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An Introduction to 75 Years of the Research Quarterly for Exercise and Sport (pp. S1–S4)

Stephen Silverman

This paper provides an introduction to the development of the 75th anniversary issue of the *Research Quarterly for Exercise and Sport* (*RQES*) and previews the papers that are included. This issue includes papers that focus (a) on specific areas of research in our various fields and trends in research methods and (b) more generally on *RQES* as a publication. The collection of papers celebrates the role *RQES* has played in the evolution of our field while also critically analyzing it. In the second part of the paper, I discuss how the editorial process has changed and the many people who participate in the review process and help to publish the journal. *RQES* has continued to produce high-quality research for 75 years.

"Of the Greatest Possible Worth:" The Research Quarterly in Historical Contexts (pp. S5–S26)

Roberta J. Park

The establishment of a national organization and its attendant major journal, historians of science and of higher education maintain, have been crucial in the process of academic professionalization. During the late 1800s a number of professional organizations that exist today (e. g., American Physiological Society; American Psychological Association) were founded. The American Association for the Advancement of Physical Education (1885) was one of the earliest. One of several purposes of the *American Physical Education Review* (1896), was to disseminate—and, it was hoped, encourage—research. In 1930, this function was taken over by the newly created *The Research Quarterly*, today known as the *Research Quarterly for Exercise and Sport*. Both have performed a significant role in fostering graduate study and advancing research relevant to the field of physical education (now often called kinesiology, human performance, or one of several other designations).

Writing: The Quarterly as Text (pp. S27–S39)

Lawrence F. Locke

The purpose of this essay is to examine how writing has shaped the nature of the *Quarterly* over 75 years. Here I explore how stylistic elements have changed over time, how form has interacted with function and content, and how well the resulting text has served the several communities within physical education. I make the following assertions. First, the writing style that has become the model for research reports is needlessly dense and daunting for readers. Second, the desire to maintain a journal that serves both as an interdisciplinary resource for a broad audience of physical educators and as an outlet for reports directed to limited audiences of technical specialists has prevented full performance of either function. Those concerns notwithstanding, I find good cause for celebration—as well as for guarded optimism about the future.

Health and Physical Activity Research as Represented in RQES (pp. S40–S52)

Barbara E. Ainsworth and Catrine Tudor-Locke

In the past 75 years, articles in *Research Quarterly for Exercise and Sport* (*RQES*) have contributed to the understanding of the role physical activity plays in the health of individuals and populations. Articles have described laboratory and community research studies in humans and animals, presented reviews of topics and conference proceedings, and presented forums for discussion about current topics in physical activity and health. The articles reflect the growth of the profession from basic inquiry, about physiological responses to exercise (and the development of physical fitness methods and standards), to studies of the effects of exercise on physical fitness and health in various population subgroups. This evolution in *RQES* reflects the well recognized paradigm shift toward public health concerns for physical activity and health outcomes.

Biomechanics, Exercise Physiology, and the 75th Anniversary of RQES (pp. S53–S61)

Joseph Hamill and Emily M. Haymes

The purpose of this paper is to review the biomechanics and exercise physiology studies published in the *Research Quarterly for Exercise and Sport* (*RQES*) over the past 75 years. Studies in biomechanics, a relatively new subsdiscipline that evolved from kinesiology, first appeared in the journal about 40 years ago. Exercise physiology

studies have been published in *RQES* throughout its history. Studies in both subdisciplines reflect areas of research that were of great interest at the time of their publication. Many of the leading scholars, past and present, in both biomechanics and exercise physiology were authors of papers in *RQES*.

Studies in Motor Behavior: 75 Years of Research in Motor Development, Learning, and Control (pp. S62–S70)
Beverly D. Ulrich and T. Gilmour Reeve

Research focused on human motor development, learning, and control has been a prominent feature in the *Research Quarterly for Exercise and Sport* (*RQES*) since it was first published in 1930. The purpose of this article is to provide an overview of the papers in the *RQES* that demonstrate the journal's contributions to the study of motor development, learning, and control. The landmark study by Henry and Rogers (1960), the C. H. McCloy lectures, and theoretical and review papers in motor behavior are highlighted. The *RQES* has served as a significant outlet for research in development, learning, and control throughout its 75-year history. The convergence of the theories, research methods and analytical tools lead to the proposition that these three areas have evolved into a field best described as motor behavior.

What Goes Around Comes Around: Re-emerging Themes in Sport and Exercise Psychology (pp. S71–S87)
Maureen R. Weiss and Diane L. Gill

Sport and exercise psychology research appearing in *Research Quarterly for Exercise and Sport* (*RQES*) over the past 75 years can be characterized by re-emerging themes—hot topics in the 1930s remain hot topics now. Re-emerging themes include sportsmanship/moral development, social development/significant others, self-perceptions, attitudes/motivation, modeling/observational learning, emotion/arousal/anxiety, competition/achievement orientations, and gender roles. Although research paradigms and methodologies have changed, these topics have endured. We also identified dominant emergent themes appearing in *RQES* over the last 25 years: measurement development and validation; physical activity adoption and adherence; and multidisciplinary approaches to psychological issues. Given the many specialty journals and trends toward integrating models and methods from multiple disciplines, we suggest that *RQES* adopt a multidisciplinary focus for research in the field of kinesiology.

Sociology, History, and Philosophy in The Research Quarterly (pp. S88–S107)
George H. Sage, Mark S. Dyreson, and R. Scott Kretchmar

The accounts of our subdiscipline's contributions to *The Research Quarterly* are similar. Sociology, history, and philosophy operate at some distance from the biological sciences. The research methods used by scholars in each of our domains address distinctive issues related to objectivity and, thus, validity. Our contributions to *The Research Quarterly* have been modest, numbering about 240 articles, or slightly over 3 per volume. In short, we have enjoyed only a minority presence in *The Research Quarterly* during its 75 years of existence. Our stories, however, also diverge in important ways. Our research methods are different, and our relationships with our parent disciplines are not the same. In addition, our perceptions of *The Research Quarterly* as a potential repository for our respective publications vary considerably .

Pedagogy Research Through the Years in RQES (pp. S108–S121)
Amelia M. Lee and Melinda A. Solmon

This paper examines the growth in research on teaching, curriculum, and teacher education in *Research Quarterly for Exercise and Sport*, describing how this body of work has evolved over the past 75 years. The research stream progressed from "expert" discourses about what physical education should be to scientific approaches that have generated a body of knowledge based on evidence rather than beliefs. Investigations focused on the teaching and learning process have evolved to provide research-based benchmarks for designing teacher education programs and evaluating instruction as well as informing effective teaching practice. We advocate for a broad view of pedagogy and argue that pedagogical researchers can make an important contribution to efforts to increase levels of physical activity through interdisciplinary projects.

The 75th Anniversary of Research Quarterly for Exercise and Sport: An Analysis of Status and Contributions (pp. S122–S134)
Bradley J. Cardinal and Jerry R. Thomas

In celebration of the 75th anniversary of *The Research Quarterly/Research Quarterly for Exercise and Sport (RQ/RQES)* an analysis was conducted comparing *RQ/RQES* to numerous other journals in the field with regard to impact factors and citation rates. A series of analyses was conducted from the first publication of *RQ/RQES* in 1930 through this 75th edition to identify total citations by decade, the top 10 cited papers, top cited papers by decade, the top three papers in 5-year intervals from the 50th anniversary issue in 1980 through 2001, and the outstanding research writing award papers since this award began 23 years ago.