

RESULTS / HASIL DAN PEMBAHASAN (arial bold 10, spasi 1, spacing 1)

Click here and insert your text. Click here and insert your text. Click here and insert your text. Click here and insert your text. Click here and insert your text. Click here and insert your text. (arial 10, spasi 1,15 spacing 1,15)

CONCLUSIONS/KESIMPULAN (arial bold 10, spasi 1, spacing 1)

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REFERENCES/DAFTAR PUSTAKA (arial bold 10, spasi 1, spacing 1)

Bompa, T. (2014). *Periodization Training for Sports-3rd Edition* (Third Edition). United States Of America: Human Kinetics. Retrieved from <https://books.google.com/books?id=Zb7GoAEACAAJ&pgis=1>

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Pardilla, H. Henjilito, R. & Tort-Martorell, X. (2012). Experimentation order in factorial designs: new findings. *Journal of Applied Statistics*, 39(7), 1577–1591. <https://doi.org/10.1080/02664763.2012.661706>

Kamp, J. Van Der, et al. (2015). RICYDE. *Revista Internacional de Ciencias del Deporte*. RICYDE. Revista Internacional de Ciencias Del Deporte, Vol 11(39), 33. <https://doi.org/10.5232/ricyde> (arial 10, spasi 1, spacing 1)

Catatan : Disesuaikan dengan Artikel Menggunakan Bahasa Indonesia Atau Bahasa Inggris

TABLES

All tables should be numbered with Arabic numerals. Headings should be placed above tables, left justified. Leave one line space between the heading and the table. Only horizontal lines should be used within a table, to distinguish the column headings from the body of the table, and immediately above and below the table. Tables must be embedded into the text and not supplied separately. Below is an example which authors may find useful.

Table 1. An example of a table (arial 11, spacing 1)

No	Test	Terms of registration	Experimental group (n = ?)		Control group (n = ?)		Δx	t	p
			X	s	X	s			
	Test 1	Until the experiment After the experiment							
	Test 2	Until the experiment After the experiment							

Construction of references

References should be listed at the end of the paper in alphabetical order. Authors should ensure that every reference in the text appears in the list of references and vice versa. When the names are mentioned in the text, indicate reference citations as Pardilla and Henjilito (2020); Asilestari, Pardilla and Henjilito (2012). Authors should use APA style (see below).

Some examples of how your references should be listed are given at the end of this template in the 'References' section which will allow you to assemble your reference list according to the correct format and font size. For more than 3 authors the first 3 should be listed followed by "et al."