



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. Amina

Reviewer's Comment for Publication.

The manuscript aims to investigate the effect of a 12-week Tennis-Specific Conditioning Program (TSCP) on neuromuscular adaptations and performance in amateur tennis players using a randomized controlled trial design. The topic is **scientifically relevant**, considering the increasing interest in sports-specific conditioning and neuromuscular training to improve performance and reduce injury risk in racquet sports.

The study is well-structured and contributes meaningful experimental evidence to the literature. However, a few **minor revisions** are required to improve clarity, methodological transparency, and scientific presentation.

Strengths of the Manuscript

1. Originality and Relevance

- Addresses a practical and under-explored area—long-term (12-week) tennis-specific conditioning vs. traditional training.
- Adds empirical evidence regarding neuromuscular control improvements and accuracy performance, which are important components of tennis performance.

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2. Methodological Strengths

- Randomized Controlled Trial design with allocation concealment.
- Adequate sample size (n=92 initially; 90 completed).
- Use of validated neuromuscular performance tests (Single Hop, Crossover Hop).
- Blinded outcome assessors reduce measurement bias.

3. Statistical Rigor

- Appropriate use of non-parametric tests due to non-normal data distribution.
- Friedman tests with Wilcoxon post-hoc analysis is suitable and correctly applied.
- Results clearly demonstrate significant improvements across time and groups.

4. Practical Implications

- TSCP demonstrates measurable neuromuscular and accuracy benefits for amateur players.
- Findings support integrating sport-specific conditioning into routine tennis training.

Areas for Minor Revision

1. Title and Grammar Issues

- The title contains spelling errors: "Trail" should be "Trial."
- Several minor grammatical and typographical errors appear throughout the manuscript (e.g., missing punctuation, spacing, singular/plural inconsistencies).

Suggested action: Perform comprehensive proofreading or language editing.

2. Improve Clarity in Methodology

Some areas need clearer reporting:

- Describe **exact randomization procedure** (simple randomization technique used).
- Mention whether **sample size calculation** was performed.

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- Clarify:
 - Was compliance monitored? (It is stated that compliance was not assessed—this should be acknowledged as a limitation.)
 - Were there any adverse events during training?

3. Presentation of Tables and Figures

- Several tables lack captions or formatting consistency.
- Baseline characteristics table: Height appears identical in both groups—confirm correctness or correct if erroneous.
- Figures (performance graphs) should be numbered sequentially and clearly captioned.

4. Literature Section Improvements

- Some citations are improperly formatted (e.g., referencing style inconsistent).
- Remove URLs within references, as most journals do not accept direct links.
- Some statements in the discussion are repetitive; condensing them would improve readability.

5. Results Interpretation

- Interpretations are sound but should highlight **effect sizes** (if calculated) or at least describe the magnitude of improvements more clearly.
- Consider adding a brief subsection comparing experimental vs. control groups numerically at Week 12.

6. Add a Clear Limitations Section

Recommended additions:

- Lack of compliance tracking.

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- No physiological assessments (e.g., EMG, strength measurement).
- Limited to amateur players aged 18–24, limiting generalizability.
- Absence of follow-up to determine retention of neuromuscular adaptations.

7. Enhance the Conclusion

- Current conclusion is appropriate but could better connect key findings to practical coaching applications.
- Suggest implementation guidelines (e.g., training frequency, integration with regular practice).

Overall Evaluation

This is a **valuable and well-executed randomized controlled trial** contributing to tennis-specific training literature. The results are consistent, statistically significant, and practically meaningful.

Only **minor revisions**—mostly editorial and clarificatory—are needed before acceptance. Once these refinements are made, the manuscript will be suitable for publication.