



Unlock Research Research for Physical Educators

Research Journal of the Month
MAY 2005

Journal of Sport & Exercise Psychology.

We will close the academic year with an old friend, the *Journal of Sport and Exercise Psychology* (JSEP). When I was a lad (well, at least a 50 year-old lad), this journal was called the *Journal of Sport Psychology*. And so it remained through nine volumes from 1979 until 1987. Then, the word "exercise" was inserted to more accurately reflect the journal's growing attention to topics that did not involve sport. In fact, however, although physical education is not considered to be a venue for sport in the usual sense of that word, considerable attention had been given to topics such as exercise and the learning of movement skills from the very birth of the journal. And that it how JSEP came to be an old friend of many physical educators, and why it is the Journal of the Month for Unlock's May edition.

JSEP is an official publication of the North American Society for the Psychology of Sport and Physical Activity (NASPSPA) and from its first issue has been a part of the Human Kinetics stable of journals. Issued quarterly, a subscription to JSEP includes (since 1993) an annual supplement containing lectures, symposia, and abstracts from the annual NASPSPA Conference. Now well past the quarter-century mark and with a paid circulation last listed at 1,602, the journal appears to be both vigorous as a publication and mature as an outlet for scholarship.

Allowing for a reasonable bit of self-promotion, the journal's own self-description still seems to fit the case.

JSEP publishes research articles by leading world scholars that explore the interactions between psychology and exercise and sport performance, editorials about contemporary issues in the field, abstracts of current research on sport and exercise psychology, and book reviews.

More detail about both JSEP and NASPSPA can be found at the Human Kinetics website <http://www.humankinetics.com/products/journals> where you can click on the journal's title to retrieve all of the basics.

Subscriptions (as of this date) are \$52 USD for individuals, \$35 for students and \$208 for institutions. As usual, online subscriptions are only slightly more expensive. Membership in NASPSPA affords a small discount for professionals and students but not enough to offset the annual tab of \$60 USD. The Human Kinetics website also contains a full listing of Tables of Contents and item abstracts going back to March 1997 in Volume 19. Full text versions can be ordered for delivery by e-mail at \$25 USD per item.

The Human Kinetics JSEP archive is searchable and use of physical education as a keyword will retrieve 11 items. As with many publisher sites, however, the search engine is primitive and some

of the items will have been misidentified, and many more that are indirectly related to physical education will have been missed altogether. If you have access to a database (usually one will be available if your institutional library is a subscriber) you can play with the functions of a much more powerful engine. For example, by searching the EBSCO Academic Search database with a variety of keywords, I have been able to mine the pages of JSEP for a number of valuable items that do not appear on the publisher's site.

Historically, items in each issue have been organized under main headings. Although these have changed over the years, since a flurry of revisions and additions that began in 2000, for most issues you can expect to find reports of original research sorted into **Exercise Psychology** and **Sport Psychology** with a generic forum called **Brief Reports** used for a mix of small scale items. Sections for **Comments** and **Book Reports** appear on a more irregular basis.

A popular feature called the Sport Psychologist's Digest has been a part of the journal since the first issue. In 2002 it was given a new section title as **The Digest** and it continues to provide abstracts of psychology-related items appearing in other research journals. Because the team of digest contributors search a wide variety of journals for each issue, this section can serve as an excellent source of leads to physical education-related articles, reviews, and reports that might otherwise be missed. Whether it is by accident or design, since December 2003 all of the abstracts presented in The Digest are available on the Human Kinetics website where they certainly are worth 30 minutes of your browsing time.

Here is a brief sample of items from the JSEP archive that might persuade you to regard this as an important resource for physical educators.

Ntoumanis, N., Pensgaard, A.M., Martin, C., & Pipe, K. (2004). *An idiographic analysis of amotivation in compulsory school physical education*. 26(2).

Papaioannou, A., Marsh, H.W., & Theodorakis, Y. (2004). *A multilevel approach to motivational climate in physical education settings: An individual or a group construct?* 26(1).

Simmons, J., Dewitte, S., & Lens, W. (2003). *"Don't do it for me. Do it for yourself!" Stressing the personal relevance enhances motivation in physical education*. 25(2).

Ebbeck, V., & Gibbons, S.L. (1998). *The effect of a team building program on the self-conceptions of grade 6 and 7 physical education students*. 20(3).

Treasure, D. (1997). *Perceptions of the motivational climate and elementary school children's cognitive and affective response*. 19(3).

Silverman, S., & Tyson, L. *Feedback in physical education*. 17(2).

I picked only the low-hanging fruit with which to tempt you. There are quite literally dozens more that are sure to fit your individual interests and professional curiosity. From the list above, the reports from Ntoumanis, et al. and Simmons, et al. represent truly fascinating studies that have such a high degree of potential relevance that I am amazed they have not received wider recognition in the physical education literature.

In case you wondered whether the roots of JSEP in an organization designated as the "North American Society..." might indicate an insular limitation on what is published, not to worry. Although the editor and associate editors are located in Canada and the USA, the United Kingdom and Australia are well represented on the Editorial Board and the present editor for The Digest is located far across the pond in Loughborough University. The result is an increasingly cosmopolitan mix of authors who represent scholarly vantage points from around the world.

The journal employs standard APA guidelines for text and, of course, is blind peer-reviewed. As is the case with all Human Kinetics journals, JSEP is thoroughly edited and is produced in the attractive 6" X 9" house format. Abstracts are prepared by authors and with a 150-word limit do not always serve the reader well. A move to employ the much more useful Structured Abstract

would constitute a significant improvement. As might be expected, the level of reading difficulty for non-specialists varies substantially across reports and reviews, but in many instances presents no serious barrier to consuming what is essential.

Your comments on this review will be welcome at lflocke@hotmail.com

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