

## OPEN PEER REVIEW

## Open Peer Review (OPR)

As a new feature for progressing towards transparency, we decided to open a new window for all of our editors as well as authors titled "**Open Peer Review**". We hope by this new facility, our reviewers will be more motivated and authors will be more satisfied with the review process. We believe that publishing our peer review reports could make a transparent and clear environment for all our efforts within a journal, but not all reviewers tend to publish their comments.

### 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>



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## Peer Review Report for "Sport During the Ramadan Fasting Period: Health Benefits and Risks and Recommendations for Practicing"

Author(s): Ihbou Said

### Review Timeline:

▶ Submit Date:	11 Apr 2023
▶ Revised Date:	7 Jun 2023
▶ Accepted Date:	13 Jun 2023

Revision (0)

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

**REFEREE:** Reviewer | Revision (0)

5 May 2023

It needs to be revised

**Morteza Taheri:** EIC | Revision (0)

12 May 2023

please kindly consider the points raised by the reviewers and associate editor.

## OPEN PEER REVIEW

## Revision (1)

**Reply to Reviewers**

Ideally, the reviewing process can significantly improve the submitted manuscripts by allowing the authors to take into account the advice of reviewers. Author(s) must reply to all reviewers' comments in a separate Word file, point by point. A "**Reply to Reviewers**" document is submitted along with revised manuscript during submission of revised files, summarizing the changes that the authors made in response to the reviewers' comments. The responses to reviewers' comments specifies how the authors addressed each comment the reviewers made.

You can read the authors' responses to the reviewers' comments in the next page.

## Reviewer 1:

page 1, paragraph 1, line 4: This sentence should be expressed as a hypothesis or research question that you seek to answer in this research

Our hypothesis suggests that during Ramadan, the fasting period can cause particular problems for athletes and people involved in sports and physical activities that require a lot of stamina and energy.

page 2, paragraph 1, line 3: Drinking, pls correct

page 2, paragraph 1, line 4: Correct it grammatically please

page 2, paragraph 1, line 7: Repeated sentences can be seen in the text

The research hypothesis is not well stated

Sports activity as the main research variable has not been well explained

### The requested revisions are made as follows:

The theme "Sport during Ramadan" explores the impact of fasting during the sacred month of Ramadan on athletic performance and physical activity. Muslims around the world fast from sunrise to sunset during this month, abstaining from food, drinking, and other physical needs. Ramadan is the ninth month of the Islamic calendar, observed by Muslims as a month of fasting, prayer, and reflection. The origin of Ramadan can be traced back to the revelation of the Quran to the Prophet Muhammad, which began during the month of Ramadan in the year 610 CE (1). Fasting means that Muslims are required to fast during Ramadan from dawn to sunset. The fast is broken at sunset with a meal called iftar (2). The significance of the subject "Sport and Ramadan" is underlined by the importance of physical activity in promoting health and well-being among people of all ages. It is also important to understand how to balance religious and cultural practices with maintaining physical fitness and athletic performance. By examining the challenges and opportunities presented by Ramadan, athletes and trainers can devise strategies to maintain their fitness and performance levels while respecting their religious and cultural obligations

Our hypothesis suggests that during Ramadan, the fasting period can cause particular problems for athletes and people involved in sports activities that require a lot of stamina and energy. We designate as sport activity any form of physical exercise or organized physical movement carried out with the purpose of improving physical fitness, developing skills, and participating in competitions. It encompasses a wide range of physical activities and games that require physical exertion, skill, and coordination. Some examples of sport activities

include running, swimming, soccer, basketball, tennis, weightlifting, cycling, dancing, martial arts, and team sports.

page 2, paragraph 2, line 1: The content is confusing and needs to be categorized, in this case, repeating and similar content will be avoided

One of the sentences in the paragraph has been reworded to correct the errors you highlighted. The correction is as follows:

A systematic literature review was carried out using the search equation "sport during Ramadan" in the PubMed and ScienceDirect databases, to identify the 40 articles on the subject up to the year 2022. Due to similarities in the content obtained, only 20 articles were retained

*The classification can be as follows*

- *An introduction that explains the importance of the topic and the initial hypothesis*
- *How to collect information*
- *The beneficial effects of fasting*
- *Possible disadvantages*
- *Sports activity during fasting and practical effects with reference to previous researches*
- *Recommendations and possible suggestions for doing sports during fasting*
- *General conclusion*

Some manuscript paragraphs have been adjusted to conform to these remarks.

page 2, paragraph 2, line 1: *Is there just one search equation? Please more explain about it*

We chose a single equation focusing on "sport during Ramadan" because it is a comprehensive equation that can provoke diverse discussions around the benefits, drawbacks of sport during Ramadan, and the type and intensity of physical activity to adopt during the fasting period.

page 2, paragraph 2, line 1-3: *Too much similar sentences in the text that need to be corrected*

A systematic literature review was carried out using the search equation "sport during Ramadan" in the PubMed and ScienceDirect databases, to identify the 40 articles on the subject up to the year 2022. Due to similarities in the content obtained, only 20 articles were retained

page 2, paragraph 2, line 1-3: *Too much similar sentences in the text that need to be corrected*

page 2, paragraph 2, line 4: *Please Edit verb (were selecte. )*


page 2, paragraph 2, line 9-14: *It better mention in first section in (1. Context)*

The requested revisions are made

## OPEN PEER REVIEW

## Revision (1)

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 **Maghsoud Nabilpour:** Associate Editor | **Revision (1)**

13 Jun 2023

The authors have addressed all of the concerns raised in the previous review and have significantly improved the quality of the manuscript. Now, The revised paper is much clearer and more concise, with improved organization and structure that makes it easier to follow and understand.

 **Morteza Taheri:** EIC | **Revision (1)**

13 Jun 2023

Your hard work and dedication in preparing and submitting this manuscript have paid off. The revisions you have made in response to the reviewer's comments and feedback from the associate editor have significantly improved the quality of the paper, making it a valuable contribution to the field. Congratulations on this significant achievement.