

Congratulations to the Authors of the 2025 Papers of the Year!



Established by the ACSM Publications Committee, the annual Paper of the Year awards recognize excellence in ACSM's scientific and scholarly publications. Each journal's Paper of the Year is selected by its editorial team based on the criteria of significance and impact. ACSM congratulates each of the author groups for their work.



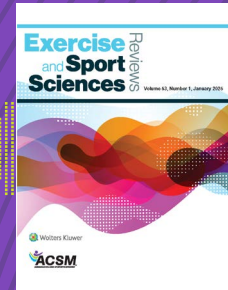
September/October 2025

ACSM's Health & Fitness Journal
"Antifrail: Why Muscle (Power) Matters in Aging"
Ashley Gluchowski and Stuart M. Phillips



April 2025

Current Sports Medicine Reports
"Air Pollution and Its Effects on Sports and Exercise: A Narrative Review of Impacts and Mitigation Strategies"
Keifer P. Walsh, Peyton A. Tharp, Katherine Kiley, and Michael S. Koehle



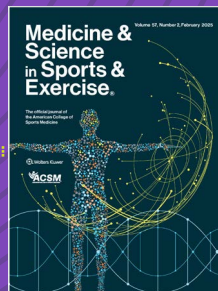
January 2025

Exercise and Sport Sciences Reviews
"Aerobic Exercise Training for the Aging Brain: Effective Dosing and Vascular Mechanism"
Takashi Tarumi, Tsubasa Tomoro, Jun Sugawara, and Rong Zhang



Winter 2025

Exercise, Sport, and Movement
"Benefits of After-School Sports: A Global Analysis of Pediatric Physical Health and Cognitive Function"
Michelle Lim, Janis Gaudreau, and Nicole E. Logan



February 2025

Medicine & Science in Sports & Exercise
"The Efficacy of Blood Flow Restriction Training to Improve Quadriceps Muscle Function After Anterior Cruciate Ligament Reconstruction"
Lauren N. Erickson, Meredith K. Owen, Kelsey R. Casadonte, Tereza Janatova, Kathryn Lucas, Kylie Spencer, Benjamin D. Brightwell, Megan C. Graham, McKenzie S. White, Nicholas T. Thomas, Christine M. Latham, Cale A. Jacobs, Caitlin E. Conley, Katherine L. Thompson, Darren L. Johnson, Peter A. Hardy, Christopher S. Fry, and Brian Noehren



Summer 2025

Translational Journal of the American College of Sports Medicine
"A Review of the Cost-Effectiveness of Supervised Exercise Therapy for Adults With Chronic Conditions in the United States"
Paul J. Chase, Connor M. Owen, Amy Bantham, Mark Stoutenberg, Tiwaloluwa Ajibewa, Justin Barclay, Mu Huang, Jacob Kariuki, Grace McNamara, Lee Stoner, and Laurie P. Whitsel

Join us at the **"ACSM Journals Symposium: Updates, Opportunities, and Papers of the Year"** at ACSM's Annual Meeting to learn more about the journals and the Papers of the Year

Wed. May 27, 2026, 3:15 - 4:45 p.m. MDT - Salt Lake City, Utah

Read the Papers

