



Mahalul Azam < mahalul.azam@mail.unnes.ac.id >

Research in Sports Medicine - Invitation to review revised Manuscript ID GSPM-2019-0369.R1

1 message

Research in Sports Medicine < onbehalf@manuscriptcentral.com >

Wed, Feb 5, 2020 at 10:45 AM

Reply-To: rsm.journal@gmail.com

To: mahalul.azam@mail.unnes.ac.id

04-Feb-2020

Dear Dr Mahalul Azam:

The above manuscript, entitled "Amateur endurance cycling practice and adult's physical and psychosocial health: a cross-sectional study of the influence of training volume." has been submitted to Research in Sports Medicine.

I would be grateful if you would kindly agree to act as a reviewer for this paper. The abstract appears at the end of this letter.

Please let me know as soon as possible if you will be able to accept my invitation to review. To do this please either click the appropriate link below to automatically register your reply with our online manuscript submission and review system, or e-mail me with your reply.

*** PLEASE NOTE: This is a two-step process. After clicking on the link, you will be directed to a webpage to confirm. ***

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Should you accept my invitation to review this manuscript, you will be sent an email with a direct link to the scoresheet, which will be made available to you. You will then have access to the manuscript and reviewer instructions in your Reviewer Centre.

If you are unable to review the manuscript, click on the "decline" option to register your response. This will direct you to a screen where you will be given the opportunity to provide details of any alternative reviewers.

I realise that our expert reviewers greatly contribute to the high standards of the Journal, and I thank you for your present and/or future participation.

Sincerely,
Professor Hong
Research in Sports Medicine Editorial Office
rsm.journal@gmail.com

MANUSCRIPT DETAILS

TITLE: Amateur endurance cycling practice and adult's physical and psychosocial health: a cross-sectional study of the influence of training volume.

ABSTRACT:

This study aimed to analyse the association between amateur cycling training volume and physical and psychosocial health. A cross-sectional study was developed, via self-reported survey, among 1669 cyclists and 1039 controls, where analysis of variance and hierarchical multiple linear regression test were developed. Independent of gender, high volumes of amateur endurance cycling practice benefited cyclists' body mass index and male cyclists' physical conditioning, while psychosocial health did not differ among the training volume groups. Hierarchical multiple linear regression analysis highlighted the contribution of training volume to lower cyclists' body mass index and better male cyclists' physical conditioning. All cyclists groups presented better physical and psychosocial health than controls. High volumes of amateur endurance cycling training were associated with better physical health without jeopardizing psychosocial health. The practice of amateur endurance cycling, both in low and high volumes, was associated with better physical and psychosocial health compared with inactivity.

Previous reviewer(s)' Comments to Author:



Mahalul Azam <mahalul.azam@mail.unnes.ac.id>

Thank you for submitting your review of Manuscript ID GSPM-2019-0369.R1 for Research in Sports Medicine

1 message

Research in Sports Medicine <onbehalfof@manuscriptcentral.com>
Reply-To: rsm.journal@gmail.com
To: mahalul.azam@mail.unnes.ac.id

Tue, Feb 18, 2020 at 9:34 AM

17-Feb-2020

Dear Dr Mahalul Azam:

Thank you for reviewing the above manuscript, entitled "Amateur endurance cycling practice and adult's physical and psychosocial health: a cross-sectional study of the influence of training volume." for Research in Sports Medicine.

We greatly appreciate the voluntary contribution that each reviewer gives to the Journal. We hope that we may continue to seek your assistance with the refereeing process for Research in Sports Medicine, and hope also to receive your own research papers that are appropriate to our aims and scope.

Sincerely,
Professor Hong
Editor in Chief, Research in Sports Medicine
rsm.journal@gmail.com