



Journal of the British Association of Sport and Exercise Medicine

Editor
Karim Khan (Canada)

Editorial Office
BMJ Publishing Group Ltd
BMA House
Tavistock Square
London WC1H 9JR, UK
T: +44 (0)20 7874 7024
F: +44 (0)20 7383 6668
E: bjsm@bmjgroup.com

Guidelines for Authors and Reviewers
Full instructions are available online at <http://bjsm.bmj.com/fora>. Articles must be submitted electronically <http://submit-bjsm.bmj.com>. Authors retain copyright but are required to grant BJSM an exclusive licence to publish <http://bjsm.bmj.com/fora/licence.dtl>
ISSN: 0306-3674 (print)
ISSN: 1473-0480 (online)
Impact factor: 2.463

Disclaimer: BJSM is published by BMJ Publishing Group Ltd (a wholly owned subsidiary of the British Medical Association) and the British Association of Sport and Exercise Medicine. The owners grant editorial freedom to the Editor of BJSM. BJSM follows guidelines on editorial independence produced by the World Association of Medical Editors and the code on good publication practice of the Committee on Publication Ethics. BJSM is intended for medical professionals and is provided without warranty, express or implied. Statements in the journal are the responsibility of their authors and advertisers and not authors' institutions, the BMJ Publishing Group, the British Association of Sport and Exercise Medicine or the BMA unless otherwise specified or determined by law. Acceptance of advertising does not imply endorsement.

To the fullest extent permitted by law, the BMJ Publishing Group shall not be liable for any loss, injury or damage resulting from the use of Heart or any information in it whether based on contract, tort, or otherwise. Readers are advised to verify any information they choose to rely on.

To the fullest extent permitted by law, the BMJ Publishing Group Ltd shall not be liable for any loss, injury or damage resulting from the use of Emergency Medicine Journal or any information in it whether based on contract, tort or otherwise. Readers are advised to verify any information they choose to rely on.

Copyright: © 2008 BMJ Publishing Group and British Association of Sport and Exercise Medicine. All rights reserved; no part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise without prior permission

BJSM is published by BMJ Publishing Group Ltd, typeset by The Charlesworth Group, and printed in the UK on acid-free paper from sustainable forests by Cambrian Printers Limited, Aberystwyth, UK.

British Journal of Sports Medicine (USPS No: 003-957) is published monthly by BMJ Publishing Group and distributed in the USA by SPP, 75 Aberdeen Road, Emigsville, PA 17318, USA. Periodicals postage paid at Emigsville, PA, USA. POSTMASTER: send address changes to *British Journal of Sports Medicine*, PO Box 437, Emigsville, PA 17318-0437, USA.

Warm up

549 A doping sinner is not always a cheat
B Plum

Reviews

551 Testing for maximum oxygen consumption has produced a brainless model of human exercise performance
T D Noakes

556 Joint loading modality: its application to bone formation and fracture healing
P Zhang, G M Malacinski, H Yokota

561 The effects of age and skill level on knee musculature co-contraction during functional activities: a systematic review
K R Ford, J van den Bogert, G D Myer, R Shapiro, T E Hewett

567 Putting to rest the myth of creatine supplementation leading to muscle cramps and dehydration
V J Dalbo, M D Roberts, J R Stout, C M Kerkesick

Original articles

574 How did A V Hill understand the VO_{2max} and the "plateau phenomenon"? Still no clarity?
T D Noakes

581 Fast and slow myosins as markers of muscle injury
M Guerrero, M Guiu-Comadevall, J A Cadefau, J Parra, R Balius, A Estruch, G Rodas, J L Bedini, R Cussó
Commentary — *A Megias*

585 Work and peak torque during eccentric exercise do not predict changes in markers of muscle damage
D W Chapman, M J Newton, Z Zainuddin, P Sacco, K Nosaka

595 Collegiate rugby union injury patterns in New England: a prospective cohort study
H A Kerr, C Curtis, L J Micheli, M S Kocher, D Zurakowski, S P T Kemp, J H M Brooks

604 Natural and traumatic sports-related fatalities: a 10-year retrospective study
E E Turk, A Riedel, K Püeschel
Commentary — *K-M Braumann*

609 Decrease in body fat during an ultra-endurance triathlon is associated with race intensity
B Knechtlet, M Schwanke, P Knechtle, G Kohler

Exercise medicine highlights from the BMJ

592 Energy expenditure in adolescents playing new generation computer games
L Graves, G Stratton, N D Ridgers, N T Cable

Occasional piece

614 A pilot study to determine the effect of trunk and hip focused neuromuscular training on hip and knee isokinetic strength
G D Myer, J L Brent, K R Ford, T E Hewett

Short report

620 Sex-linked differences in pulse oxymetry
A Ricart, T Pages, G Viscor, C Leal, J L Ventura

PostScript

622 Research Letter
623 Letter
624 Calendar of events

SportsMedUpdate

625 Evidence based journal watch



This article has been chosen by the Editor to be of specialist interest or importance and is freely available online.



Articles carrying the Unlocked Logo are freely available online under the BMJ Journals unlocked scheme. See <http://bjsm.bmj.com/info/unlocked.dtl>



These papers may be seen as "non-conformist" and challenging for classic peer review; for further information see <http://bjsm.bmj.com/cgi/content/full/42/2/79>



This journal is a member of and subscribes to the principles of the Committee on Publication Ethics

www.publicationethics.org.uk