



Design: Vicky Earle. Photo credit: Centre de Presse Monaco.

Journal of the British Association of Sport and Exercise Medicine

Editor-in-Chief

Karim Khan (Canada)

Editors

Babette Pluim (Netherlands)

Kay Crossley (Australia)

Editorial Office

BMJ Publishing Group Ltd

BMA House

Tavistock Square

London WC1H 9JR, UK

T: +44 (0)20 7383 6622

F: +44 (0)20 7383 6787/6668

E: bjasm@bmj.com

Twitter: @BJSM_BMJ

Guidelines for Authors and Reviewers

Full instructions are available online at

<http://bjasm.bmj.com/site/about/guidelines.xhtml>. Articles must

be submitted electronically <http://mc.manuscriptcentral.com/bjasm>.

Authors retain copyright but are required to grant BJSM an exclusive licence to publish <http://group.bmj.com/products/journals/instructions-for-authors/licence-forms>

ISSN: 0306-3674 (print)

ISSN: 1473-0480 (online)

Impact factor: 6.724

ISSN: 0306-3674 (print)

ISSN: 1473-0480 (online)

Impact factor: 6.724

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 BJSM 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: © 2016 BMJ Publishing Group Ltd 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 Nova Techset Private Limited, Bengaluru & Chennai, India and printed in the UK on acid-free paper.

British Journal of Sports Medicine (ISSN: 0306-3674) is published monthly by BMJ Publishing Group and is distributed in the USA by Air Business Ltd. Periodicals postage paid at Jamaica NY 11431 POSTMASTER: send address changes to British Journal of Sports Medicine, Air Business Ltd, c/o Worldnet Shipping Inc., 156-15, 146th Avenue, 2nd Floor, Jamaica, NY 11434, USA.

Contents

Warm up

1425 You have heard of CONSORT, you have heard of PRISMA. Now, a template for reporting exercise trials (CERT)
K Khan

Republished editorial from the BMJ

1426 Arthroscopic surgery for knee pain: a highly questionable practice without supporting evidence of even moderate quality
T L N Järvinen, G H Guyatt

Consensus statement

1428 Consensus on Exercise Reporting Template (CERT): Explanation and Elaboration Statement
S C Slade, C E Dionne, M Underwood, R Buchbinder



Reviews

1438 Resistance training reduces systolic blood pressure in metabolic syndrome: a systematic review and meta-analysis of randomised controlled trials
Í R Lemes, P H Ferreira, S N Linares, A F Machado, C M Pastre, J Netto

1443 Aerobic exercise ameliorates cognitive function in older adults with mild cognitive impairment: a systematic review and meta-analysis of randomised controlled trials
G Zheng, R Xia, W Zhou, J Tao, L Chen

Subscription information

British Journal of Sports Medicine is published monthly; subscribers receive all supplements

Institutional rates 2017

Print £755; US\$1473; €1020

Online Site licences are priced on FTE basis and allow access by the whole institution. Details available online at <http://group.bmj.com/subscribe/?bjasm>

Personal rates 2017

Print (includes online access at no additional cost) £281; US\$548; €380

Online only £166; US\$324; €225

ISSN 0306-3674 (print); 1473-0480 (online)

Personal print or online only and institutional print subscriptions may be purchased online at <http://group.bmj.com/subscribe/?bjasm> (payment by Visa/ Mastercard only) Residents of some EC countries must pay VAT; for details, call us or visit www.bmj.com/subscriptions/vatandpaymentinfo.dtl

1451 Cardiorespiratory fitness cut points to avoid cardiovascular disease risk in children and adolescents; what level of fitness should raise a red flag? A systematic review and meta-analysis
J R Ruiz, I Caverro-Redondo, F B Ortega, G J Welk, L B Andersen, V Martinez-Vizcaino

1459 Does sports participation (including level of performance and previous injury) increase risk of osteoarthritis? A systematic review and meta-analysis
G Tran, T O Smith, A Grice, S R Kingsbury, P McCrory, P G Conaghan



1467 Architectural adaptations of muscle to training and injury: a narrative review outlining the contributions by fascicle length, pennation angle and muscle thickness
R G Timmins, A J Shield, M D Williams, C Lorenzen, D A Opar

Republished research from the BMJ

1473 Exercise therapy versus arthroscopic partial meniscectomy for degenerative meniscal tear in middle aged patients: randomised controlled trial with two year follow-up
N J Kise, M A Risberg, S Stensrud, J Ranstam, L Engebretsen, E M Roos



Education

1481 Can concussion constrain the Caped Crusader?
E P Zehr, B Wright



PostScript

1485 Letter

1486 Correspondence



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



This article has been made freely available online under the BMJ Journals Open Access scheme. See <http://bjasm.bmj.com/site/about/guidelines.xhtml#open>



This journal is a member of and subscribes to the principles of the Committee on Publication Ethics www.publicationethics.org.uk



Br J Sports Med: first published as 10.1136/bjasm.2016.011001 on 1 December 2016. Downloaded from <http://bjasm.bmj.com/> on January 21, 2021 by guest. Protected by copyright.