



Design: Vicky Earle.

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: bjsm@bmj.com
Twitter: @BJSM_BMJ

Guidelines for Authors and Reviewers
Full instructions are available online at <http://bjsm.bmj.com/pages/authors/>. Articles must be submitted electronically <http://bjsm.bmj.com/pages/authors/>. Authors retain copyright but are required to grant BJSM an exclusive licence to publish (<http://authors.bmj.com/submitting-your-paper/copyright-and-authors-rights/>).

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 Hearst 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: © 2017 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 Exeter Premedia Services Private Ltd, 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.

Warm up

623 Sport Medicine at its Peak
E L Cruz

Editorials

624 Tomorrow's doctors want more teaching and training on physical activity for health
S A Osborne, J M Adams, S Fawcener, P Kelly, A D Murray, C W Oliver

625 Exercise medicine education should be expanded
M J Joyner, F Sanchez-Gomar, A Lucia

626 β -alanine efficacy for sports performance improvement: from science to practice
G P Nassis, B Sporer, C G Stathis

628 Paradoxes and personalised medicine: from preseason to post-diagnosis
J S Thornton

Infographic

629 Infographic: Tomorrow's doctors want to learn more about physical activity for health
H Scott, J Adams, S Osborne, E Jenkins, CW Oliver, G Baker, N Mutrie, P Kelly, S Fawcener

Education

630 A higher sport-related reinjury risk does not mean inadequate rehabilitation: the methodological challenge of choosing the correct comparison group
I Shrier, M Zhao, A Piché, P Slavchev, R J Steele

Reviews

636 Personalising exercise recommendations for brain health: considerations and future directions
C K Barha, L A Galea, L S Nagamatsu, K I Erickson, T Liu-Ambrose

640 Exercise-induced biochemical changes and their potential influence on cancer: a scientific review
R J Thomas, S A Kenfield, A Jimenez

Original articles

645 Training load—injury paradox: is greater preseason participation associated with lower in-season injury risk in elite rugby league players?
J Windt, T J Gabbett, D Ferris, K M Khan

651 Does physical activity moderate the association between alcohol drinking and all-cause, cancer and cardiovascular diseases mortality? A pooled analysis of eight British population cohorts
K Perreault, A Bauman, N Johnson, A Britton, V Rangul, E Stamatakis

Reviews

658 β -alanine supplementation to improve exercise capacity and performance: a systematic review and meta-analysis
B Saunders, K Elliott-Sale, G G Artioli, P A Swinton, E Dolan, H Roschel, C Sale, B Gualano

670 Effect of exercise training on C-reactive protein: a systematic review and meta-analysis of randomised and non-randomised controlled trials
M V Fedewa, E D Hathaway, C L Ward-Ritacco

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://journals.bmj.com/content/subscribers?bjsm>

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?bjsm> (payment by Visa/ Mastercard only) Residents of some EC countries must pay VAT; for details, call us or <http://journals.bmj.com/content/subscribers?bjsm>

MORE CONTENTS ►



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://bjsm.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



- 677** Resistance training interventions across the cancer control continuum: a systematic review of the implementation of resistance training principles
C M Fairman, P N Hyde, B C Focht



Inside track

- 686** Julia Alleyne
J Windt
- 688** Margo Mountjoy
J Windt

PEDro systematic review update

- 690** Exercise-based programmes reduce sports injury in adolescents (PEDro synthesis)
P Butler, S J Kamper, C M Williams

PostScript

- 692** Correspondence: Physical activity to counteract the impact of alcohol intake on overall mortality risks
J M Gostner, D Fuchs, B Strasser