

OPEN PEER REVIEW

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What is "Open Peer Review" process?

An "Open Peer Review" process is making the details of all review process (including reviewers, associate editors, and EICs comments) as "Public" as it is agreed by EIC, Authors, and reviewers.

Advantages of "Open Peer Review" process

- More transparency, constructiveness and tactful comments of the peer review process: leads to an increase in the quality of reviews
- More motivations for all involved roles in the review process
- Authors' satisfactions from the review process: Increases honesty between authors and reviewers
- Education of both authors and new students
- Prevents reviewers from following their individual agendas and leading to the detection of reviewers' conflicts of interests

You can find out more at:

<https://brieflands.com/briefland/knowledgebase/category/tree.html#opr.html>



Peer Review Report for "Improving Agility Performance Among Athletes by Jami Agility Table (JAT)"

Author(s): Saeed Jami, Khadijeh Irandoust

Review Timeline:

▶ Submit Date:	13 May 2022
▶ Revised Date:	1 Jun 2022
▶ Accepted Date:	2 Jun 2022

Revision (0)

Here, you can see the **Reviewers, Associate Editors** and **EICs'** comments from the beginning to the end of the revision process.

REFEREE: EIC | Revision (0)

2 Jun 2022

Dear AE,

The study is reviewed carefully. There are some comments which should be addressed by the author:

- 1- In the abstract section, there are some problems: a). The method is not completely written. Briefly report the study procedure; b). The P-value for the result section; c). Remove those key words included in the research title.
- 2- State the research hypothesis or question at the end of the introduction.
- 3- A native English translator must improve the language.
- 4- The necessity of such research should be more explained.
- 5- all figures have Low resolution.
- 6- Drill protocol should be shown by a figure or flowchart.
- 7- Any limitations to the study?

Reviewer 2:

One interesting point in the research is its novelty; additionally, such a new technique and instrument provides an opportunity to work with athletes and learners. Generally, some minor revisions are recommended to improve the work.

-First, refer to the review literature regarding the research title.

-What's the major function of the instrument based on its application?

-What's the Jami table's major concern regarding physiological consequences?

-Validity and reliability of the instrument?

-How can the obtained results apply in the real world?

-Doesn't this study has an ethical code?

-I recommend comparing your instrument with a validated instrument.

Revision 1:

Reviewer 1:

Comments:

1- In the abstract section, there are some problems: a). The method is not completely written. Briefly report the study procedure; b). The P-value for the result section; c).

Remove those key words included in the research title.

Method was revised, and changes made were highlighted in red color. Since the current research is a kind of descriptive-analytic study, no inferential statistics were done.

2- State the research hypothesis or question at the end of the introduction.

Done. The sentences in the parentheses were added:

“(Therefore, designing an effective agility tool the same as noted JAT with a new shape and unpredictable algorithms can create a new method in developing agility's perceptual and kinetic dimensions. The authors believe that by JAT tool would provide a significant improvement in the agility performance of athletes).”

3- A native English translator must improve the language.

Checked by a native English expert.

4- The necessity of such research should be more explained.

Agility is a key element in the success of many sports, so researchers are interested in studying it.

5- All figures have Low resolution.

Low-resolution figures were replaced by high-resolution ones.

6- Drill protocol should be shown by a figure or flowchart.

It was depicted in Figure 1.

7- Any limitations to the study?

no

Reviewer 2:

One interesting point in the research is its novelty; additionally, such a new technique and instrument provides an opportunity to work with athletes and learners. Generally, some minor revisions are recommended to improve the work.

-First, refer to the review literature regarding the research title.
Done (both in introduction and discussion).

-What's the major function of the instrument based on its application?
It considers agility, speed, endurance, and other related variables.

-What's the Jami table's major concern regarding physiological consequences?
One of the important functions of exercise is to facilitate neuromuscular coordination and increase muscle strength and speed, which can lead to improved agility in athletes.

-Validity and reliability of the instrument?
It's self-made research.

-How can the obtained results apply in the real world?
As you know, agility and speed are effective in many sports. Given the importance of agility and its role in athletes' success, training tools and strategies for improving agility are very important and considerable.

-Doesn't this study have an ethical code?
Since the research has no intervention, it doesn't need an ethical code.

-I recommend comparing your instrument with a validated instrument.
Done: In this section, firstly, the agility ladder tool (ALT) is compared with JAT.

Reply to the editor and the reviewers:
Thanks for your valuable comments. All points were responded to and specified in red color.

Revision 1:

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5- all figures have Low resolution.

Low-resolution figures were replaced by high-resolution ones.

6- Drill protocol should be shown by a figure or flowchart.

It was depicted in Figure 1.

7- Amy's limitation for the study?

no

Reviewer 2:

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Since the research has no intervention, it doesn't need an ethical code.

- I recommend comparing your own instrument with a validated instrument.

Done: In this section, firstly, the agility ladder tool (ALT) is compared with JAT.

Dear EIC

Based on the authors' answers to the reviewers' comments, the reviewer(s) have recommended publication.

Kind regards.

Dear Author,

The document is reviewed carefully by the reviewers. According to their comments and your revisions, as requested, this manuscript is accepted.

Thanks.