








# Athlete Adaptations to High-Altitude Training: A Behavioral Analysis

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E d i t o r	R e v i e w e r s
Khadijeh Irandoust  Associate Professor, Department of Sport Sciences, Imam Khomeini International University, Qazvin, Iran irandoust@ikiu.ac.ir	Reviewer 1: Yaghub Badriazarin  Associate Professor of Sport Sciences, Tabriz University, Tabriz, Iran. Email: badriazarin@tbzmed.ac.ir Reviewer 2: Kamdin Parsakia  Department of Psychology and Counseling, KMAN Research Institute, Richmond Hill, Ontario, Canada. Email: kamdinparsakia@kmanresce.ca

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## 1. Round 1

### 1.1 Reviewer 1

Date: 02 March 2023

Reviewer:

The abstract mentions using "semi-structured interviews to gather in-depth insights from 30 athletes." Please specify the range of sports disciplines represented among the participants to provide clearer context on the diversity of the sample.

The inclusion criteria for participants are stated, but there is no mention of exclusion criteria. Were there any conditions or characteristics that would disqualify an athlete from participating in the study? Please clarify this to ensure the sampling process is fully transparent.

The description of the semi-structured interview guide is helpful, but the actual questions used are not provided. Including a supplementary appendix with the full interview guide would be beneficial for replication purposes and to enhance the transparency of the study.

The concept of "theoretical saturation" is mentioned. Please provide more detail on how this was determined. For instance, describe the process or criteria used to conclude that saturation was achieved.

The data analysis section indicates that NVivo software was used for thematic analysis. Please elaborate on the specific coding process, including any intercoder reliability measures that were implemented to ensure the consistency and accuracy of the coding.

In the findings section, participant demographics are provided, but the range of ages and training experiences could be better highlighted in a table format for clarity. This would also help in visualizing the diversity of the sample.

Throughout the findings, numerous participant quotes are used to illustrate key points. Ensure that these quotes are representative of broader themes rather than outliers. Including a brief explanation of why each quote was chosen can enhance the credibility of the findings.

The author uploaded the revised document.

## 1.2 Reviewer 2

Date: 06 March 2023

Reviewer:

In the introduction, you mention, "Despite the extensive research on the physiological and performance benefits of high-altitude training, there remains a gap in understanding the behavioral and psychological adaptations athletes undergo." Strengthen this section by specifying which particular studies have failed to address these aspects and how your study uniquely contributes to filling this gap.

The objectives of the study are briefly outlined. For clarity, please explicitly state your primary hypothesis and research questions. This will guide readers in understanding the direction and focus of your research.

The discussion section makes several references to prior studies. To strengthen these points, consider explicitly stating how your findings confirm, extend, or challenge these existing studies. This comparison will better contextualize your research within the broader field.

While practical recommendations are provided, the discussion could benefit from a more detailed explanation of how these recommendations could be implemented in real-world training settings. For example, provide specific strategies coaches might use to apply your findings.

You acknowledge that the qualitative nature of the research limits generalizability. Consider adding more detail about the sample size of 30 participants. Discuss whether this number is sufficient for achieving robust thematic saturation in qualitative research.

The author uploaded the revised document.

## 2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.