




Comparing the Physical Fitness Conditions of Boys' School Students in the City of Kashan




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E d i t o r	R e v i e w e r s
Tahereh Molania  Associate Professor, Department of Oral and Maxillofacial Medicine, Mazandaran University of Medical Sciences, Sari, Iran tmolania@mazums.ac.ir	Reviewer 1: Reza Nikbakhsh  Associate Professor, Department of Sport Management, South Tehran Branch, Islamic Azad University, Tehran, Iran. Email: rezanikbakhsh@stb.iau.ir Reviewer 2: Mehdi Pourasghar  Department of Psychiatry and Behavioral Sciences Research Center, Mazandaran University of Medical Sciences, Sari, Iran. mpourasghar@mazums.ac.ir

1. Round 1

1.1 Reviewer 1

Reviewer:

"With the advancement of technology and the expansion of social media more and more children spend their time on screens such as mobile phones televisions or laptops."

Comment: Expand the literature review to include recent studies (2021-2023) on the impact of screen time on physical activity levels among school-aged children.

"This research was designed to examine the association between access to sports facilities and the overweight and normal weight status of school students."

Comment: Explicitly state the research hypotheses in the introduction to provide clear direction for the study.

"A total of 542 students participated in this research."

Comment: Provide a justification for the sample size chosen. Discuss the power analysis conducted to ensure the sample size is adequate for the statistical tests used.

"Table 1 shows the distribution of students based on education level and weight condition."

Comment: Consider adding graphical representations (e.g., bar charts, histograms) alongside tables to visually illustrate the distribution of students by education level and weight condition.

"The results showed significant differences in BMI and waist-to-hip ratios among elementary secondary and high school students ($P < 0.0001$)."

Comment: Report effect sizes along with p-values to provide a better understanding of the practical significance of the findings.

Discussion - Practical Implications:

"Based on the findings of this research access to sports facilities at home and school significantly contributes to the health conditions of students at all school levels."

Comment: Elaborate on the practical implications for school policies and parental practices. How can schools and parents work together to improve access to sports facilities?

Author revised the manuscript and uploaded the updated document.

1.2 Reviewer 2

Reviewer:

"This research aimed to assess the relationship between physical fitness conditions and access to sports facilities among overweight and normal-weight students in elementary secondary and high schools."

Comment: Please clarify the definition of "physical fitness conditions" and specify whether it includes measures beyond BMI and waist-to-hip ratios.

"Weight height waist and hip measurements were obtained using a Seca scale equipped with a height bar and flexible tape."

Comment: Include information on the validity and reliability of the measurement tools used. Have these tools been validated in similar populations?

"Demographic data were collected and recorded using researcher-designed questionnaires."

Comment: Provide details on the validation process of the researcher-designed questionnaires. Were they pre-tested or piloted before the main study?

"Additionally there was a significant association between being overweight and access to sports facilities at home for secondary and high school students ($P = 0.000$ $P = 0.014$) but not for elementary students ($P = 0.384$)."

Comment: Discuss potential reasons for the lack of significant association in elementary students. Could developmental differences or varying access to facilities play a role?

Discussion - Comparison with Literature:

"The findings of our research showed the importance of access to sports facilities at home for secondary and high school students but not for elementary students."

Comment: Compare and contrast your findings with those of previous studies, particularly those cited in the introduction (e.g., Raza et al., 2022; Xiaoyan & Wenfang, 2020).

Author revised the manuscript and uploaded the updated document.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.