Asian Journal of Sports Medicine
Volume 12 · Issue 4 · e109514

OPEN PEER REVIEW

Study of Anthropometric and Body Composition Variables in the Overweight/Obese, Sedentary Elderly Men Using WATERinMOTION Aqua Training: A Cross-sectional Study

Mohammadreza Rezaeipour, Vladimir Ivanovich Nychyporuk, Zahra Raghi

SUBMITTED	REVISED	ACCEPTED	DOI
17 Sep 2020	20 Aug 2021	19 Oct 2021	10.5812/asjsm.109514

About this report

This open peer review (OPR) report shows the public comments made on this article during peer review, by the reviewers, the associate editor and the editor-in-chief, for every revision round, together with the authors' replies. Comments appear only with the consent of the people who wrote them. Reviewers who chose to sign their report are named; the others are shown as "Referee". Comments are edited for language only, and confidential remarks to the editors are not included.

More about open peer review: brieflands.com/knowledgebase/opr

Contents

1 Original submission 2
2 Revision 1 SHIMAL HAMZA HAMAD CHOMANI 3
Authors' reply to reviewers 4
Reviewer and editor comments 8
3 Revision 2 9
Authors' reply to reviewers 10
Reviewer and editor comments 14

1 Original submission

0 comments

No public comments in this round.

2

Revision 1

AUTHORS' RESPONSE TO REVIEWERS

Authors' reply to reviewers

The next pages contain the authors' point-by-point reply to the comments of this revision round, as submitted with the revised manuscript. It is published as the authors wrote it.

REVIEWER RESPONSE LETTER

Dear Referee No.1,

Thank you for the opportunity to review the manuscript. Your suggestions are immensely helpful and are appreciated. The changes are marked with the highlight color in the revised manuscript.

Reviewer 1:

- analyzing method the researcher used is not much clear, need clarify better, the table discussion should be specific and use such strong words, and use connecting words between paragraphs and sentences.

Response: Thank you for your thoughtful comments. The statistical analysis has been completely rewritten, and additional explanations of sampling and statistics have now been added to the responses to your comments in the "Materials and Methods" section of the revised manuscript for clarification. In addition, in the case of the tables discussion, the manuscript was changed.

- the result of the study not much connected with the topic and aims should expend some more results with proving sources better.

Response: The reviewer's suggestion has been followed and they were rewritten to clarify the revised manuscript and exposed with yellow highlights.

- the program training for such 70 years old I can say that the intensity 70 it will be a little high for them, it's between 50-65 % intensity will be less risk.

Response: Please allow us to disagree with you. Piercy et al. (1) lists the Physical Activity Guidelines for Americans, which recommend for adults at least 150 to 300 minutes a week of moderate-intensity activity or 75 to 150 minutes a week of

vigorous activity, or an equal combination of both moderate and vigorous. In addition, the higher specific heat and thermoregulatory characteristics of water that about 30 degrees Celsius was selected in this study allow for training intensity and duration to progress at an increased rate compared to land exercise (2). Because WATERinMOTION is a water-based exercise program, it provides a lower impact environment but promotes a high-intensity workout. So as you know, five minutes at the start and closing of each session at an intensity of 50 to 70%, and the intensity of the main workout program was 70 to 85%. On the other hand, 70–85% of HRmax has been used in the mainstream aquatic exercise program in many sources for seniors (3, 4).

1. Piercy K. L., Troiano R. P., Ballard R. M., et al. The physical activity guidelines for Americans. Journal of The American Medical Association. 2018;320(19):2020-2028
2. Tamin, T. Z., Loekito, N. Aquatic versus land-based exercise for cardiorespiratory endurance and quality of life in obese patients with knee osteoarthritis: A randomized controlled trial. Medical Journal of Indonesia. 2018;27(4): 284–292.
3. Rezaeipour M. Investigation of Pool Workouts on Weight, Body Composition, Resting Energy Expenditure, and Quality of Life among Sedentary Obese Older Women. Montenegrin Journal of Sports Science and Medicine. 2020;9(1):67-72.
4. Naylor LH, Maslen BA, Cox KL, Spence AL, Robey E, Haynes A, et al. Land- versus water-walking interventions in older adults: Effects on body composition. J Sci Med Sport. 2020;23(2):164-70.

- generally, this research has been translating to English with low English grammar and vocabulary, need to check again. I have been corrected the grammar and some vocabulary, but still need some more. and i mentioned in the word document file.

Response: Thank you again but we didn't receive any comments in the word file and we're sorry the English had a problem. The reviewer's suggestion has been followed and the manuscript was thoroughly revised by a Native English Speaker to improve the grammar and readability.

We acknowledge the reviewer's comment and suggestion very much, which are valuable in improving the quality of our manuscript.

Best Regards

Associate Editor's Comments:

Associate Editor 1:

-Your manuscript was reviewed by our reviewers. The reviewers have raised concerns regarding the manuscript, and therefore, your paper is not acceptable for publication in this format. However since the reviewers do find some merit in the paper, I would be willing to reconsider if you wish to undertake major revisions and re-submit, addressing the referees' concerns.

-Please note that resubmitting your manuscript does not guarantee acceptance and that your resubmission will be subject to a re-review before a decision is rendered.

Dear Associate Editor 1,

Response: Thank you so much for your kind opinion and the opportunity to review the manuscript. The manuscript has been carefully revised and replied to all comments of reviewers (one-by-one). The revised manuscript was also re-checked and formatted according to the Asian Journal of Sports Medicine.

-In the new version, please revised the discussion. The author should first discuss their data, clarify those obstacles clarified by the current study, and avoid filling the discussion part with generally accepted facts.

Response: According to the associate editor's suggestion, discussion is now modified and re-written for greater transparency and the more explanations and references are now added to the revised version.

Best Regards

EIC Decision:

Thank you for submitting your manuscript to Asian J Sports Med. Your manuscript has now been reviewed by a reviewer and an Associate Editor. I now have the reports of the Referees, which suggest that your manuscript might be suitable for publication following a number of revisions. I attach some reviewer comments and invite you to submit a revised version of your manuscript addressing the points made.

Response: We followed the editor-in-chief suggestions and the manuscript has been carefully revised. All Comments indicated above are in the revised manuscript. We acknowledge the reviewer’s and associate editor's comments and suggestions very much, which are valuable in improving the quality of our manuscript.

Best Regards

2 Revision 1

1 comment · 15 Jul 2021

SHIMAL HAMZA HAMAD CHOMANI Reviewer

MINOR REVISION 15 Jul 2021

Comments on the article titled (Study of body composition variables in overweight/obese, the sedentary elderly man using WATERinMOTION aqua training: A cross-sectional study). Manuscript ID: 109514

- Add the main data to the abstract.
- There are some issues with the title: the use of (the) before sedentary and a spelling mistake (men, should be a man).
- The objective and the importance of the study should be mentioned in the last paragraph of the introduction.
- Please rewrite the results and discussion clearly, as they do not seem closely related to the aim of the study. Relate the results and discussion to the aim and hypothesis.
- Before data collection, the participants should be tested for homogeneity because good results require homogeneity.
- Mention the statistical tools and all the measures and tests used, for example: mean, standard deviation, t-test, ……..
- Expand the results and connect them with the aims and hypothesis, citing some relevant studies.
- Use Grammarly for all articles; there are many grammatical mistakes in the statements.

3

Revision 2

AUTHORS' RESPONSE TO REVIEWERS

Authors' reply to reviewers

The next pages contain the authors' point-by-point reply to the comments of this revision round, as submitted with the revised manuscript. It is published as the authors wrote it.

REVIEWER RESPONSE LETTER

Dear Reviewer,

Thank you for reading the manuscript and reviewing it, which will help to improve it to a better scientific level. The manuscript has been revised, and quite changes have taken place. So revised manuscript has been sent, and a version containing all the changes to be visible.

At the following, the points mentioned by the reviewer will be discussed:

• ***Add the main data in the abstract***

Response: It was re-written and changed in the revised manuscript based on the reviewer's suggestion.

• ***Ther is some unbalancing from the topic, using (the) before sedentary, and spelling mistake,(men, should be a man)***

Response: Corrected.

• ***The objective and the importance of the study should be mentioned in the last paragraph if the introduction***

Response: It was re-written and changed in the revised manuscript based on the reviewer's suggestion.

• ***please rewrite clarity the result and discussion, it looks like not be much related to the aim of the study.be consider of related the aim and hypothesis with result and discussion.***

Response: The referee's suggestion was followed up and the manuscript has now been re-written for greater clarity.

• ***Before data collection should take homogeneity of the test for participants because the main point for the good result needs to take homogeneity.***

Response: Thank you for your suggestion. To clarify the presentation, more detailed information was now added in the revised manuscript.

• ***Need to mention (the statistical tool) And mention all using part for example: mean, standard division, t-test ……. Whatever you used***

Response: More explanations have now been added to the revised manuscript.

• ***Expend the result and make a connection with aims and hypothesis with some references study.***

Response: The reviewer's suggestion was followed up and the manuscript has now been re-written and added some references for further clarification.

• ***Using Grammarly for all articles the are many grammar mistakes in statements.***

Response: The revised manuscript was checked with Grammarly and its summary report is as follows:



Thank you again. We acknowledge the referee's comments and suggestions very much, which are valuable in improving the quality of the manuscript.

Best Regards

Associate Editor 1:

Your paper needs some minor revision. Please revise your paper, based on the reviewer's comments.

Response: Thank you so much for your kind opinion and the opportunity to review the manuscript. The manuscript has been carefully revised and replied to all comments of reviewer (one-by-one).

Best Regards

EIC Decision:

The second round of peer review of your manuscript is completed. I now have the reports of the Referees, which suggest that your manuscript needs more correction.

Response: All Comments indicated above are in the revised manuscript. We acknowledge the reviewer's comments and suggestions very much, which are valuable in improving the quality of our manuscript.

Best Regards

3 Revision 2

0 comments

No public comments in this round.