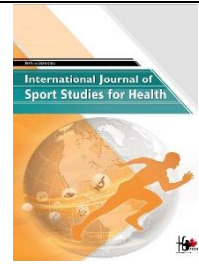





International Journal of Sport Studies for Health

Journal Homepage






The Effect of Continuous Aerobic and High-Intensity Interval Training on Some Physical Fitness Factors in Young Football Players

Mohammad Ali Samavati Sharif^{1*}, Massoud Ramezani², Hojjatollah Siavoshy¹

¹ Ph.D. in Exercise Physiology, Department of Sport Sciences, Faculty of Humanities, Omran and Toseeh Higher Education Institute, Hamadan, Iran

² M.A. in Exercise Physiology, Department of Sport Sciences, Faculty of Humanities, Omran and Toseeh Higher Education Institute, Hamadan, Iran

* Corresponding author email address: ali.samavati@gmail.com

Editor	Reviewers
<p>Pantelis Theo Nikolaidis School of Health and Caring Sciences, University of West Attica, Athens, Greece l.youzbashi@znu.ac.ir</p>	<p>Reviewer 1: Masoud Mirmoezi Department of Physical Education and Sport Sciences, Islamic Azad University, Central Tehran Branch, Tehran, Iran. Email: massoudmirmoezi@live.com</p> <p>Reviewer 2: Seyed Mohammad Hosseini Assistant Professor, Department of Health and Rehabilitation in Sports, Shahid Beheshti University, Tehran, Iran. Email: moh_hosseini@sbu.ac.ir</p>

1. Round 1

1.1 Reviewer 1

Reviewer:

The repeated mention of the eight factors of physical fitness might be redundant. Consider consolidating this information to avoid repetition and improve readability.

The high-intensity interval training protocol lacks detail on the specific exercises used during the intervals. Providing examples of the exercises could improve the reader's understanding.

The table would be clearer if it included units of measurement for each variable (e.g., seconds for speed, meters for leg power).

The sentence "The Bonferroni post hoc comparisons revealed that both the continuous aerobic training group and the high-intensity interval training group significantly outperformed the control group" should specify the exact p-values to provide more precise statistical information.

The phrase "This finding aligns with the results of prior studies" could be improved by explicitly mentioning the studies. This provides readers with direct references to support the claim.

The mention of Bakinde's (2022) findings would benefit from a more detailed description of the study's methodology and results to better contextualize the current study's findings.

Author revised the manuscript and uploaded the updated document.

1.2 Reviewer 2

Reviewer:

The sentence "A football player covers a distance of approximately 10 to 13 kilometers in each match, most of which involves walking and low-intensity activity" could benefit from a citation to strengthen the statement with empirical evidence.

The inclusion criteria are extensive but could be more logically organized. Consider breaking this paragraph into bullet points for clarity.

The description of the Bruce treadmill test would benefit from a citation. This ensures readers can refer to the original source for more detailed information.

The sentence "The training method involved players dribbling the first 10 cones in a zigzag pattern..." is detailed but could be enhanced with a visual diagram or figure for better comprehension.

The statement "These exercises can increase the secretion of endorphins which are hormones that induce happiness" would be strengthened with a reference to support the physiological claim.

The phrase "High-intensity interval training can quickly increase the body's metabolism and oxygen consumption" should be supported by a reference to ensure the claim is evidence-based.

The discussion on the psychological benefits of group exercises lacks citations. Including references would provide empirical support for these claims.

Author revised the manuscript and uploaded the updated document.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.