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| Book Name: | [Achievements and Challenges of Medicine and Medical Science](https://www.bookpi.org/bookstore/product/achievements-and-challenges-of-medicine-and-medical-science-vol-1/) |
| Manuscript Number: | **Ms\_BPR\_4194** |
| Title of the Manuscript: | **The influence of de-conditioning on the state of physical fitness in healthy school-aged children** |
| Type of the Article | **Book chapter** |

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| PART 1: Comments | | |
|  | Reviewer’s comment | Author’s Feedback *(Please correct the manuscript and highlight that part in the manuscript. It is mandatory that authors should write his/her feedback here)* |
| **Please write a few sentences regarding the importance of this manuscript for the scientific community. A minimum of 3-4 sentences may be required for this part.** | **This study shows how a lack of physical activity, especially after the pandemic, has affected the fitness levels of schoolchildren. It provides useful information for schools and health programs to help kids stay active and healthy. By comparing fitness levels with national standards and exploring differences between boys and girls, it helps identify areas for improvement and future research.** |  |
| **Is the title of the article suitable?**  **(If not please suggest an alternative title)** | **Okay** |  |
| Is the abstract of the article comprehensive? Do you suggest the addition (or deletion) of some points in this section? Please write your suggestions here. | **The abstract could include specific findings to make it more impactful. For instance, mention exact percentages or metrics showing the decline in fitness levels.** |  |
| **Is the manuscript scientifically, correct? Please write here.** | **The entire paper needs to be re-written before it can be considered for publication.** |  |
| **Are the references sufficient and recent? If you have suggestions of additional references, please mention them in the review form.**  **-** | **Verify that all cited references align with the content and are formatted consistently. Ensure URLs for online sources are accessible and up to date.** |  |
| Is the language/English quality of the article suitable for scholarly communications? | Okay |  |
| Optional/General comments | Comprehensive Review and Suggestions for ManuscriptIntroduction This document provides a detailed review and constructive suggestions for the manuscript titled 'The Influence of De-conditioning on the State of Physical Fitness in Healthy School-Aged Children'. The review focuses on the manuscript's strengths and areas for improvement. Strengths of the Manuscript 1. Relevance of Topic: The focus on the deconditioning effects of sedentary behavior in schoolchildren is highly relevant and timely, especially in the post-pandemic era.  2. Methodology: The study uses a structured approach, with ethical considerations and a well-defined participant selection process.  3. Use of National Benchmarks: Comparing results with the FIT INDIA Protocol adds credibility and context.  4. Comprehensive Analysis: The manuscript covers multiple components of fitness (flexibility, strength, endurance) and provides gender-based insights. Suggestions for ImprovementAbstract - Content: While clear, the abstract could include specific findings to make it more impactful. For instance, mention exact percentages or metrics showing the decline in fitness levels.  - Key Words: Expand keywords for better indexing. Include terms like 'pandemic impact,' 'deconditioning effects,' or 'physical fitness in adolescents.' Introduction - Clarity: The introduction briefly touches on COVID-19 but could elaborate more on its long-term effects on physical activity trends in children globally.  - Literature Support: Consider referencing additional recent studies to strengthen the background on sedentary behavior trends post-pandemic. Methodology 1. Clarity in Testing Protocols: Provide more details about how the physical fitness tests were administered (e.g., equipment used, standardization methods, or testing environment). Include an explanation of how rest intervals were standardized to ensure consistent testing conditions.  2. Sample Characteristics: Add demographic details such as socioeconomic status, nutritional habits, or urban/rural backgrounds, which might influence physical fitness.  3. Data Analysis: Clearly define statistical tests used for analyzing differences. Were corrections applied for multiple comparisons? Results - Data Presentation: The text could integrate more visuals, such as bar graphs or trend lines, alongside tables, to make findings easier to interpret. Ensure all figures (e.g., Figure 01) and tables are labeled consistently and referenced appropriately in the text.  - Interpretation: Expand on the practical implications of the significant p-values (e.g., what the differences in the Sit-and-Reach Test mean in real-world terms). Discussion 1. Global Comparisons: Compare findings more extensively with international datasets to highlight regional or cultural differences.  2. Gender Differences: Provide more context or hypotheses about the observed gender differences in flexibility and strength.  3. Limitations: While sample size and cross-sectional design are mentioned, consider discussing potential biases, such as self-selection or variations in school environments. Conclusion Emphasize practical applications more strongly, such as actionable recommendations for schools, policymakers, or parents to address physical inactivity in children. References - Completeness: Verify that all cited references align with the content and are formatted consistently. Ensure URLs for online sources are accessible and up to date. Minor Corrections - Language: Proofread for minor grammatical inconsistencies (e.g., 'P-Value' should be 'p-value').  - Technical Terms: Define or simplify terms for readers unfamiliar with fitness testing protocols (e.g., 'curl-up test').  - Future Research: Expand this section to propose specific longitudinal studies or interventions.  The entire paper needs to be re-written before it can be considered for publication. |  |

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| **PART 2:** | | |
|  | **Reviewer’s comment** | **Author’s comment** *(if agreed with reviewer, correct the manuscript and highlight that part in the manuscript. It is mandatory that authors should write his/her feedback here)* |
| **Are there ethical issues in this manuscript?** | *(If yes, Kindly please write down the ethical issues here in details)* |  |

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| **Reviewer Details:** | |
| Name: | **Ramananda Ningthoujam** |
| Department, University & Country | **Dhanamanjuri University, India** |