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*The Journal of Kinesiology & Wellness* (JKW) is a **peer-reviewed open online journal** (ISSN: 2332-4503) that covers issues in physical activity, health, wellness, and sport. JKW is a **publication of the Western Society for Kinesiology and Wellness** (WSKW) and is published bi-annually. The first JKW Edition is released in January and consists of scholarly papers based on original research (experimental, descriptive, historical, or philosophical). This edition also includes the invited John Massengale Paper. The John Massengale Paper is an invitation-only paper authored by a prominent scholar. In addition, the WSKW Chronicles, which are post-conference proceedings such as conference abstracts, are included.

The second JKW Edition, which is a Special Student Edition, is released in July (beginning 2020) and is reserved for scholarly papers based on original research (experimental, descriptive, historical, or philosophical) in which a student (undergraduate or graduate) is the lead author.

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# Journal of Kinesiology and Wellness

A Publication of the Western Society for Kinesiology and Wellness

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