

OPEN PEER REVIEW REPORT 2

Reviewer: Jadwiga Szymura, University of Physical Education in Krakow, Poland.

Comments to the authors:

Strengths of the article:

The subject of the article is interesting. The manuscript is generally well written and clearly presented.

Weaknesses of the article:

There is no clear definition of the purpose of the study. The Authors did not provide specific and clear conclusions.

This is a good study providing some interesting results. The introduction, methods and results are nicely presented. I think just a couple of points require clarification:

ABSTRACT

The abstract is well-structured but make the purpose of the study clearly. However, it also lacks context. The conclusions section needs revising for clarity.

INTRODUCTION

Please clearly define the purpose of the study in the introduction and in the abstract.

RESULTS

The results section is quite 'wordy' and long-winded - please reduce and improve conciseness.

CONCLUSIONS

Provide specific and clear conclusions from this study (also in the abstract).

I miss some critical reflection about the research. There are always some strengths and certainly limitations of any study. These should be addressed.