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Journal of Strength and Conditioning Research

The Strength and Conditioning Journal (SCJ) is the professional journal for strength coaches, personal trainers, physical therapists, athletic trainers, and other health professionals working in the strength and conditioning field. The journal's mission is to publish articles that report both the practical applications of research findings and the knowledge gained by experienced professionals.

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The Journal of Strength and Conditioning Research (JSCR) is the National Strength and Conditioning Association's scientific journal. Now published monthly, JSCR features original research that addresses optimal physical performance through applied exercise science.

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The editorial mission of The Journal of Strength and Conditioning Research (JSCR) is to advance the knowledge about strength and conditioning through research. A unique aspect of this journal is that it includes recommendations for the practical use of research findings.

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Journal of Strength and Conditioning Research

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