

Journal of the British Association of Sport and Exercise Medicine

Editor

Karim Khan (Qatar)

Editorial Office

BMJ Publishing Group Ltd BMA House Tavistock Square London WC1H 9JR, UK

T: +44 (0)20 7383 6622 F: +44 (0)20 7383 6787/6668 E: bjsm@bmj.com Twitter: @BJSM_BMJ

Guidelines for Authors and Reviewers

Full instructions are available online at http://bjsm.bmj.com/site/about/ guidelines.xhtml. Articles must be submitted electronically http:// mc.manuscriptcentral.com/bjsm. Authors retain copyright but are required to grant BJSM an exclusive licence to publish http://group.bmj.com/products/ iournals/instructions-for-authors/ licence-forms

ISSN: 0306-3674 (print) ISSN: 1473-0480 (online) Impact factor: 4.171

Disclaimer: BJSM is published by BMJ Publishing Group Ltd (a wholly owned subsidiary of the British Medical Association) and the British Association of Sport and Exercise Medicine. The owners grant editorial freedom to the Editor of BJSM. BJSM follows guidelines on editorial independence produced by the World Association of Medical Editors and the code on good publication practice of the Committee on Publication Ethics.

BJSM is intended for medical professionals and is provided without warranty, express or implied Statements in the journal are the responsibility of their authors and advertisers and not authors' institutions, the BMJ Publishing Group, the British Association of Sport and Exercise Medicine or the BMA unless otherwise specified or determined by law. Acceptance of advertising does not imply endorsement

To the fullest extent permitted by law, the BMJ Publishing Group shall not be liable for any loss, injury or damage resulting from the use of Heart or any information in it whether based on contract. tort, or otherwise. Readers are advised to verify any information they choose to rely on.

To the fullest extent permitted by law, the BMJ Publishing Group Ltd shall not be liable for any loss, injury or damage resulting from the use of BJSM or any information in it whether based on contract, tort or otherwise. Readers are advised to verify any information they choose to rely on.

Copyright: © 2014 BMJ Publishing Group Ltd and British Association of Sport and Exercise Medicine. All rights reserved; no part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise without prior permission

BJSM is published by BMJ Publishing Group Ltd, typeset by Techset, and printed in the UK on acid-free paper.

British Journal of Sports Medicine (ISSN 0306-3674) is published monthly by BMJ Publishing Group and is distributed in the USA by Air Business Ltd. Periodicals postage paid at Jamaica NY 11431 POSTMASTER: send address changes to British Journal of Sports Medicine, Air Business Ltd, c/o Worldnet Shipping Inc., 156-15, 146th Avenue, 2nd Floor, Jamaica, NY 11434, USA.

Warm up

Contents

1459 Food for thought: the complex and controversial interaction between diet and physical activity D Hughes

Editorial

T

1461 Misunderstanding the Female Athlete Triad: Refuting the IOC Consensus Statement on Relative Energy Deficiency in Sport (RED-S) M | De Souza, N I Williams, A Nattiv, E Joy, M Misra, A B Loucks, G Matheson, M P Olmsted, M Barrack, R I Mallinson, I C Gibbs, M Goolsby, J F Nichols, B Drinkwater, C (Barney) Sanborn, R Agostini, C L Otis, M D Johnson, A Z Hoch, J M K Alleyne, L T Wadsworth, K Koehler, I VanHeest, P Harvey, A K W Kelly, M Fredericson, G A Brooks, E O'Donnell, L R Callahan, M Putukian, L Costello, S Hecht, M J Rauh, J McComb

Review

1466 Sports participation in non-compaction cardiomyopathy: a systematic review H V Ganga, P D Thompson

Original articles

1472 Individual variability in compensatory eating following acute exercise in overweight and obese women M Hopkins, J E Blundell, N A King

1477 Injury initiates unfavourable weight gain and obesity markers in youth

G D Myer, A D Faigenbaum, K B Foss, Y Xu, J Khoury, L M Dolan, T M McCambridge, T E Hewett

1482 Can resistance training change the strength, body composition and self-concept of overweight and obese adolescent males? A randomised controlled trial

> N Schranz, G Tomkinson, N Parletta, I Petkov, T Olds

1489 Current physical activity guidelines for health are insufficient to mitigate long-term weight \checkmark gain: more data in the fitness versus fatness EDITOR'S debate (The HUNT study, Norway) T Moholdt, U Wisløff, S Lydersen, J Nauman

Volume 48 Issue 20 | BJSM October 2014

1497 Total body fat percentage and body mass index and the association with lower extremity injuries in children: a 2.5-year longitudinal study

E Jespersen, E Verhagen, R Holst, H Klakk, M Heidemann, C T Rexen, C Franz, N Wedderkopp

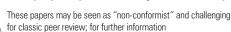
- 1502 Associations between objectively measured physical activity intensity in childhood and measures of subclinical cardiovascular disease in adolescence: prospective observations from the European Youth Heart Study M Ried-Larsen, A Grøntved, N C Møller, K T Larsen, K Froberg, L B Andersen
- **1508** The independent associations of sedentary behaviour and physical activity on cardiorespiratory fitness

R Santos, J Mota, A D Okely, M Pratt, C Moreira, M J Coelho-e-Silva, S Vale, L. B. Sardinha

MORE CONTENTS

This article has been chosen by the Editor to be of special interest or importance and is freely available online.





see http://bjsm.bmj.com/cgi/content/full/42/2/79

Ŷ

E.C.O.S.E.P

COPE committee on publication ethics

This journal is a member of and subscribes to the principles of the Committee on Publication Ethics www.publicationethics.org.uk

🔍 equator network

 \checkmark

V.



1513 Benefits of combining inspiratory muscle with 'whole muscle' training in children with cystic fibrosis: a randomised controlled trial

E Santana-Sosa, L Gonzalez-Saiz, I F Groeneveld, J R Villa-Asensi, M I B G de Aguero, S J Fleck, L M López-Mojares, M Pérez, A Lucia

Republished research from the BMJ

1518 Red flags to screen for malignancy and fracture in patients with low back pain A Downie, C M Williams, N Henschke, M J Hancock, R W J G Ostelo, H C W de Vet, P Macaskill, L Irwig, M W van Tulder, B W Koes, C G Maher

PEDro systematic review update

1519 Physiotherapy improves eating disorders and quality of life in bulimia and anorexia nervosa *G C Machado, M L Ferreira*



Receive regular table of contents by email.

Subscription Information

British Journal of Sports Medicine is published monthly; subscribers receive all supplements

Institutional rates 2014

Print

£680; US\$1254; €918

Online

Site licences are priced on FTE basis and allow access by the whole institution. Details available online at http://group.bmj.com/subscribe/?bjsm or contact the Subscription Manager in the UK

Personal rates 2014

Print (includes online access at no additional cost) £237; US\$463; €320

Online Only

£140; US\$273; €189

ISSN 0306-3674 (print); 1473-0480 (online)

Personal print or online only and institutional print subscriptions may be purchased online at http://group.bmj.com/ subscribe/?bjsm (payment by Visa/ Mastercard only). Residents of some EC countries must pay VAT; for details, call us or visit www.bmj.com/subscriptions/vatandpaymentinfo.dtl