

Journal of the British Association of

Editor-in-Chief

Karim Khan (Canada)

Fditors

Babette Pluim (Netherlands) Kay Crossley (Australia) Emmanuel Stamatakis (Australia)

Editorial Office

BMJ Publishing Group Ltd **BMA** House Tavistock Square London WC1H 9JR. UK E: bjsm@bmj.com Twitter: @BJSM BMJ

Guidelines for Authors and Reviewers

Full instructions are available online at http://bjsm.bmj.com/pages/authors/. Articles must be submitted electronically http://bism.bmi.com/pages/authors/. Authors retain copyright but are required to grant BJSM an exclusive licence to publish (http://authors.bmj.com/ submitting-your-paper/copyright-andauthors-rights/).

ISSN: 0306-3674 (print) ISSN: 1473-0480 (online) **Impact factor:** 7.867

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.

Copyright: © 2019 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 Exeter Premedia Services Private Ltd. Chennai, India and printed in the UK on acid-free

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

Sport and exercise medicine as a vehicle for advocacy? The Canadian perspective J S Thornton, M Burghardt

Editorials

Heading for trouble: is dementia a game changer for football?

A Rutherford, W Stewart, D Bruno

322 Non-communicable disease risk factors: a call for primary care clinicians to act and to refer. Brief intervention, not silent abdication.

A L Beale, A R Demaio

323 There is too much traffic for Alex to walk to school, so we drive: a call to action based on a 42-year trend

C W Oliver, P Kelly, G Baker, D du Feu, A Davis

Advice to athletes with back pain—get 324 active! Seriously?

> K O'Sullivan, P B O'Sullivan, T J Gabbett, M O'Keeffe

Bright spots

Bright Spots, physical activity investments that work: Parkrun; a global initiative striving for healthier and happier communities

> L J Reece, H Quirk, C Wellington, S J Haake, F Wilson

Consensus statement

(3)

Concussion management in combat sports: consensus statement from the Association of Ringside Physicians



J Neidecker, NK Sethi, R Taylor, R Monsell, D Muzzi, B Spizler, L Lovelace, E Ayoub, R Weinstein, J Estwanik, P Reyes, R C Cantu, B Jordan, M Goodman, J W Stiller, J Gelber, R Boltuch, D Coletta, A Gagliardi, S Gelfman, P Golden, N Rizzo, P Wallace, A Fields, C Inalsingh

Discussion

Letter: there is too much traffic for Alex to walk to school, so we drive. A call to action based on a 42-year trend

CW Oliver, P Kelly, D du Feu, G Baker, A Davis

Infographics

Infographic. Physical activity for disabled

B Smith, N Kirby, B Skinner, L Wightman, R Lucas, C Foster

337 Infographic: Exercise to prevent falls in older

BPC Smirmaul, A Tiedemann, C Sherrington

Inside track

Carolyn Emery #FierceScientist #PassionateLeader

A Ross

Subscription information

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

Institutional rates 2019

Print £888

Online Site licences are priced on FTE basis and allow access by the whole institution. Details available online at http://journals.bmj.com/content/subscribers?bjsm

Personal rates 2019

Print (includes online access at no additional cost) £311

Online only £184

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 http://journals.bmj. com/content/subscribers?bjsm

MORE CONTENTS ▶



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



This article has been made freely available online under the BMJ Journals open access scheme.

See http://bjsm.bmj.com/site/about/guidelines.xhtml#open



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







The online version of this article contains multiple choice questions hosted on BMJ Learning.

Original articles

An internet-supported school physical activity intervention in low socioeconomic status communities: results from the Activity and Motivation in Physical Education (AMPED) cluster randomised controlled trial C Lonsdale, A Lester, K B Owen, R L White, L Peralta, M Kirwan, T M O Diallo, A J Maeder, A Bennie, F MacMillan, G S Kolt, N Ntoumanis, J M Gore, E Cerin, D P Cliff, D R Lubans

348 Physical exercise programme during pregnancy decreases perinatal depression risk: a randomised controlled trial M Vargas-Terrones, R Barakat, B Santacruz, I Fernandez-Buhigas, M F Mottola

354 Do female elite athletes experience more complicated childbirth than non-athletes? A case—control study

T Sigurdardottir, T Steingrimsdottir, R T Geirsson, T I Halldorsson, T Aspelund, K Bø

359 Room for improvement: a randomised controlled trial with nested qualitative interviews on space, place and treatment delivery

LF Sandal, JB Thorlund, AJ Moore, RS Ulrich, PA Dieppe, EM Roos

PhD Academy Award

368 Concussion among military service academy members: identifying risk factors, recovery trajectories, and the role of mental health *KLO'Connor*

Reviews



How does light-intensity physical activity associate with adult cardiometabolic health and mortality? Systematic review with meta-analysis of experimental and observational studies

S F M Chastin, M De Craemer, K De Cocker, L Powell, J Van Cauwenberg, P Dall, M Hamer, E Stamatakis

377

OPEN ACCESS

Is the time right for quantitative public health guidelines on sitting? A narrative review of sedentary behaviour research paradigms and findings

E Stamatakis, U Ekelund, D Ding, M Hamer, A E Bauman, I-M Lee

Physical activity on prescription in accordance with the Swedish model increases physical activity: a systematic review

A Onerup, D Arvidsson, Å Blomqvist, E-L Daxberg, L Jivegård, I H Jonsdottir, S Lundqvist, A Mellén, J Persson, P Sjögren, T Svanberg, M Borjesson

Electronic pages

- correction: Impact of the Nordic hamstring and hip extension exercises on hamstring architecture and morphology: implications for injury prevention
- e3 Correction: Medical schools should be prioritising nutrition and lifestyle education