

NOTICE: this is the author's version of a work that was accepted for publication in *Psychology of Sport and Exercise*. Changes resulting from the publishing process, such as peer review, editing, corrections, structural formatting, and other quality control mechanisms may not be reflected in this document. Changes may have been made to this work since it was submitted for publication. A definitive version was subsequently published in *Psychology of Sport and Exercise*, Vol.12, (2011).
DOI: 10.1016/j.psychsport.2011.05.002

Ntoumanis, N. and Strauss, B. 2011. Psychology of Sport and Exercise: Current status and future aspirations. Psychology of Sport and Exercise. 12: pp. 345-346.

Nikos Ntoumanis*

University of Birmingham,

School of Sport & Exercise Sciences,

Edgbaston, Birmingham B15 2TT, United Kingdom

E-mail address: n.ntoumanis@bham.ac.uk

* Corresponding author.

Bernd Strauss

University of Muenster, Institute of Sport and Exercise Sciences

Horstmarer Landweg 62b, 48149

Muenster, Germany

E-mail address: bstrauss@uni-muenster.de

It is with a mixed sense of excitement, honor, and full realization of the size of the challenge ahead that we (Nikos Ntoumanis and Bernd Strauss) take over the roles of Editors from Dorothee Alfermann and Martin Hagger. Bernd will be handling all initial manuscript submissions in the area of sport psychology and Nikos will be handling initial submissions in the areas of exercise psychology and physical education. Of course, we both have an overall responsibility for the journal.

As you will see in the next issue, there also will be a number of changes in the Associate Editor (AE) and Editorial Board (EB) teams. Rich Masters and Reinhard Stelter are stepping down from their roles as AEs after a lengthy period of invaluable service to the journal. Brett Smith (UK), Nikos Chatzisarantis (Singapore), Claudio Nigg (USA), and Claudio Robazza (Italy) will continue to serve as AEs. There are six new AEs: Hülya Asci (Turkey) and Markus Raab (Germany) (both of whom have been promoted from the EB), Chris Blanchard (Canada), Bob Brustad (USA), Mark Eys (Canada), and Chris Lonsdale (Australia). We have also made extensive changes in the EB. We are grateful to all those members of the EB who will no longer continue with us for their service over the years and for helping the journal to achieve its current prominent status. The new EB comprises 32 distinguished researchers from across the globe at various stages of their career and with a very diverse portfolio of expertise. Martin and Dorothee will initially act as Consulting Editors and next year will join the EB.

Psychology of Sport and Exercise (PSE) has strong connections with the European Federation of Sport Psychology (FEPSAC), being its official journal (see Seiler & Wylleman, 2009, for the development of FEPSAC over the last 40 years and its future strategy). The first PSE issue was published by Elsevier in July 2000. The founding Editor, Stuart Biddle, stated in his first editorial that “the journal aims to be an international forum for scholarly reports in the psychology of sport and exercise” (Biddle, 2000, p. 1). More than 10 years and four

Editors (Stuart Biddle, Dorothee Alfermann, Adrian Taylor, Martin Hagger) later, we believe that this aim has been achieved. Authors, editors, reviewers, readers and, of course, the publishers (Elsevier) have contributed greatly to the journal's success.

The upward trajectory of the journal is reflected in the 2009 impact factor of 2.2. Following an increase from 1.2 in 2007 to 1.6 in 2008, the current impact factor constitutes a new peak for PSE. This impact factor places the journal 14th among all 73 journals listed in the "Sport Science" category of the ISI Web of Knowledge. Further, a place in the first half (31st) of all 71 journals within the category of "Psychology" reflects the acceptance of PSE not only in sport science but also in the psychological community. We are confident to say that PSE has become a world leading sport and exercise psychology journal.

Four issues per year were published in the first four years; since 2005 six issues have been published annually. Due to layout changes in 2009 (from one-column page to two-column page) the number of papers published each year has increased significantly from about 50 to about 80. The number of submitted manuscripts shows the increasing importance of the journal and its acceptance within the scientific community of sport and exercise psychology. The number of manuscripts submitted for publication has increased steadily from 102 in 2005, to 203 in 2008 to an impressive 297 in 2010. The intensive work involved in handling this substantial number of manuscripts is reflected in the large number of reviewers (627) who provided reviews last year.

The significant growth of manuscript submissions to PSE has made it necessary to increase the number of AEs and expand the EB. These changes reflect our commitment to increase the speed of the review process. Fast reviews should produce higher author satisfaction rates irrespective of the decision (provided obviously that the quality of the reviews is not compromised!). Our plan is that the entire editorial process, from manuscript submission to

communicating the decision to the authors, should not exceed three months. The Editor will screen all initial submissions; it is likely that some manuscripts will be returned without review when we think that there is a low probability of publication, based on a careful evaluation of the potential contribution of the manuscript to the extant literature. The Editor and AEs will handle the manuscripts that pass the initial screening and will forward those to, usually, two or three reviewers. Inevitably, some manuscripts will be rejected for a variety of reasons. We hope rejections will not discourage authors from submitting their future work to the journal; we will aim to provide fair, extensive, and constructive feedback with the aim of improving the quality of the submitted work and creating ideas for more rigorous future work.

Submissions from all areas of sport and exercise psychology are highly welcome. PSE should not only publish the latest advances in the field, but it should also be at the forefront of the development of new areas of inquiry. Thus, we will have periodic calls for papers to be published in special issues that will highlight new methodologies, exciting areas of research, or innovative approaches in the applied fields of our discipline. In this spirit, PSE will publish a special issue on “Sport Psychology and the Olympic Games” (edited by Paul Wylleman and Urban Johnson) in 2012. It is worth mentioning that the journal has already published thoughtprovoking special issues. For example, see the special issues on Mechanisms of Physical Activity Behavior Change (e.g., Mâsse, Nigg, Basen-Engquist, & Atienza, 2011), on Judgment and Decision Making in Sport and Exercise Psychology (e.g., Bar-Eli & Raab, 2006), and on Research Quality in Sport and Exercise Psychology (e.g., Weed, 2009). Papers submitted to PSE should meet a high standard of methodology. The journal is open to all quantitative (e.g., Hagger & Chatzisarantis, 2009) and qualitative approaches (e.g., Sparkes & Smith, 2009).

In terms of sport psychology submissions, we would particularly welcome submissions that examine the connections between cognitive skills (perception, attention, etc.) and human kinematics (e.g., Zentgraf & Munzert, 2009) or physiological parameters. We would also like to see more submissions on psychological training, mental techniques in particular (e.g., Bernier & Fournier, 2010), in terms of increments (or decrements) in performance and movement at various levels (e.g. top level sports, novices at school). Strong theory-based applications of social psychology in sport (e.g., group processes focusing on the role of self and collective efficacy) are also welcome (e.g. Jackson & Beauchamp, 2010). We would also like to encourage submissions that present the development of well-validated diagnostic instruments or refinements of those (e.g., Hardy, Roberts, Thomas, & Murphy, 2010). In particular the use of multivariate Item Response Models (such as the Rasch Model) are highly welcome (Anshel, Weatherby, Kang, & Watson, 2009; Ziegler, Ehrenspiel, & Brand, 2009).

In the area of exercise psychology we would encourage more submissions that test the application of theory-based interventions in community samples with long follow-ups (e.g., see Silva et al., 2010), rigorous lab-based experimental research that examines not only conscious but also automatic processes (e.g., Buckley & Cameron, 2011), and research that examines how exercise relates to other life goals (e.g., Jung & Brawley, 2010). Advanced, theory-guided, analytical approaches that examine stability and change of constructs over time are also welcome (for examples in the area of physical education, see Barkoukis, Ntoumanis, & Thøgersen-Ntoumani, 2010; Martin, 2010).

Dorothee and Martin have done a tremendous job for the journal (and so have their predecessors Stuart and Adrian); taking over from Dorothee and Martin is not going to be an easy task! We are motivated to do our very best and sustain the upward trajectory of the journal. Our overarching aim is the fast and efficient processing of papers, and the publication of high quality work that is at the cutting edge of sport and exercise psychology.

We count on your continued interest, support and feedback as authors and reviewers to further strengthen the journal.

References

- Anshel, M., Weatherby, N., Kang, M., & Watson, T. (2009). Rasch calibration of a unidimensional perfectionism inventory for sport. *Psychology of Sport and Exercise*, 10, 210–216.
- Bar-Eli, & Raab, M. (2006). Judgment and decision making in sport and exercise: rediscovery and new visions. *Psychology of Sport and Exercise*, 7, 519–524.
- Barkoukis, V., Ntoumanis, N., & Thøgersen-Ntoumani, C. (2010). Developmental changes in achievement motivation and affect in physical education: growth trajectories and demographic differences. *Psychology of Sport and Exercise*, 11, 83–90.
- Bernier, M., & Fournier, J. F. (2010). Functions of mental imagery in expert golfers. *Psychology of Sport and Exercise*, 11, 444–452.
- Biddle, S. (2000). Psychology of sport and exercise – present and future. *Psychology of Sport and Exercise*, 1, 1–5.
- Buckley, J., & Cameron, L. D. (2011). Automatic judgments of exercise self-efficacy and exercise disengagement in adults experienced and inexperienced in exercise

self-regulation. *Psychology of Sport and Exercise*, 12, 324–332.

Hagger, M., & Chatzisarantis, N. (2009). Assumptions in research in sport and exercise psychology. *Psychology of Sport and Exercise*, 10, 511–519.

Hardy, L., Roberts, R., Thomas, P. R., & Murphy, S. M. (2010). Test of Performance Strategies (TOPS): instrument refinement using confirmatory factor analysis. *Psychology of Sport and Exercise*, 11, 27–35.

Jackson, B., & Beauchamp, M. (2010). Self-efficacy as a metaperception within coach–athlete and athlete–athlete relationships. *Psychology of Sport and Exercise*, 11, 188–196.

Jung, M. E., & Brawley, L. R. (2010). Concurrent management of exercise with other valued life goals: comparison of frequent and less frequent exercisers. *Psychology of Sport and Exercise*, 11, 372–377.

Mâsse, L. C., Nigg, C. R., Basen-Engquist, K. B., & Atienza, A. A. (2011). Understanding the mechanism of physical activity behavior change: challenges and a call for action. *Psychology of Sport and Exercise*, 12, 1–6.

Martin, A. J. (2010). Physical activity motivation in the year following high school: assessing stability and appropriate analytical approaches. *Psychology of Sport and Exercise*, 11, 107–113.

Seiler, R., & Wylleman, P. (2009). FEPSAC's role and position in the past and in the

future of sport psychology in Europe. *Psychology of Sport and Exercise*, 10, 403–409.

Silva, M. N., Markland, D., Vieira, P. N., Coutinho, S. R., Carraça, E. V., Palmeira, A. L., et al. (2010). Helping overweight women become more active: need support and motivational regulations for different forms of physical activity. *Psychology of Sport and Exercise*, 11, 591–601.

Sparkes, A., & Smith, B. (2009). Judging the quality of qualitative inquiry: criteriology and relativism in action. *Psychology of Sport and Exercise*, 10, 491–497.

Weed, M. (2009). Research quality considerations for grounded theory research in sport & exercise psychology. *Psychology of Sport and Exercise*, 10, 502–510.

Zentgraf, K., & Munzert, J. (2009). Effects of attentional-focus instructions on movement kinematics. *Psychology of Sport and Exercise*, 10, 520–525.

Ziegler, M., Ehrenspiel, F., & Brand, R. (2009). Latent state-trait theory: an application in sport psychology. *Psychology of Sport and Exercise*, 10, 344–349.