

Specific Comments:

Abstract:

Line 32: Please specify if DJ refers to landing and not immediately performing a vertical jump, or if it does include performing immediately a VJ. At times DJ and depth drops have interchangeable language.

Results section: Please provide results, even if generalized, for all heights tested. Similarly, in the Conclusion section mention more than the 30cm condition.

Line 44: Omit first sentence of the Abstract. You say it is safe and effective, then proceed to say how it could not be these things.

Introduction:

-paragraphs 2 and 3 can be shortened and combined. Paragraph 2 discussed height on biomechanical variables, and paragraph 3 discusses landing strategies on the same biomechanical variables. Please combine and omit repetitive language.

-line 106: Include this current last paragraph of the Introduction into the preceding paragraph.

Methods:

-Please label the equations separately with captions, similar to how Figures are displayed and captioned. The equations are currently confusing because of having #(1), or similar for other equations, adjacent to the right of the actual equation.

-Table 1: Please abbreviate “knee-dominant” and “hip-dominant” in column two. It would make it easier to read than writing out the landing strategy in full each line.

Figure 3: Please break into more than one Figure. The graphs are small and difficult to read with there being 7 contained in one Figure.

Results:

-No changes recommended.

Discussion:

-line 294: Omit the sentence “Thus, 30cm represents a safe...” as it overstates your results. You could say it is the height that exhibited the greatest energy generation *in these participants* (taking note that higher heights may be optimal for more highly trained athletes).

-line 317: Please add “based on prior research” after “hamstrings and gluteus maximus” since you did not measure EMG in this study.

-line 350: I don’t think your second stated limitation is actually a limitation. You took a sample from a given population and tested them using a repeated-measures design. You could suggest that longitudinal intervention is necessary to determine how the biomechanics of landing based on height and strategy could change due to training.

-Please add as a limitation that these results are only indicative of these participants/population. You do this by comparing male/female. However, it is likely (including based on some of what you write earlier) that different training levels will result in different results, especially for height. In other words, more trained athletes may have a height greater than 30 cm as their optimal height. In the comparison of male/female, you could also suggest that females may have a lower height as their optimal height due to common strength differences between sexes.

Conclusions:

-Please delete the second short paragraph of this section. While a progressive jump training program is good advice, it goes beyond the study question and results. You could say something like athletes should start at height not more than 30cm, which would align with your research better.