



The Journal of Undergraduate McGill Physiology Students
Author Submission Guidelines

The Purpose:

The Journal of Undergraduate McGill Physiology Students (JUMPS) is an undergraduate scientific journal committed to showcasing research conducted by the undergraduate students of McGill's biomedical sciences community. JUMPS provides undergraduate researchers with the opportunity to share their scientific work with peers, faculty, and the broader public while gaining experience with the academic publication and peer-review process.

JUMPS accepts submissions from students across all of the biomedical sciences, with a particular interest in research related to physiology and physiological sciences. Submissions are reviewed by undergraduate editors. Publication is not guaranteed, and is determined based on submission quality and relevance to JUMPS scope. Recent graduates may also submit work, provided that the work was conducted during their undergraduate studies and within the two years prior to submission.

Submission Requirements

General Formatting:

1. Must be in .doc or .docx format.
2. Max ~8 pages (can be flexible if reasonable justification is provided)
3. Times New Roman size 12 font, 1.15x spacing.
4. In-text citations are given as superscript numbers before punctuation.
5. References formatted according to *Nature* guidelines: [Formatting guide | Nature](#).
6. Written in the third person perspective.
7. Work should be digestible and not use over-complicated jargon.
 - a. If you must use jargon, explain what it means (to a certain extent).

Formatting of numbers and equations:

1. If your article contains complex mathematical formulae, please submit using the equation feature of Google Docs or Microsoft Word.
2. In-text mention of labelled equations is "Eq. 2." instead of "Equation 2." If equations are not labelled, referring to them in-text must be done in a concise and clear fashion.
3. In-text mention of figures is "Fig. 1" instead of "Figure 1".

4. Decimals include leading zeroes (e.g., 0.111 instead of .111).
5. Common statistical variables are italicized (e.g., *n*, *f*, *z*, *R*, and *p*).
6. Greek letter variables and units are not italicized (e.g., 10 μm).
7. Units are abbreviated and preceded by a space, except percentages (e.g. 12 in.; 4,500 °C; 300 μg ; 85%).
8. No spaces before and after numbers and signs (e.g., $p=0.001$, 19.10 ± 0.05 , $n<6,000$).

Grammar Conventions:

1. Do not use contractions (eg. it is instead of it's, etc.).
2. Only commonly known abbreviations can be used without explanation (eg. USA, PCR).
 - a. In the first mention, the full name must be used, followed by an abbreviation specification. For subsequent uses, just the abbreviation can be used, given it is explained previously.
 - Eg. 1st mention: "Next Generation Sequencing (NGS)," with later mentions being just "NGS".
3. Oxford commas should be used.

Figures:

1. Figures should be purposeful and clear to both support and demonstrate your data and findings.
2. Figures should be submitted as separate files with the below format.
 - a. Each individual figure (and file) is appropriately titled and labelled.
 - Eg. The file for Figure 1 is named "Author Name, Figure 1."
 - b. Submitted in .png format.
3. Captions for figures should be submitted either within the article itself or in a separate document, with each caption appropriately labelled.
 - a. Begin each caption with "**Figure #,**" or "**Table #,**" etc.
4. A maximum of 8 figures, charts, and tables will be permitted per article.
 - a. Figures can be panelled with subsections (3A, 3B, etc.), given they are logically compiled and formatted accordingly.
 - b. Exceptions can be made, given there is proper justification.

Content for Abstracts

All abstract submissions should include:

1. Title;
2. All names of students and supervising researchers/professors;
3. Name of the institute the research was conducted at; and
4. Abstract:
 - a. Relevant background;
 - b. Brief methods overview;

- c. Results overview;
 - d. Conclusion; and
 - e. Disclaimers.
5. MAX 300 Words.
6. Refer to the “content for research articles” abstract section for more detailed descriptions of each section.

Content for Research Articles

All research article submissions should include:

1. Title;
2. The name(s) of the student(s) and supervising researcher(s)/professor(s);
3. The name of the institute the research was conducted at; and
- 4. Abstract:**
 - a. Background: provide context for the study and describe its significance. State the purpose of your study and the main hypothesis.
 - b. Methods: briefly describe the structure of the study, its settings, procedures/techniques, and cohort/participants.
 - c. Results: Provide data/key measurements, relevant statistical significance, and outcomes. All data mentioned in the abstract must be contained in the article.
 - d. Conclusion: Briefly summarize your study, its main findings, and potential implications.
 - e. Disclaimers: discuss any statistical, methodological, or other limitations of your study.
- 5. Introduction:**
 - a. Describe the topic and field, as well as highlight pivotal contributions and references.
 - b. Identify the key questions and concerns that your study addresses.
 - c. State your main hypothesis.
 - d. State the aims of the study.
 - e. A brief description of the experimental approach (methods).
 - f. Summary of the study’s results and findings.
 - g. Background information, research questions, and outline the objectives of the study.
 - h. Context and purpose of the study.
- 6. Materials and Methods:**
 - a. Clearly and concisely states the methodology used, techniques employed, and materials/kits utilized.
 - i. Readers should be able to replicate your study from this information.
 - b. Do not interpret or explain the rationale of the methods here.

7. Results:

- a. Should include a written summary of the results obtained from experiments performed.
- b. Must include clearly formatted figures.
- c. Results should be organized in a logical fashion.
- d. Findings, figures, charts and tables.
 - i. All must be clearly labelled and explained.
- e. Where applicable, include statistical analysis.
- f. Objective presentation of your study.

8. Discussion/Conclusion:

- a. This section should provide the interpretation of the results of your study.
- b. Include the significance of your study to the broader field at large.
- c. Mention any limitations that could have impacted your study.
 - i. Methodological or Statistical.
- d. Highlight similar existing work.
- e. Provide potential directions for further inquiry and potential implications.

9. Acknowledgements/Conflicts of Interest:

- a. Optional.
- b. MAX 125 words.

10. References:

- a. Formatted to *Nature* guidelines: [Formatting guide | Nature](#).
- b. Minimum of 10 references.

Content for Review Articles

All review article submissions should include:

1. Title;
2. The name(s) of the student(s) and supervising researcher(s)/professor(s);
3. The name of the institute the research was conducted at; and
4. **Abstract:**
 - a. Background: provide context for the study and describe its significance. State the overall purpose of the article.
 - b. Methods: Describe the sources used within the study. Provide the number of studies reviewed and the selection criteria utilized to choose the studies reviewed.
 - i. Note: Narrative reviews will not have an in-depth methodology as opposed to systematic reviews.
 - c. Summary: Introduce the main findings and important takeaways from the review, and provide a proposed direction of focus within the field. Highlight any new insights.

5. Introduction:

- a. Begin the introduction with relevant details of the field to provide the reader with a general understanding of the topic of interest.
- b. Should highlight the significance of both global and academic implications of the topic of interest within the field.

6. Body:

- a. Methodology used to conduct the review must be discussed.
- b. Section organization is up to the discretion of the author.
 - i. Must be in a logical fashion.

7. Acknowledgments/Conflicts of Interest:

- a. Optional.
- b. MAX 125 words.

8. References:

- a. Formatted to *Nature* guidelines: [Formatting guide | Nature](#).
- b. Minimum of 15 references.

Last Reviewed: August, 2026

Review by: Jathin Rao & Simone Dhingra