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Drop Set Continuum Zone Repetition Strategies on the Recovery Week Periodization

Yeliz Kahraman[1*], Aykut Hocalar[1], Atilla Şahan[2], İsmail Varol[3], Sezer Taştan[1]

[1] Movement and Training Department, Akdeniz University, Antalya, Turkey
[2] Sports Management Department, Mehmet Akif Ersoy University, Burdur, Turkey
[3] Sport Science Faculty, Akdeniz University, Antalya, Turkey

*** Corresponding author email address**: yelizkahramana@hotmail.com

Editor	Reviewers
Helmi Ben Saad University of Sousse, Farhat HACHED Hospital, Sousse, Tunisia helmi.bensaad@rns.tn	**Reviewer 1:** Mohammadreza Zarbakhsh Bahri Associate Professor ،Department of Psychology, Tonekabon Branch, Islamic Azad University, Tonekabon, Iran. Email: M.Zarbakhsh@Toniau.ac.ir **Reviewer 2:** Seyed Ali Darbani Assistant Professor, Department of Psychology and Counseling, South Tehran Branch, Islamic Azad University, Tehran, Iran. Email: Ali.darbani@iau.ac.ir

1. Round 1

1.1 Reviewer 1

Reviewer:

The introduction should be expanded to approximately 1000-1200 words. It is essential to add the following elements:

Relative Theories: Provide a comprehensive overview of the theoretical frameworks relevant to drop set resistance training and periodization. Discuss foundational theories in resistance training and muscle hypertrophy.

Review of Literature: Include a thorough review of existing literature on drop set resistance training. Summarize key findings from previous studies and highlight how they contribute to the understanding of the topic.

Knowledge Gap: Clearly identify gaps in the current knowledge that this study aims to fill. Explain why addressing these gaps is important for advancing the field.

Necessity of the Study: Justify the necessity of this study by discussing its potential impact on the field of resistance training and athletic performance.

Clearly specify the type of study conducted (e.g., experimental, observational). This information is crucial for readers to understand the research design and methodology.

Include a detailed description of the sampling method used in the study. Explain the rationale behind selecting this method and how it contributes to the reliability and validity of the results.

Add a section detailing the measurement tools used in the study. Provide information on the reliability and validity of these tools and justify their selection for this research.

Expand the discussion section to at least 1000 words. Provide a deeper analysis of the results, comparing them with findings from other studies. Discuss the implications of the results for theory and practice, and address any unexpected outcomes or limitations.

Include a section on the limitations of the study. Acknowledge any potential weaknesses in the study design, methodology, or data analysis, and discuss how these limitations might affect the interpretation of the results.

Author revised the manuscript and uploaded the updated document.

1.2 Reviewer 2

Reviewer:

The language should be copyedited by a native English speaker to ensure it meets the standards of academic writing in English.

Clearly state the type of study and specify the year it was conducted. This information provides context for the research and aids in understanding its relevance.

The discussion section is currently too short and needs to be significantly expanded. The expanded discussion should include the following:

Start by clearly reporting the study results in detail.

Explain the results using relevant theories and existing models. Discuss how the findings align or contrast with theoretical expectations.

Highlight how the study adds to the current body of knowledge. Discuss the significance of the findings and their potential impact on future research and practice.

Compare the results with those of previous studies. Address both aligning and non-aligning studies to provide a comprehensive view of where this research fits within the broader literature.

Write a robust conclusion that summarizes the key findings and their implications. The conclusion should also include the following three paragraphs:

Provide suggestions for future research. Identify areas where further investigation is needed and propose potential research questions or methodologies.

Offer suggestions for practical applications of the research findings. Discuss how the results can be used to improve training practices, athlete performance, or other relevant areas.

Clearly state the limitations of the study. Discuss any methodological weaknesses, potential biases, or other factors that may affect the generalizability or validity of the findings.

Author revised the manuscript and uploaded the updated document.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.