



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: 12.202

Disclaimer: The Editor of *British Journal of Sports Medicine* has been granted editorial freedom and *British Journal of Sports Medicine* is published in accordance with editorial guidelines issued by the World Association of Medical Editors and the Committee on Publication Ethics. *British Journal of Sports Medicine* is primarily intended for healthcare professionals and its content is for information only. The Journal is published without any guarantee as to its accuracy or completeness and any representations or warranties are expressly excluded to the fullest extent permitted by law. Readers are advised to independently verify any information on which they choose to rely. Acceptance of advertising by *British Journal of Sports Medicine* does not imply endorsement. Neither *BASEM* nor BMJ Publishing Group Limited shall have any liability for any loss, injury or damage howsoever arising from *British Journal of Sports Medicine* (except for liability which cannot be legally excluded).

Copyright: © 2020 BMJ Publishing Group Ltd and British Association of Sport and Exercise Medicine. All rights reserved; no part of this publication may be reproduced in any form without 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 (USPS 3957) is published bimonthly by BMJ Publishing Group Ltd, BMA House, Tavistock Square, WC1H 9JR London. Airfreight and mailing in the USA by agent named WN Shipping USA, 156-15, 146th Avenue, 2nd Floor, Jamaica, NY 11434, USA. Periodicals postage paid at Brooklyn, NY 11256. US Postmaster: Send address changes to *British Journal of Sports Medicine*, WN Shipping USA, 156-15, 146th Avenue, 2nd Floor, Jamaica, NY 11434, USA. Subscription records are maintained at BMA House, Tavistock Square WC1H 9HR London. Air Business Ltd is acting as our mailing agent.

Contents

Volume 54 Issue 15 | **BJSM** August 2020

Warm up

881 Sports Medicine Australia and COVID-19: providing 'virtual' support to the sports community
A B Mosler, L R West

Editorial

883 Translating evidence-based practice to clinical practice in Tokyo 2020: how to diagnose and manage exertional heat stroke
Y Hosokawa, D J Casa, S Racinais

Reviews

885 Exercise for preventing falls in older people living in the community: an abridged Cochrane systematic review
C Sherrington, N Fairhall, G Wallbank, A Tiedemann, Z A Michaleff, K Howard, L Clemson, S Hopewell, S Lamb

892 Is kinesiophobia and pain catastrophising at baseline associated with chronic pain and disability in whiplash-associated disorders? A systematic review
A Luque-Suarez, D Falla, J M Morales-Asencio, J Martinez-Calderon

898 Is running associated with a lower risk of all-cause, cardiovascular and cancer mortality, and is the more the better? A systematic review and meta-analysis
Z Pedisic, N Shrestha, S Kovalchik, E Stamatakis, N Liangruenrom, J Grgic, S Tizze, S JH Biddle, A E Bauman, P Oja

Original research

906 Developing common demographic data elements to include in future editions of the SCAT and Child SCAT: a modified international Delphi study
M J Shanks, P McCrory, G A Davis, R J Echemendia, A R Gray, S J Sullivan

913 Implementing a junior high school-based programme to reduce sports injuries through neuromuscular training (iSPRINT): a cluster randomised controlled trial (RCT)
C A Emery, C van den Berg, S A Richmond, L Palacios-Derflingher, C D McKay, P K Doyle-Baker, M McKinlay, C M Toomey, A Nettel-Aguirre, E Verhagen, K Belton, A Macpherson, B E Hagel

920 Prevalence of therapeutic use exemptions at the Olympic Games and association with medals: an analysis of data from 2010 to 2018
A Verrec, D Healy

Infographic

925 Infographic. A systematic review and meta-analysis of the effect of β -alanine supplementation on exercise capacity and performance
B Saunders, A Virgile, K J Elliott-Sale, G G Artioli, P A Swinton, E Dolan, H Roschel, C Sale, B Gualano

Subscription information

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

Institutional rates 2020

Print £933

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 2020

Print (includes online access at no additional cost) £327

Online only £194

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



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

Bright Spots

- 927** Bright spots, physical activity investments that (almost) worked: Carrot Rewards app, driving engagement with pennies a day

R Rondina II, E K Pearson, H Prapavessis, L White, S Richard, M S Mitchell

PhD Academy Award

- 930** Exergaming—a physical activity intervention to benefit children with ADHD? (PhD Academy Award)

V Benzing

Discussion

- 932** Seven red flags for internships and work experience in top professional sport

N Anderson, B Close, K Easdale

- 934** 'Training load error' is not a more accurate term than 'overuse' injury

J Kalkhoven, A J Coutts, F M Impellizzeri

- 936** Cardiac screening of athletes: consensus needed for clinicians on indications for follow-up echocardiography testing

J J Orchard, J W Orchard, A La Gerche, C Semsarian

- 939** When do athletes benefit from cardiac genetic testing?

C Semsarian, J Orchard, B Gray, J Orchard

Education review

- 941** Statement on methods in sport injury research from the 1st METHODS MATTER Meeting, Copenhagen, 2019



R O Nielsen, I Shrier, M Casals, A Nettel-Aguirre, M Møller, C Bolling, N F N Bittencourt, B Clarsen, N Wedderkopp, T Soligard, T Timpka, C Emery, R Bahr, J Jacobsson, R Whiteley, O Dahlstrom, N van Dyle, B M Pluim, E Stamatakis, L Palacios-Derflingher, M W Fagerland, K M Khan, C L Ardern, E Verhagen

Patient voices

- 943** Balancing confidence and conservatism: idiopathic scoliosis in an adult powerlifter

R Malyala

Electronic pages

- e4** Correction: *Exercise therapy for functional capacity in chronic diseases: an overview of meta-analyses of randomised controlled trials*

- e5** Correction: *Athletic groin pain (part 2): a prospective cohort study on the biomechanical evaluation of change of direction identifies three clusters of movement patterns*