Reviewer’s report

Title: Time-course of Exercise and Bone Changes in a 12-Month Exercise Trial

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Reviewer: Geraldine Naughton

Reviewer’s report:

The research question is well defined. The impact of a 12 month dose-responsive exercise intervention on bone health is always of interest. The progressive nature of the exercise prescription looked to be appropriate. Referencing throughout the paper is impressive with many seminal and recent references being used well.

The methods also appear to be a strength of the manuscript. The innovative accelerometry data gathered in this time are also impressive. But the authors use of low level of statistical treatment needs to be addressed. Why do all this great research, using cutting edge technology and then only treat the data with correlations? How can baseline differences be accounted for?

The discussion contains some good comparisons and attention to limitations, but the strength of the discussion is weakened by the statistical treatment of the data.

Conclusions of associations could be much stronger with a mixed model ANCOVA.

Level of interest: An article of insufficient interest to warrant publication in a scientific/medical journal

Quality of written English: Needs some language corrections before being published

Statistical review: Yes, and I have assessed the statistics in my report.

Declaration of competing interests:

I declare that I have no competing interests