



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)
Emmanuel Stamatakis (Australia)

Editorial Office
BMJ Publishing Group Ltd
BMA House
Tavistock Square
London WC1H 9JR, UK
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: 11.645

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 *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: © 2019 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 WN Shipping USA, 156-15, 146th Avenue, 2nd Floor, Jamaica, NY 11434, USA.

Warm up

985 Ready. Set. Move! Sports Medicine Australia advocates movement as medicine for all!
M Bergeron, L R West, E Stamatakis

Editorials

986 The Academy of Nutrition and Dietetics, corporate sponsorship and the alternative: dietitians for professional integrity
A Bellati

987 Picking the right tools for the job: opening up the statistical toolkit to build a compelling case in sport and exercise medicine research
J Windt, R O Nielsen, B D Zumbo

988 Is it all for naught? What does mathematical coupling mean for acute:chronic workload ratios?
J Windt, T J Gabbett

991 Do all daily metabolic equivalent task units (METs) bring the same health benefits?
A Hohermann, E Stamatakis

Commentary

993 Additional perspectives on 'ACL rupture is a single leg injury but a double leg problem...'
A Trulsson

Subscription information

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

Institutional rates 2019

Print £888

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 2019

Print (includes online access at no additional cost) £311

Online only £184

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>

Systematic reviews

996 Programme frequency, type, time and duration do not explain the effects of balance exercise in older adults: a systematic review with a meta-regression analysis
M K Farlie, L Robins, R Haas, J L Keating, E Molloy, T P Haines

1003 "What's my risk of sustaining an ACL injury while playing sports?" A systematic review with meta-analysis
A M Montalvo, D K Schneider, L Yut, K E Webster, B Beynon, M S Kocher, G D Myer

Original articles

1013 Objectively measured physical activity, sedentary behaviour and all-cause mortality in older men: does volume of activity matter more than pattern of accumulation?
B J Jeffers, T J Parsons, C Sartini, S Ash, L T Lennon, O Papacosta, R W Morris, S G Wannamethee, I-M Lee, P H Whincup

1021 Tackling concussion in professional rugby union: a case-control study of tackle-based risk factors and recommendations for primary prevention
M J Cross, R Tucker, M Raftery, B Hester, S Williams, K A Stokes, C Ranson, P Mathema, S Kemp

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



The online version of this article contains multiple choice questions hosted on BMJ Learning.

- 1026** Sports-related injuries in New Zealand: National Insurance (Accident Compensation Corporation) claims for five sporting codes from 2012 to 2016
D King, P A Hume, N Hardaker, C Cummins, C Gissane, T Clark

Infographic

- 1034** Infographic. The effect of high-speed running on hamstring strain injury risk
S J Duhigh, A J Shield, D Opar, T J Gabbett, C Ferguson, M Williams

Bright spots

- 1036** Active for Health Rotherham: be active to stay healthy
R Atchinson, G Frith, A Roden, R J Copeland, L J Reece

Research letters

- 1038** Alarming poor oral health in international athletes competing in the Middle East
A Knight, M Alsaey, A Farooq, M G Wilson
- 1039** Hyping health effects: a news analysis of the 'new smoking' and the role of sitting
J Y Chau, G Reyes-Marcelino, A C R Burnett, A E Bauman, B Freeman

Discussion

- 1041** Improving the reporting of tennis injuries: the use of workload data as the denominator?
M Reid, S J Cormack, R Duffield, S Kovalchik, M Crespo, B Plum, D T Gescheit

Mobile app user guides

- 1043** Smartphone application for the general public (mobile app review)
C Killinghack, E Dore-Smith, N Wakeman, L Searles, O Ahmed

Letters in response to

- 1045** Should we continue to consider serum cholesterol as an exogenous poisoning?
L Mascitelli, M Goldstein
- 1045** Reply to the comments on: concurrent aerobic plus resistance exercise versus aerobic exercise alone to improve health outcomes in paediatric obesity: a systematic review and meta-analysis
A García-Hermoso, R Ramírez-Vélez, R Ramírez-Campillo, M D Peterson, V Martínez-Vizcaíno