
From the Editors: Assessing the *International Journal of Exercise Science* after One Year

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ABSTRACT

Int J Exerc Sci 2(1): 1-3, 2008. Western Kentucky University (WKU) strives to be a “leading American university with international reach.” In an effort to contribute to that mission, Drs. Scott Lyons and James Navalta of the Exercise Science program endeavored in 2007 to start a student-focused, on-line journal. Working closely with Berkeley Press, the platform for the *International Journal of Exercise Science* (IJES) was established during the summer of 2007 and it went “live” in January 2008. The journal has now been on-line for over one year and has enjoyed great success, with quality research submitted from graduate and undergraduate students, as well as professionals. We at IJES look forward to continued success in 2009.

Approximately two years ago, we began to brainstorm and plan the necessary steps towards creating an international, open access journal that would specifically target student-driven (or student-assisted) research, while still being a worthy repository for professionals to submit their research as well. By July 2007, we had developed a platform for the journal and began accepting submissions with a goal of publishing the first issue in January 2008. We met that goal, and have published three more issues, consisting primarily of original research. We also have published a supplement containing conference proceedings for the I International Meeting in Exercise Physiology, held in November 2008 in Sao Carlos, Brazil.

It is stated on the front page of the journal’s website that “The primary aim of the *International Journal of Exercise Science* is to engage undergraduate and graduate students in scholarly activity as they develop into professionals.” We believe we are meeting that goal, as to date we have

had 7 submissions by undergraduate students and 38 submissions from graduate students, not to mention the 12 submissions from professionals. We have also engaged 68 students as peer-reviewers (9 undergraduates and 59 graduate students). As for publications, we have published 21 works of original research in our five issues (not including the research abstracts contained in the supplement), all with students as primary authors or included on the authorship. We look forward to watching the student alumni of the *International Journal of Exercise Science* progress through their studies and into their careers as they become the eventual leaders of our profession.

Looking to the future, we anticipate remaining a quarterly publication for at least the next year. As submissions continue to increase, we are considering moving to a bi-monthly format for 2010; we are currently negotiating with selected organizations to publish their conference proceedings as supplements, as we did for

the conference in Brazil; we have signed an agreement to be indexed in Sport Discuss and have recently applied for indexing in Medline; and we look forward to increasing the depth and breadth of each issue, so we accurately reflect to our readers not only the volume of submissions to the journal but also the broad range of subject matter that our researchers are investigating.

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