

### Recommendations for Direct Original Research

A specific aim of the Journal of Exercise and Nutrition is to provide a platform for researchers to publish concise original research. Therefore, the journal encourages authors to submit **Direct Original Research**. This type of manuscript can help authors publish data in a direct way that avoids excessive citations and unnecessary jargon just to meet word or length requirements.

Use the following guidelines as you review a **Direct Original Research** manuscript:

- Use the JEN template found on the website
- Abstract must be less than 200 words
- 1,000-1,500 words, not including abstract and references
- Maximum of three tables and/or figures
- Brief introduction of 1-2 paragraphs
- Clear and well-articulated methods section
- Results are supported with the appropriate statistics
- Discussion section details the main findings confirmed/disconfirmed with citations
- Maximum of 10-15 references

