



## Journal of Strength & Conditioning Research

*The official journal of the National Strength and Conditioning Association (NCSA)*

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The editorial mission of The Journal of Strength and Conditioning Research (JSCR) is to advance the knowledge about strength and conditioning through research. A unique aspect of this journal is that it includes recommendations for the practical use of research findings. While the journal name identifies strength and conditioning as separate entities, strength is considered a part of conditioning. This journal wishes to promote the publication of peer-reviewed manuscripts which add to our understanding of conditioning and sport through applied exercise science.

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