letters should be typed double spaced with wide margins and must be signed by all the authors). Contributions on historical topics or items with a medical and sporting interest are welcomed.

## Manuscripts

The manuscript (three copies) should be double spaced throughout on A4 paper using one side only, with margins of at least 30 mm at the sides and at the top and bottom. Authors are asked to submit with their manuscript the names and addresses of three people who they consider would be suitable independent reviewers. They will not necessarily be approached to review the paper.

If the manuscript is accepted, both disk and typescript will be required for the final revised version; typescript alone will only suffice if the author has no access to word processing facilities.

Manuscripts must be accompanied by a declaration, signed by all the authors, that the paper is not being considered by any other journal and that it has not been accepted for publication elsewhere. Papers are considered on the understanding that they are submitted solely to this journal and do not duplicate previously published material. In cases of doubt, where part of the material has been published elsewhere, the published material should be included with the submitted manuscript to allow the Editor to assess the degree of duplication. All authors must have participated sufficiently in the work to take public responsibility for the contents (see *BMJ* 1991;302:338-41).

If requested the authors must be prepared to produce the data on which the manuscript is based for examination by the Editor.

Papers reporting results of studies on human subjects must be accompanied by a statement that the subjects gave written, informed consent and by evidence of approval from the appropriate ethics committee. Such papers should conform to the principles outlined in the Declaration of Helsinki (*BMJ* 1964;ii:177).

The Editor cannot enter into correspondence about papers rejected as unsuitable for publication, and the Editor's decision in these matters is final.

## Style

The format must be as described in this section, although for reviews and letters to the Editor the use of subsections is flexible. **Abbreviations should be kept to a minimum and must always be explained.** Drugs must be referred to by their approved names.

1 *Title page*: should include the title (not more than 120 characters), a short title for running head, names and affiliations of authors (only one affiliation per author), and the name, address, telephone and fax numbers of the corresponding author.

2 *Abstract*: must not exceed 300 words and should be subdivided into four sections: Objectives; Methods; Results; Conclusions. Sections should not be combined. Statistical values should be given (confidence intervals preferred). The abstract should be followed by up to five key terms.

3 *Introduction*: outline of the background and rationale of the study.

4 *Methods*: this section should be sufficiently detailed to permit the reader to replicate the study. Published methods should be described in brief, with appropriate citation.

5 *Results*: should be concise and should not contain repetition of the methods. Data in the text should not be replicated in tables or figures or vice versa. SI units should be used, except for fluid pressures which should be in mm Hg.

6 *Discussion*: a clear distinction should be made between deduction and speculation.

7 *Acknowledgements*, where appropriate.

8 *References*: the Vancouver style must be used (see papers in this issue) with citations numbered consecutively in the order in which they appear in the text, tables, and figures. List all authors when there are six or fewer; if there are seven or more, list the first six, followed by et al. Except in the case of review articles the total number of references should not exceed 40. Responsibility for completeness and accuracy of references rests entirely with the authors. References will not be checked in detail by the Editor but papers in which errors are detected in the references are unlikely to be accepted. Submitted work or work in preparation cannot be cited in the reference list.

10 *Figures and tables*. Figures will generally be redrawn or relettered to conform with journal style, so they should be checked carefully by the authors. **Figure legends must always be supplied and must be typed on a separate sheet.** Colour illustrations may only be used if monochrome cannot show what is desired. Authors are responsible for part of the cost of colour figures. Use journal style in tables (see any issue). **Do not divide tables with rules.** Place brief explanatory legend at the top of the table (**not** on a separate sheet) and any further necessary clarification at the foot. All tables and figures must be referred to in the text.

## Proofs

Contributors will receive one proof. Only minor corrections can be made. Corrections other than printing errors may be charged to the author. It is the author's responsibility to return the corrected proofs promptly and in case of absence to ensure that the editorial office knows a forwarding address.

## Reprints

Reprints will be charged for. The number of reprints required should be stated on the form provided with the proof.