



REVIEWER'S REPORT

Manuscript No.: IJAR-55094

Title: Optimizing Performance: Dynamic Neuromuscular control and Accuracy Gains from Tennis-specific Conditioning Program – Randomized Control Trail

Recommendation:

- Accept as it is
- Accept after minor revision.....**
- Accept after major revision
- Do not accept (*Reasons below*)

Rating	Excel.	Good	Fair	Poor
Originality		*		
Techn. Quality		*		
Clarity		*		
Significance		*		

Reviewer Name: Dr. Arpith Kumar L M

Detailed Reviewer's Report

The manuscript evaluates a 12-week Tennis Specific Conditioning Program and presents a well-structured randomized controlled trial with clear methodology and appropriate statistical analysis. The study addresses a relevant topic in sports science; however, several issues require attention.

Strengths:

- Well-defined intervention and control groups
- Use of validated neuromuscular performance tests
- Appropriate non-parametric statistical procedures

Concerns:

- Background section contains repetition and lacks concise linkage to study objectives
- Minor grammatical and formatting issues throughout the manuscript
- Tables and figures need clearer captions and consistent formatting
- Effect size measures are missing, which limits interpretation of practical significance

Overall, the study has merit but requires **minor revision** before consideration for publication.