

# Criteria for Open Access Investments for *International Journal of Strength and Conditioning*

The International Journal of Strength and Conditioning (IJSC) is a leading peer-reviewed, academic journal specialising in sport science, sport performance, and strength & conditioning. The IJSC is Diamond Open Access (Diamond OA), demonstrating the desire of the IUSCA to make evidence-based research freely available to all.

The IJSC has an Editorial Board of 21 leading academics from 10 countries within the field of sport science, including representatives from US institutions such as Bloomsburg University, Carroll University, University of North Texas, and Ursinus College.

The IJSC was founded after recognising a need for innovation, progression, and collaboration within the field. Often, research will take several years to be published, be subject to high publications costs, and the content will then only be accessible through a paywall.

Our Diamond OA model is currently only possible through the continued dedication and commitment of the IUSCA, and through the generous support of volunteers.

However, in the US alone there are 553 institutions delivering exercise science (and related) degree courses, with the US being one of the world leaders in sport science research and education.

We are therefore seeking the support of institutions through the LYRASIS OACIP initiative to help meet our funding costs of \$28,750 per year (55% of total operating costs – equal to US and rest-of-world readership minus UK, which is funded independently through [JISC's Open Access Community Framework](#)). This support will enable a fully independent and sustainable operation for the IJSC. This will mean continued OA to the journal for all, as well as unlimited opportunity for submission and publication within the IJSC for all institutions.

We will also be able to use this funding to extend our reach through increased marketing, as well as reducing the burden placed upon volunteers within the organisation. This will aid the growth of the IJSC in a sustainable manner, increasing access and availability of quality peer-reviewed science.

Member Benefits include:

- Public acknowledgement/announcement on IJSC and IUSCA website
- Optional institution logo on IJSC homepage
- Eligibility to serve in IJSC advisory board
- Institutional submission statistics

- The opportunity to provide feedback via surveys
- Annual reports and regular newsletters
- Increase the sustainability of academic publishing and push the boundaries of open science

## **Resource Overview**

### **1. Description and mission of resource**

Our mission is to provide access to high-quality, peer review academic literature to all within the sport science and strength and conditioning (S&C) community.

Our mission supports both scholarly researchers and is in the public interest. This is particularly in relation to health/fitness and also within the professional/elite sporting sector.

### **2. Publishing history**

The journal began publishing in January 2020 following discussions within our society advisory group for the need of more open-access peer reviewed literature within the field.

### **3. Peer review process**

The process of peer review and publication within the IJSC uses an innovative and forward-thinking approach. This aims to engage the S&C community in the review process, bringing together scientific practitioners, researchers, and coaches.

The review process involves an editorial quality check before the submission undergoes two stages of rigorous peer review. A final decision is then made by an editor, and if successful the submission is assigned a DOI and published within the IJSC. The time from submission to publication is between 12-16 weeks.

Finally, once published, all members of the scientific community can comment and review the paper using the hypothes.is plugin within the journal. This has been developed to enhance scientific discussion within the community and foster new ideas and collaboration. The IJSC is now recognised for this forward-thinking attitude towards science and the dissemination of quality research.

Community content review quality assurance is provided by use of the ORCID ID system and spam detection software.

#### 4. Snapshot of resource and society/publisher finances and governance

Description	Cost	Percentage
Production costs	£19,500.00   \$22,337	54%
Journal Management costs	£7,000.00   \$8,018	19%
Administrative fees (webserver, DOI, etc)	£975.00   \$1,117	3%
Advertising and Marketing costs	£7,000.00   \$8,018	19%
Surplus for growth	£2,000.00   \$2,291	5%
<b>TOTAL</b>	<b>£36,475.00   \$41,781</b>	

Approx. cost per published article: £1,350.00 | \$1,546

#### **Society Level Finances – projected 2022**

Income: £75,456.23 | \$86,433.98

Expenditure: £71,350.00 | \$81,730

Surplus: £4,106.23 | \$4,703.98

##### **a. Indicate any non-profit status**

The IUSCA is a non-profit organization registered in the UK.

Company number: 11260654

#### 5. Current business model of resource

Currently the IJSC is operated through a combination of society funds, volunteer work, and recently JISC funding.

#### 6. Summary of pilot funding request

We are seeking \$28,750 per year for five years from the OACIP scheme. This equates to 55% of our total budget, which is equal to the readership from US/Rest-of-world (minus UK). We are looking for 5 years' funding. There is no minimum investment.

#### 7. Reasons for seeking funding for transition to OA or continued support for OA publication

This support will enable a fully independent and sustainable operation for the IJSC. This will mean continued OA to the journal for all, as well as unlimited opportunity for submission and publication within the IJSC for all institutions.

## Impact

### 8. Disciplinary impact

#### Authors:

Academic/Researcher/Professor – 90%

Master's/Doctoral Student – 5%

Practitioner/Expert within field – 5%

Current US institution authors include: West Virginia University, George Mason, Carroll, Concordia, Liberty, University of Kansas, Central Missouri, Georgia Southern, Western Illinois, Northern Illinois, Salisbury, Mississippi State, Southern Mississippi, Winthrop, CUNY Lehman, Northwestern, Southeast Missouri State, Florida State, Southern Connecticut, Arcadia, Alabama, West Virginia, Springfield, George Mason, Northern Iowa, University of Portland.

#### Readership (estimated through Google Analytics and current subscriber data):

Current readership average: 8,160 article views/month

- Year 1. Average: 563 views/month
- Year 2. Average: 1820 views/month
- Year 3. Average (current): 8,160 views/month

This represents a 348% growth from year 2, and a 1349% growth from year 1.

Male: 58% | Female: 42%

UK: 45% | USA: 45% | Aus/NZ: 4% | Rest of World: 6%

### 9. Diversity, equity, and inclusion impact

The IJSC features an editorial board from 10 countries around the world, including developing nations. The diamond OA nature enables submission, publication, and readership from all areas of society and does not discriminate based on immutable characteristics.

### 10. Indicators of faculty impact or student success

Please see report listed above in Q8. This demonstrates a 1349% increase in readership from year 1 to year 3.

## **11. Indication of improved access to unique content or services not otherwise available**

The IJSC is the first Diamond OA publication of its kind within the field of sport performance and exercise science.

## **Organization & Governance**

### **12. Whether investment carries governance input**

The IUSCA publishes the International Journal of Strength and Conditioning (IJSC). The IUSCA is a non-profit organisation, registered in the UK. The IUSCA has directors and an Advisory Board made up of leading experts within the field. The IJSC has an Editor-in-Chief, and wide-ranging Editorial Panel from leading institutions around the world (See [Editorial Team | International Journal of Strength and Conditioning \(iusca.org\)](#)). The IJSC is fully independent.

### **13. Commitment to advancing social justice and diversity**

Our founding principles are based on not judging people through their immutable characteristics. In order to best promote open inquiry, viewpoint diversity, and constructive disagreement, we embrace a particular set of norms and values. We encourage our members to embody these in all of their professional interactions and we insist upon these norms and values for those publishing on our platforms or participating in our events.

Even for those who are not members and not publishing on our platforms or participating in our events, we believe that these values can help foster more robust and constructive engagement across lines of difference:

- Make your case with evidence.
- Be intellectually charitable
- Be intellectually humble.
- Be constructive.
- Be yourself.

### **14. Author rights retention & licensing**

Articles published in IJSC will be Open-Access articles distributed under the terms and conditions of the Creative Commons Attribution License (CC BY). The copyright is retained by the author(s).

## **15. Compliance with relevant technical standards**

Articles are stored on society hard drive, independent webserver storage, cloud storage, and CLOCKSS. All published articles are assigned DOI through Crossref. ORCID is also used. We enable extensive metadata and articles are discoverable through a wide range of indexing technologies, such as DOAJ, ROAD, Google Scholar etc. OA status and licenses are embedded.

## **16. Commitment to innovation and research & development**

The process of peer review and publication within the IJSC uses an innovative and forward-thinking approach. This aims to engage the S&C community in the review process, bringing together scientific practitioners, researchers, and coaches.

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## **17. Demonstration of operational and financial stability, or a plan for such**

Operational and financial stability is provided through the support of the IUSCA and the continuous development of partnerships, such as JISC and LYRISIS.