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Editorial: The Purpose of JEPonline Research

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From the beginning, it was understood that the Journal of Exercise Physiology would be a research journal. The purpose of the journal would be consistent with the purpose of research. It doesn’t matter whether it is pure research or applied research. JEPonline was created in 1998 to publish scientific papers that clarify and/or answer specific questions that lead to certain scientific truths. These truths are the result of a controlled and critical investigation. They are important for many reasons.

For example, research has demonstrated that the sedentary lifestyle is extremely risky. Living a physically inactive life should be avoided at all costs. If people are interested in decreasing their chances of coronary heart disease, high blood pressure, colon cancer, and diabetes, just 30 minutes of low to moderate-intensity physical activity at least three days per week is necessary to realize positive health and fitness benefits. In light of these benefits, which also includes the decrease in feelings of depression and anxiety, it is important to point out that exercise physiologists are experts in the scientific assessment and application of the “exercise prescription.”

The connection between research and a credible exercise prescription cannot be taken lightly. If the prescription is incorrectly developed and/or applied, people can be injured or worse. Credibility is directly linked to research, academic preparation, and professionalism. Exercise physiologists are credible healthcare professionals because they understand the importance of research, scientific thinking, and professional development. This is precisely why JEPonline makes an important contribution to the profession of exercise physiology. As Editor-In-Chief, it is my pleasure to thank the authors who contributed to the August 2011 issue.