

“Must Read Papers 20” in Physical Activity and Exercise Epidemiology

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Abstract

An epidemiological approach becomes important in studies of physical fitness and sports medicine. However, there are a few studies in physical activity and exercise epidemiology implemented in Japan. To facilitate further epidemiological researches on exercise, physical activity, and health, minimum essentials of original articles and reviews seems to be needed. Our study group tried to select “must read papers” in physical activity and exercise epidemiology. Following 5 points were taken into consideration to select papers: 1) to propose minimum essentials for researchers, especially young researchers; 2) to cover all areas in physical activity and exercise epidemiology; 3) to select good cohort studies and randomized controlled trials (RCT) for original articles; 4) to select papers in top journals of high impact factor, original (the oldest) papers in famous cohort studies, or the latest RCT; 5) to include important reviews and guidelines in physical activity and exercise epidemiology. As a result, 10 original articles and 10 reviews were selected for “must read papers 20”. These papers seem to be useful for young researchers as well as veteran researchers. This study is not a systematic review but a consensus among our study group. The “must read papers 20” is the first effort to facilitate further epidemiological researches in our association. We should continue this effort to make it better and updated.

Key words: physical activity, exercise epidemiology, must read paper, cohort study, randomized controlled trial

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